

[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)

[Method]

Prepare inquiry sheets by age bracket (self-reporting questionnaires or those to be filled in by guardians) and send them to the survey targets (responses are received by post or online)

[Major survey items]

- Present physical and mental status
- Lifestyle (diet, sleep, and smoking, drinking and exercise habits)
- Present living conditions (the public)

[Measures after receiving responses]

For respondents who are deemed to require support based on their responses, clinical psychotherapists, public health nurses, or clinical nurses, etc. of the Mental Health Support Team make a phone call to give advice and support concerning problems with their mental health and lifestyles.

Prepared based on the website of the Radiation Medical Science Center for the Fukushima Health Management Survey, Fukushima Medical University, "Information on the Mental Health and Lifestyle Survey"

As in the case of the Comprehensive Health Checkup, the Mental Health and Lifestyle Survey also covers residents who were registered, as of March 11, 2011, and as of April 1 of the relevant survey year, at any of the municipalities that were 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* at the time of the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS.

These residents are to respond to questions in an inquiry sheet concerning their mental and physical health conditions. Their responses are compiled into indicators to check their need for support.

Different inquiry sheets are prepared depending on the age brackets, with the aim of taking required measures more appropriately. Children are divided into four age brackets: those aged zero to 3; those aged 4 to 6; elementary school students; and junior high school students. People aged 16 or older are categorized as the general public.

In addition to questions concerning present mental and physical health conditions, the survey items include questions about changes in lifestyles, such as diet, sleep, drinking, smoking, and exercise habits, as respondents must have experienced drastic changes in their living environment.

Included in this reference material on March 31, 2013

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