

Progress Report of the Comprehensive Health Check

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1. Purpose

The Fukushima Daiichi Nuclear Power Plant accident caused by the Great East Japan Earthquake in March 2011 led to a large-scale evacuation of residents in surrounding areas, especially the government-designated Evacuation Zones and Evacuation Warning Zones. Many of the Fukushima evacuees have since been concerned about their own health due primarily to the sudden and notable changes in their lifestyle, diet and exercise habits, in addition to the loss of opportunity to undergo necessary health check-ups.

In order to promote the health of Fukushima residents, it is important for the evacuees to know their current health status. This is essential for not only prevention of lifestyle diseases, but also early detection and early treatment of various illnesses. To this end, the Comprehensive Health Check is available for all residents of the Evacuation Zones.

2. Survey Population

Residents of the Evacuation Zones at the time of designation in 2011, as well as those assessed to require the service based on the result of the Basic Survey.

【Evacuation area, etc.】

All of Tamura City, Minami-Soma City, Kawamata Town, Hirono Town, Naraha Town, Tomioka Town, Kawauchi Village, Okuma Town, Futaba Town, Namie Town, Katsurao Village, Iitate Village and parts of Date City (belonging to designated evacuation areas)

3. Implementation Status

3.1 Items of the Comprehensive Health Check

Examination items have been selected for each age group in order to allow residents of the Evacuation Zones to know their own health status, which is essential for not only prevention of lifestyle diseases but also early detection and early treatment of various illnesses.

For those aged 16 years and older, examination items of the Specific Comprehensive Health Check will be implemented based on Article 20 of the Act on Assurance of Medical Care for Elderly People (Act No. 80, 1982), including other additional items such as complete blood count.

【Examination items by age group】

Age group (years)	Examination Items
0-6 (Infant before entering school)	Height, weight, CBC (Number of red blood cells, hematocrit, hemoglobin, platelet count, number of white blood cells, differential white blood count.)
7-15 (From 1st to 9th grade)	Height, weight, blood pressure, CBC (Number of red blood cells, hematocrit, hemoglobin, platelet count, number of white blood cells, differential white blood count.) [Additional items on request] Blood biochemistry (AST, ALT, γ GT, TG, HDL-C, LDL-C, HbA1c, plasma glucose, serum creatinine, uric acid)
16 and older	Height, weight, abdominal circumference or BMI, blood pressure <u>CBC (Number of red blood cells, hematocrit, hemoglobin, platelet count, number of white blood cells, differential white blood count.)</u> Urinary test (urine protein, urinary sugar, <u>urine occult blood</u>) Blood biochemistry (AST, ALT, γ GT, TG, HDL-C, LDL-C, HbA1c, plasma glucose, <u>serum creatinine, estimated glomerular filtration rate [eGFR], uric acid</u>) The underlined values are not routinely measured during regular health exams.

3.2 Implementation Status

Procedures for implementing the Comprehensive Health Check have been established to make the most of the existing medical checkup system, in consideration with the convenience for evacuees living inside or outside Fukushima.

【People residing within the prefecture】

For those aged 16 and older, items were added to specific health examinations held by municipalities so that these existing health examinations and the Comprehensive Health Check could be conducted simultaneously. Furthermore, group health examinations were conducted 51 times at 27 locations within the prefecture for those who could not undergo individual check-ups. Also, around the same time period as the group health examinations, 486 medical facilities within the prefecture cooperated to conduct the Comprehensive Health Check.

For children 15 and under, we requested the cooperation of pediatricians so that children's needs could be accommodated. The Comprehensive Health check was conducted at 99 medical institutions within the prefecture.

【People living outside the prefecture】

Taking into account the fact that people had evacuated to various locations in the country, health examinations were conducted with the cooperation of a total of 891 medical institutions outside the prefecture. The breakdown of institutions that cooperated is as follows: 452 medical institutions for those 16 and older, and 128 medical institutions with a pediatric department for those 15 and under, as was the case within the prefecture. Furthermore, we received cooperation from 311 medical institutions that could accommodate both age groups.

3.3 Changes in the Participants of the FY 2011-2015 Survey

Progress Report for FY 2011-2015 (Ages 16 and older)

(Unit: person, percentage)

	FY 2011	FY 2012	FY 2013	FY 2014	FY 2015
	Revised value as of 11 Sep 2012	Revised value as of 5 Jul 2013	Revised value as of 1 Sep 2014	Revised value as of 1 Sep 2015	Preliminary value as of 31 Mar 2016
Survey population	182,370	184,910	186,970	188,328	190,019
Health Check conducted by municipalities within the prefecture	8,798	23,907	25,604	25,913	26,207
Individual examinations conducted within the prefecture	—	6,692	5,806	4,927	4,443
Group examinations conducted within the prefecture	41,949	10,603	6,767	5,808	5,183
Individual examinations conducted outside the prefecture	3,815	3,055	3,205	3,418	3,332
Other ^{1,2}	2,045	3,206	2,017	1,846	2,115
Number of overlapping examinees within and outside the prefecture	208	454	359	38	*
Total (Excluding the number of overlapping examinees)	56,399	47,009	43,040	41,874	41,280
Proportion of participants (%)	30.9%	25.4%	23.0%	22.2%	21.7%

1) conducted within the prefecture (cases where the municipality delegated the examination to medical institutions or county/city medical associations)

2) conducted outside the prefecture (cases where the municipality delegated the examination to examination agencies)

* Because we are finding and removing duplicate records, the result is unconfirmed.

Progress Report for FY 2011-2015 (Ages 15 and younger)

(Unit: person, percentage)

	FY 2011	FY 2012	FY 2013	FY 2014	FY 2015
	Revised value as of 11 Sep 2012	Revised value as of 5 Jul 2013	Revised value as of 1 Sep 2014	Revised value as of 1 Sep 2015	Preliminary value as of 31 Mar 2016
Survey population	27,819	27,077	26,474	25,883	25,296
Children's health examination within the prefecture	15,002	9,534	8,432	7,432	6,206
Children's health examination outside the prefecture	2,949	2,283	1,822	1,792	1,403
Number of overlapping examinees within and outside the prefecture	17	37	6	8	*
Total (excluding the number of overlapping examinees)	17,934	11,780	10,248	9,216	7,609
Proportion of participants (%)	64.5%	43.5%	38.7%	35.6%	30.1%

* Because we are finding and removing duplicate records, the result is unconfirmed.

4. Evaluation

In the ≥ 16 -year age group, 21.7% of the eligible residents underwent the health check-up in FY 2015, down from 22.2% in FY 2014 by 0.5 points. Likewise, in the ≤ 15 -year age group, the participation rate was 30.1% in FY 2015, down from 35.6% in FY 2014 by 5.5 points.

One possible reason behind the slight decline is that the annual Comprehensive Health Check has become widely accepted since its initiation in FY 2011, creating a sense of security and a resultant lack of urgency among the eligible residents. Some might have declined invitation to attend the health check because the examination items were similar to those at work, or they made doctors' visits regularly.

5. Implementation Plan for FY 2016 (Tentative plan)

【People residing within the prefecture】

Continuing on from FY 2015, the additional examination items will be made available for eligible residents in specific health exams provided by municipal governments. At the same time, we will conduct group health exams and individual health exams at medical institutions, while starting children's health exams at an earlier date (expected to start in July).

【People living outside the prefecture】

Continuing on from FY 2015, we will aim to expand the number of institutions providing the health exams outside Fukushima as requested by the participants, while starting the examination period at an earlier date (expected to start in the summer).

		Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar		
≥16 years old	Within the prefecture		Additional check-ups in specific health examinations held by municipalities *								Group health examinations			Individual health examinations at medical institutions	
	Outside the prefecture			Health examinations at designated medical organizations outside the prefecture											
≤15 years old	Within the prefecture			Children's health examinations in designated medical institutions within the prefecture											
	Outside the prefecture				Children's health examinations at designated medical institutions outside the prefecture										

* Iitate (from 11 May), Tamura (from 24 May), Katsurao (from 4 Jun), Kawamata (from 20 Jun), Minami-soma (from 23 Jun), Hirono (from 5 Jul), Namie (from 26 Aug), Futaba (from 29 Aug), Kawauchi (from 30 Aug), Naraha (from 20 Sep), Tomioka (from 21 Oct), Okuma (from 17 Oct)