

Due to the Great East Japan Earthquake and the subsequent accident at TEPCO's Fukushima Daiichi NPS, many people were forced to live under evacuation and experienced significant changes in their diet, fitness or other daily habits. Some have worries over their health due to their inability to receive health checkups. Therefore, Fukushima Prefecture commenced the Comprehensive Health Checkup for people residing in Evacuation Areas with the aim of ascertaining the overall health conditions of the residents and utilizing the obtained data for the prevention of lifestyle-related diseases and early detection and treatment of diseases.

Prepared based on the material for the 41st Prefectural Oversight Committee Meeting for Fukushima Health Management Survey

Due to the Great East Japan Earthquake and the subsequent accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS, many residents were forced to live as evacuees. Fukushima Prefecture has been conducting the Comprehensive Health Checkup for the purpose of monitoring whether they have any physical problems and guiding them to early treatment as necessary.

Included in this reference material on March 31, 2013

Updated on March 31, 2022

[Check items]

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

[Eligible subjects]

- Residents who were registered at covered areas from March 11, 2011 to April 1, 2012 (also after moving out of those covered areas)
- Residents registered at evacuation areas, etc. as of April 1 of the examination year

[Covered areas]

Hirono Town, Naraha Town, Tomioka Town, Kawauchi Village, Okuma Town, Futaba Town, Namie Town, Katsurao Village and Iitate Village, Minamisoma City, Tamura City, Kawamata Town, and parts of Date City (areas containing Specific Spots Recommended for Evacuation)

Prepared based on the material for the 41st Prefectural Oversight Committee Meeting for Fukushima Health Management Survey

Check items for all age groups are decided so that each of the residents residing in covered areas can ascertain their own health conditions and obtained data can be utilized for the prevention and early detection and treatment of lifestyle-related and other diseases.

Based on the check items for the Specific Health Checkup targeting people aged 16 or older, ordinary health checkups are conducted by adding other necessary items, such as blood counts (those in red letters).

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*¹ at the time of the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS and residents registered at those areas as of April 1 of the examination year.

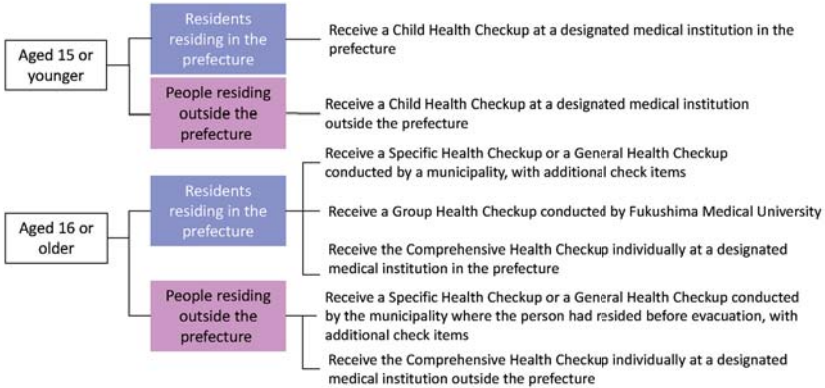
*1: The entire areas of Tamura City, Minamisoma City, Kawamata Town, Hirono Town, Naraha Town, Tomioka Town, Kawauchi Village, Okuma Town, Futaba Town, Namie Town, Katsurao Village and Iitate Village, and parts of Date City

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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. Every year, 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 schedule)

Children aged 15 or younger, whether residing in or outside Fukushima Prefecture, can receive pediatric health checkups at any of the designated medical institutions with cooperating pediatricians.

Residents aged 16 or older who reside in Fukushima Prefecture can select any of the following 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.

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Updated on March 31, 2020

Comprehensive Health Checkup: What Has Become Clear

(Overweight, High Blood Pressure, Liver Function Abnormality, and Hyperglycemia)

Latest Survey Results: <https://www.pref.fukushima.lg.jp/site/portal/kenkocycosa-kentoinkai.html> (in Japanese)

■ Changes over the years of the results for major check items (Age groups: Age 40 to 64 / Age 65 or older)

◆ Aged 40 to 64: Male
 ■ Aged 65 or older: Male
 ▲ Aged 40 to 64: Female
 ● Aged 65 or older: Female

Changes in percentages of those being overweight (BMI: 25 kg/m² or over)



Changes in percentages of those with high systolic blood pressure (systolic blood pressure: 140 mmHg or over)



Changes in percentages of those with high diastolic blood pressure (diastolic blood pressure: 90 mmHg or over)



Changes in percentages of those with liver function abnormality (ALT: 51 U/L or over)



Changes in percentages of those with poor glycemic control (HbA1c: 7.0% or over)



Prepared based on the materials for the 21st, 26th, 30th, 34th, 37th and 41st Prefectural Oversight Committee Meeting for Fukushima Health Management Survey

From the results of the Comprehensive Health Checkup conducted from FY2011 to FY2019, changes in the results for major check items over the years were examined.

- Examinees being overweight
 The condition of being overweight (BMI: 25 kg/m² 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 FY2019.
- 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 FY2019.
 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 FY2019 was higher for males aged 65 or older.

Included in this reference material on March 31, 2016

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