

Comprehensive Health Checkup: Purpose

“We will promote the health of the residents who were forced to evacuate.”

Due to the Great East Japan Earthquake and the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS, many of the residents of Fukushima Prefecture were forced to evacuate and face drastic changes in their daily lives. Accordingly, many may have also experienced significant changes in their diet, exercise, or other lifestyle factors or have had difficulty in receiving medical checkups, and are worried about their own health.

Fukushima Prefecture has been conducting health checkups for people who were residing in Evacuation Areas, such as Restricted Areas, designated by the national government as of 2011 ("covered areas"), considering it necessary to ascertain the overall health conditions of the residents, not limited to the health effects caused by their anxieties over radiation and prolonged refugee life, and to utilize the obtained data for the prevention and early detection and treatment of lifestyle-related diseases, thereby promoting and maintaining the good health of the residents.

Comprehensive Health Checkup: Outline (1/2)

[Check items]

Age bracket	Check items
Aged zero to 6 (babies and preschoolers)	Body height and weight [Only when requested] Blood counts (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 blood counts (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, blood sugar, serum creatinine, and uric acid)
Aged 16 or older	Body height, weight, abdominal girth, body mass index (BMI), blood pressure, and blood counts (red blood cell count, hematocrit, hemoglobin, platelet count, white blood cell count, and differential white blood cell count) Urine test (uric protein, uric sugar, and uric blood) Blood biochemistry (AST, ALT, γ -GT, TG, HDL-C, LDL-C, HbA1c, blood sugar, serum creatinine, eGFR, and uric acid) <small>* Items in red letters are additional items that are not ordinarily checked in the specified health checkups.</small>

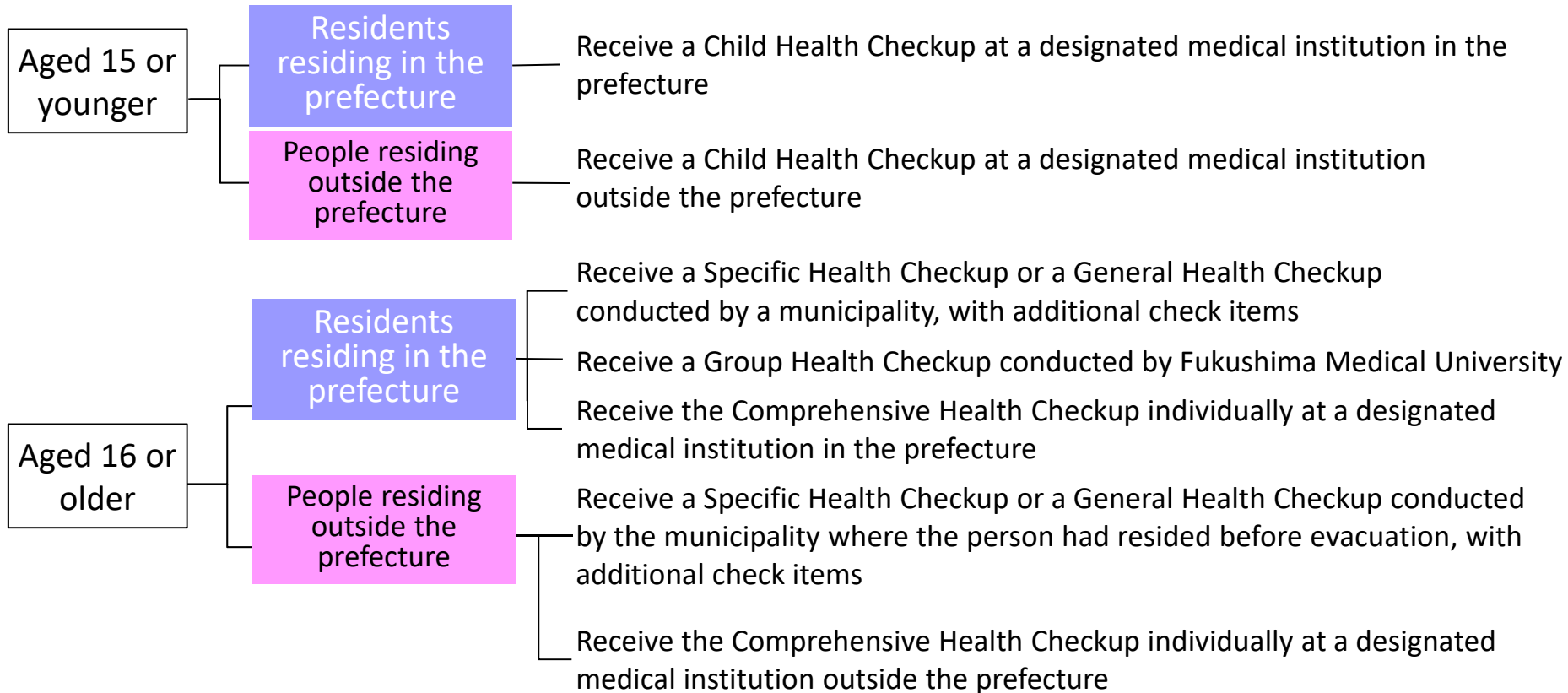
[Coverage]

Residents who were registered at any of the municipalities designated as Restricted Areas, Deliberate Evacuation Areas or Evacuation-Prepared Areas in Case of Emergency or at any of the areas containing Specific Spots Recommended for Evacuation as of 2011 (approx. 210,000 people) and residents who were found to require the Comprehensive Health Checkup as a result of the Basic Survey (= 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)

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. 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



■ 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 glyceic 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)

Health Checkup Targeting Residents Uncovered by Existing Health Checkups

[Outline]

In order to promote the prevention and early detection and treatment of lifestyle-related diseases throughout a lifetime, Fukushima Prefecture now offers a health checkup for residents who have not been covered by the existing systems and have not received health examinations or checkups.

[Coverage]

Residents aged approximately 19 to 39 who are residing anywhere outside the Evacuation Areas, etc. and have no opportunity to receive health examinations or checkups under the existing systems (i.e., those covered by the national health insurance program and dependents of those covered by the social insurance program, etc., excluding students)

[Check items]

Body height, weight, BMI, blood pressure, urine test (uric protein and uric sugar), blood biochemistry (AST, ALT, γ -GT, TG, HDL-C, LDL-C, HbA1c, and fasting (or non-fasting) blood sugar)