

Bibliographical Guidelines on Aging-Related Materials

Part I

Introduction

In Asia and elsewhere, many countries are proceeding through the demographic transition. To maximize the opportunity of aging populations, first of all it is important to recognize the inevitability of population aging and the need to adequately prepare for the growing numbers of older persons.

Asia is experiencing a range of diverse population issues, and this implies diversity in the level, speed and characteristics of population aging. This implies that each country faces unique aging-related challenges.

Japan is the very first non-western country to have achieved the demographic transition and is experiencing the most progressive population aging with the highest healthy life expectancy. This is attributed to policies and programmes established by the Japanese government, which can be learned and shared by other Asian countries that will soon be facing aging issues. It is also essential to address these issues in light of different social, cultural, religious and economic backgrounds of respective countries.

With the support from the United Nations Population Fund Asia and the Pacific Regional Office (UNFPA-APRO), the Asian Population and Development Association (APDA) initiated a programme that aims to review, analyze and disseminate key materials in areas related to aging, inter-generational linkages and universal health coverage (UHC) from Japan and other Asian countries to build the evidence base to support advocacy and policy development.

To this end, an Advisory Group was established, composed of nationally- and internationally-renowned experts in population-related field. Following a preliminary scoping study and a literature review of documents related to demographic changes and aging from Japan and other Asian countries, the Advisory Group members selected key materials that are of great use to other countries. These selected materials are now available on APDA's website.

The following bibliographical introductions contributed by the Advisory Group members identify key elements of effective policy documents that can be applied in the context of other countries, highlighting critical aspects that parliamentarians should pay attention to, and help readers gain a new and broader perspective on demographic transition and aging issues.

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Bibliographical introductions

- **APDA (1996). “Slide movie: Decisions toward 2025—Food and Population Increase in Asia”.**

A general outline of the situation in principal countries concerning trends in Asian population increases and food production from the 1950s to 1996, as well as an outlook on various future problems. Of the 5.8 billion people in the world in 1996, the 3.5 billion population of Asia represented 60% of the world’s population. Remarkable population increases were seen in India and various South Asian countries, with a post-war change in population dynamics in these countries from high-fertility/high-mortality to high-fertility/low-mortality leading to rapid population increases. Meanwhile, Japan, South Korea, Singapore had achieved low-fertility/low-mortality, while the one-child policy was the trigger for demographic transition in China.

About the food situation to support population in rapid increase, there were successful massive increases in production of grains due to the introduction of high-yield varieties and large-scale use of chemical fertilizers in the green revolution, and by 1985—with some exceptions—there was an increasing number of countries that had achieved self-sufficiency. However, the large-scale use of chemical fertilizers/agricultural chemicals and a shortage of water for agriculture have caused environmental destruction problems such as the degradation of agricultural land and the pollution of rivers.

While industrialization and economic development since the 1980s have improved the food availability for people, reductions in arable land and an increase in population are the dark clouds on the horizon for the issue of global food supply. These problems have remained unresolved even as Asia’s population aging progresses, and serve as a warning with respect to food issues, which are foundational requirements for supporting an aging society.

(Dr. Yasuko Hayase)

Link:

<http://www.apda.jp/en/moviephoto.html>

- **APDA (1990). “Slide movie: The Environment, Population and Development in Japan”.**

Knowledge of history is vital to seeking a way forward. Rapid economic growth between 1955 and 1973 brought about massive change. Prior to this, Japan had been impoverished, but had had its own unique culture and enjoyed continuity. However, Japan introduced large-scale production during this period of high economic growth with a view to realizing a mass consumption society. Prioritizing the economy generated material wealth, but only at the cost of environmental degradation and pollution-related diseases, issues that needed to be addressed and prevented.

Given this history, what we find when we turn our attention to Japan of the future, is a dwindling population with a falling birthrate that is aging at unprecedented rate due to advances in demographic transition associated with economic development. Given these changes, approaches seen in recent years, such as building compact cities, may prove more effective than expanding national land development plans associated with our period of high growth.

Released in 1990, this narrated slideshow clearly illustrates the relationship between economic growth, demographic transition and aging in Japan. It also presents thought-provoking historic resources worth considering when thinking about a future with an aging society, either in Japan or in developing nations.

(Dr. Tomomi Otsuka)

Link:

<http://www.apda.jp/en/moviephoto.html>

- **APDA (1998). “Slide movie: Warnings from the Earth—Asia and the Future of Water and Food”.**

Human beings are dual in nature; they are both animals and the “lords of creation.” Over time, humans, who appeared on earth as animals millions of years ago at the dawn of time, developed cultures and civilizations and became “lords of creation” with affluent lives.

As “lords of creation,” however, we prefer not to recognize our animal nature, that is, that we are a part of nature. As our economic lifestyles become more affluent, we begin to forget to appreciate the availability of food. Having grown up in a market economy, our behavior has become motivated by price; we place value on items of great monetary value and neglect free goods such as air and water, which cost very little (or nothing at all) but are extremely valuable.

Released in 1998, this narrated slideshow sounds a warning that the selfish behavior of people living in the world today, with its exploding population, will exceed the tolerance of nature.

Societies around the world will continue to age, but as this slideshow warns, they will do so in a world in which commodities fundamental to human existence such as water and food, become increasingly scarce. This slideshow lends insight into basic conditions facing aging societies of the future.

(Dr. Tomomi Otsuka)

Link:

<http://www.apda.jp/en/moviephoto.html>

- **APDA (1998). “Slide movie: Woman and their Challenges—Improvements in the Status of Woman and the Population of Japan”.**

Japan has made great progress toward becoming a gender-equal society. This has been achieved through promulgation of a new constitution after the Second World War, promotion of a series of democratization policies, and the relentless efforts of a movement to advance the status of women that started long before that.

However, there are a number of outstanding issues, and gender gaps are still observed in wages and other aspects of daily life. Views on marriage and the family have changed, more women are opting not to have children, and Japan’s birthrate is declining. This has led to fewer children and advances in the aging of its society (which will contribute to a shortage of labor and adversely affect the Japanese economy).

In the future, Japan will need women to play a bigger role, and it will also need to empower them to do so. The idea expressed at the end of this narrated slideshow, “The 21st Century may well be the Century of Women in Japan,” is thought-provoking.

Released in 1998, this narrated slideshow is invaluable in terms of learning the history of women’s empowerment. It also has important implications for measures to counter the fertility decline, the most fundamental strategy for addressing an aging society, and efforts to promote women’s participation through empowerment in society as a means of responding to an aged society.

(Dr. Tomomi Otsuka)

Link:

<http://www.apda.jp/en/moviephoto.html>

○ **APDA (1988). “Slide movie: Population and the Family in Japan”.**

The Japanese economy has grown rapidly and developed since the Second World War. Resulting demographic transition has also proceeded at a swift pace: Japan’s birthrate is dwindling and its population is aging at an extremely high pace.

We can use various economic indices to discuss the economic outcome of this, but the important thing to note here is that portraying the real social impact of this economic growth and development is no easy task. For example, many people believe Japanese society underwent complete change following the period of high economic growth. The impact of this social change has been broad-reaching and affected various aspects of society in Japan including social conditions, the relationship between conditions prevalent in urban and rural areas, and Japanese views on marriage, family and ways of life. This makes it difficult to describe the actual effect economic growth and development had on society.

Released in 1988, this narrated slideshow vividly describes how post-war Japanese society (social conditions, views on marriage and the family, lifestyles, etc.) evolved as the economical grew and developed from the period of chaos following the Second World War through its period of reconstruction and rehabilitation, all of which are contributing factors to Japan’s aging society of today, from the perspective of one couple, and comprises a thought-provoking resource that lends insight into issues underlying aging societies.

(Dr. Tomomi Otsuka)

Link:

<http://www.apda.jp/en/moviephoto.html>

○ **APDA (1984). “Slide movie: Agriculture, Rural Development and Population in Japan”.**

Standard textbooks on demography state that populations evolve from a state in which birth and death rates are high to one in which they are low as their economies develop; that is, a demographic transition occurs. When this happens, tables and diagrams are used to illustrate the relationship between these changes in birth and mortality rates and economic development. It is, however, difficult to get a sense of what is really happening from them, especially when it comes to rural communities.

In contrast, this narrated slideshow, which was released in 1984, presents a concrete example of demographic transition and illustrates the sharp drop in family members by comparing the composition of one family through photographs taken that year and 40 years earlier. It also explains how 1) agricultural reform, 2) land improvement projects, 3) the introduction of agricultural machinery, 4) the activities of agricultural development extension centers (agricultural extension workers and living conditions improvement extension workers), and various other reforms contributed to this transition, and vividly portrays how life in rural communities improved over time.

The ongoing transformation observed in rural communities after these changes far exceeded expectations held at the time, and they ceased to be a source of manpower. That these social changes contributed to population aging in Japan is not adequately recognized and understood, and given that other Asian countries are currently undergoing the same changes, this slideshow comprises a valuable resource when considering countermeasures to population aging there. It should also be considered a rare visual resource portraying the background to aging societies or “demographic transition with a face”.

(Dr. Tomomi Otsuka)

Link:

<http://www.apda.jp/en/moviephoto.html>

- **APDA (1998). “Comparative Study of Population Policies in Asia—Focus on Eight Asian Countries”.**

From the time of the Second World War up until to the present, the world’s population has grown so rapidly that this phenomenon has been referred to as a population explosion, and has brought with it a range of problems. A significant part of this population growth has occurred in Asian countries. It is for this reason that population policies in Asian countries have important implications.

It is important to bear in mind Asia’s diversity when considering population policies in the respective Asian countries. Factors such as the geographical conditions of national territory, population size, language, religion, culture, stage of economic development, and progress in demographic transition differ from country to country in the Asian region, and these differences are reflected in policies. For example, the population policy of China, which has a burgeoning population and vast national territory, is different from that of Singapore, a wealthy city state that has a population of just several million. While there is a tendency to assume that Asian countries have adopted policies to control population, there are countries that have actually adopted policies based on an economic rationale to increase their populations.

This study introduces and compares the population policies of eight Asian countries and brings into relief the diversity of population policies, which at the same time demonstrate the sound approaches these countries are adopting in response to populations issues.

In the consideration of Asia’s aging populations, it is clear that adequate thought must be given to the population policies of the respective countries and demographic indicators as expressions of their results, and that uniform treatment of this issue is not sufficient. In this context, a study that introduces the diversity of Asia’s population policies has considerable significance.

(Dr. Tomomi Otsuka)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=Asia_8_countries_en.pdf&disp=inline

○ **APDA (1996). “Empowerment of Women in Asia”.**

This report consists of a number of independent academic studies on the empowerment of women by eminent researchers in various fields. It goes without saying that there is an indivisible relationship between an aging society and the empowerment of women in various aspects. As the average life span of women is generally longer than that of men, in some sense, aging is also a process of feminization. In this context, therefore, the empowerment of women is essential for achieving healthy longevity.

Furthermore, while the participation of women in society is acknowledged in Japan as key to “Promoting Dynamic Engagement of All Citizens,” the empowerment of women is a precondition for participating in such a society. Furthermore, to achieve such joint participation in society by women, the way in which family members including women themselves perceive the woman’s role in the family is important. At present situations exist where women are unable to have children despite wanting them, and this situation is further accelerating Japan’s declining birth rate and increasing the momentum of its aging society. This report is comprised of studies of researchers on the front line who have written in detail about the various issues on the subject of the empowerment of women, and are significant in presenting a bird’s-eye view of the relationship between an aging society and the empowerment of women.

(Dr. Tomomi Otsuka)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=popdev_series_20_1_to_6_en.pdf&disp=inline

- **Toshio Kuroda (1996). “Chapter 1: An Analysis of Empowerment”. In *Empowerment of Women in Asia*, APDA.**

In this chapter Dr. Toshio Kuroda, a renowned scholar of demography who won a UN Population Award for his work, establishes the foundation for the discussion by first defining what is meant by the “empowerment of women”. In the process of doing so, he examines the evolution of discussions of the topic at various United Nations Population Conferences from Bucharest to Cairo. While discussing the relationship between the empowerment of women and reproductive health, he analyzed the reasons behind the progress in fertility transition in postwar Japan. He attributes this to the fact that measures to promote the empowerment of women and improve their reproductive health were undertaken in concert.

Although this experience is considered as an example of good practice, the disjuncture in medicine between obstetrics and pediatrics has given rise to various problems in Japan. In a pioneer spirit, Dr. Kuroda argues that further measures are needed even in Japan, where there is an assumption that adequate measures are already in place, and indicates that the concept of the empowerment of women is a universally applicable concept for addressing population issues.

(Dr. Tomomi Otsuka)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=popdev_series_20_1_to_6_en.pdf&disp=inline

- **Shunichi Inoue (1996). “Chapter 2: Women’s Education and Social Development”. In *Empowerment of Women in Asia*, APDA.**

In this chapter, Dr. Shunichi Inoue, who has served as the Director of the UN Population Division, focuses discussion of the empowerment of women on education. If health is one of the benchmarks for women in achieving participation in society, education is another. Analyzing the education of women in Japan from an international perspective, he makes a comparison of the Human Development Index (HDI) defined by the UNDP and the Gender Sensitive HDI, which focuses on the male-female divide to demonstrate that gender differences exist in education in Japan. This gender disparity in education has been an inhibiting factor in the full participation of women in society today.

Greater participation by women in society is also essential for creating “a society where 100 million people fully participate” to realize measures for an aging society. However, the existence until now of gender differences in Japanese society means that there is a possibility this aspiration cannot be adequately achieved. The study also indicates that education for women in developing countries is also important in preparation for the aging of their societies.

(Dr. Tomomi Otsuka)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=popdev_series_20_1_to_6_en.pdf&disp=inline

- **Machiko Watanabe (1996). “Chapter 3: Empowerment and the Economy: The Economic Participation of Women in Asia”. In *Empowerment of Women in Asia*, APDA.**

This chapter is an analysis of the current state of women’s participation in economic activities by Dr. Machiko Watanabe, Professor of Meikai University, who is an eminent researcher in the fields of labor and population. Dr. Watanabe presents a simple analysis based on statistics of the current status of the female workforce, where statistics are somewhat lacking despite women’s overwhelming dominance of the informal sector workforce and their prominent role in economic activities, and indicates that appropriate evaluation of the female workforce is necessary.

(Dr. Tomomi Otsuka)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=popdev_series_20_1_to_6_en.pdf&disp=inline

- **Eise Yokoyama (1996) “Chapter 4: Empowerment and Health: Women’s Empowerment and Health in Asia—Maternal and Child Health in Japan”. In *Empowerment of Women in Asia*, APDA.**

In this chapter, Dr. Eise Yokoyama, Associate Professor of School of Medicine, Nihon University, who is a medical doctor and renowned researcher in the field of public health, analyzes empowerment issues in Japan from a medical perspective. He indicates that empowerment cannot be considered in terms of average life expectancy alone and that more detailed analyses are essential for grasping the actual situation of women. He indicates that the disparity between male and female average life expectancies has an extremely high negative correlation with infant mortality and maternal mortality, and that infant and maternal mortality rates are low in countries where the average life expectancy of women is longer than that of men.

This state, he argues, is ultimately an indicator of the state of women’s health. He goes on to say that the average life expectancy of women is longer biologically, and that social conditions which can reflect this biological characteristic form the basis of a healthy society and reduce infant and maternal mortality rates. The chapter also introduces Japan’s Maternal and Child Health Handbook and postwar initiatives to improve infant and maternal health in Japan. It ends by briefly describing the types of measures developing countries must take prior to becoming aging societies, and the kind of foundation that can be established through such measures in preparation for the advent of an aging society. According to Dr. Yokoyama, what is important in the area of medical care is not the provision of expensive equipment but assistance in training, which is not difficult but requires time.

(Dr. Tomomi Otsuka)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=popdev_series_20_1_to_6_en.pdf&disp=inline

- **Hiroaki Shimizu (1996). “Chapter 5: Empowerment and Family”. In *Empowerment of Women in Asia*, APDA.**

In this chapter, Professor Hiroaki Shimizu, a renowned researcher in the field of Sociology of Family, centers his analysis of empowerment on the attitude toward women in the family. The contribution of women in the home, at work and in the local community is often overlooked and undervalued. To quote from the 1995 World Population Whitepaper: This weaker position is directly connected with the perception of women only as child-bearers and child-rearers, whatever else they may do. Power to make decisions within the family is the basis for the power of decision in other areas.

Empowerment begins with winning equality, autonomy and respect for women within the household. This indicates that a change in the attitude of the family is warranted as the foundation for the empowerment of women. Under the current circumstances where significant burdens are placed on women in the home such as nursing care for aged family members, appropriately assessing the female workforce and improving the status of women in the home will create basic conditions for dealing with an aged society in a sustainable manner. In this context, this study, which examines the relationship between values in the home and the empowerment of women, can be considered a literary reference in the consideration of measures for an aged society.

(Dr. Tomomi Otsuka)

Link:

https://ssl.wpp-gol.com/apda.jp/forum/dl.php?file=popdev_series_20_1_to_6_en.pdf&disp=inline

- **Makoto Atoh (1996). “Chapter 6: Women’s Empowerment International Trends and Policy Issues”. In *Empowerment of Women in Asia*, APDA.**

This chapter is a study by Dr. Makoto Atoh, Director Emeritus of the National Institute of Population and Social Security Research (IPSS), who is a renowned demographer and has served multiple times as Chairperson of the United Nations Commission on Population and Development (CPD). In this study, he presents a bird’s-eye view of the United Nations Population Conferences from the Bucharest Conference to the Cairo Conference, with focus on policies and recommendations related to empowerment.

After summarizing the historical progress of these conferences, he reaffirms that the concept of reproductive health/rights in the ICPD Programme of Action and the empowerment of women are in an indivisible relationship. In light of development of the Convention on the Elimination of All Forms of Discrimination against Women and the Platform for Action at the UN 4th World Conference on Women (FWCW), he also presents an overview of initiatives of the Japanese government and finally indicates policies that must be adopted to achieve the empowerment of women in Japan as well as policies that must be adopted in developing countries.

It goes without saying that these recommendations will form the basis for the preparation of future policies for an aging society policy.

(Dr. Tomomi Otsuka)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=popdev_series_20_1_to_6_en.pdf&disp=inline

○ **APDA (1998). “Population Policies in Asia”.**

This book is a compilation of reports from 7 countries on the population policies for the 1990s at the 13th Asian Parliamentarians’ Meeting on Population and Development, which was organized by APDA in March 1997 (Australia, China, Indonesia, Malaysia, Singapore, Thailand and Vietnam). In addition to status of population dynamics in each country, the principles and method of population policies are deeply related to the political economic, cultural and religious background of each country, they vary from country to country.

As a summary of population policies in low-fertility countries, each country has adopted different policies, with Singapore adopting a policy of encouraging an increasing fertility, Australia promoting the acceptance of immigrant labor, Thailand engaging in the improvement of maternal and child health and family-planning services, and China maintaining its one-child policy while coping with the problem of rural-to-urban migration. Meanwhile, in the countries with comparatively high fertility, the policies reflect each nation’s population dynamics and structures. In Indonesia, measures for improving family planning and redistributing national population by transmigration is an urgent issue; Malaysia aims for an even further increase in its workforce and a tripling of its 1997 population by the year 2100; and Vietnam is promoting birth control measures by encouraging later marriages, later first-births and spacing between births.

As of 2015, population aging is progressing in each of the countries. By looking back on the population policies that each country had in 1997, this will be material for considering how the preparations for an aging society went in each country.

(Dr. Yasuko Hayase)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=popdev_series_6_en.pdf&disp=inline

○ **APDA. “Meeting Minutes of the Asian Parliamentarians’ Meetings on Population and Development 1985-2014”.**

The establishment of the Japan Parliamentarians Federation for Population (JPFP) in 1974, followed by the establishment of the Asian Population and Development Association (APDA) in 1982 were the reflection of the transformation of the population problem from a domestic issue to the international one. By then the domestic population problem was solved by achieving a “stable population” by keeping the number of children per family to two, and it was time to transfer Japanese experiences in population matters to Asian countries, in the form of international cooperation.

The first Asian Parliamentarians’ Meeting on Population and Development was held in Tokyo in 1985 to mark the third anniversary of the establishment of APDA and the Meetings were held annually since then in various cities in the Asia Pacific region. The agenda of the meetings were linked with the international initiatives and progress of population and development. Initially, discussions were basically on the population control and family planning then shifted to the discussions focused on women in light of the Cairo International Conference on Population and Development (ICPD) of 1994 and the Beijing World Conference on Women of 1995. Since 2000, discussions had broadened to various themes such as natural disasters, water and hygiene, climate change, infectious diseases, religion and culture in connection with population.

At the 2014 meeting, the focus was on population aging and comprehensive measures were discussed. However, the importance of the population aging was mentioned already at the first meeting in 1985 and the population aging was taken up as a session theme in 1999 and 2004.

APDA Parliamentarians’ Meetings came to an end in 2014 but international parliamentarians’ conferences on population and development continue to take place in various forms.

(Dr. Reiko Hayashi)

Link (to all the above-mentioned meeting minutes):

<http://www.apda.jp/en/publication/page2.html#E23>

- **APDA (2001). “Report on the Survey of Aging and Health in Asian Countries—Thailand”.**

Apart from the Asian currency crisis of 1997, the Thai economy has grown and developed smoothly. As a result, demographic transition has also progressed steadily, and the total fertility rate (the average number of children born to a woman over her lifetime) has fallen rapidly from 5.02 in 1970, to 1.85 in 1990 and 1.60 in 2010. In this sense, Thailand can be thought of as a “forerunner of demographic transition” in ASEAN.

Consequently, the Thai population is aging rapidly, and expansion of the health, medical care and pension systems comprises a pressing task. Understanding the diversity of Asia is crucial to measures to address aging in Asia. Compared to other regions, Asian nations have extremely diverse backgrounds. Cultural backgrounds and their progression through demographic transition vary from country to country, and cannot be dealt with in a uniform manner. An important factor when addressing aging in Asia is to fully consider the situation in the country in question, and to employ a pragmatic approach. This report takes such an approach, and describes the situation surrounding health, medical care and pension systems in Thailand and discusses social welfare policies for the elderly from the viewpoint of Thai welfare and culture. It also proposes issues for international cooperation.

In this sense, this report is of great significance. Although Thailand overcame the currency crisis, political conflict between parties has escalated since 2006 or thereabout, and political instability continues. Future turns of events will certainly demand attention.

(Dr. Tomomi Otsuka)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=Thailand_R_en.pdf&disp=inline

○ **APDA (1999). “Report on the Survey of Aging and Health in Asian Countries—The Republic of Korea”.**

Recognizing high population growth as an impediment to social and economic development, the Korean government promoted population control policies to lower the birthrate, and successfully curbed population growth within a short period of time. This was a significant contributing factor behind the “Miracle on the Han River,” its remarkable economic growth and development.

However, this success gave rise to other challenges. Suppressing births leads to a declining birthrate and aging of the population. A declining birthrate inhibits the population’s ability to supply a workforce, and an aging population increases the number of elderly people requiring support, both of which have a negative impact on economic growth and development. In fact, Korea’s total fertility rate fell and the proportion of elderly persons rose extremely quickly.

In the light of such facts, this report describes the current status of health, medical care, health and welfare services for the elderly, and employment of the elderly in Korea, and proposes issues for international cooperation.

This report is a valuable resource for learning about Korea’s population control policies and its experience with a dwindling birth rate and aging population.

Korea’s period of high economic growth ended with the Asian currency crisis in 1997, and unfavorable signs have been observed in its economy in recent years. Future changes in its economy will be of keen interest.

(Dr. Tomomi Otsuka)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=Korea_en.pdf&disp=inline

○ **APDA (2007). “Base Study on Impact of Population Issue on Agriculture and Rural Development—Kingdom of Cambodia”.**

In an environment where economic and social development have not been sufficiently achieved after the establishment of peace in Cambodia, the total fertility rate is showing a rapid decline. While there is a view among some that this is the result of the implementation of international programs, it can be considered the result of Cambodians’ rational response to their perception of the changing times, and can also be described as an exceptional example of the correlation between economic and social development to date and demographic transition.

Although there has been an evident sharp decline in the birth rate due to the sudden transition in births at present, it is believed that a transient baby boom will occur on a grand scale in tandem with social stability, and its momentum will have an impact over the next generation. In the future, this sizeable generation will enter the labor market, and the most pressing issue is whether employment opportunities that can absorb this labor force can be created. In agriculture, which has absorbed the population until now, the equal inheritance system is giving rise to the subdivision of farmland and swelling the informal sector in cities. Against this backdrop, the development of agriculture and agricultural communities continues to be the most significant issue in the country even now.

In particular, diverse industries within farming villages are becoming the main source of income of farming families, and cooperation centered on the village community is necessary in the purchase of raw materials and sales of products. Production of ethanol made from sugar cane grown in the flood plains of the Mekong River may be a promising proposition in the industrialization of farming villages. Village communities should also perhaps aim to replace Grameen Bank financing, which uses external funds as capital funds, with saving association-type financing centered on the farming village.

Moreover, measures for Cambodia’s aging society in the future will be determined by how capable it is in constructing a social system during the anticipated population bonus period. In this context, this book, which homes in on the dramatic changes in population, is a valuable source in considering preparation for measures for the aged in Cambodia.

(Dr. Yonosuke Hara)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=Cambodia_E.pdf&disp=inline

- **APDA (2006). “Base Study on Impact of Population Issue on Agriculture and Rural Development—Vietnam”.**

Vietnam is a typical country that successfully achieved demographic transition based on an understanding of the implications of population growth and the adoption of specific measures at a policy level. In 2001, the country received the United Nations Population Award.

As a result of its clear achievement of demographic transition, Vietnam is currently in the so-called “population bonus period” where rapid growth of the economy as a whole is possible. In a similar way as seen during the periods of high economic growth in Japan and China, population migration from farming villages to cities is evident. Moreover, in the agricultural sector, many new forms of agricultural management that did not exist under socialism in Vietnam have emerged. Another evident phenomenon that would have been unimaginable during the socialist period is the transition of agricultural cooperatives to agricultural enterprises operated by actual land owners who are achieving highly efficient agricultural management. In specific terms, the emergence of cooperatives specializing in the cultivation of fruit, in response to growing demand in cities, and cooperatives engaged in the cultivation of rubber, in response to growing demand in overseas markets are evident. Furthermore, this form of agricultural management perhaps has the potential to play a leading role as a mechanism for clean development, which aims to reduce greenhouse gases. The emergence and development of agricultural cooperatives in such a new form in Vietnam may also have important implications from the viewpoint of addressing environmental issues.

As a result of the country’s rapid demographic transition, Vietnam became what can be described as an aging society in 2014. It cannot be said, however, that a social system capable of accommodating the needs of such a society has been adequately established, and the country is moving quickly to put in place appropriate measures. This book paints a vivid picture of Vietnam’s population migration against a backdrop of agriculture as it exists in the country today, and is an important work in presenting basic conditions in Vietnam, where addressing the issue of an aging society is urgently required.

(Dr. Yonosuke Hara)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=Vietnam_E.pdf&disp=inline

○ **APDA (1985). “Demographic Transition and Rural Development in Japan”.**

This is a multilateral analysis of the experience of Japan’s demographic transition from the viewpoint of the rural/urban relationship. It includes important population/social changes that, while times may change, will probably be repeated in the future in regions undergoing demographic transition, and has significance in understanding the foundations of the various types of population aging each country will face in the future, making it a considerably helpful reference for such areas.

(Dr. Makoto Atoh)

Link:

https://ssl.whp-gol.com/apda.jp/dl/popdev_series1_en.pdf

- **Toshio Kuroda (1985). "Chapter 1 Characteristics of Demographic Transition in Japan". In *Demographic Transition and Rural Development in Japan*, APDA.**

Touching upon the historical significance of Japan's demographic transition and a comparison with the demographic transitions in other Asian nations, this provides a summary of Japan's demographic transition both before and after the war and discusses the primary factors for fertility transition.

(Dr. Makoto Atoh)

Link:

https://ssl.whp-gol.com/apda.jp/dl/popdev_series1_en.pdf

- **Makoto Atoh (1985). "Chapter 2 Rural-Urban Differential in Fertility and Its Narrowing Process". In *Demographic Transition and Rural Development in Japan*, APDA.**

A discussion about whether fertility transition can be perceived as an urban-rural diffusion process. It statistically traces the overall perspective of, and the trends of rural-urban differential in, Japan's fertility transition. It also uses vital statistics to analyze the demographic factors for reduced urban and rural fertility and observes urban and rural trends in the number of children ever-born per couple and birth control measures using National Fertility Surveys of the Institute of Population Problems, the Ministry of Health and Welfare, and the Mainichi Newspaper's family planning public opinion poll to examine the validity of the diffusion hypothesis.

(Dr. Makoto Atoh)

Link:

https://ssl.whp-gol.com/apda.jp/dl/popdev_series1_en.pdf

- **Kazumasa Kobayashi (1985). “Chapter 3 Prefectural and Urban-Rural Differentials in Mortality”. In *Demographic Transition and Rural Development in Japan*, APDA.**

An investigation of trends in life expectancy at birth by prefecture in mortality transition periods using prefectural life-table figures (1920-1980) as well as trends in regional differentials in age-specific death rates—using vital statistics found that, although mortality was higher in more urban areas in the initial stages of industrialization in the 1920s (as was the case in Western society), the urban/rural differential disappeared due to the relative improvement for urban life expectancy in the 1930s, and the situation had been totally reversed in post-war years.

(Dr. Makoto Atoh)

Link:

https://ssl.whp-gol.com/apda.jp/dl/popdev_series1_en.pdf

- **Yoichi Okazaki (1985). “Chapter 4 “Migration and Rural Development”. In *Demographic Transition and Rural Development in Japan*, APDA.**

A survey of time-series data (1950s-1980s) from annual migration reports from basic resident registries found that, accompanying economic development after the war, there was an increase in migration from rural areas to large cities, and that there was a decline in migration accompanying the end of rapid economic growth. Population census data made it clear that the active migration mainly involved young people from rural areas to large cities, while also clarifying that migration had a function of equalizing urban and rural incomes.

(Dr. Makoto Atoh)

Link:

https://ssl.whp-gol.com/apda.jp/dl/popdev_series1_en.pdf

- **Hiroaki Shimizu (1985). “Chapter 5 Population Changes and Development in Rural Society”. In *Demographic Transition and Rural Development in Japan*, APDA.**

Based on population census data (1955-1980), it was found that population aging had progressed more in rural areas, which had had large outflows of their young during the period of rapid economic growth, than in urban areas, but that most elderly people in the former areas were living in three-generation households. However, there were large differentials between similar agricultural prefectures, and a comparison between Iwate (north-eastern Japan) and Kagoshima (south-western Japan) showed that population aging was considerable in Kagoshima, with exceptional numbers of elderly people living in nuclear families. It is recommended that support measures for the elderly should take such regional differentials into account.

(Dr. Makoto Atoh)

Link:

https://ssl.whp-gol.com/apda.jp/dl/popdev_series1_en.pdf

- **Tatsuya Ito (1985). "Chapter 6 Rural-Urban Demographic Balance". In *Demographic Transition and Rural Development in Japan*, APDA.**

Based on population census data (1920-1980), the trends in population urbanization during both pre-war and post-war periods were clarified using three urban indices. Of these, the deciding factor for fluctuations in population increase rates in metropolitan areas was migration from non-metropolitan areas to metropolitan areas; however, that tendency did not depend solely on the demand for labor in metropolitan areas, but also on the capacity of non-metropolitan areas to supply labor. It was clarified that in Japan, where the stem family system is dominant, the latter is influenced by the "number of potential home-leavers" other than the successors to the rural family (one son and wife).

(Dr. Makoto Atoh)

Link:

https://ssl.whp-gol.com/apda.jp/dl/popdev_series1_en.pdf

- **JICA (2003). “Second Study on International Cooperation for Population and Development—New Insights from the Japanese Experience”.**

While the 20th Century was an age of scientific and technological development and economic growth, it was also a century characterized by explosive population increases. When the 21st Century begins, the increase in the world’s population is slowing, but population growth rate, population structure and distribution disparities among regions are spreading, and international development assistance initiatives in response to issues of population and poverty, environment and food supply problems on a global scale have become top priorities.

This report discusses post-war Japan’s experiences of achieving a demographic transition in a short period of time through maternal and child health and lifestyle improvement activities and NGO activities during a time of poverty. And these experiences are examined as the new development of assistance for population in developing countries. Support from Japan through JICA in the population field initially focused on family planning and population education for population control, but after the 1990s, developments unfolded to the direction focusing on a comprehensive approach relating to the field of population, AIDS, and reproductive health. “Japan’s technical cooperation projects in the field of population have expanded regionally from a focus on Asia to include the Middle and Near East, Africa, and South America. As Japan’s ODA strategy, efforts in collaboration with NGOs are being made, and activities have expanded to include not only the fields of population and health, but also those of elementary education, agriculture and women’s job training.

The role of local communities is becoming important as a measure to cope with aging societies. In places like Nagano Prefecture in Japan, participation in society by the elderly is being promoted through community activities and is fulfilling a large role in the realization of health and longevity. Such activities have taken shape on top of the foundations of the New Life Movement activities aiming at the promotion of family planning and improved lifestyles introduced into Japan after World War II. This report provides the fundamental base of Japan’s aging society countermeasures.

(Dr. Yasuko Hayase)

Link:

https://www.jica.go.jp/jica-ri/IFIC_and_JBICI-Studies/english/publications/reports/study/topical/ssic/index.html

○ **APDA (2002). “Report on the Survey of Urbanization and Development in Asian Countries—Malaysia”.**

Until recent years, the problems of growth in population as well as maternal and child health issues and urbanization associated with growth in population were considered the main issues in Asia’s population problem. Given the fact that the Malaysian government advocated a population policy of 70 million people under the administration of Prime Minister Mahathir, it cannot be said that proactive efforts were made to control population growth. At the same time, thanks to the success of policies such as the “Look East” policy, Malaysia, as a country with a population of a certain size in Southeast Asia, has reaped the benefits of economic development at the vanguard of Asia.

Against this backdrop, however, the population transition of Malaysia did not progress in tandem with economic growth (particularly the fertility transition), and the vast majority of Malaysians including politicians believed that the problem of an aging society did not apply to their country. However, although the policy of Bumiputera (which favors ethnic Malays and other indigenous people over Malaysia’s ethnic Chinese) unintentionally set out to promote a lower birthrate, it resulted in an overall decline in births, and Malaysia joined the ranks of countries with aging populations.

Based on the country’s concept of *Ummah* (collective community of Islamic peoples), Malaysia succeeded in establishing a form of universal health insurance which also included foreigners. Nevertheless, as there was no recognition of an aging society in Malaysia, it cannot be said that measures in this area are sufficient.

This report presents groundbreaking research results that suggest aging measures are important for Malaysia, a country that had not previously acknowledged aging as an issue. As a literary resource promoting the building of an aging society from a Malaysian perspective (that is different from the Japanese-style aging society) in cooperation with Japan, the report has extremely important implications in considering aging measures in Asia.

(Dr. Tomomi Otsuka)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=Malaysia_en.pdf&disp=inline

- **APDA (2000). “Report on the Survey of Aging and Health in Asian Countries— People’s Republic of China”.**

China successfully conducted an extraordinary experiment by adopting a one-child policy (population control policy) to curb the burden of population and stimulate economic growth and development. However, this success shed light on other issues. Suppressing childbirth hastens a fall in birthrate and the aging of society. A declining birthrate impedes the population’s ability to supply manpower, and the aging of society increases the proportion of elderly persons requiring support, both of which will have a negative impact on the economy.

Fully understanding the issues confronting China is no easy task given the vast size of the country and its massive, multiethnic population. What should be noted here is that this population control experiment was spearheaded by Shanghai, a pioneering municipality, known as an international city of historic and geographic significance.

In the light of such facts, this report introduces the current status of health, medical care and pension systems, as well as measures for the elderly in Shanghai and other parts of China, and proposes issues for international cooperation.

On October 29, 2015, the Chinese government decided to abolish the one-child policy. The abovementioned factors can be said to have contributed to this decision. Future changes in China will certainly demand attention.

(Dr. Tomomi Otsuka)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=Shanghai_en.pdf&disp=inline

- **Population Division, Department of Economic and Social Affairs (2013). “National Transfer Accounts Manual: Measuring and Analysing the Generational Economy”, United Nations.**

As of the end of 2015, 47 countries of the world are participating in the global National Transfer Accounts (NTA) project, which is rapidly expanding in recent years even in developing regions, with the number of new member countries reaching 28. NTA is a method for elucidating how the change in the age structure caused by declining birth rates and greater longevity influences economic growth and the pattern of both public and private intergenerational transitions in long term. Therefore, for many developing countries which have a pressing need to enhance various forms of social infrastructure, this book is an extremely important manual in terms of stimulating economic development.

The book is divided into seven chapters and explains step by step and in detail each topic regarding how to create NTA indices. The data in the book are based on national accounting, which is representative of the macro economy, and household consumption data frequently used in microeconomic analyses. These macro and micro data are also frequently used in regular operational procedures for development plans in many developing countries, so the material presented in this book is relatively easy to understand for government officials in charge of economic development who engage in such operational procedures. Such officials may notice many familiar terms as they read through it.

This book can be downloaded from the following website free of charge:
<http://www.ntaccounts.org/doc/repository/NTA%20manual%202013.pdf>
(Dr. Naohiro Ogawa)

- **Ronald Lee and Andrew Mason (eds.) (2011). "Population Aging and the Generational Economy: A Global Perspective", Edward Elgar.**

The phenomenon of declining birth rates and increasing longevity has been spreading in many developing countries since the 1980s, resulting in a rapid change in the overall age structure of populations and a reduction in the proportion of dependent populations in those countries. This has led to the creation of what is referred to as the "first demographic dividend," with many countries effectively using that dividend to spur their economic growth. However, the time span of the first demographic dividend is brief, only 20 to 30 years, which is why determining how to exploit its economic benefits for development strategies within a limited time period becomes a policy issue, and quickly raising the awareness of policymakers and government officials responsible for economic development becomes an important task. Furthermore, the relative decline in the young population in tandem with the relative increase in the aged population will have an impact on the pattern of both the public and private transition between generations, and the problem of adequate intergenerational support will thus inevitably deepen in developing countries, where it is common for multiple generations to live under one roof. Therefore, addressing this problem in terms of policy is a pressing issue.

This book presents the results of research undertaken in many developed and developing countries that are participating in the global project based on the utilization of the National Transfer Accounts (NTA), a ground-breaking analytical method for studying declining birth rates and aging. Developing countries have been quick to recognize the usefulness of the NTA over the last 10 years or so. The research results present extremely useful knowledge that can be applied in development plans in many developing countries where the population age structure has begun to change in recent years.

This book can be downloaded from the following website free of charge:

<http://www.idrc.ca/EN/Resources/Publications/Pages/IDRCBookDetails.aspx?PublicationID=987>

(Dr. Naohiro Ogawa)

- **Yin Hao (1999). “Chapter 2: Population of China”. In *Constraints on Development — Focus on China and India*, APDA.**

Based on World Population Prospects: The 2015 Revision (Medium Fertility) by United Nations, the world’s population will increase from 7.35 billion in 2015 to 9.725 billion in 2050. Of that, China will see a decrease in population of 28 million from 1.376 billion (18.7% of the world’s population) in 2015 to 1.348 billion (13.9% of the world’s population) in 2050. Meanwhile, over the same period of time, India’s population will increase by 394 million from 1.311 billion (17.8% of the world’s population) to 1.75 billion (17.5% of the world’s population), making it the most populous country in the world. India’s population will overtake China’s in 2022, at which point in time India is estimated to have a population of 1.418 billion, and China 1.49 billion.

Such a population slowdown in China is obviously due to China’s population control policies, the likes of which are unseen anywhere else in the world. This thesis is a detailed explanation of changes in population policy that have swayed with political/societal upheaval since the 1950s, along with an explanation of an aging population and the future prospect. In order to meet the population target of 1.2 billion by the end of the 20th century, “planned births” was a fundamental Chinese national policy and the “one-child policy” was promoted from 1979 as a population control measure. The rapid progress of the fertility decline and aging society is deepening the reduction in labor force, and in China, where the establishment of the social security system has fallen behind schedule, it has made the problem of an aging society more severe. The government has gradually relaxed its “one-child policy,” allowing two children under certain conditions, but there was not much effect in terms of population increase. While an aging society was predicted rather early from the demographic point of view, in the case of China, the viewpoint of population increase and sustainability were prioritized, with the “one-child policy” being adopted and continued until recently.

In October 2015, at the 5th plenum of the Chinese Communist Party's Central Committee, the “one-child policy” was abolished, with policy shifting to allow married couples to have a second child. The new policy does not allow a third child, sticks to planned births as the fundamental national measure, and aims at curbing the diminishing labor force, proactively coping with an aging society, and achieving stable economic growth. With this new policy, it is predicted that the population will be around 1.45 billion in 2030, but whether things go as the government anticipates will of course depend on the fertility attitudes of young people and also future economic conditions.

Countermeasures against an aging society should not be considered in isolation, but need to be positioned within overall population policy and examined in that context. Recent aging-society theories limit their arguments only to the issues of aging societies, losing sight of the true nature of the problem. This thesis is of great significance in showing that the issues of an aging society in terms of population policy are not something that can be discussed in separate simple arguments.

(Dr. Yasuko Hayase)

Link:

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○ **APDA (2000). “Report on the Basic Survey on Agricultural and Rural Development by Progress Stage in Asian Countries — Mongolia”.**

Until 1992, the Mongolian People’s Republic was not part of the Soviet Union but was an effective satellite under the system of the Soviet Union. The fact that efforts were made under that ideology at social development in countries of the Soviet Union is worthy of special mention again.

As a result, people’s response toward having children was extremely economically rational, and the birthrate declined rapidly amid economic hardships during the transition period following the fall of the former Soviet Union, and a demographic transition was realized as a result. Therefore, by the 2010s, Mongolia is expected to enter into a “population bonus” period, a golden period in terms of population. At the same time, however, there is no doubt that the size of its population exceeds the population subsistence potential of the grasslands.

Under such circumstances, achieving sustainable productivity improvement in nomadic stockbreeding, at the core of the country’s economy, is essential. Even in the transition to a market economy, privatization of wells should be avoided, and the system of management by the public sector at the national, provincial, and/or rural government level should be maintained. At the same time, to restore self-sufficiency in the production of wheat, the country’s mainstay grain, where an economy of scale will clearly apply, there is a need to promote mechanization through the provision of subsidies. Furthermore, as growth in the production of vegetable and potatoes in suburban areas is anticipated, adequate attention must be given to the dissemination of superior seeds. In addition, since Mongolia has only a brief frost-free period and little rainfall, in the cultivation of vegetables, the adoption of weather-resistant facilities such as greenhouse cultivation as well as the development of irrigation will be important.

Against a backdrop of such vulnerability in food security, rapid aging of population is set to continue. How the country capitalizes on its population bonus period, a window of limited opportunity that the country is just beginning to relish, will determine potential measures for its aging society. This is a typical case demonstrating the importance of preparation through the introduction of Japan’s experience.

(Dr. Yonosuke Hara)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=Mongolia_R_en.pdf&disp=inline

○ **APDA (1999). “Report on Employment Security System and Labor Policy in Asian Countries — The Islamic Republic of Iran”.**

The Iran-Iraq War broke out in 1980 soon after the Islamic Revolution in Iran in 1979, and Iran adopted a policy for increasing its population. After this, the religious leaders understood the impacts of population growth, and ahead of Al-Azhar interpretation, which forms the foundation for implementing ICPD in Cairo, Iran’s population policy did an about-face following the *fatwa* declaration of the Ayatollah Khomeini, a renowned great Islamic jurist. As a result, nationwide health posts were established and nationwide programs for population stabilization were implemented with a view to fostering the healthy development of the next generation. This is a typical well-known case where a change in religious interpretation promoted a population policy.

Despite such drastic policy measures, the impact of the increase in population that occurred from the Islamic Revolution to the Iran-Iraq War continued to have a significant impact on Iran’s population, and actually testifies to the momentum of population growth at the time.

As a result of the temporary implementation of measures to increase the population, despite the promotion of government programs to curb its growth, the population continued to increase at a very high rate. Consequently, it was impossible to raise the level of per capital national income from a trend toward stagnation. Trends in international politics are closely related to such stagnation in economic growth, and the continued predisposition for the national economy to rely on crude oil was the most significant factor in that regard. While the official unemployment rate is not particularly high, the country has not been able to resolve the problem of low employment, and the latent unemployment rate is said to be 30%. Despite the current climate, school enrollment rates are increasing and the literacy rate is improving.

While the issue at hand is to train the young adult segment as an industrial labor force, there seems to be a tendency in Iran to undervalue practical sciences, making it difficult to implement vocational training. Moreover, program planning for vocational training is lagging significantly on the administrative side. From the perspective of the delay in the training of instructors for vocational programs, the need for assistance and cooperation from Japan can be considered significant.

Due to dramatic progress in the transition from a policy that encouraged population growth to a policy that advocated population control during the 1980s, Iran by the 2020s is set to rapidly join the ranks of aging societies for the first time in western Asia. This is a typical case of a change in social norms having a significant impact on the change in the population structure, and it is assumed that Iran’s response to an aging society will have a significant impact on the response of Islamic society to an aging society. Therefore, this is a valuable basic source for the preparation of measures to accommodate aging in Islamic society in western Asia.

(Dr. Yonosuke Hara)

Link:

https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=Iran_R_en.pdf&disp=inline

- **APDA (2000). “Report on the Basic Survey on Agricultural and Rural Development by Progress Stage in Asian Countries —The Union of Myanmar”.**

In Myanmar, where significant changes in administrative structures, among others, are expected to take place after its first democratic election this year, censuses have not been taken for many years as of the time of this study. Consequently, getting an accurate picture of demographic movements is not possible. On the other hand, as this fact-finding investigation revealed, unlike in other Southeast Asian countries, there are extremely high concentrations of landless farmers in farming communities who eke out a living mainly through farm labor. If the population continues to grow in the future, the potential for poverty to actualize as a problem in farming communities is very high unless there is growth in employment opportunities through industrialization in the cities. To minimize such a likelihood, realizing the development of labor-intensive farming in agriculture is essential.

To achieve this, the development of irrigation in the central area of the country centered on Mandalay in the dry climate zone may be most effective. Even under government ownership of farm land, which has been adopted since independence, granting of agricultural land use rights to farmers as implemented in China and Vietnam, for example, is necessary. Furthermore, once policies to stabilize the macro economy are realized, the government should put in place measures that make mobilization of savings within farming villages possible in rural financing, which provides to farmers funds necessary for rural development.

Despite difficulties under military rule where the government took a negative stance on the mobilization of family planning, a demographic transition is currently in progress. While the spillover effect from the surrounding countries has been pointed out as a reason, it may also be said that the need for people in Myanmar already existed in the background, and natural demographic transition is in progress. Therefore, it is believed that aging of the population will progress in the 2020s, and the period during which Myanmar can prepare for the aging of its population is only about 7 years. This is a resource that can serve as a foundation when considering Myanmar’s population policies, as well as measures for an aging society in the future.

(Dr. Yonosuke Hara)

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https://ssl.whp-gol.com/apda.jp/forum/dl.php?file=Myanmar_R_en.pdf&disp=inline