

Due to the Great East Japan Earthquake and the subsequent accident at TEPCO's Fukushima Daiichi NPS, many people were forced to live under evacuation and experienced significant changes in their diet, fitness or other daily habits. Some have worries over their health due to their inability to receive health checkups. Therefore, Fukushima Prefecture commenced the Comprehensive Health Checkup for people residing in Evacuation Areas with the aim of ascertaining the overall health conditions of the residents and utilizing the obtained data for the prevention of lifestyle-related diseases and early detection and treatment of diseases.

Prepared based on the material for the 48th Prefectural Oversight Committee Meeting for Fukushima Health Management Survey

Due to the Great East Japan Earthquake and the subsequent accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS, many residents were forced to live as evacuees. Fukushima Prefecture has been conducting the Comprehensive Health Checkup for the purpose of monitoring whether they have any physical problems and guiding them to early treatment as necessary.

Included in this reference material on March 31, 2013
Updated on March 31, 2024

[Check items]

Age group	Check items
Aged zero to 6 (babies and preschoolers)	Body height and weight [Only when requested] Complete blood cell count (red blood cell count, hematocrit, hemoglobin, platelet count, white blood cell count, and differential white blood cell count)
Aged 7 to 15 (first to ninth grade students)	Body height, weight, blood pressure, and complete blood cell count (red blood cell count, hematocrit, hemoglobin, platelet count, white blood cell count, and differential white blood cell count) [Only when requested] Blood biochemistry (AST, ALT, γ-GT, TG, HDL-C, LDL-C, HbA1c, glucose, serum creatinine, and uric acid)
Aged 16 or older	Body height, weight, abdominal girth (or BMI), blood pressure, and complete blood cell count (red blood cell count, hematocrit, hemoglobin, platelet count, white blood cell count, and differential white blood cell count) Urinalysis (protein, glucose and blood) Blood biochemistry (AST, ALT, γ-GT, TG, HDL-C, LDL-C, HbA1c, glucose, serum creatinine, eGFR, and uric acid) * Items in red letters are additional items that are not ordinarily checked in the specified health checkups.

[Eligible persons]

- Residents who were registered at covered areas from March 11, 2011 to April 1, 2012 (also after moving out of those covered areas)
- Residents registered at covered areas as of April 1 of the examination year

[Covered areas]

Hirono Town, Naraha Town, Tomioka Town, Kawauchi Village, Okuma Town, Futaba Town, Namie Town, Katsurao Village and Iitate Village, Minamisoma City, Tamura City, Kawamata Town, and parts of Date City (areas containing Specific Spots Recommended for Evacuation)

Prepared based on the material for the 48th Prefectural Oversight Committee Meeting for Fukushima Health Management Survey

Check items for all age groups are decided so that each of the residents residing in covered areas can ascertain their own health conditions and obtained data can be utilized for the prevention and early detection and treatment of lifestyle-related and other diseases.

Based on the check items for the Specific Health Checkup targeting people aged 16 or older, ordinary health checkups are conducted by adding other necessary items, such as blood counts (those in red letters).

The Comprehensive Health Checkup covers people who were residing in any of the municipalities designated as Restricted Areas, Deliberate Evacuation Areas or Evacuation-Prepared Areas in Case of Emergency or in any of the areas containing Specific Spots Recommended for Evacuation¹ at the time of the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS and residents registered at those areas as of April 1 of the examination year.

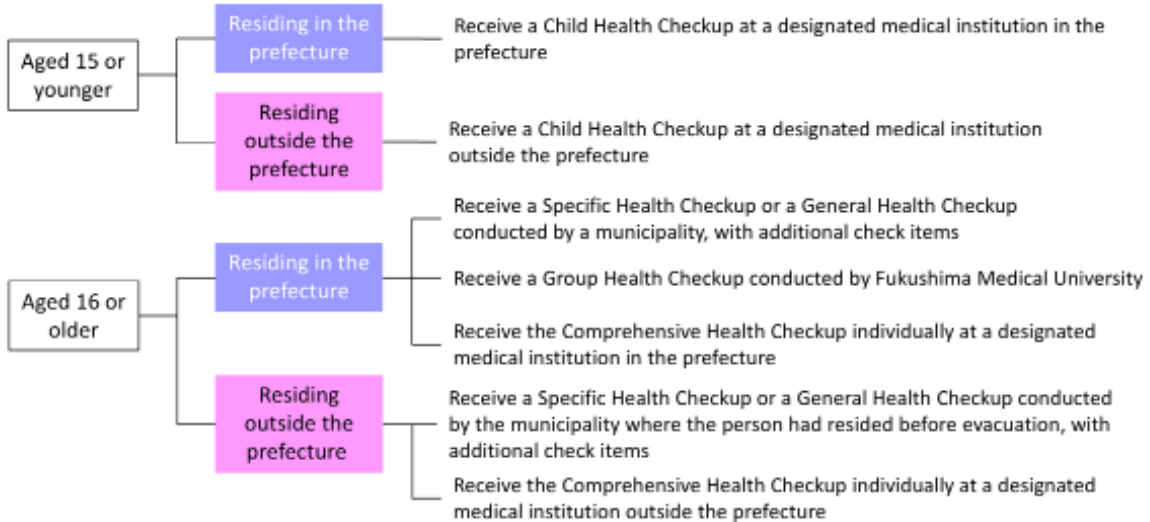
1. The entire areas of Tamura City, Minamisoma City, Kawamata Town, Hirono Town, Naraha Town, Tomioka Town, Kawauchi Village, Okuma Town, Futaba Town, Namie Town, Katsurao Village and Iitate Village, and parts of Date City

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Every year, the Comprehensive Health Checkup is conducted at designated medical institutions individually for all children aged 15 or younger and people aged 16 or older who reside outside the prefecture. Every year, residents aged 16 or older who reside within the prefecture can receive the Comprehensive Health Checkup by any of the following three methods:

1. Receive a Specific Health Checkup or a General Health Checkup conducted by a municipality, wherein the items specific to the Comprehensive Health Checkup are additionally checked
2. Receive a Group Health Checkup conducted by Fukushima Medical University
3. Individually receive the Comprehensive Health Checkup at any of the designated medical institutions in the prefecture



Prepared based on the website of the Radiation Medical Science Center for the Fukushima Health Management Survey, Fukushima Medical University (information on the Comprehensive Health Checkup)

Children aged 15 or younger, regardless of whether residing inside or outside Fukushima Prefecture, can receive health checkups at any of the designated medical institutions with pediatricians.

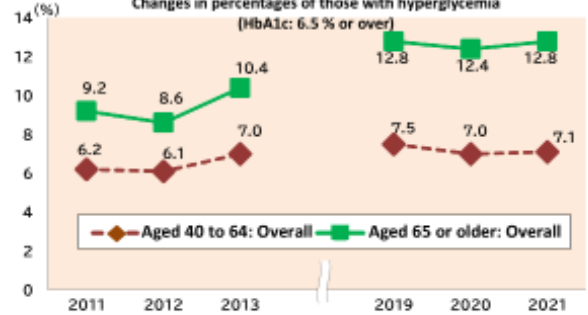
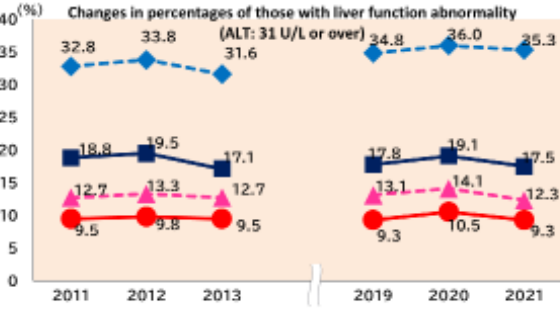
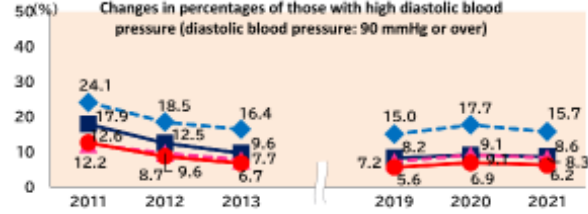
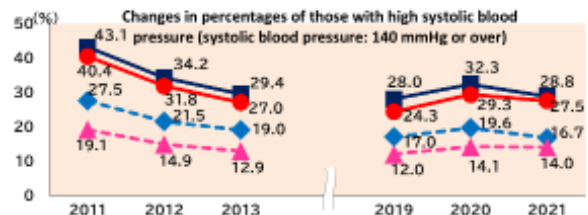
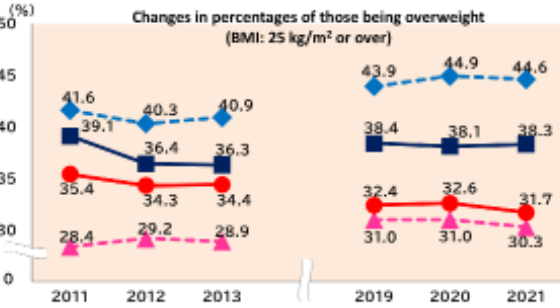
People aged 16 or older who reside in Fukushima Prefecture can select any of the following methods to receive checkups: the Specific Health Checkup or the General Health Checkup conducted by municipalities, with additional check items specific to the Comprehensive Health Checkup; the Group Health Checkup conducted by Fukushima Medical University; or the Comprehensive Health Checkup at designated medical institutions in the prefecture.

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Changes over the years of the results for major check items (Age groups: Age 40 to 64 / Age 65 or older)

Legend:
 - Aged 40 to 64: Male (Blue diamond)
 - Aged 65 or older: Male (Dark blue square)
 - Aged 40 to 64: Female (Pink triangle)
 - Aged 65 or older: Female (Red circle)
 - Aged 40 to 64: Overall (Brown diamond)
 - Aged 65 or older: Overall (Green square)



Prepared based on the materials for the 21st, 41st, 44th and 48th Prefectural Oversight Committee Meeting for Fukushima Health Management Survey

Based on the results of the Comprehensive Health Checkup from FY2011 to FY2021, longitudinal changes in major check items are shown.

●Participants being overweight

The percentage of overweight people (BMI: 25 kg/m² or over) were higher among males than among females for all fiscal years. Among males and females aged 40 to 64, the percentage of overweight people showed a slightly increasing trend from FY2019 to FY2021, compared with that from FY2011 to FY2013.

●Participants with high blood pressure

The percentage of participants with high systolic blood pressure (systolic blood pressure: 140 mmHg or over) showed a declining trend from FY2011 to FY2013 for both males and females aged 40 or older. The percentage remained almost the same overall from FY2019 to FY2021, but showed a slightly increasing trend in FY2020.

For both males and females aged 40 or older, the percentage of participants with high diastolic blood pressure (diastolic blood pressure: 90 mmHg or over) showed a declining trend from FY2011 to FY2013. The percentage remained almost the same overall from FY2019 to FY2021, but showed a slightly increasing trend in FY2020.

●Participants with liver function abnormality

The percentage of participants with liver function abnormality (ALT: 31 (U/L) or over) had remained almost the same overall from FY2011 to FY2013 and from FY2019 to FY2021, but the relevant percentage among males aged 40 to 64 showed a slightly increasing trend from FY2019 to FY2021.

●Participants with hyperglycemia

The percentage of participants aged 65 or older with hyperglycemia (HbA1c: 6.5% or over) showed a slightly increasing trend from FY2019 to FY2021, compared with that from FY2011 to FY2013.

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