**Detailed Data 4** Status of Patients and Those Having a High Risk of Contracting Metabolic Syndrome (Visceral Fat Syndrome)

Of people aged 40 to 74, 1 in every 2 men and 1 in every 5 women are either patients or are having a high risk of contracting metabolic syndrome (visceral fat syndrome). The estimated numbers are approximately 10.7 million patients, approximately 9.4 million people at high risk, and approximately 20.1 million in total.

Source: "The national health and nutrition survey in Japan 2006", Health Service Bureau, MHLW

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**Detailed Data 5** Status of Exercise Habits

The percentage of people with exercise habits (20 or older, by sex/age)

Source: "The national health and nutrition survey in Japan 2008", Health Service Bureau, MHLW

(Note) People with exercise habits: Those who have continued exercise of at least 30 minutes per day and at least 2 days per week for at least a year.