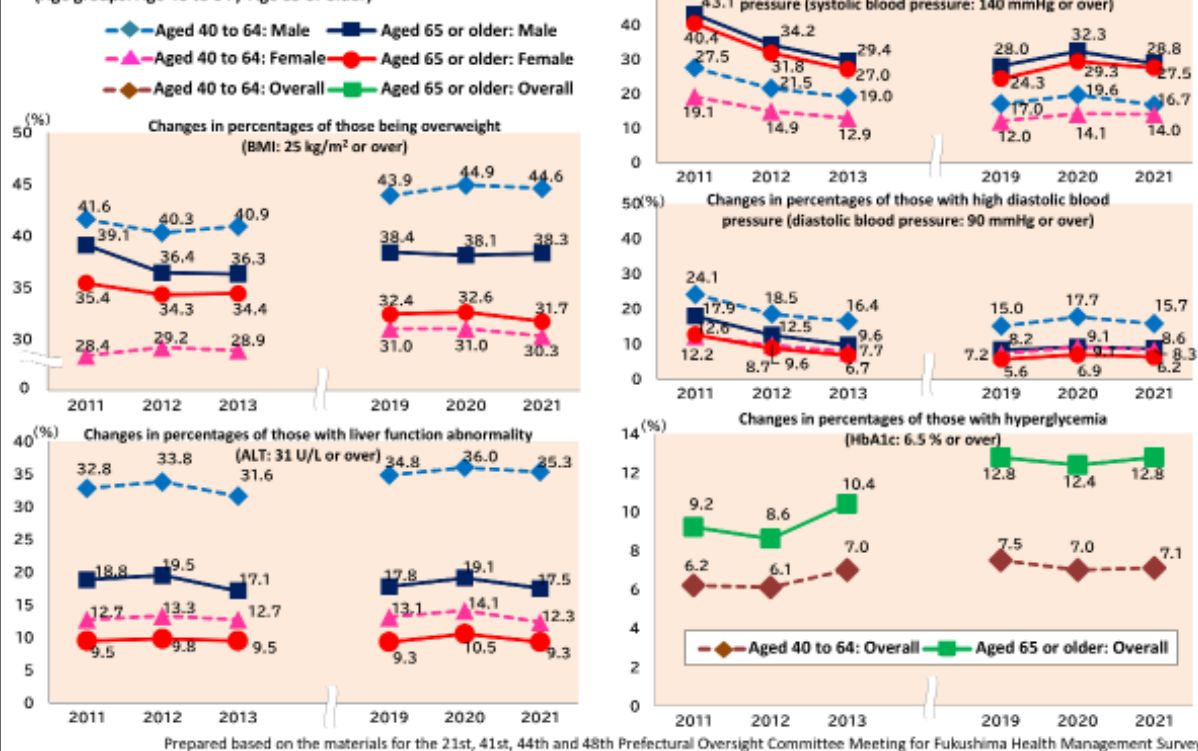


■ Changes over the years of the results for major check items  
(Age groups: Age 40 to 64 / Age 65 or older)



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/m<sup>2</sup> 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.

Included in this reference material on March 31, 2016

Updated on March 31, 2024