

Progress Report of the Comprehensive Health Check

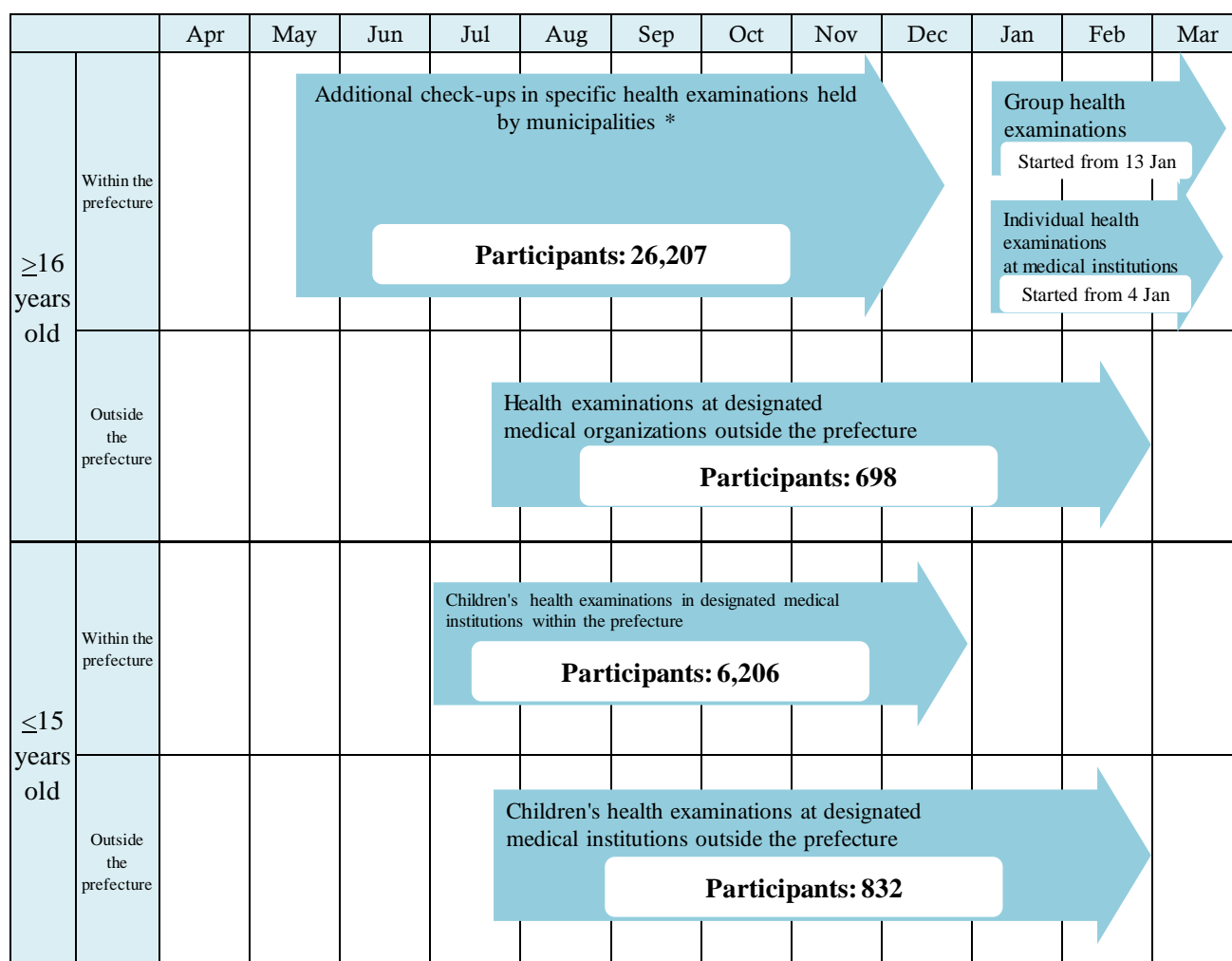
Reported on 15 February 2016

1. Progress Report of FY 2015

Group: 215,315 individuals

(25,296 individuals aged 15 and under, 190,019 individuals aged 16 and older)

As of 31 December 2015



* Iitate (from 13 May), Tamura (from 25 May), Katsurao (6, 7 Jun), Kawamata (from 17 Jun), Minami-soma (from 6 Jul), Hirono (from 7 Jul), Kawauchi (from 31 Aug), Futaba (from 5 Sep), Namie (from 18 Sep), Naraha (from 28 Sep), Tomioka (from 7 Oct), Okuma (from 20 Oct)

【People residing within the prefecture】

For those aged 16 and older, items were added to specific health check-ups held by 12 municipalities except Date city as before, so that examinations could be simultaneously conducted. The number of examinees who are 16 and older is 26,207 (preliminary data).

Furthermore, we have been conducting group health examinations and individual health examinations at medical institutions for those who could not receive the above-mentioned check-ups since January 2016. (The number of cooperating medical institutions that provide individual health exams is 486.)

For children aged 15 and under, the health exams were conducted during an approximately 6-month period from Jul to Dec 2015 as was the case in the previous year. (Number of cooperating medical institutions was 99.) The number of examinees is 6,206 (preliminary data).

【People living outside the prefecture】

In addition to increasing the number of medical institutions that can conduct health examinations nationwide, we have sequentially sent out notices from mid-July in order to ensure early implementation starting from August. At this point, the number of examinees who are 16 and older is 698, and number of those who are 15 and younger is 832.

Comprehensive Health Check for Children in FY 2011, FY 2012, FY 2013, and FY 2014
Height and Weight (Aged 0-5)

Boys' height Age	FY 2011		FY 2012		FY 2013		FY 2014		Difference (d)-(a)
	n	Mean(cm)(a)	n	Mean(cm)(b)	n	Mean(cm)(c)	n	Mean(cm)(d)	
10-11 mo	44	73.6	46	73.3	42	72.7	41	72.9	Δ 0.7
1 y-	77	74.8	52	74.1	47	74.4	44	75.2	0.4
1 y 2 mo-	68	76.5	64	77.2	35	77.0	35	77.3	0.8
1 y 4 mo-	93	78.7	54	79.1	43	78.1	32	79.2	0.5
1 y 6 mo-	80	81.2	59	80.2	30	79.8	45	80.0	Δ 1.2
1 y 8 mo-	73	82.1	56	82.5	32	82.6	32	81.1	Δ 1.0
1 y 10 mo- 1 y 11 mo	83	83.8	52	83.7	44	83.4	21	84.3	0.5
2 y-	281	86.6	181	87.4	177	87.1	111	86.1	Δ 0.5
2 y 6 mo-	269	90.7	196	91.4	170	91.4	105	90.9	0.2
3 y-	281	94.8	193	94.9	179	95.3	148	94.8	0.0
3 y 6 mo-	257	98.6	170	99.0	176	98.2	150	98.4	Δ 0.2
4 y-	258	101.7	203	102.3	172	101.8	162	102.5	0.8
4 y 6 mo-	280	105.7	193	105.7	177	105.6	176	105.2	Δ 0.5
5 y-	286	108.5	182	108.9	175	108.9	187	108.4	Δ 0.1
5 y 6 mo-5 y 11 mo	293	111.4	199	111.9	180	111.9	155	112.0	0.6
Total	2,723		1,900		1,679		1,444		

Girls' height Age	FY 2011		FY 2012		FY 2013		FY 2014		Difference (d)-(a)
	n	Mean(cm)(a)	n	Mean(cm)(b)	n	Mean(cm)(c)	n	Mean(cm)(d)	
10-11 mo	36	71.5	49	72.0	45	72.6	39	71.3	Δ 0.2
1 y-	79	73.7	60	73.4	45	74.0	33	73.3	Δ 0.4
1 y 2 mo-	85	75.1	41	75.2	43	75.9	34	74.5	Δ 0.6
1 y 4 mo-	80	77.4	54	77.8	28	78.7	26	77.9	0.5
1 y 6 mo-	78	78.9	53	78.9	23	79.6	34	79.0	0.1
1 y 8 mo-	86	81.2	49	81.1	47	80.9	35	81.2	0.0
1 y 10 mo- 1 y 11 mo	98	82.0	52	81.8	51	82.9	38	82.5	0.5
2 y-	263	85.4	178	85.6	148	85.8	107	85.3	Δ 0.1
2 y 6 mo-	288	89.9	199	89.7	166	90.3	125	89.9	0.0
3 y-	255	93.5	208	94.0	164	94.0	134	93.5	0.0
3 y 6 mo-	246	97.3	181	97.4	155	97.4	143	97.7	0.4
4 y-	275	100.6	175	100.8	197	101.3	163	101.1	0.5
4 y 6 mo-	253	104.2	192	103.9	175	104.5	161	104.3	0.1
5 y-	286	107.6	197	107.5	168	107.8	174	108.2	0.6
5 y 6 mo-5 y 11 mo	296	110.3	191	111.1	153	111.0	150	111.4	1.1
Total	2,704		1,879		1,608		1,396		

Comprehensive Health Check for Children in FY 2011, FY 2012, FY 2013, and FY 2014
Height and Weight (Aged 0-5)

Boys' weight Age	FY 2011		FY 2012		FY 2013		FY 2014		Difference (d)-(a)
	n	Mean(kg)(a)	n	Mean(kg)(b)	n	Mean(kg)(c)	n	Mean(kg)(d)	
10-11 mo	44	9.8	46	9.4	42	9.3	41	9.2	Δ 0.6
1 y-	77	9.9	52	9.5	47	9.4	44	9.7	Δ 0.2
1 y 2 mo-	68	10.4	64	10.2	35	10.1	35	10.2	Δ 0.2
1 y 4 mo-	93	10.9	54	10.5	44	10.3	32	10.6	Δ 0.3
1 y 6 mo-	80	11.2	59	11.2	30	11.0	45	10.9	Δ 0.3
1 y 8 mo-	73	11.6	56	11.4	32	11.4	32	11.0	Δ 0.6
1 y 10 mo- 1 y 11 mo	83	12.0	52	11.6	44	11.6	21	11.9	Δ 0.1
2 y-	281	12.7	181	12.8	177	12.5	111	12.1	Δ 0.6
2 y 6 mo-	269	13.8	196	13.5	170	13.6	105	13.3	Δ 0.5
3 y-	281	14.8	193	14.6	179	14.6	148	14.5	Δ 0.3
3 y 6 mo-	257	15.9	170	15.7	176	15.7	150	15.5	Δ 0.4
4 y-	258	16.8	203	16.6	172	16.5	162	16.6	Δ 0.2
4 y 6 mo-	280	17.9	193	17.8	177	17.7	176	17.5	Δ 0.4
5 y-	286	18.7	182	18.5	175	19.0	187	18.7	0.0
5 y 6 mo-5 y 11 mo	293	20.0	199	19.9	180	20.2	155	19.7	Δ 0.3
Total	2,723		1,900		1,680		1,444		

Girls' weight Age	FY 2011		FY 2012		FY 2013		FY 2014		Difference (d)-(a)
	n	Mean(kg)(a)	n	Mean(kg)(b)	n	Mean(kg)(c)	n	Mean(kg)(d)	
10-11 mo	36	8.9	49	8.7	45	8.9	39	8.6	Δ 0.3
1 y-	79	9.4	60	9.1	45	9.0	33	9.0	Δ 0.4
1 y 2 mo-	85	9.7	41	9.4	43	9.5	34	9.0	Δ 0.7
1 y 4 mo-	80	10.3	54	10.1	28	10.7	26	10.0	Δ 0.3
1 y 6 mo-	79	10.5	53	10.4	23	10.8	34	10.0	Δ 0.5
1 y 8 mo-	86	11.0	49	10.5	47	10.7	35	11.1	0.1
1 y 10 mo- 1 y 11 mo	98	11.2	52	10.8	51	11.0	38	11.2	0.0
2 y-	263	12.1	178	11.9	148	11.9	107	11.8	Δ 0.3
2 y 6 mo-	288	13.2	199	12.9	166	13.0	125	13.0	Δ 0.2
3 y-	255	14.1	208	14.1	164	13.8	134	13.8	Δ 0.3
3 y 6 mo-	246	15.2	181	15.0	155	15.0	143	15.0	Δ 0.2
4 y-	275	16.4	175	16.0	197	16.2	163	16.0	Δ 0.4
4 y 6 mo-	253	17.2	193	17.0	175	17.1	161	17.1	Δ 0.1
5 y-	286	18.4	197	18.2	168	18.5	174	18.4	0.0
5 y 6 mo-5 y 11 mo	296	19.3	191	19.6	153	19.6	150	19.6	0.3
Total	2,705		1,880		1,608		1,396		

Comprehensive Health Check for Children in FY 2011, FY 2012, FY 2013 and FY 2014
Comparison with the statistical study of school health conducted by the Ministry of Education, Culture, Science and Technology in Japan (6-15 years)

Boys' height (cm)

	Age (years)	Nationwide Survey FY 2010	Nationwide Survey FY 2014	Difference	Fukushima Prefecture FY 2010	Fukushima Prefecture FY 2014	Difference	Comprehensive Health Check for Children FY 2011	Comprehensive Health Check for Children FY 2012	Comprehensive Health Check for Children FY 2013	Comprehensive Health Check for Children FY 2014	Difference	
		Mean (a)	Mean (b)	(b)-(a)	Mean (c)	Mean (d)	(d)-(c)	Mean (e)	Mean (f)	Mean (g)	Mean (h)	(h)-(e)	(h)-(b)
Primary school	6	116.7	116.5	Δ 0.2	116.6	116.6	0.0	116.6	116.6	117.3	116.8	0.2	0.3
	7	122.5	122.4	Δ 0.1	122.3	122.2	Δ 0.1	122.8	123.0	122.8	123.4	0.6	1.0
	8	128.2	128.0	Δ 0.2	128.3	128.6	0.3	128.1	128.5	128.3	128.9	0.8	0.9
	9	133.5	133.6	0.1	133.7	134.1	0.4	133.4	133.9	134.2	133.7	0.3	0.1
	10	138.8	138.9	0.1	138.8	139.3	0.5	139.3	139.4	139.1	139.8	0.5	0.9
	11	145.0	145.1	0.1	145.6	146.3	0.7	145.5	145.8	146.0	146.0	0.5	0.9
Middle school	12	152.4	152.5	0.1	153.3	153.3	0.0	153.2	153.3	153.6	153.9	0.7	1.4
	13	159.7	159.7	0.0	160.1	160.1	0.0	160.1	160.6	160.0	161.0	0.9	1.3
	14	165.1	165.1	0.0	165.2	165.1	Δ 0.1	165.3	165.7	165.6	165.7	0.4	0.6
High school	15	168.2	168.3	0.1	168.6	168.5	Δ 0.1	168.4	168.2	167.6	168.2	Δ 0.2	Δ 0.1

Boys' weight (kg)

	Age (years)	Nationwide Survey FY 2010	Nationwide Survey FY 2014	Difference	Fukushima Prefecture FY 2010	Fukushima Prefecture FY 2014	Difference	Comprehensive Health Check for Children FY 2011	Comprehensive Health Check for Children FY 2012	Comprehensive Health Check for Children FY 2013	Comprehensive Health Check for Children FY 2014	Difference	
		Mean (a)	Mean (b)	(b)-(a)	Mean (c)	Mean (d)	(d)-(c)	Mean (e)	Mean (f)	Mean (g)	Mean (h)	(h)-(e)	(h)-(b)
Primary school	6	21.4	21.3	Δ 0.1	21.7	21.9	0.2	22.1	21.5	22.1	22.0	Δ 0.1	0.7
	7	24.0	24.0	0.0	24.3	24.5	0.2	24.8	24.8	24.8	25.2	0.4	1.2
	8	27.2	27.0	Δ 0.2	27.5	28.0	0.5	28.4	28.0	28.1	28.1	Δ 0.3	1.1
	9	30.5	30.4	Δ 0.1	31.6	32.0	0.4	32.6	32.2	32.0	31.1	Δ 1.5	0.7
	10	34.1	34.0	Δ 0.1	34.3	35.5	1.2	36.0	35.9	35.9	35.8	Δ 0.2	1.8
	11	38.4	38.4	0.0	39.7	40.3	0.6	40.5	40.7	40.6	41.0	0.5	2.6
Middle school	12	44.1	44.0	Δ 0.1	45.7	46.0	0.3	46.9	45.4	45.8	45.9	Δ 1.0	1.9
	13	49.2	48.8	Δ 0.4	50.6	50.8	0.2	51.2	51.5	50.5	50.2	Δ 1.0	1.4
	14	54.4	53.9	Δ 0.5	55.1	55.0	Δ 0.1	56.1	56.1	56.2	55.3	Δ 0.8	1.4
High school	15	59.5	58.9	Δ 0.6	61.7	60.9	Δ 0.8	60.0	58.7	59.3	59.5	Δ 0.5	0.6

Comprehensive Health Check for Children in FY 2011, FY 2012, FY 2013 and FY 2014
Comparison with the statistical study of school health conducted by the Ministry of Education, Culture, Science and Technology in Japan (6-15 years)

Girls' height (cm)

	Age (years)	Nationwide Survey FY 2010	Nationwide Survey FY 2014	Difference	Fukushima Prefecture FY 2010	Fukushima Prefecture FY 2014	Difference	Comprehensive Health Check for Children FY 2011	Comprehensive Health Check for Children FY 2012	Comprehensive Health Check for Children FY 2013	Comprehensive Health Check for Children FY 2014	Difference	
		Mean (a)	Mean (b)	(b)-(a)	Mean (c)	Mean (d)	(d)-(c)	Mean (e)	Mean (f)	Mean (g)	Mean (h)	(h)-(e)	(FY 2014)-(FY 2011)
Primary school	6	115.8	115.5	Δ 0.3	115.7	115.5	Δ 0.2	115.6	115.6	115.8	115.2	Δ 0.4	Δ 0.3
	7	121.7	121.5	Δ 0.2	122.0	121.7	Δ 0.3	121.5	121.6	121.8	122.0	0.5	0.5
	8	127.4	127.4	0.0	128.1	127.4	Δ 0.7	127.5	127.9	127.2	127.6	0.1	0.2
	9	133.5	133.4	Δ 0.1	133.5	133.7	0.2	133.6	133.9	133.8	133.7	0.1	0.3
	10	140.2	140.1	Δ 0.1	139.7	140.0	0.3	140.4	140.0	140.8	140.8	0.4	0.7
	11	146.8	146.8	0.0	146.9	147.6	0.7	146.9	147.4	147.3	147.6	0.7	0.8
Middle school	12	151.9	151.8	Δ 0.1	151.6	152.0	0.4	152.2	152.1	151.7	152.0	Δ 0.2	0.2
	13	155.0	154.8	Δ 0.2	155.1	154.9	Δ 0.2	154.6	154.9	155.2	154.1	Δ 0.5	Δ 0.7
	14	156.5	156.4	Δ 0.1	156.2	156.0	Δ 0.2	156.4	156.4	156.1	156.4	0.0	0.0
High school	15	157.1	157.0	Δ 0.1	156.7	156.7	0.0	157.0	157.3	157.1	157.1	0.1	0.1

Girls' weight (kg)

	Age (years)	Nationwide Survey FY 2010	Nationwide Survey FY 2014	Difference	Fukushima Prefecture FY 2010	Fukushima Prefecture FY 2014	Difference	Comprehensive Health Check for Children FY 2011	Comprehensive Health Check for Children FY 2012	Comprehensive Health Check for Children FY 2013	Comprehensive Health Check for Children FY 2014	Difference	
		Mean (a)	Mean (b)	(b)-(a)	Mean (c)	Mean (d)	(d)-(c)	Mean (e)	Mean (f)	Mean (g)	Mean (h)	(h)-(e)	(FY 2014)-(FY 2011)
Primary school	6	21.0	20.8	Δ 0.2	21.0	21.3	0.3	21.7	21.1	21.1	21.1	Δ 0.6	0.3
	7	23.5	23.4	Δ 0.1	24.1	24.3	0.2	24.1	24.0	24.0	24.0	Δ 0.1	0.6
	8	26.5	26.4	Δ 0.1	27.2	27.0	Δ 0.2	27.4	27.2	27.1	26.9	Δ 0.5	0.5
	9	30.0	29.8	Δ 0.2	30.2	31.2	1.0	31.0	31.3	30.8	31.1	0.1	1.3
	10	34.1	34.0	Δ 0.1	34.0	34.1	0.1	35.7	34.8	35.6	35.0	Δ 0.7	1.0
	11	39.0	39.0	0.0	40.0	40.6	0.6	40.5	40.7	40.6	40.2	Δ 0.3	1.2
Middle school	12	43.8	43.6	Δ 0.2	45.1	45.2	0.1	45.8	44.0	43.8	44.4	Δ 1.4	0.8
	13	47.3	47.2	Δ 0.1	48.7	48.9	0.2	48.5	47.4	47.8	46.7	Δ 1.8	Δ 0.5
	14	50.0	50.0	0.0	51.2	50.6	Δ 0.6	51.8	50.7	49.7	49.7	Δ 2.1	Δ 0.3
High school	15	51.6	51.4	Δ 0.2	53.1	51.6	Δ 1.5	53.5	51.7	50.9	52.1	Δ 1.4	0.7

Drawn from the statistical study of school health for FY 2010, 2014 conducted by the Ministry of Education, Culture, Science and Technology in Japan.

【Results】

◆Height

Comparing boys' height in FY 2014 with FY 2011, no specific trend was evident for children aged 10 months to 5 years. However, the heights increased among girls aged 10 months to 5 years except those aged 1 year 3 months and younger and those aged 2 years compared to FY 2011.

Comparing the height of primary and middle school boys in FY 2014 with FY 2011 and national averages in FY 2014, children were taller.

Comparing the height of boys aged 15 years in FY 2014 with FY 2011 and national averages in FY 2014, those aged 15 years were shorter.

Comparing the height of primary school girls in FY 2014 with FY 2011 and national averages in FY 2014, children were taller except those aged 6 years who were shorter.

Comparing the height of middle school girls in FY 2014 with FY 2011, children aged 12 and 13 years were shorter, and children aged 14 years were no different. In comparison with national averages in FY 2014, Fukushima children aged 12 years were taller, 13 years were shorter, and children aged 14 years were almost the same.

Comparing the height of girls aged 15 years in FY 2014 with FY 2011 and national averages in FY 2014, those aged 15 years were taller.

◆Weight

Comparing children's weight in FY 2014 with FY 2011, most boys and girls aged 10 months to 5 years weigh less. However, there was little difference for boys and girls aged between 5 years and 5 years 5 months, and girls aged 1 year 10-11 months. Girls aged 1 year 8-9 months and 5 years 6-11 months weigh more.

Comparing the weight of primary and middle school boys in FY 2014 with FY 2011, children of all ages except those aged 7 and 11 years weigh less. In comparison with national averages in FY 2014, children of all ages weigh more.

Comparing the weight of boys aged 15 years in FY 2014 with FY 2011, those aged 15 years weigh less but weigh more compared to national averages in FY 2014.

Comparing the weight of primary school girls in FY 2014 with FY 2011, children of all ages except those aged 9 years weigh less. Those aged 9 years weigh more. In comparison with national averages, children of all ages weigh more.

Comparing the weight of middle school girls in FY 2014 with FY 2011, children of all ages weigh less. In comparison with national averages, those in Fukushima aged 12 years weigh more and those aged 13-14 years weigh less.

Comparing the weight of girls aged 15 years in FY 2014 with FY 2011, those aged 15 years weigh less, but weigh more compared to national averages.

【Summary】

Comparing the FY 2014 survey with FY 2011, most children of target municipalities including the nationally designated evacuation zones tend to be taller and weigh less. (No specific trend was evident for boys under 6 years old.) Compared it with the national median, most school-age children were taller and weigh more.