

Appendix 2. Health status of survey participants and the Japanese population

	Survey participants		Japanese population
	N [a]	%	%
Health status [b]			
Excellent/very good	248	20.7	19.6
Good	350	29.2	17.4
Fair	520	43.3	49.1
Poor	82	6.8	13.8
Diseases [c]			
Hypertension	178	14.8	12.8
Diabetes or hyperglycemia	69	5.8	5.7
Obesity	109	9.1	9.3
Hyperlipidemia	86	7.2	15.8

[a] Unit: Survey participants (people)

5 [b] Calculated from the National Health and Nutrition Survey 2007

(<http://www.mhlw.go.jp/bunya/kenkou/eiyou09/01.html>)

10 [c] Calculated from the National Health and Nutrition Survey 2006. Among analyzable participants of National Health and Nutrition Survey 2006 (individuals aged ≥ 15 years, N=7,728), 4,817 people (62.3%) had health checkups in one year, 992 people (12.8%) were diagnosed with hypertension, 443 people (5.7%) with diabetes or hyperglycemia, 722 people (9.3%) with obesity, and 1223 people (15.8%) with hyperlipidemia.

(<http://www.mhlw.go.jp/bunya/kenkou/eiyou08/>)