

# Progress Report of the Comprehensive Health Check

Reported on 12 February 2015

## 1. Progress Report of FY 2014

Group: 214,211 individuals

(25,883 individuals aged 15 and younger, and 188,328 individuals aged 16 and older)

As of 31 December 2014

		Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar
Within the prefecture	≤15 years old				Children's health examinations in designated medical institutions within the prefecture 7,417 examinees								
	≥16 years old		Additional check-ups in specific health examinations held by municipalities * 25,905 examinees									Group health examinations Started on 9 January	
Outside the prefecture	≤15 years old				Children's health examinations at designated medical institutions outside the prefecture 948 examinees								
	≥16 years old				Health examinations at designated medical organizations outside the prefecture 677 examinees								
											Individual health examinations at medical institutions Started on 5 January		

\* Iitate (from 16 May), Tamura (from 28 May), Katsurao (7, 8 Jun), Kawamata (from 19 Jun), Minami-soma (from 7 Jul), Hirono (from 15 Jul), Kawauchi (from 1 Sep), Futaba (from 6 Sep), Namie (from 20 Sep), Naraha (from 26 Sep), Tomioka (from 29 Sep), Okuma (from 20 Oct)

**【Individuals living in Fukushima Prefecture】**

For those aged 15 years and younger, we conducted the Comprehensive Health Check from July to December 2014, for about 6 months as was the case in FY 2013, with the cooperation of 101 medical institutions. The number of participants is 7,417 (preliminary data).

For eligible residents aged 16 years and older in 12 municipalities except Date city, items were added to specific health exams held by municipalities as was the case in FY 2013. The number of participants aged 16 and older is 25,905 (preliminary data). For those who missed the chance, we started the Comprehensive Health Check in group health exams and in individual health exams at 504 medical institutions from January 2015.

**【Individuals living outside Fukushima Prefecture】**

We sent out notice for the Comprehensive Health Check held at medical institutions outside Fukushima Prefecture starting in August. The number of participants at this point is 948 aged 15 and younger and 677 aged 16 and older.

Comprehensive Health Check for Children in FY 2011, FY 2012, and FY 2013

Height and Weight (Aged 0-5)

Boys' height Age	FY 2011		FY 2012		FY 2013		Difference (c)-(a)
	n	Mean(cm)(a)	n	Mean(cm)(b)	n	Mean(cm)(c)	
10-11 mo	44	73.6	46	73.3	42	72.7	Δ 0.9
1 y-	77	74.8	52	74.1	47	74.4	Δ 0.4
1 y 2 mo-	68	76.5	64	77.2	35	77.0	0.5
1 y 4 mo-	93	78.7	54	79.1	43	78.1	Δ 0.6
1 y 6 mo-	80	81.2	59	80.2	30	79.8	Δ 1.4
1 y 8 mo-	73	82.1	56	82.5	32	82.6	0.5
1 y 10 mo- 1 y 11 mo	83	83.8	52	83.7	44	83.4	Δ 0.4
2 y-	281	86.6	181	87.4	177	87.1	0.5
2 y 6 mo-	269	90.7	196	91.4	170	91.4	0.7
3 y-	281	94.8	193	94.9	179	95.3	0.5
3 y 6 mo-	257	98.6	170	99.0	176	98.2	Δ 0.4
4 y-	258	101.7	203	102.3	172	101.8	0.1
4 y 6 mo-	280	105.7	193	105.7	177	105.6	Δ 0.1
5 y-	286	108.5	182	108.9	175	108.9	0.4
5 y 6 mo-5 y 11 mo	293	111.4	199	111.9	180	111.9	0.5
Total	2,723		1,900		1,679		

Girls' height Age	FY 2011		FY 2012		FY 2013		Difference (c)-(a)
	n	Mean(cm)(a)	n	Mean(cm)(b)	n	Mean(cm)(c)	
10-11 mo	36	71.5	49	72.0	45	72.6	1.1
1 y-	79	73.7	60	73.4	45	74.0	0.3
1 y 2 mo-	85	75.1	41	75.2	43	75.9	0.8
1 y 4 mo-	80	77.4	54	77.8	28	78.7	1.3
1 y 6 mo-	78	78.9	53	78.9	23	79.6	0.7
1 y 8 mo-	86	81.2	49	81.1	47	80.9	Δ 0.3
1 y 10 mo- 1 y 11 mo	98	82.0	52	81.8	51	82.9	0.9
2 y-	263	85.4	178	85.6	148	85.8	0.4
2 y 6 mo-	288	89.9	199	89.7	166	90.3	0.4
3 y-	255	93.5	208	94.0	164	94.0	0.5
3 y 6 mo-	246	97.3	181	97.4	155	97.4	0.1
4 y-	275	100.6	175	100.8	197	101.3	0.7
4 y 6 mo-	253	104.2	192	103.9	175	104.5	0.3
5 y-	286	107.6	197	107.5	168	107.8	0.2
5 y 6 mo-5 y 11 mo	296	110.3	191	111.1	153	111.0	0.7
Total	2,704		1,879		1,608		

Comprehensive Health Check for Children in FY 2011, FY 2012, and FY 2013

Height and Weight (Aged 0-5)

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

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

## Boys' height

(cm)

	Age (years)	Nationwide Survey FY 2010	Nationwide Survey FY 2013	Difference	Fukushima Prefecture FY 2010	Fukushima Prefecture FY 2013	Difference	Comprehensive Health Check for Children FY 2011	Comprehensive Health Check for Children FY 2012	Comprehensive Health Check for Children FY 2013	Difference	
		Mean (a)	Mean (b)	(b)-(a)	Mean (c)	Mean (d)	(d)-(c)	Mean (e)	Mean (f)	Mean (g)	(g)-(e)	(g)-(b)
Primary school	6	116.7	116.6	Δ 0.1	116.6	116.9	0.3	116.6	116.6	117.3	0.7	0.7
	7	122.5	122.4	Δ 0.1	122.3	122.4	0.1	122.8	123.0	122.8	0.0	0.4
	8	128.2	128.2	0.0	128.3	128.7	0.4	128.1	128.5	128.3	0.2	0.1
	9	133.5	133.6	0.1	133.7	134.2	0.5	133.4	133.9	134.2	0.8	0.6
	10	138.8	139.0	0.2	138.8	139.5	0.7	139.3	139.4	139.1	Δ 0.2	0.1
Middle school	11	145.0	145.0	0.0	145.6	145.5	Δ 0.1	145.5	145.8	146.0	0.5	1.0
	12	152.4	152.3	Δ 0.1	153.3	153.1	Δ 0.2	153.2	153.3	153.6	0.4	1.3
	13	159.7	159.5	Δ 0.2	160.1	159.7	Δ 0.4	160.1	160.6	160.0	Δ 0.1	0.5
High school	14	165.1	165.0	Δ 0.1	165.2	165.2	0.0	165.3	165.7	165.6	0.3	0.6
	15	168.2	168.3	0.1	168.6	167.9	Δ 0.7	168.4	168.2	167.6	Δ 0.8	Δ 0.7

## Boys' weight

(kg)

	Age (years)	Nationwide Survey FY 2010	Nationwide Survey FY 2013	Difference	Fukushima Prefecture FY 2010	Fukushima Prefecture FY 2013	Difference	Comprehensive Health Check for Children FY 2011	Comprehensive Health Check for Children FY 2012	Comprehensive Health Check for Children FY 2013	Difference	
		Mean (a)	Mean (b)	(b)-(a)	Mean (c)	Mean (d)	(d)-(c)	Mean (e)	Mean (f)	Mean (g)	(g)-(e)	(g)-(b)
Primary school	6	21.4	21.3	Δ 0.1	21.7	22.0	0.3	22.1	21.5	22.1	0.0	0.8
	7	24.0	23.9	Δ 0.1	24.3	24.7	0.4	24.8	24.8	24.8	0.0	0.9
	8	27.2	27.1	Δ 0.1	27.5	28.6	1.1	28.4	28.0	28.1	Δ 0.3	1.0
	9	30.5	30.4	Δ 0.1	31.6	32.1	0.5	32.6	32.2	32.0	Δ 0.6	1.6
	10	34.1	34.3	0.2	34.3	36.2	1.9	36.0	35.9	35.9	Δ 0.1	1.6
Middle school	11	38.4	38.3	Δ 0.1	39.7	39.7	0.0	40.5	40.7	40.6	0.1	2.3
	12	44.1	43.9	Δ 0.2	45.7	46.0	0.3	46.9	45.4	45.8	Δ 1.1	1.9
	13	49.2	48.8	Δ 0.4	50.6	50.8	0.2	51.2	51.5	50.5	Δ 0.7	1.7
High school	14	54.4	54.0	Δ 0.4	55.1	55.6	0.5	56.1	56.1	56.2	0.1	2.2
	15	59.5	58.9	Δ 0.6	61.7	61.7	0.0	60.0	58.7	59.3	Δ 0.7	0.4

## Girls' height

(cm)

	Age (years)	Nationwide Survey FY 2010	Nationwide Survey FY 2013	Difference	Fukushima Prefecture FY 2010	Fukushima Prefecture FY 2013	Difference	Comprehensive Health Check for Children FY 2011	Comprehensive Health Check for Children FY 2012	Comprehensive Health Check for Children FY 2013	Difference	
		Mean (a)	Mean (b)	(b)-(a)	Mean (c)	Mean (d)	(d)-(c)	Mean (e)	Mean (f)	Mean (g)	(g)-(e)	(g)-(b)
Primary school	6	115.8	115.6	Δ 0.2	115.7	115.7	0.0	115.6	115.6	115.8	0.2	0.2
	7	121.7	121.6	Δ 0.1	122.0	121.6	Δ 0.4	121.5	121.6	121.8	0.3	0.2
	8	127.4	127.3	Δ 0.1	128.1	127.7	Δ 0.4	127.5	127.9	127.2	Δ 0.3	Δ 0.1
	9	133.5	133.6	0.1	133.5	133.3	Δ 0.2	133.6	133.9	133.8	0.2	0.2
	10	140.2	140.1	Δ 0.1	139.7	141.1	1.4	140.4	140.0	140.8	0.4	0.7
Middle school	11	146.8	146.8	0.0	146.9	147.4	0.5	146.9	147.4	147.3	0.4	0.5
	12	151.9	151.8	Δ 0.1	151.6	152.1	0.5	152.2	152.1	151.7	Δ 0.5	Δ 0.1
	13	155.0	154.8	Δ 0.2	155.1	154.2	Δ 0.9	154.6	154.9	155.2	0.6	0.4
High school	14	156.5	156.5	0.0	156.2	156.1	Δ 0.1	156.4	156.4	156.1	Δ 0.3	Δ 0.4
	15	157.1	157.0	Δ 0.1	156.7	156.4	Δ 0.3	157.0	157.3	157.1	0.1	0.1

## Girls' weight

(kg)

	Age (years)	Nationwide Survey FY 2010	Nationwide Survey FY 2013	Difference	Fukushima Prefecture FY 2010	Fukushima Prefecture FY 2013	Difference	Comprehensive Health Check for Children FY 2011	Comprehensive Health Check for Children FY 2012	Comprehensive Health Check for Children FY 2013	Difference	
		Mean (a)	Mean (b)	(b)-(a)	Mean (c)	Mean (d)	(d)-(c)	Mean (e)	Mean (f)	Mean (g)	(g)-(e)	(g)-(b)
Primary school	6	21.0	20.9	Δ 0.1	21.0	21.2	0.2	21.7	21.1	21.1	Δ 0.6	0.2
	7	23.5	23.5	0.0	24.1	23.9	Δ 0.2	24.1	24.0	24.0	Δ 0.1	0.5
	8	26.5	26.4	Δ 0.1	27.2	27.1	Δ 0.1	27.4	27.2	27.1	Δ 0.3	0.7
	9	30.0	30.0	0.0	30.2	30.2	0.0	31.0	31.3	30.8	Δ 0.2	0.8
	10	34.1	34.0	Δ 0.1	34.0	35.7	1.7	35.7	34.8	35.6	Δ 0.1	1.6
Middle school	11	39.0	39.0	0.0	40.0	40.1	0.1	40.5	40.7	40.6	0.1	1.6
	12	43.8	43.7	Δ 0.1	45.1	45.3	0.2	45.8	44.0	43.8	Δ 2.0	0.1
	13	47.3	47.1	Δ 0.2	48.7	48.0	Δ 0.7	48.5	47.4	47.8	Δ 0.7	0.7
High school	14	50.0	49.9	Δ 0.1	51.2	51.0	Δ 0.2	51.8	50.7	49.7	Δ 2.1	Δ 0.2
	15	51.6	51.4	Δ 0.2	53.1	53.2	0.1	53.5	51.7	50.9	Δ 2.6	Δ 0.5

Drawn from the statistical study of school health for FY 2010, 2013 conducted by the Ministry of Education, Culture, Science and Technology in Japan.

## 【Results】

### ◆Height

Comparing boys' height in FY 2013 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 8-9 months compared to FY 2011.

Comparing the height of primary school boys in FY 2013 with FY 2011, children were taller except those aged 10 years. Comparing it with national averages in FY 2013, children aged 6-11 years were taller.

Comparing the height of middle school boys in FY 2013 with FY 2011, children aged 12 and 14 years were taller, and children aged 13 years were shorter. Comparing it with national averages in FY 2013, children aged 12-14 years were taller.

Comparing the height of boys aged 15 years in FY 2013 with FY 2011 and national averages in FY 2013, those aged 15 years were shorter.

Comparing the height of primary school girls in FY 2013 with FY 2011 and national averages in FY 2013, children were taller except those aged 8 years who were shorter.

Comparing the height of middle school girls in FY 2013 with FY 2011 and national averages in FY 2013, children aged 12 and 14 years were shorter, and children aged 13 years were taller.

Comparing the height of girls aged 15 years in FY 2013 with FY 2011 and national averages in FY 2013, those aged 15 years were taller.

### ◆Weight

Comparing children's weight in FY 2013 with FY 2011, most boys and girls aged 10 months to 5 years weigh less. However, boys and girls aged 5 years and older, and girls aged 1 year 4-8 months weigh more.

Comparing the weight of primary school boys in FY 2013 with FY 2011, there was little difference for children aged 6-7 years. Children aged 8-10 years weigh less but those aged 11 years weigh more. Comparing it with national averages in FY 2013, children aged 6-11 years weigh more, and the older the children are, the greater the gap.

Comparing the weight of middle school boys in FY 2013 with FY 2011, children aged 12-13 years weigh less, and children aged 14 years weigh more. Comparing it with national averages in FY 2013, children aged 12-14 years weigh more.

Comparing the weight of boys aged 15 years in FY 2013 with FY 2011, those aged 15 years weigh less but weigh more compared to national averages in FY 2013.

Comparing the weight of primary school girls in FY 2013 with FY 2011, children aged 6-10 years weigh less but those aged 11 years weigh more. Comparing it with national averages in FY 2013, children aged 6-11 years weigh more, and the older the children are, the greater the gap.

Comparing the weight of middle school girls in FY 2013 with FY 2011, children aged 12-14 years weigh less. Comparing it with national averages in FY 2013, those aged 12 and 13 years weigh more and those aged 14 years weigh less.

Comparing the weight of girls aged 15 years in FY 2013 with FY 2011 and national averages in FY 2013, those aged 15 years weigh less.

#### 【Summary】

Comparing the FY 2013 survey with FY 2011, most children of target municipalities including the nationally designated evacuation zones tend to be taller and weigh less possibly due to better lifestyle. Compared it with the national median, most children were taller and weigh more, and the older the children are, the greater the gap especially in weight. (Girls aged 15 years were taller and weighed less.)