

Comprehensive Health Check for Children in FY 2011 and FY 2012

Height and Weight (Aged 0-6)

Boys' height		FY 2011		FY 2012		Difference
Age	n	Mean(cm)(a)	n	Mean(cm)(b)	(b)-(a)	
10-11 mo	44	73.6	46	73.3	Δ 0.3	
1 y-	77	74.8	52	74.1	Δ 0.7	
1 y 2 mo-	68	76.5	64	77.5	1.0	
1 y 4 mo-	93	79.1	54	79.1	0.0	
1 y 6 mo-	80	81.2	59	80.2	Δ 1.0	
1 y 8 mo-	73	82.1	56	82.5	0.4	
1 y 10 mo-	83	83.8	52	83.7	Δ 0.1	
2 y-	281	86.6	181	87.4	0.8	
2 y 6 mo-	269	90.7	196	91.4	0.7	
3 y-	281	94.8	193	94.9	0.1	
3 y 6 mo-	257	98.6	170	98.9	0.3	
4 y-	258	101.7	203	102.3	0.6	
4 y 6 mo-	280	105.7	193	105.7	0.0	
5 y-	286	108.5	182	108.9	0.4	
5 y 6 mo-5 y 11 mo	293	111.4	199	111.9	0.5	
Total	2,723		1,900			

Girls' height		FY 2011		FY 2012		Difference
Age	n	Mean(cm)(a)	n	Mean(cm)(b)	(b)-(a)	
10-11 mo	36	71.5	49	72.0	0.5	
1 y-	79	73.7	60	73.4	Δ 0.3	
1 y 2 mo-	85	75.1	41	75.2	0.1	
1 y 4 mo-	80	77.4	54	77.8	0.4	
1 y 6 mo-	78	78.9	53	78.9	0.0	
1 y 8 mo-	86	81.2	49	81.1	Δ 0.1	
1 y 10 mo-	98	82.2	52	81.8	Δ 0.4	
2 y-	263	85.4	178	85.6	0.2	
2 y 6 mo-	287	89.9	199	89.7	Δ 0.2	
3 y-	255	93.4	208	94.0	0.6	
3 y 6 mo-	246	97.3	181	97.4	0.1	
4 y-	275	100.6	175	100.8	0.2	
4 y 6 mo-	253	104.2	192	103.9	Δ 0.3	
5 y-	286	107.6	197	107.5	Δ 0.1	
5 y 6 mo-5 y 11 mo	296	110.3	191	111.1	0.8	
Total	2,703		1,879			

Comprehensive Health Check for Children in FY 2011 and FY 2012

Height and Weight (Aged 0-6)

Boys' weight		FY 2011		FY 2012		Difference
Age	n	Mean(kg)(a)	n	Mean(kg)(b)	(b)-(a)	
10-11 mo	44	9.8	46	9.4	Δ 0.4	
1 y-	77	9.9	52	9.5	Δ 0.4	
1 y 2 mo-	68	10.4	64	10.2	Δ 0.2	
1 y 4 mo-	93	10.9	54	10.5	Δ 0.4	
1 y 6 mo-	80	11.2	59	11.2	0.0	
1 y 8 mo-	73	11.6	56	11.4	Δ 0.2	
1 y 10 mo-	83	12.0	52	11.6	Δ 0.4	
2 y-	281	12.7	181	12.8	0.1	
2 y 6 mo-	269	13.8	196	13.5	Δ 0.3	
3 y-	281	14.8	193	14.6	Δ 0.2	
3 y 6 mo-	257	15.9	170	15.7	Δ 0.2	
4 y-	258	16.8	203	16.6	Δ 0.2	
4 y 6 mo-	280	17.9	193	17.8	Δ 0.1	
5 y-	286	18.4	182	18.5	0.1	
5 y 6 mo-5 y 11 mo	293	20.0	199	19.9	Δ 0.1	
Total	2,723		1,900			

Girls' weight		FY 2011		FY 2012		Difference
Age	n	Mean(kg)(a)	n	Mean(kg)(b)	(b)-(a)	
10-11 mo	36	8.9	49	8.7	Δ 0.2	
1 y-	79	9.4	60	9.1	Δ 0.3	
1 y 2 mo-	85	9.7	41	9.4	Δ 0.3	
1 y 4 mo-	80	10.3	54	10.1	Δ 0.2	
1 y 6 mo-	79	10.5	53	10.4	Δ 0.1	
1 y 8 mo-	86	11.0	49	10.5	Δ 0.5	
1 y 10 mo-	98	11.2	52	10.8	Δ 0.4	
2 y-	263	12.1	178	11.9	Δ 0.2	
2 y 6 mo-	287	13.2	199	12.9	Δ 0.3	
3 y-	255	14.1	208	14.1	0.0	
3 y 6 mo-	246	15.2	181	15.0	Δ 0.2	
4 y-	275	16.4	175	16.0	Δ 0.4	
4 y 6 mo-	253	17.2	193	17.0	Δ 0.2	
5 y-	286	18.7	197	18.2	Δ 0.5	
5 y 6 mo-5 y 11 mo	296	19.3	191	19.6	0.3	
Total	2,704		1,880			

Boys' height

(cm)

	Age (years)	Nationwide Survey FY 2010	Nationwide Survey FY 2012	Difference	Fukushima Prefecture FY 2010	Fukushima Prefecture FY 2012	Difference	Comprehensive Health Check FY 2011	Comprehensive Health Check FY 2012	Difference	
		Mean(a)	Mean(b)	(b)-(a)	Mean(c)	Mean(d)	(d)-(c)	Mean(e)	Mean(f)	(f)-(e)	(f)-(b)
Primary school	6	116.7	116.5	Δ 0.2	116.6	116.8	0.2	116.6	116.6	0.0	0.1
	7	122.5	122.4	Δ 0.1	122.3	121.8	Δ 0.5	122.8	123.0	0.2	0.6
	8	128.2	128.2	0.0	128.3	127.6	Δ 0.7	128.1	128.5	0.4	0.3
	9	133.5	133.6	0.1	133.7	133.9	0.2	133.4	133.9	0.5	0.3
	10	138.8	138.9	0.1	138.8	139.3	0.5	139.3	139.4	0.1	0.5
Middle school	11	145.0	145.0	0.0	145.6	146.0	0.4	145.9	145.8	Δ 0.1	0.8
	12	152.4	152.4	0.0	153.3	154.1	0.8	153.2	153.3	0.1	0.9
	13	159.7	159.5	Δ 0.2	160.1	159.5	Δ 0.6	160.1	160.6	0.5	1.1
	14	165.1	165.1	0.0	165.2	165.9	0.7	165.3	165.7	0.4	0.6
High school	15	168.2	168.4	0.2	168.6	168.3	Δ 0.3	168.4	168.2	Δ 0.2	Δ 0.2

Boys' weight

(kg)

	Age (years)	Nationwide Survey FY 2010	Nationwide Survey FY 2012	Difference	Fukushima Prefecture FY 2010	Fukushima Prefecture FY 2012	Difference	Comprehensive Health Check FY 2011	Comprehensive Health Check FY 2012	Difference	
		Mean(a)	Mean(b)	(b)-(a)	Mean(c)	Mean(d)	(d)-(c)	Mean(e)	Mean(f)	(f)-(e)	(f)-(b)
Primary school	6	21.4	21.3	Δ 0.1	21.7	22.3	0.6	22.1	21.5	Δ 0.6	0.2
	7	24.0	24.0	0.0	24.3	24.4	0.1	24.8	24.8	0.0	0.8
	8	27.2	27.1	Δ 0.1	27.5	27.5	0.0	28.4	28.0	Δ 0.4	0.9
	9	30.5	30.5	0.0	31.6	31.8	0.2	32.6	32.2	Δ 0.4	1.7
	10	34.1	34.0	Δ 0.1	34.3	35.6	1.3	36.0	35.9	Δ 0.1	1.9
Middle school	11	38.4	38.2	Δ 0.2	39.7	41.0	1.3	40.5	40.7	0.2	2.5
	12	44.1	44.0	Δ 0.1	45.7	46.2	0.5	46.9	45.4	Δ 1.5	1.4
	13	49.2	49.0	Δ 0.2	50.6	50.1	Δ 0.5	51.2	51.5	0.3	2.5
	14	54.4	54.2	Δ 0.2	55.1	55.5	0.4	56.1	56.1	0.0	1.9
High school	15	59.5	59.2	Δ 0.3	61.7	60.1	Δ 1.6	60.0	58.7	Δ 1.3	Δ 0.5

Girls' height

(cm)

	Age (years)	Nationwide Survey FY 2010	Nationwide Survey FY 2012	Difference	Fukushima Prefecture FY 2010	Fukushima Prefecture FY 2012	Difference	Comprehensive Health Check FY 2011	Comprehensive Health Check FY 2012	Difference	
		Mean(a)	Mean(b)	(b)-(a)	Mean(c)	Mean(d)	(d)-(c)	Mean(e)	Mean(f)	(f)-(e)	(f)-(b)
Primary school	6	115.8	115.6	Δ 0.2	115.7	115.6	Δ 0.1	115.6	115.6	0.0	0.0
	7	121.7	121.6	Δ 0.1	122.0	121.7	Δ 0.3	121.5	121.6	0.1	0.0
	8	127.4	127.4	0.0	128.1	128.0	Δ 0.1	127.5	127.9	0.4	0.5
	9	133.5	133.4	Δ 0.1	133.5	134.3	0.8	133.6	133.9	0.3	0.5
	10	140.2	140.1	Δ 0.1	139.7	140.6	0.9	140.4	140.0	Δ 0.4	Δ 0.1
Middle school	11	146.8	146.7	Δ 0.1	146.9	146.8	Δ 0.1	147.2	147.4	0.2	0.7
	12	151.9	151.9	0.0	151.6	152.3	0.7	152.2	152.1	Δ 0.1	0.2
	13	155.0	155.0	0.0	155.1	155.0	Δ 0.1	154.6	154.9	0.3	Δ 0.1
	14	156.5	156.5	0.0	156.2	156.3	0.1	156.4	156.4	0.0	Δ 0.1
High school	15	157.1	157.2	0.1	156.7	156.8	0.1	156.9	157.3	0.4	0.1

Girls' weight

(kg)

	Age (years)	Nationwide Survey FY 2010	Nationwide Survey FY 2012	Difference	Fukushima Prefecture FY 2010	Fukushima Prefecture FY 2012	Difference	Comprehensive Health Check FY 2011	Comprehensive Health Check FY 2012	Difference	
		Mean(a)	Mean(b)	(b)-(a)	Mean(c)	Mean(d)	(d)-(c)	Mean(e)	Mean(f)	(f)-(e)	(f)-(b)
Primary school	6	21.0	20.9	Δ 0.1	21.0	21.3	0.3	21.7	21.1	Δ 0.6	0.2
	7	23.5	23.5	0.0	24.1	24.0	Δ 0.1	24.1	24.0	Δ 0.1	0.5
	8	26.5	26.3	Δ 0.2	27.2	27.7	0.5	27.4	27.2	Δ 0.2	0.9
	9	30.0	29.9	Δ 0.1	30.2	31.3	1.1	31.0	31.3	0.3	1.4
	10	34.1	34.0	Δ 0.1	34.0	34.9	0.9	35.7	34.8	Δ 0.9	0.8
Middle school	11	39.0	38.9	Δ 0.1	40.0	39.9	Δ 0.1	40.5	40.7	0.2	1.8
	12	43.8	43.7	Δ 0.1	45.1	44.6	Δ 0.5	45.8	44.0	Δ 1.8	0.3
	13	47.3	47.4	0.1	48.7	48.2	Δ 0.5	48.5	47.4	Δ 1.1	0.0
	14	50.0	49.9	Δ 0.1	51.2	51.2	0.0	51.8	50.7	Δ 1.1	0.8
High school	15	51.6	51.6	0.0	53.1	52.4	Δ 0.7	53.6	51.7	Δ 1.9	0.1

Excerpt from the statistical study of school health for FY 2010, 2012 conducted by the Ministry of Education, Culture, Science and Technology in Japan

【Results】

Comparing boys' height in FY 2012 with FY 2011, there was little difference for children aged 0-1 years. However, the average heights increased among boys aged 2-5 years.

Comparing boys' weight in FY 2012 with FY 2011, among children aged 0-5 years there was a downward trend.

Comparing girls' height in FY 2012 with FY 2011, there was little difference for children aged 0-1 years. However, the average heights increased among children aged 2-5 years.

Comparing girls' weight in FY 2012 with FY 2011, among children aged 0-5 years there was a downward trend.

Comparing boys' height in FY 2012 with FY 2011, children aged 6-14 were taller on average.

Comparing boys' weight in FY 2012 with FY 2011, most children aged 6-14 years weigh less on average.

Comparing boys' height and weight in FY 2012 with national averages in FY 2012, local averages are higher.

Comparing girls' height in FY 2012 with FY 2011, children aged 6-14 were taller on average.

Comparing girls' weight in FY 2012 with FY 2011, most children aged 6-14 years weigh less on average.

Comparing girls' height and weight in FY 2012 with the national averages in FY 2012, local averages are similar for height but higher for weight.

【Conclusion】

The survey for FY 2012 shows boys and girls aged 0-15 years tend to be taller and weigh less compared to FY 2011 possibly due to more exercise and better diet. Compared with the national median, however, girls' height was similar and they weigh a little more. Further lifestyle improvement is advisable.