

■ Changes over year of the results for major check items
(Age bracket: FY2010 - Aged 40 or older; FY2011 to FY2015 - Aged 40 to 64)

Time of the health checkup	Overweight BMI: 25 (kg/m ²) or over		Poor glycemic control HbA1c (NGSP): 7.0% or over	
	Male	Female	Male	Female
FY2010 *1	29.8%	28.1%	2.4% *2	1.6% *2
FY2011	41.6%	28.4%	5.7%	2.6%
FY2012	40.3%	29.2%	5.1%	2.4%
FY2013	40.9%	28.9%	5.4%	2.7%
FY2014	39.3%	27.9%	5.1%	2.3%
FY2015	40.6%	28.4%	4.9%	2.4%

Time of the health checkup	Liver function abnormality ALT: 51 (U/L) or over		High blood pressure Systolic blood pressure: 140 mmHg or over	
	Male	Female	Male	Female
FY2010 *1	3.8%	1.7%	33.2%	28.7%
FY2011	11.3%	3.9%	27.5%	19.1%
FY2012	11.6%	4.2%	21.5%	14.9%
FY2013	11.2%	3.9%	19.0%	12.9%
FY2014	10.2%	3.5%	17.4%	11.5%
FY2015	10.8%	3.4%	17.4%	12.3%

*1: The results for FY2010 are those of the Specific Health Checkup and the Older Senior Citizen Health Checkup conducted in FY2010 by municipalities that were later designated as Evacuation Areas, etc. after the earthquake. They are only for reference in the comparison as they differ from the Comprehensive Health Checkup conducted from FY2011 to FY2015 in terms of the cohort and examinees' age brackets.

*2: HbA1c (JDS)

Prepared based on Handout 3 of the 12th, Handout 3 of the 21st and Handout 3 of the 26th Prefectural Oversight Committee Meetings for Fukushima Health Management Survey

The Comprehensive Health Checkup conducted from FY2011 to FY2015 covered residents of Evacuation Areas designated as of FY2011 and residents who were found to require the Comprehensive Health Checkup as a result of the Basic Survey. The table above shows only the results for the examinees aged 40 to 64. On the other hand, the results for FY2010 are those of the checkup conducted in FY2010, targeting people covered by the national health insurance program aged 40 or older and senior citizens, by municipalities that were later designated as Evacuation Areas, etc. after the earthquake. As these checkups differ from the Comprehensive Health Checkup conducted from FY2011 to FY2015 in terms of the cohort and examinees' age brackets, the results for FY2010 as shown in the table are just for reference.

The condition of being overweight (BMI: 25 kg/m² or over) was found more among males than among females. The percentage of examinees who were overweight remained almost unchanged from FY2011 to FY2013 and showed a declining trend from FY2013 to FY2014, but increased again in FY2015 for both males and females.

The percentage of examinees with poor glycemic control (HbA1c: 7.0% or over) decreased in FY2015 from FY2011.

The percentage of examinees with liver function abnormality (ALT: 51 (U/L) or over), which is generally higher among males than among females, has shown no significant changes since FY2011.

The percentage of examinees with high blood pressure (systolic blood pressure: 140 mmHg or over) was higher among males than among females for all age brackets, but the percentage generally has shown a declining trend in FY2012 to FY2015 compared to the level in FY2011.

Included in this reference material on March 31, 2016

Updated on December 1, 2017