Looking at those aged 40 to 74, 1 in every 2 men and 1 in every 5 women are strongly suspected of, or having high possibilities of contracting metabolic syndrome (visceral fat syndrome).

Status of Physical Activities

The percentage of those who answered “Not having enough rest from sleep” is highest among those aged 15 to 19, and the percentages are 34.2% for men and 40.8% for women, and around 30% for those in their 20’s to 40’s answered.

The percentage of those who uses medicine or alcohol to sleep is approximately 20% and have increased, and have not reached the target percentage of 13% or less, stated in “Healthy Japan 21”.

In regard to status of stress, the percentage of those in their 20’s to 40’s who said “greatly stressed” and “slightly stressed” is over 70% for both men and women.

Status of Smoking

The percentage of those currently having habitual smoking is, showing a decreasing tendency and yet approximately 40% for men, and is leveling off and approximately 10% for women. Especially, the percentage is high for both men and women in their 20’s to 40’s, and the percentages are approximately 50% for men and approximately 20% for women.

Among those currently having habitual smoking, those who answered “Want to quite smoking” is in an increasing tendency.

Status of Diets

Those who skip breakfast are increasing for both men and women, looking at annual transition.

The average amount of vegetable intake is 290g, and has not reached the target amount of 350g stated in “Healthy Japan 21”. In addition, among those who eat breakfast, the percentage of those who intake 350g or more of vegetables is approximately 30%, and the percentage of those who intake 350g or more of vegetables among those who skip breakfast remains no more than 20%.

The average amounts of salt intake are 12.0g for men and 10.3g for women, and have not reached the target amount of no more than 10g for men and 8g for women.