Comprehensive Health Checkup

Comprehensive Health Checkup: Purpose

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 50th Prefectural Oversight Committee Meeting for Fukushima Health Management Survey

Comprehensive Health Checkup

Comprehensive Health Checkup: Outline (1/2)

[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]

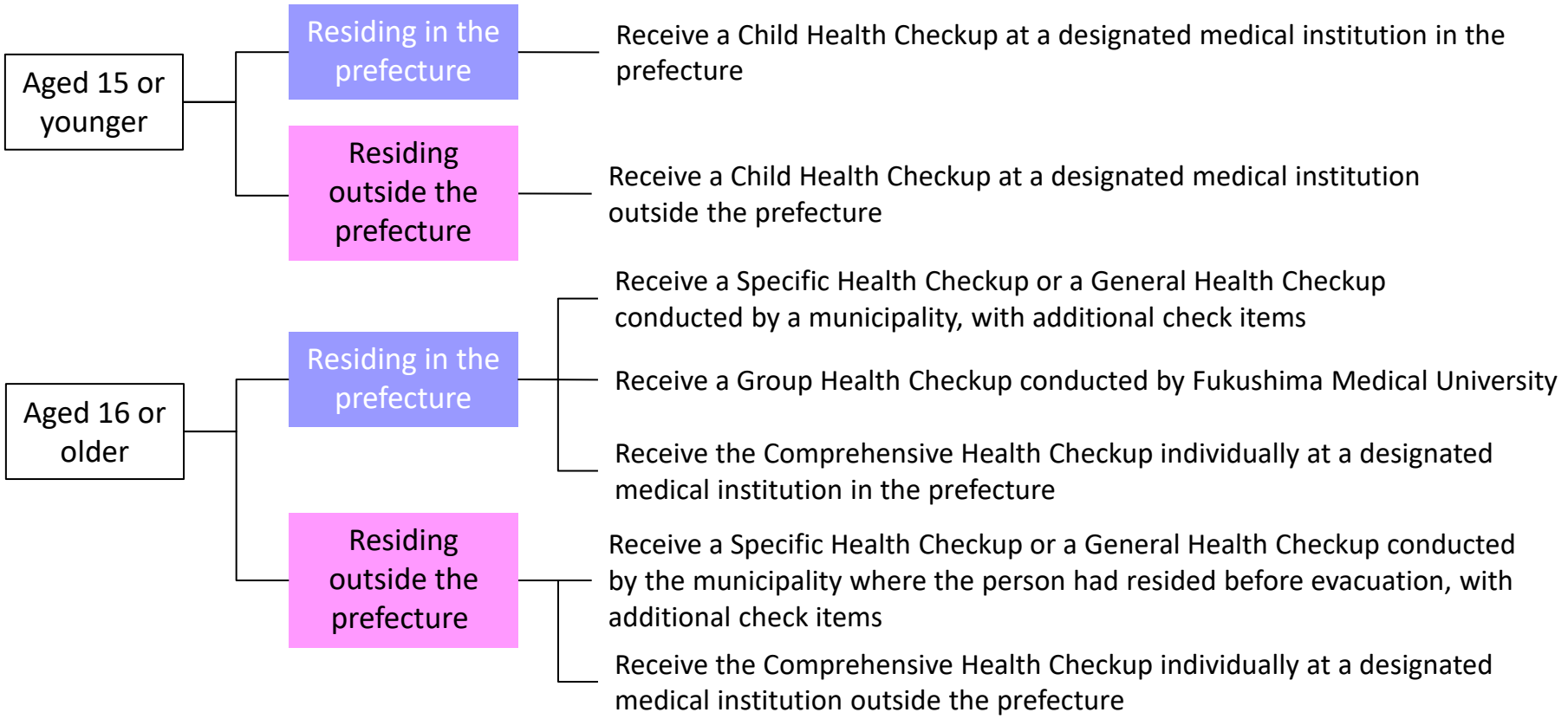
Hirono Town, Naraha Town, Tomioka Town, Kawauchi Village, Okuma Town, Futaba Town, Namie Town, Katsurao Village and Iitate Village, Minamisoma City, Tamura City, Kawamata Town, and parts of Date City (areas containing Specific Spots Recommended for Evacuation)

Comprehensive Health Checkup

Comprehensive Health Checkup: Outline (2/2)

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



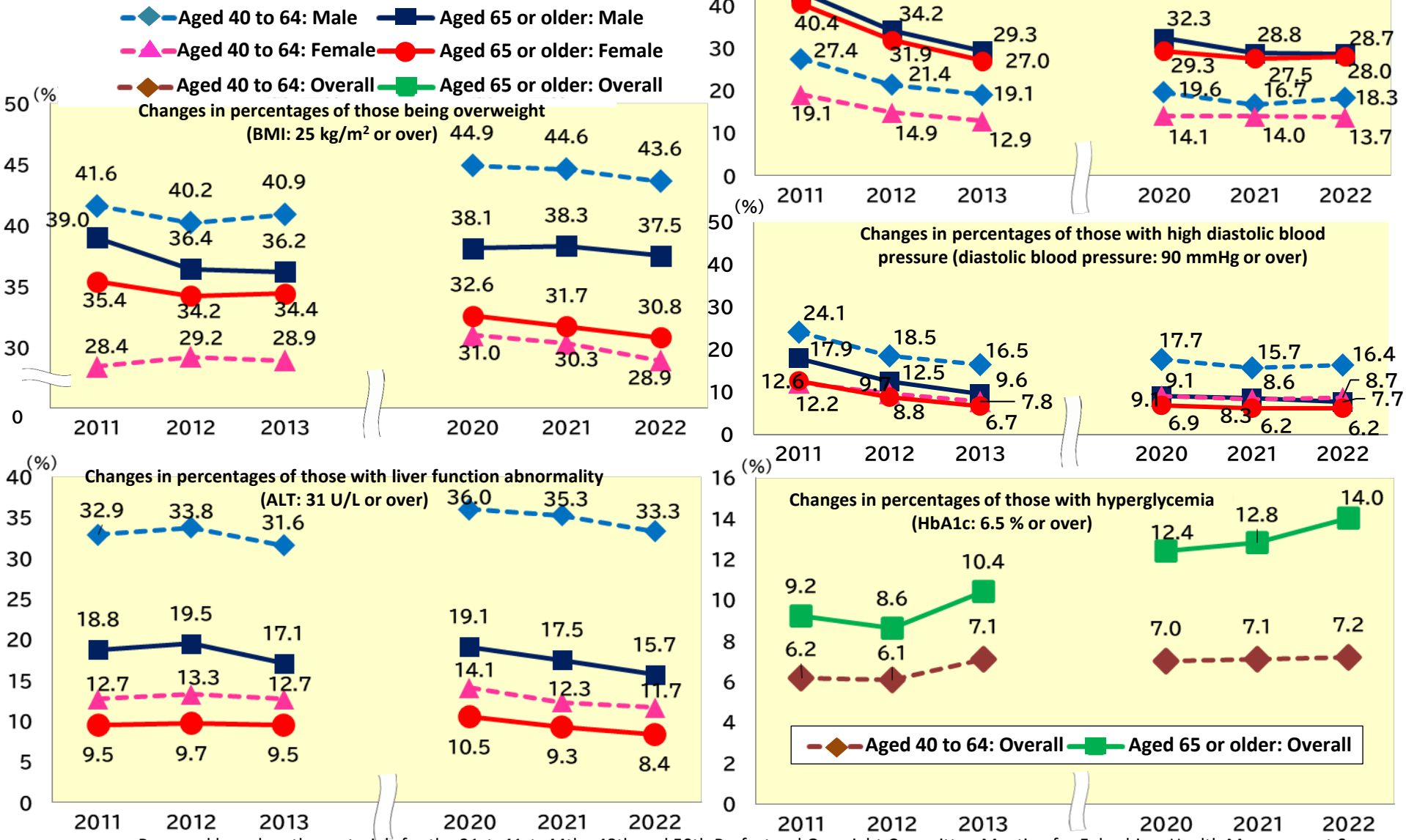
Prepared based on the website of the Radiation Medical Science Center for the Fukushima Health Management Survey, Fukushima Medical University (information on the Comprehensive Health Checkup)

Comprehensive Health Checkup

Comprehensive Health Checkup: What Has Become Clear (Overweight, High Blood Pressure, Liver Function Abnormality, and Hyperglycemia)

Latest Survey Results: https://www.pref.fukushima.lg.jp/site/portal/kenkocyosa-kentoiinkai.html (in Japanese)

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



Prepared based on the materials for the 21st, 41st, 44th , 48th and 50th Prefectural Oversight Committee Meeting for Fukushima Health Management Survey