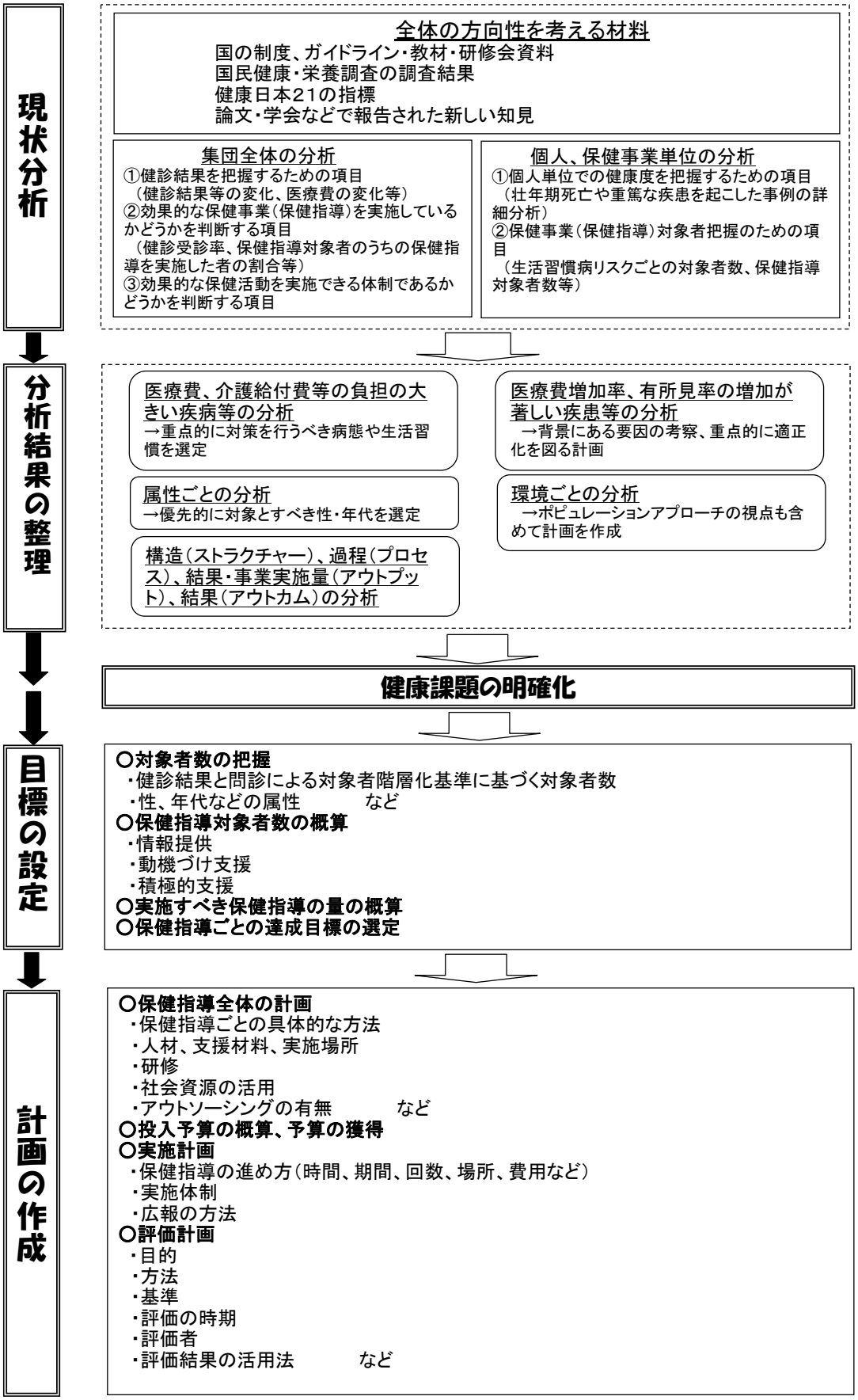図１　保健事業（保健指導）計画作成の進め方