



From the results of the Comprehensive Health Checkup conducted from FY2011 to FY2018, changes in the results for major check items over the years were examined.

#### ● Examinees being overweight

The condition of being overweight (BMI: 25 kg/m<sup>2</sup> or over) was found more among males than among females for all these fiscal years. Looking at the changes in each fiscal year, the percentage of overweight female examinees aged 65 or older showed a declining trend from FY2011 to FY2015 but did not show a large change from FY2016 to FY2018.

#### ● Examinees with high blood pressure

The percentage of examinees with high systolic blood pressure (systolic blood pressure: 140 mmHg or over) showed a declining trend from FY2011 to FY2014 for both males and females aged 40 or older. The percentage increased from FY2015 to FY2016 but decreased toward FY2018.

The percentage of examinees with high diastolic blood pressure (diastolic blood pressure: 90 mmHg or over) showed a declining trend from FY2011 to FY2014 for both males and females aged 40 or older but did not show a large change from FY2015.

#### ● Examinees with liver function abnormality

The percentage of examinees with liver function abnormality (ALT: 51 (U/L) or over), which is generally higher among males aged 40 to 64, has been almost flat overall.

#### ● Examinees with poor glycemic control

The percentage of examinees with poor glycemic control (HbA1c: 7.0% or over) has been higher among males than among females for all these fiscal years. When compared with the percentage in FY2011, the percentage in FY2018 was higher for males aged 65 or older.

Included in this reference material on March 31, 2016

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