

**BATHING HABITS, BATHROOM ENVIRONMENT AND QUALITY OF LIFE IN
COMMUNITY CENTER USERS IN RURAL AREAS OF JAPAN****KANAYAMA Hitomi ⁽¹⁾, SATO Kazuhiro ⁽¹⁾**Division of Environmental Health, Department of International Social and Health Sciences,
Faculty of Medical Sciences, University of Fukui, Eihei-ji, JapanEditor: Constantin MUNTEANU, E-mail: office@bioclima.ro

WEB OF SCIENCE



Balneo and PRM Research Journal

DOI: <http://dx.doi.org/10.12680/balneo.2021.452>

Vol.12, No.3 September 2021

p: A14

*Presenting author's contact details:**KANAYAMA Hitomi : MD, PhD, MSc, Assistant Professor**Division of Environmental Health, Department of International Social and Health Sciences,**Faculty of Medical Sciences, University of Fukui**23-3 Matsuokashimoaizuki, Eihei-ji town, Fukui, 910-1193 Japan**E-mail: hitomi@u-fukui.ac.jp***Abstract****Introduction**

According to 2020 statistics, the proportion of elderly people is 28.7%, the highest in the world. In the rural and mountainous/coastal areas we surveyed, the proportion of people aged 65 and over was 33.7% and 54.4% respectively, which is more aged than in Fukui City 29.3%. In the rural areas of Fukui City, the proportion of people living together with three or more generations is higher than in larger cities. In the mountainous/coastal areas, most elderly people live alone or only with elderly couples. The Fukui City Council of Social Welfare conducts salon activities for the elderly at local community centers for the purpose of care prevention.

Materials and Methods

In the winter and summer of 2020, we conducted self-administered questionnaires survey on bathing habits, bathing environment and quality of life among participants in salon activities in rural and mountainous/coastal areas of Fukui City.

Results

In winter, 88 respondents (17 males, 71 females) were participated (59 rural areas and 29 mountainous/coastal areas), and in summer 86 respondents (14 males, 72 females) were participated (72 rural areas and 14 mountainous/coastal areas). In winter, more people took baths than showers, and tended to spend more time in hotter water (median: 42°C). In winter, people in the mountainous/coastal areas bathed less frequently than those in the rural areas, and tend to feel the bathroom and changing room were always cold, with a lower proportion using heaters or other heating equipments.

Conclusions

As most respondents in the mountain/coastal areas are over 80 years old, they have poorer ADLs than those in the rural areas, suggesting a problem with the bathroom environment. We will be collecting more participants from this summer.

Acknowledgements

We thank the participants in this survey and Ms. Chihoko Yamamoto of the Fukui City Council of Social Welfare for her cooperation.