The total population of Japan is 127 million, with 24.8 million elderly over 65 years old, rating 19.5% of the total population. Physically unimpaired elderly is 85% while the infirm, in need of continual medical support is 15%.

Medical, nutritional and emotional support networks in the area provide alimentation to this section of the elderly community.

For those who live alone there are generally no friends to eat meals or drink tea with, resulting in him/her eating and drinking self-indulgently. They also have no habit of measuring or controlling weight, exercising or practicing in daily dental hygiene. If we do not promote diet and lifestyle modifications, health threats are imminent in their future.

The Society for the Study of At-home Medical Nutrition Management is providing nationally registered dietitians to several areas of the country and promoting diet and lifestyle modifications.