

“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.

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"

The residents who were forced to evacuate from covered areas have been living as refugees away from their own homes for a prolonged period of time. Fukushima Prefecture has been conducting the Comprehensive Health Checkup for the purpose of monitoring whether they have any physical problems and utilizing the data for early treatment as necessary.

Included in this reference material on March 31, 2013

Updated on December 1, 2017

[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)

* Items in red letters are additional items that are not ordinarily checked in the specified health checkups.

[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)

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"

Check items are those for ordinary health checkups plus blood counts, serum creatinine, urine occult blood, etc.

In the Specific Health Checkup targeting people aged 16 or older conducted by municipalities excluding Date City, items for ordinary health checkups plus those in red letters are checked.

The Comprehensive Health Checkup covers people who were residing in any of the municipalities designated as Restricted Areas, Deliberate Evacuation Areas or Evacuation-Prepared Areas in Case of Emergency or in any of the areas containing Specific Spots Recommended for Evacuation* at the time of the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS.

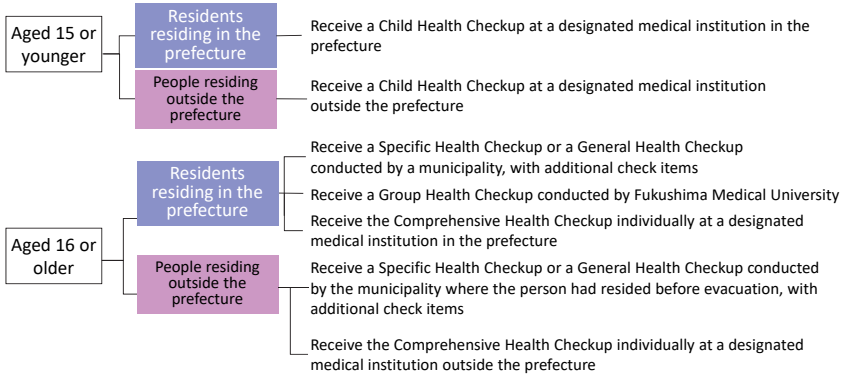
* The entire areas of Tamura City, Minamisoma City, Kawamata Town, Hirono Town, Naraha Town, Tomioka Town, Kawauchi Village, Okuma Town, Futaba Town, Namie Town, Katsurao Village and Iitate Village, and parts of Date City

Included in this reference material on March 31, 2013

Updated on March 31, 2017

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



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"

Children aged 15 or younger, whether residing in or outside Fukushima Prefecture, can receive the Comprehensive Health Checkup at any of the designated medical institutions with cooperating pediatricians. Examinees should return to the same medical institution respectively to receive explanations on the results directly from doctors. They can consult with doctors and receive answers or treatment on these occasions if they have any worries or if the health checkup results contain some worrisome points.

Residents aged 16 or older who reside in the prefecture can select one of three methods to receive a checkup: Receive a Specific Health Checkup or a General Health Checkup conducted by a municipality, with additional check items specific to the Comprehensive Health Checkup; Receive a Group Health Checkup conducted by Fukushima Medical University; or Receive the Comprehensive Health Checkup individually at a designated medical institution in the prefecture.

Included in this reference material on March 31, 2013

Updated on March 31, 2016

■ 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

[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)

Prepared based on the material for the 22nd Prefectural Oversight Committee Meeting for Fukushima Health Management Survey

This is the system newly established as part of the Fukushima Health Management Survey for the purpose of offering a health checkup to residents who have not been covered by the existing systems and have not received health examinations or checkups, thereby promoting and maintaining good health and the possibility of healthy longevity for residents of Fukushima Prefecture.

*1 Health examinations and checkups under the existing systems:

- Health examinations based on the Industrial Safety and Health Act (periodic health examinations, etc.)
- Health checkups for students based on Article 13 of the School Health and Safety Act
- The Comprehensive Health Checkup conducted by Fukushima Prefecture, targeting residents of the Evacuation Areas, etc. (*2), under the framework of the Fukushima Health Management Survey (the Comprehensive Health Checkup with additional check items)

* 2 Evacuation Areas, etc.:

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 (the areas containing Specific Spots Recommended for Evacuation)

Included in this reference material on March 31, 2016

Updated on March 31, 2017