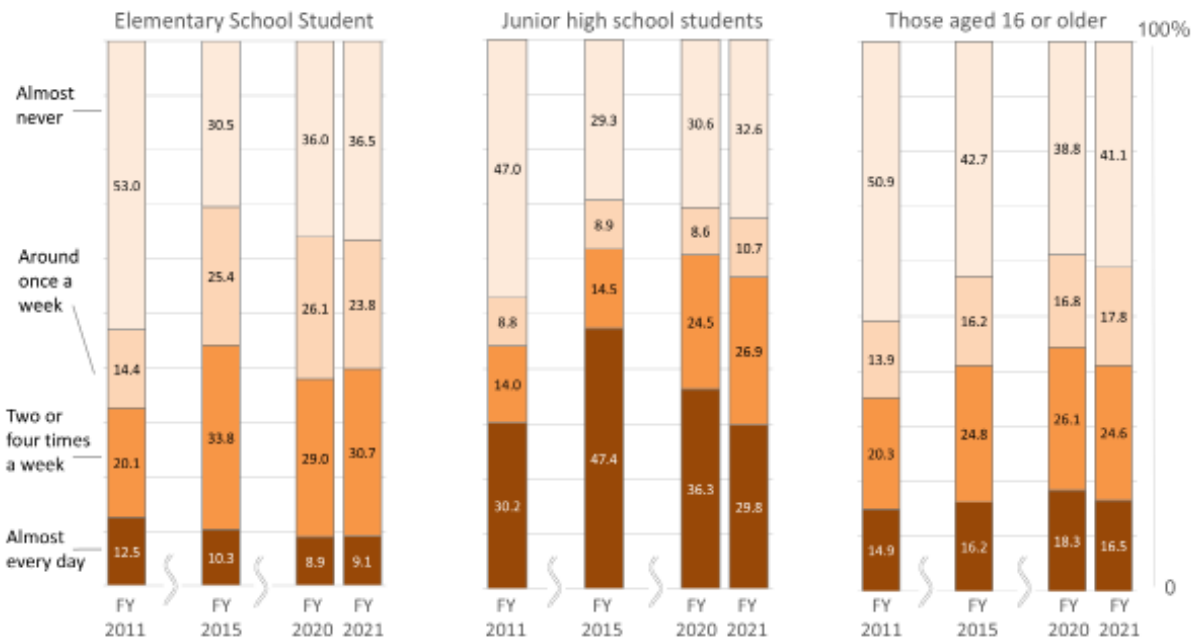


[Percentages concerning daily exercises]



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

Compared with the results of the FY2011 survey, elementary school students and junior high school students came to have more chances for exercise in FY2015, showing an improving trend. However, those who almost never exercise increased in FY2020 and FY2021. The frequency of exercise had increased gradually among adults (aged 16 or older) until FY2020, but decreased in FY2021. The impact of COVID-19 may be one of the causes of this decrease in the frequency of exercise in FY 2021.

In particular, exercises are considered to exert a significant influence on the growth of elementary school students and junior high school students, and exercise habits are also very important for adults for improving their mental health and preventing lifestyle-related diseases.

Included in this reference material on March 31, 2016

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