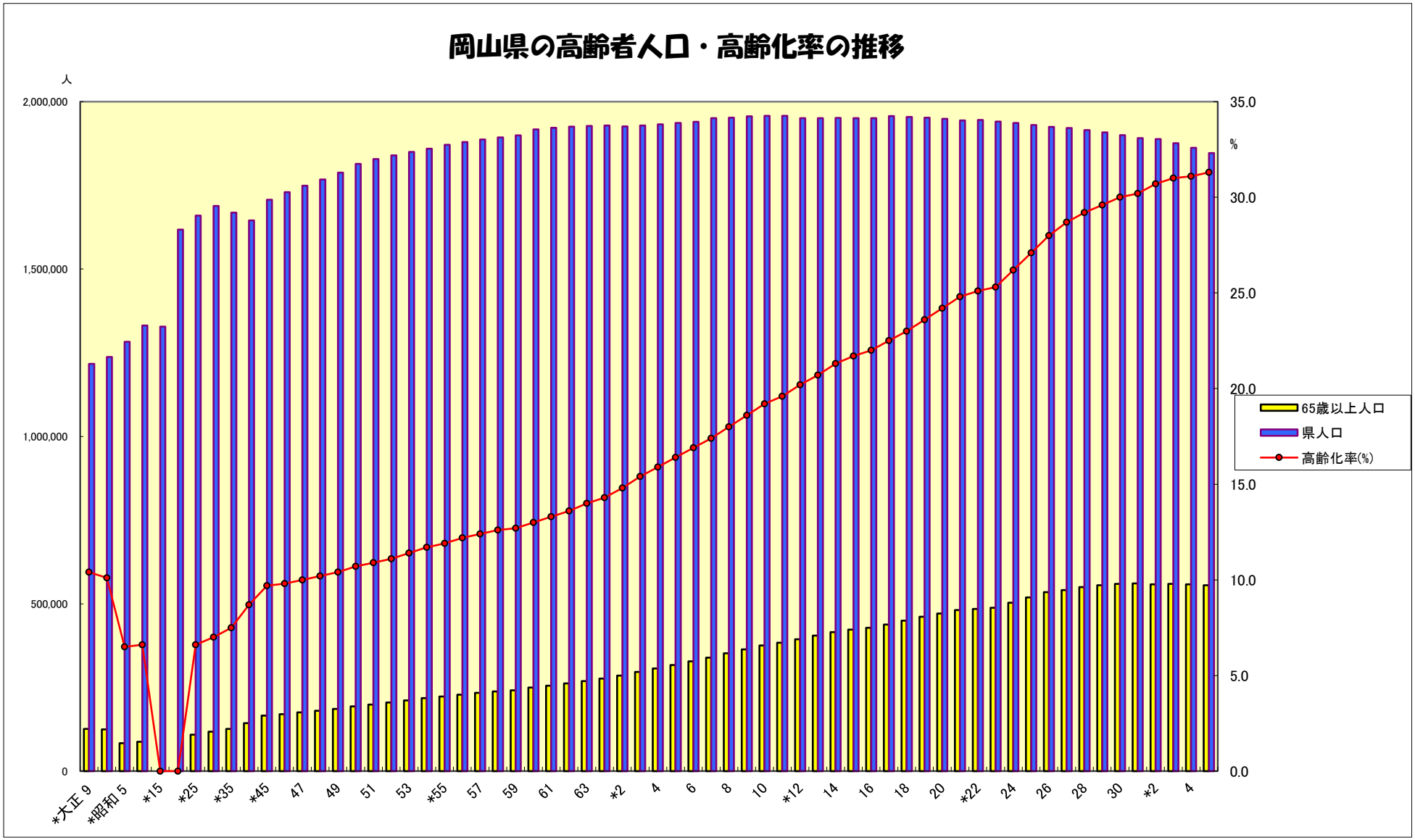岡山県の高齢者人口・高齢化率の推移