

## 第 4 部 年次別結果

第93表 栄養素等摂取量の年次推移（総数，1人1日当たり）

Trends in Nutrient Intake, 1975 to 2011 (Per capita per day, National Average)

|                          |                                                                         | 昭和50年<br>1975      | 55年<br>1980 | 60年<br>1985 | 平成2年<br>1990 | 7年<br>1995 | 12年<br>2000 | 13年<br>2001 | 14年<br>2002 | 15年<br>2003 | 16年<br>2004 | 17年<br>2005 | 18年<br>2006 | 19年<br>2007 | 20年<br>2008 | 21年<br>2009 | 22年<br>2010 | 23年<br>2011 |
|--------------------------|-------------------------------------------------------------------------|--------------------|-------------|-------------|--------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| エネルギー                    | Energy                                                                  | 2,188              | 2,084       | 2,088       | 2,026        | 2,042      | 1,948       | 1,954       | 1,930       | 1,920       | 1,902       | 1,904       | 1,891       | 1,898       | 1,867       | 1,861       | 1,849       | 1,840       |
| たんぱく質<br>Protein         | 総量                                                                      | g                  | 800         | 779         | 790          | 787        | 815         | 777         | 722         | 715         | 708         | 711         | 698         | 698         | 681         | 678         | 673         | 670         |
|                          | 動物性<br>Meat, poultry, fish, eggs<br>and dairy products                  | g                  | 389         | 392         | 401          | 414        | 444         | 417         | 390         | 383         | 380         | 383         | 375         | 380         | 361         | 363         | 360         | 364         |
| 脂<br>Fat                 | 総量                                                                      | g                  | 520         | 524         | 569          | 569        | 574         | 553         | 544         | 540         | 541         | 539         | 541         | 551         | 521         | 536         | 537         | 540         |
|                          | 動物性<br>Meat, poultry, fish, eggs<br>and dairy products                  | g                  | 256         | 272         | 276          | 275        | 298         | 288         | 272         | 271         | 268         | 273         | 273         | 277         | 259         | 270         | 271         | 274         |
| 炭水化物                     | Carbohydrate                                                            | g                  | 337         | 313         | 298          | 287        | 280         | 266         | 271         | 270         | 266         | 267         | 264         | 264         | 265         | 260         | 258         | 255         |
| カルシウム                    | Calcium                                                                 | mg                 | 550         | 535         | 553          | 531        | 585         | 547         | 546         | 536         | 532         | 539         | 534         | 524         | 505         | 505         | 503         | 507         |
| 鉄                        | Iron                                                                    | mg                 | 134         | 131         | 108          | 111        | 118         | 113         | 81          | 81          | 78          | 80          | 79          | 78          | 77          | 78          | 74          | 75          |
| 食塩<br>Salt               | (ナトリウム×2.54/1,000) Sodium                                               | g                  | 140         | 130         | 121          | 125        | 132         | 123         | 114         | 112         | 107         | 110         | 108         | 106         | 105         | 103         | 102         | 101         |
| ビタミン<br>Vitamin          | A                                                                       | IU                 | 1,602       | 1,576       | 2,188        | 2,567      | 2,840       | 2,654       | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           |
|                          | B <sub>1</sub>                                                          | μgRE* <sup>1</sup> | —           | —           | —            | —          | —           | 981         | 939         | 922         | 879         | 604         | 596         | 615         | 597         | 536         | 529         | 532         |
|                          | B <sub>2</sub>                                                          | mg                 | 111         | 116         | 134          | 123        | 122         | 117         | 087         | 085         | 086         | 087         | 087         | 087         | 083         | 083         | 083         | 082         |
|                          | C                                                                       | mg                 | 096         | 101         | 125          | 133        | 147         | 140         | 121         | 118         | 117         | 118         | 118         | 117         | 114         | 114         | 113         | 114         |
|                          |                                                                         | mg                 | 117         | 107         | 128          | 120        | 135         | 128         | 101         | 100         | 99          | 106         | 98          | 96          | 100         | 100         | 90          | 94          |
| 穀類エネルギー比率* <sup>2</sup>  | Percentage of energy from grains                                        | %                  | 49.8        | 48.7        | 47.2         | 45.5       | 40.7        | 41.4        | 42.1        | 43.0        | 42.5        | 42.7        | 42.4        | 42.3        | 43.3        | 42.7        | 43.0        | 42.5        |
| 動物性たんぱく質比率* <sup>2</sup> | Percentage of protein from meat, poultry, fish, eggs and dairy products | %                  | 48.6        | 50.3        | 50.8         | 52.6       | 54.5        | 53.6        | 52.3        | 51.9        | 52.0        | 52.1        | 52.1        | 52.5        | 51.0        | 51.6        | 51.7        | 52.4        |

注) \*1RE：レチノール当量。平成17年より栄養素等摂取量の算出に使用されている「五訂増補日本食品標準成分表」では、レチノール当量の算出式が変更されている。

\*2これらの比率は個々人の計算値を平均したものである。

平成15年より強化食品、補助食品からの栄養素摂取量の調査を始めたため、平成15～23年のカルシウム、鉄、ビタミンB<sub>1</sub>・B<sub>2</sub>・Cの値は、「通常の食品」の数値を引用している。

第94表 食品群別摂取量の年次推移（総数、1人1日当たり）

Trends in Food Intake by Food Group, 1975 to 2011 (Per capita per day, National Average)

(g)

| 総<br>穀<br>類<br>Grains                                                   | 量<br>Total                                             | 昭和50年<br>1975 | 55年<br>1980 | 60年<br>1985 | 平成2年<br>1990 | 7年<br>1995 | 12年<br>2000 | 13年<br>2001 | 14年<br>2002 | 15年<br>2003 | 16年<br>2004 | 17年<br>2005 | 18年<br>2006 | 19年<br>2007 | 20年<br>2008 | 21年<br>2009 | 22年<br>2010 | 23年<br>2011 |
|-------------------------------------------------------------------------|--------------------------------------------------------|---------------|-------------|-------------|--------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
|                                                                         |                                                        | 1,411.6       | 1,351.9     | 1,345.6     | 1,331.4      | 1,449.2    | 1,379.6     | 2,041.5     | 2,042.0     | 2,070.6     | 2,068.2     | 2,080.7     | 2,087.1     | 2,084.5     | 2,038.2     | 2,070.9     | 1,994.5     | 2,027.5     |
| い<br>も<br>類<br>Potatoes                                                 | 総量                                                     | 340.0         | 319.1       | 308.9       | 285.2        | 264.0      | 256.8       | 464.1       | 460.5       | 462.0       | 449.5       | 452.0       | 449.8       | 445.7       | 448.8       | 442.2       | 439.7       | 433.9       |
|                                                                         | 米・加工品                                                  | 248.3         | 225.8       | 216.1       | 197.9        | 167.9      | 160.4       | 356.3       | 353.6       | 356.0       | 343.0       | 343.9       | 344.8       | 337.7       | 341.6       | 334.6       | 332.0       | 323.0       |
|                                                                         | 小麦・加工品                                                 | 90.2          | 91.8        | 91.3        | 84.8         | 93.7       | 94.3        | 99.6        | 98.0        | 96.6        | 98.4        | 99.3        | 95.7        | 99.0        | 97.3        | 99.4        | 100.1       | 103.0       |
|                                                                         | その他の穀類・加工品                                             | 1.5           | 1.5         | 1.5         | 2.6          | 2.5        | 2.1         | 8.1         | 8.9         | 9.3         | 8.1         | 8.8         | 9.3         | 8.9         | 10.0        | 8.2         | 7.6         | 7.9         |
| い<br>も<br>類<br>Potatoes                                                 | 総量                                                     | 60.9          | 63.4        | 63.2        | 65.3         | 68.9       | 64.7        | 63.0        | 62.5        | 59.7        | 60.5        | 59.1        | 62.1        | 56.3        | 56.9        | 54.6        | 53.3        | 54.1        |
|                                                                         | さつまいも・加工品                                              | 11.0          | 10.4        | 10.7        | 10.3         | 10.8       | 9.3         | 7.1         | 7.7         | 7.1         | 7.1         | 7.2         | 7.2         | 7.1         | 7.5         | 6.7         | 7.2         | 6.5         |
|                                                                         | じゃがいも・加工品                                              | 22.1          | 23.2        | 25.6        | 28.2         | 30.3       | 30.5        | 31.5        | 30.2        | 28.5        | 29.3        | 28.5        | 29.2        | 28.0        | 26.4        | 26.5        | 25.9        | 27.5        |
|                                                                         | その他のいも・加工品                                             | 27.8          | 29.8        | 26.9        | 26.7         | 27.8       | 24.9        | 24.5        | 24.6        | 24.0        | 24.1        | 23.5        | 25.6        | 21.2        | 23.1        | 21.4        | 20.3        | 20.1        |
| 砂糖・甘味料類                                                                 | Suger and Preserves                                    | 146           | 120         | 11.2        | 106          | 99         | 93          | 7.2         | 7.2         | 7.2         | 7.1         | 7.0         | 7.1         | 6.7         | 6.7         | 6.6         | 6.7         | 6.6         |
| 豆<br>類<br>Legumes                                                       | 総量                                                     | 700           | 65.4        | 66.6        | 68.5         | 700        | 702         | 57.2        | 58.9        | 58.1        | 61.5        | 59.3        | 56.3        | 56.0        | 56.2        | 55.6        | 55.3        | 51.7        |
|                                                                         | 大豆・加工品                                                 | 67.2          | 63.2        | 64.3        | 66.2         | 68.0       | 68.4        | 55.3        | 57.3        | 56.4        | 59.8        | 57.7        | 55.0        | 54.4        | 54.8        | 54.0        | 53.9        | 50.3        |
|                                                                         | その他の豆・加工品                                              | 28            | 2.2         | 2.3         | 2.3          | 2.0        | 1.9         | 2.0         | 1.6         | 1.7         | 1.7         | 1.5         | 1.3         | 1.6         | 1.4         | 1.6         | 1.3         | 1.4         |
|                                                                         | 種実類                                                    | 15            | 1.3         | 1.4         | 1.4          | 2.1        | 1.9         | 2.2         | 2.3         | 2.1         | 2.1         | 1.9         | 2.1         | 2.0         | 1.8         | 1.9         | 2.1         | 2.0         |
| 野<br>菜<br>類<br>Vegetables                                               | 緑黄色野菜                                                  | 48.2          | 51.0        | 73.9        | 77.2         | 94.0       | 95.9        | 93.6        | 88.9        | 94.2        | 84.0        | 94.4        | 95.6        | 92.2        | 93.4        | 93.4        | 87.9        | 86.6        |
|                                                                         | その他の野菜                                                 | 189.9         | 192.3       | 178.1       | 162.8        | 184.4      | 180.1       | 185.9       | 180.8       | 183.4       | 169.8       | 185.3       | 192.1       | 184.6       | 189.4       | 187.5       | 180.0       | 179.8       |
|                                                                         | 果実類                                                    | 193.5         | 155.2       | 140.6       | 124.8        | 133.0      | 117.4       | 132.0       | 124.3       | 115.1       | 119.2       | 125.7       | 107.5       | 111.6       | 116.8       | 113.0       | 101.7       | 105.7       |
|                                                                         | きのこ類                                                   | 8.6           | 8.1         | 9.7         | 10.3         | 11.8       | 14.1        | 14.9        | 14.9        | 15.0        | 15.0        | 16.2        | 15.3        | 16.0        | 15.3        | 15.6        | 16.8        | 14.7        |
| 藻<br>類                                                                  | 海藻類                                                    | 4.9           | 5.1         | 5.6         | 6.1          | 5.3        | 5.5         | 13.5        | 14.6        | 13.2        | 12.9        | 14.3        | 12.8        | 11.4        | 10.0        | 10.3        | 11.0        | 10.4        |
|                                                                         | 総量                                                     | 303.3         | 313.3       | 320.0       | 340.0        | 366.8      | 338.7       | 378.5       | 371.9       | 327.7       | 331.4       | 324.7       | 323.0       | 323.5       | 302.0       | 307.9       | 308.2       | 314.8       |
|                                                                         | 魚介類                                                    | 94.0          | 92.5        | 90.0        | 95.3         | 96.9       | 92.0        | 94.0        | 88.2        | 86.7        | 82.6        | 84.0        | 80.2        | 80.2        | 78.5        | 74.2        | 72.5        | 72.7        |
|                                                                         | 肉類                                                     | 64.2          | 67.9        | 71.7        | 71.2         | 82.3       | 78.2        | 76.3        | 77.5        | 76.9        | 77.9        | 80.2        | 80.4        | 82.6        | 77.7        | 82.9        | 82.5        | 83.6        |
| 動物性食品<br>Food of Animal Origin                                          | 卵類                                                     | 41.5          | 37.7        | 40.3        | 42.3         | 42.1       | 39.7        | 36.8        | 36.5        | 36.6        | 34.4        | 34.2        | 36.0        | 35.6        | 33.6        | 34.3        | 34.8        | 34.8        |
|                                                                         | 乳類                                                     | 103.6         | 115.2       | 116.7       | 130.1        | 144.5      | 127.6       | 170.0       | 168.5       | 126.4       | 135.4       | 125.1       | 125.3       | 123.9       | 111.2       | 115.4       | 117.3       | 122.7       |
|                                                                         | 油脂類                                                    | 15.8          | 16.9        | 17.7        | 17.6         | 17.3       | 16.4        | 11.3        | 10.9        | 10.4        | 10.5        | 10.4        | 10.2        | 10.2        | 9.5         | 9.9         | 10.1        | 10.1        |
|                                                                         | 菓子類                                                    | 29.0          | 25.0        | 22.8        | 20.3         | 26.8       | 22.2        | 26.7        | 26.5        | 25.8        | 25.6        | 25.3        | 26.0        | 26.3        | 26.8        | 24.8        | 25.1        | 25.2        |
| 調味嗜好飲料<br>Seasonings and Beverages                                      | 嗜好飲料                                                   | } 119.7       |             | 113.4       | 137.4        | 190.2      | 182.3       | 509.3       | 531.6       | 592.8       | 616.4       | 601.6       | 621.9       | 634.4       | 597.2       | 641.6       | 598.5       | 632.2       |
|                                                                         | 調味料・香辛料類                                               |               |             | 113.4       | 137.4        | 190.2      | 182.3       | 83.5        | 87.5        | 93.2        | 92.0        | 92.8        | 93.7        | 93.0        | 95.3        | 92.4        | 87.0        | 87.5        |
|                                                                         | Seasonings and Beverages                               | }             |             | 113.4       | 137.4        | 190.2      | 182.3       | 83.5        | 87.5        | 93.2        | 92.0        | 92.8        | 93.7        | 93.0        | 95.3        | 92.4        | 87.0        | 87.5        |
|                                                                         | Seasonings and Spices                                  |               |             | 113.4       | 137.4        | 190.2      | 182.3       | 83.5        | 87.5        | 93.2        | 92.0        | 92.8        | 93.7        | 93.0        | 95.3        | 92.4        | 87.0        | 87.5        |
| 補助栄養素・特定保健用食品<br>Dietary Supplements and Food for Specified Health Uses | 補助栄養素                                                  | —             | —           | —           | —            | —          | —           | —           | —           | 11.9        | 11.6        | 11.8        | 12.8        | 15.8        | 13.2        | 14.5        | 12.3        | 13.2        |
|                                                                         | 特定保健用食品                                                | —             | —           | —           | —            | —          | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           |
|                                                                         | Dietary Supplements and Food for Specified Health Uses | —             | —           | —           | —            | —          | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           |
|                                                                         | その他                                                    | 11.7          | 14.0        | 13.7        | 14.3         | 17.6       | 19.4        | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           |

注1) 平成13年より分類が変更された。特に「ジャム」は「砂糖類」から「果実類」に、「味噌」は「豆類」から「調味料・香辛料類」に「マヨネーズ」は「油脂類」から「調味料・香辛料類」に分類された。「動物性食品」の「総量」には「バター」「動物性油脂」が含まれるため、内訳合計としては一致しない。また、平成13年より調理を加味した数量となり、「米・加工品」の米は「めし」・「かゆ」など、「その他の穀類・加工品」の「干しそば」は「ゆでそば」など、「藻類」の「乾燥わかめ」は「水戻しわかめ」など、「嗜好飲料類」の「茶葉」は「茶葉抽出液」などで算出している。「その他のいも・加工品」には、「でんぷん・加工品」が含まれ、「その他の野菜」には、「野菜ジュース」「漬けもの」が含まれる。

注2) 平成15年より補助栄養素（顆粒、錠剤、カプセル、ドリンク状の製品〔薬剤も含む〕）及び特定保健用食品からの摂取量の調査が追加された。

第95表 食品群別摂取エネルギー比率の年次推移（総数，1人1日当たり）

Trends in Proportion of Energy Intake by Food Group, 1975 to 2011 (Per capita per day, National Average)

|                                                                         |                                    | 昭和50年<br>1975 | 55年<br>1980 | 60年<br>1985 | 平成2年<br>1990 | 7年<br>1995 | 12年<br>2000 | 13年<br>2001 | 14年<br>2002 | 15年<br>2003 | 16年<br>2004 | 17年<br>2005 | 18年<br>2006 | 19年<br>2007 | 20年<br>2008 | 21年<br>2009 | 22年<br>2010 | 23年<br>2011 |
|-------------------------------------------------------------------------|------------------------------------|---------------|-------------|-------------|--------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 総 量                                                                     |                                    | 100.0         | 100.0       | 100.0       | 100.0        | 100.0      | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       |
| 穀類<br>Grains                                                            | （総 量 Total                         | 49.8          | 48.7        | 47.2        | 45.5         | 40.7       | 41.4        | 42.2        | 42.1        | 42.5        | 42.0        | 42.2        | 42.1        | 41.8        | 42.7        | 42.2        | 42.5        | 41.1        |
|                                                                         | 米・加工品 Rice                         | 39.8          | 38.0        | 36.6        | 34.5         | 28.9       | 29.0        | 30.6        | 30.7        | 31.2        | 30.3        | 30.4        | 30.6        | 29.9        | 30.7        | 30.2        | 30.2        | 28.8        |
|                                                                         | 小麦・加工品 Wheat                       | 9.8           | 10.4        | 10.4        | 10.7         | 11.5       | 12.1        | 11.0        | 10.7        | 10.7        | 11.2        | 11.1        | 10.7        | 11.0        | 11.1        | 11.3        | 11.7        | 11.7        |
|                                                                         | その他の穀類・加工品 Others                  | 0.2           | 0.2         | 0.3         | 0.4          | 0.3        | 0.2         | 0.6         | 0.7         | 0.7         | 0.6         | 0.7         | 0.7         | 0.8         | 0.9         | 0.6         | 0.6         | 0.6         |
| いも<br>Potatoes                                                          | （総 量 Total                         | 2.2           | 2.5         | 2.4         | 2.5          | 2.7        | 2.6         | 2.2         | 2.3         | 2.1         | 2.2         | 2.2         | 2.3         | 2.1         | 2.2         | 2.1         | 2.1         | 2.2         |
|                                                                         | さつまいも・加工品 Sweet-                   | 0.6           | 0.6         | 0.6         | 0.6          | 0.7        | 0.6         | 0.5         | 0.5         | 0.5         | 0.5         | 0.5         | 0.5         | 0.5         | 0.5         | 0.5         | 0.5         | 0.5         |
|                                                                         | じゃがいも・加工品 White-                   | 0.8           | 0.9         | 0.9         | 1.1          | 1.1        | 1.2         | 1.2         | 1.1         | 1.1         | 1.1         | 1.1         | 1.1         | 1.1         | 1.0         | 1.0         | 1.0         | 1.1         |
|                                                                         | その他のいも・加工品 Others                  | 0.9           | 1.0         | 0.8         | 0.8          | 0.9        | 0.8         | 0.6         | 0.6         | 0.6         | 0.6         | 0.6         | 0.6         | 0.5         | 0.4         | 0.4         | 0.5         | 0.6         |
| 砂糖・甘味料類                                                                 | Suger and Preserves                | 2.5           | 2.2         | 2.0         | 1.9          | 1.8        | 1.7         | 1.4         | 1.4         | 1.4         | 1.4         | 1.4         | 1.4         | 1.3         | 1.3         | 1.3         | 1.4         | 1.3         |
| 豆類<br>Legumes                                                           | （総 量 Total                         | 4.5           | 4.3         | 4.5         | 4.9          | 4.6        | 4.8         | 3.6         | 3.6         | 3.7         | 3.8         | 3.7         | 3.6         | 3.4         | 3.5         | 3.5         | 3.5         | 3.3         |
|                                                                         | 大豆・加工品 Soybean and                 | 4.2           | 4.0         | 4.2         | 4.7          | 4.4        | 4.6         | 3.4         | 3.5         | 3.5         | 3.6         | 3.5         | 3.4         | 3.3         | 3.4         | 3.3         | 3.3         | 3.1         |
|                                                                         | その他の豆・加工品 Others                   | 0.4           | 0.3         | 0.3         | 0.2          | 0.2        | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.1         | 0.2         | 0.1         | 0.2         | 0.2         | 0.2         |
|                                                                         | 種実類 Seeds and Nuts                 | 0.3           | 0.3         | 0.3         | 0.3          | 0.5        | 0.5         | 0.6         | 0.6         | 0.6         | 0.6         | 0.5         | 0.5         | 0.5         | 0.5         | 0.5         | 0.5         | 0.5         |
| 野菜類<br>Vegetables                                                       | （緑黄色野菜 Green, Yellow-              | 0.7           | 0.8         | 0.9         | 1.1          | 1.3        | 1.4         | 1.3         | 1.4         | 1.4         | 1.3         | 1.4         | 1.4         | 1.4         | 1.5         | 1.4         | 1.4         | 1.4         |
|                                                                         | その他の野菜 Others                      | 2.4           | 2.6         | 2.0         | 2.1          | 2.3        | 2.4         | 2.2         | 2.2         | 2.2         | 2.2         | 2.3         | 2.4         | 2.3         | 2.3         | 2.3         | 2.2         | 2.5         |
|                                                                         | 果実類 Fruits                         | 3.7           | 3.2         | 3.4         | 3.2          | 3.5        | 3.3         | 3.8         | 3.7         | 3.4         | 3.6         | 3.8         | 3.3         | 3.4         | 3.8         | 3.6         | 3.4         | 3.4         |
|                                                                         | きのこ類 Mushrooms                     | —             | —           | —           | —            | —          | 0.0         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         |
| 藻類                                                                      | Seraweeds                          | —             | —           | —           | —            | —          | 0.0         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.1         | 0.1         | 0.1         | 0.2         | 0.1         |
| 動物性食品<br>Food of Animal Origin                                          | （総 量 Total                         | 19.5          | 20.9        | 22.3        | 23.2         | 25.0       | 25.0        | 23.7        | 23.8        | 23.4        | 23.5        | 23.7        | 23.6        | 23.8        | 22.7        | 23.4        | 23.5        | 25.1        |
|                                                                         | 魚介類 Fishes and Shellfishes         | 5.5           | 5.7         | 6.8         | 7.0          | 7.0        | 7.1         | 7.1         | 6.8         | 6.8         | 6.5         | 6.8         | 6.5         | 6.4         | 6.4         | 6.1         | 6.0         | 6.2         |
|                                                                         | 肉類 Meat and Poultry                | 7.8           | 8.6         | 8.0         | 8.1          | 9.2        | 9.4         | 8.0         | 8.3         | 8.4         | 8.5         | 8.8         | 8.8         | 9.1         | 8.6         | 9.4         | 9.4         | 10.6        |
|                                                                         | 卵類 Eggs                            | 3.0           | 2.8         | 3.1         | 3.4          | 3.3        | 3.3         | 2.9         | 2.9         | 2.9         | 2.7         | 2.7         | 2.9         | 2.8         | 2.7         | 2.8         | 2.9         | 2.8         |
| 油脂類<br>Fats and Oils                                                    | 乳類 Milk and Dairy Products         | 3.2           | 3.8         | 3.9         | 4.4          | 5.0        | 4.7         | 5.2         | 5.3         | 4.9         | 5.3         | 4.9         | 5.0         | 4.9         | 4.5         | 4.7         | 4.8         | 5.0         |
|                                                                         | 油脂類 Fats and Oils                  | 5.8           | 6.5         | 6.9         | 7.1          | 6.8        | 6.8         | 5.1         | 5.0         | 4.8         | 4.9         | 4.8         | 4.7         | 4.7         | 4.5         | 4.7         | 4.8         | 4.7         |
|                                                                         | 菓子類 Sweets                         | 4.4           | 3.9         | 3.7         | 3.3          | 4.4        | 3.7         | 4.5         | 4.6         | 4.5         | 4.5         | 4.3         | 4.6         | 4.6         | 4.7         | 4.4         | 4.5         | 4.5         |
|                                                                         | 調味嗜好飲料<br>Seasonings and Beverages | 3.2           | 3.2         | 3.4         | 4.5          | 5.9        | 5.9         | 4.0         | 4.2         | 4.2         | 4.2         | 4.0         | 4.1         | 4.2         | 4.1         | 4.3         | 4.1         | 4.0         |
| 補助栄養素・特定保健用食品<br>Dietary Supplements and Food for Specified Health Uses | （調味料・香辛料類 Seasonings and Spices    | —             | —           | —           | —            | —          | —           | 5.5         | 5.5         | 5.4         | 5.4         | 5.4         | 5.6         | 5.9         | 5.8         | 5.9         | 5.8         | 5.8         |
|                                                                         | その他の他 Others                       | 0.8           | 1.1         | 1.2         | 0.9          | 1.0        | 1.0         | —           | —           | 0.5         | 0.5         | 0.5         | 0.5         | 0.6         | 0.6         | 0.5         | 0.4         | 0.5         |
|                                                                         | 砂糖・甘味料類                            | —             | —           | —           | —            | —          | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           |
|                                                                         | その他の他 Others                       | —             | —           | —           | —            | —          | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           |

第96表 食品群別摂取たんぱく質比率の年次推移（総数，1人1日当たり）

Trends in Proportion of Protein Intake by Food Group, 1975 to 2011 (Per capita per day, National Average)

|                                                                         |                                                        | 昭和50年<br>1975 | 55年<br>1980 | 60年<br>1985 | 平成2年<br>1990 | 7年<br>1995 | 12年<br>2000 | 13年<br>2001 | 14年<br>2002 | 15年<br>2003 | 16年<br>2004 | 17年<br>2005 | 18年<br>2006 | 19年<br>2007 | 20年<br>2008 | 21年<br>2009 | 22年<br>2010 | 23年<br>2011 |
|-------------------------------------------------------------------------|--------------------------------------------------------|---------------|-------------|-------------|--------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 総量                                                                      |                                                        | Total         |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
| 穀類<br>Grains                                                            | （総量）                                                   | 27.0          | 26.0        | 26.5        | 24.9         | 22.1       | 22.7        | 21.7        | 21.6        | 21.9        | 21.9        | 21.8        | 21.8        | 22.1        | 22.6        | 22.4        | 22.7        | 22.0        |
|                                                                         | 米・加工品                                                  | 19.2          | 18.0        | 18.4        | 17.0         | 13.8       | 13.9        | 12.2        | 12.3        | 12.5        | 12.1        | 12.2        | 12.5        | 12.2        | 12.6        | 12.4        | 12.3        | 11.8        |
|                                                                         | 小麦・加工品                                                 | 7.6           | 7.8         | 7.9         | 7.7          | 8.0        | 8.6         | 9.0         | 8.7         | 8.8         | 9.2         | 9.1         | 8.7         | 9.2         | 9.3         | 9.4         | 9.8         | 9.6         |
|                                                                         | その他の穀類・加工品                                             | 0.2           | 0.2         | 0.2         | 0.2          | 0.2        | 0.2         | 0.5         | 0.6         | 0.6         | 0.6         | 0.6         | 0.7         | 0.7         | 0.7         | 0.6         | 0.6         | 0.6         |
| いも<br>Potatoes                                                          | （総量）                                                   | 1.3           | 1.4         | 1.4         | 1.3          | 1.4        | 1.4         | 1.0         | 1.1         | 1.0         | 1.0         | 1.0         | 1.0         | 1.0         | 1.0         | 1.0         | 0.9         | 1.0         |
|                                                                         | さつまいも・加工品                                              | 0.2           | 0.2         | 0.2         | 0.2          | 0.2        | 0.1         | 0.1         | 0.1         | 0.1         | 0.1         | 0.1         | 0.1         | 0.1         | 0.1         | 0.1         | 0.1         | 0.1         |
|                                                                         | じゃがいも・加工品                                              | 0.5           | 0.6         | 0.6         | 0.7          | 0.7        | 0.8         | 0.6         | 0.6         | 0.6         | 0.6         | 0.6         | 0.6         | 0.6         | 0.6         | 0.6         | 0.6         | 0.6         |
|                                                                         | その他のいも・加工品                                             | 0.5           | 0.6         | 0.6         | 0.5          | 0.5        | 0.5         | 0.3         | 0.3         | 0.3         | 0.3         | 0.3         | 0.3         | 0.3         | 0.3         | 0.3         | 0.3         | 0.2         |
| 砂糖・甘味料類<br>Sugar and Preserves                                          |                                                        | 0.0           | 0.0         | 0.0         | 0.0          | 0.0        | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         |
| 豆類<br>Legumes                                                           | （総量）                                                   | 10.0          | 9.4         | 8.3         | 8.9          | 8.2        | 8.7         | 7.1         | 7.3         | 7.3         | 7.5         | 7.3         | 7.2         | 6.9         | 7.2         | 7.1         | 7.0         | 6.4         |
|                                                                         | 大豆・加工品                                                 | 9.4           | 9.0         | 8.0         | 8.6          | 8.0        | 8.5         | 6.8         | 7.1         | 7.1         | 7.2         | 7.0         | 7.0         | 6.7         | 6.9         | 6.8         | 6.8         | 6.2         |
|                                                                         | その他の豆・加工品                                              | 0.5           | 0.4         | 0.3         | 0.3          | 0.2        | 0.2         | 0.2         | 0.2         | 0.2         | 0.1         | 0.1         | 0.1         | 0.1         | 0.1         | 0.1         | 0.1         | 0.2         |
|                                                                         | 種実類                                                    | 0.4           | 0.4         | 0.3         | 0.3          | 0.4        | 0.4         | 0.5         | 0.6         | 0.5         | 0.6         | 0.4         | 0.6         | 0.4         | 0.4         | 0.4         | 0.4         | 0.5         |
| 野菜類<br>Vegetables                                                       | （緑黄色野菜）                                                | 1.1           | 1.2         | 2.0         | 2.0          | 2.4        | 2.4         | 1.8         | 1.7         | 1.9         | 1.7         | 1.8         | 2.0         | 1.9         | 1.9         | 1.9         | 1.8         | 1.9         |
|                                                                         | その他の野菜                                                 | 4.2           | 4.3         | 2.7         | 2.8          | 3.0        | 3.0         | 2.3         | 2.3         | 2.3         | 2.4         | 2.4         | 2.3         | 2.3         | 2.3         | 2.4         | 2.5         | 2.7         |
|                                                                         | 果実類                                                    | 1.7           | 1.3         | 0.9         | 0.8          | 0.8        | 0.8         | 0.9         | 0.9         | 0.9         | 0.8         | 1.0         | 0.9         | 0.9         | 0.9         | 0.9         | 0.9         | 0.8         |
|                                                                         | きのこ類                                                   | 0.2           | 0.2         | 0.3         | 0.4          | 0.4        | 0.5         | 0.5         | 0.5         | 0.5         | 0.6         | 0.6         | 0.6         | 0.6         | 0.6         | 0.6         | 0.6         | 0.6         |
| 藻類                                                                      | （総量）                                                   | 0.5           | 0.5         | 0.7         | 0.6          | 0.5        | 0.5         | 0.5         | 0.6         | 0.5         | 0.6         | 0.4         | 0.4         | 0.4         | 0.4         | 0.4         | 0.4         | 0.4         |
|                                                                         | 海藻類                                                    | 48.7          | 50.3        | 50.8        | 52.1         | 53.9       | 53.1        | 54.3        | 54.0        | 53.2        | 53.4        | 53.6        | 53.4        | 53.9        | 52.6        | 53.1        | 53.0        | 54.3        |
|                                                                         | 魚介類                                                    | 24.1          | 24.4        | 23.6        | 23.7         | 23.2       | 23.0        | 24.6        | 23.5        | 23.3        | 22.6        | 22.9        | 22.1        | 22.2        | 22.2        | 20.9        | 20.7        | 20.2        |
|                                                                         | 肉類                                                     | 13.8          | 15.0        | 16.1        | 16.4         | 18.3       | 18.0        | 16.6        | 17.1        | 16.9        | 17.5        | 18.0        | 18.2        | 18.6        | 18.1        | 19.2        | 19.3        | 21.2        |
| 動物性食品<br>Food of Animal Origin                                          | 卵類                                                     | 6.6           | 6.2         | 6.3         | 6.6          | 6.3        | 6.3         | 6.4         | 6.5         | 6.6         | 6.2         | 6.2         | 6.6         | 6.6         | 6.3         | 6.5         | 6.7         | 6.2         |
|                                                                         | 乳類                                                     | 4.2           | 4.8         | 4.8         | 5.4          | 6.1        | 5.7         | 6.7         | 6.9         | 6.4         | 6.9         | 6.5         | 6.6         | 6.6         | 6.0         | 6.3         | 6.5         | 6.6         |
|                                                                         | 油脂類                                                    | 0.2           | 0.2         | 0.1         | 0.1          | 0.1        | 0.1         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         |
|                                                                         | Fats and Oils                                          |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
| 菓子類                                                                     | （総量）                                                   | 2.0           | 1.8         | 1.7         | 1.4          | 1.8        | 1.6         | 2.2         | 2.3         | 2.2         | 2.3         | 2.1         | 2.3         | 2.3         | 2.3         | 2.2         | 2.2         | 2.2         |
|                                                                         | 嗜好飲料                                                   |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
|                                                                         | 嗜好飲料                                                   |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
|                                                                         | 調味料・香辛料類                                               |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
| 調味嗜好飲料<br>Seasonings and Beverages                                      | （嗜好飲料）                                                 | 2.3           | 2.3         | 3.2         | 3.5          | 3.9        | 3.8         | 1.3         | 1.4         | 1.4         | 1.4         | 1.4         | 1.4         | 1.4         | 1.3         | 1.5         | 1.3         | 1.3         |
|                                                                         | 調味料・香辛料類                                               |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
|                                                                         | Seasonings and Spices                                  |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
|                                                                         | Seasonings and Spices                                  |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
| 補助栄養素・特定保健用食品<br>Dietary Supplements and Food for Specified Health Uses | （総量）                                                   | —             | —           | —           | —            | —          | —           | —           | —           | 0.3         | 0.3         | 0.3         | 0.3         | 0.3         | 0.3         | 0.3         | 0.3         | 0.3         |
|                                                                         | 補助栄養素・特定保健用食品                                          |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
|                                                                         | Dietary Supplements and Food for Specified Health Uses |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
|                                                                         | Dietary Supplements and Food for Specified Health Uses |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
| その他の<br>Others                                                          | （総量）                                                   | 0.5           | 0.6         | 1.1         | 1.3          | 1.4        | 1.4         | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           |
|                                                                         | その他                                                    |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
|                                                                         | Others                                                 |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
|                                                                         | Others                                                 |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |

第97表 食品群別摂取脂質比率の年次推移（総数，1人1日当たり）

Trends in Proportion of Protein Intake by Food Group, 1975 to 2011 (Per capita per day, National Average)

|                                                                         |                       | 昭和50年<br>1975 | 55年<br>1980 | 60年<br>1985 | 平成2年<br>1990 | 7年<br>1995 | 12年<br>2000 | 13年<br>2001 | 14年<br>2002 | 15年<br>2003 | 16年<br>2004 | 17年<br>2005 | 18年<br>2006 | 19年<br>2007 | 20年<br>2008 | 21年<br>2009 | 22年<br>2010 | 23年<br>2011 |
|-------------------------------------------------------------------------|-----------------------|---------------|-------------|-------------|--------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 総 量                                                                     |                       | 100.0         | 100.0       | 100.0       | 100.0        | 100.0      | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       | 100.0       |
| 穀類<br>Grains                                                            | 総 量                   | 7.3           | 6.6         | 96          | 9.1          | 8.7        | 8.9         | 8.3         | 8.0         | 8.1         | 8.3         | 8.3         | 8.1         | 8.2         | 8.6         | 8.2         | 8.6         | 8.2         |
|                                                                         | 米                     | 3.7           | 3.4         | 49          | 4.5          | 3.6        | 3.6         | 2.0         | 2.0         | 2.0         | 2.0         | 2.0         | 2.0         | 2.0         | 2.1         | 1.9         | 1.9         | 1.8         |
|                                                                         | 小麦                    | 3.7           | 3.1         | 46          | 4.5          | 5.0        | 5.2         | 6.2         | 5.8         | 5.9         | 6.3         | 6.3         | 5.9         | 6.2         | 6.3         | 6.2         | 6.5         | 6.2         |
|                                                                         | その他の穀類・加工品            | 0.0           | 0.0         | 0.1         | 0.1          | 0.1        | 0.1         | 0.1         | 0.1         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         |
| いも<br>Potatoes                                                          | 総 量                   | 0.2           | 0.2         | 1.0         | 0.6          | 0.6        | 0.7         | 0.1         | 0.1         | 0.1         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.1         |
|                                                                         | さつまいも・加工品             | 0.0           | 0.0         | 0.0         | 0.0          | 0.0        | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         |
|                                                                         | じゃがいも・加工品             | 0.0           | 0.0         | 0.1         | 0.1          | 0.1        | 0.1         | 0.1         | 0.1         | 0.1         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         |
|                                                                         | その他のいも・加工品            | 0.2           | 0.1         | 0.9         | 0.4          | 0.5        | 0.6         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         |
| 砂糖・甘味料類<br>Sugar and Preserves                                          |                       | 0.0           | 0.0         | 0.0         | 0.0          | 0.0        | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         |
| 豆類<br>Legumes                                                           | 総 量                   | 8.3           | 7.6         | 8.1         | 9.0          | 8.6        | 8.6         | 7.6         | 7.8         | 7.9         | 7.9         | 7.8         | 7.6         | 7.3         | 7.7         | 7.3         | 7.3         | 6.6         |
|                                                                         | 大豆                    | 8.3           | 7.5         | 8.1         | 8.9          | 8.5        | 8.5         | 7.6         | 7.7         | 7.8         | 7.8         | 7.8         | 7.6         | 7.1         | 7.7         | 7.3         | 7.3         | 6.6         |
|                                                                         | その他の豆・加工品             | 0.0           | 0.1         | 0.1         | 0.1          | 0.1        | 0.1         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         |
|                                                                         | 種子類<br>Seeds and Nuts | 1.3           | 1.1         | 0.8         | 0.9          | 1.5        | 1.3         | 1.7         | 1.7         | 1.6         | 1.7         | 1.5         | 1.5         | 1.5         | 1.3         | 1.5         | 1.5         | 1.3         |
| 野菜類<br>Vegetables                                                       | 緑黄色野菜                 | 0.2           | 0.3         | 0.2         | 0.2          | 0.3        | 0.3         | 0.4         | 0.3         | 0.4         | 0.4         | 0.4         | 0.4         | 0.4         | 0.4         | 0.4         | 0.4         | 0.3         |
|                                                                         | その他の野菜                | 0.6           | 0.7         | 0.3         | 0.4          | 0.5        | 0.4         | 0.5         | 0.5         | 0.5         | 0.4         | 0.5         | 0.6         | 0.4         | 0.4         | 0.4         | 0.4         | 0.4         |
| 果実類<br>Fruits                                                           | 果実類                   | 1.2           | 0.9         | 0.3         | 0.2          | 0.3        | 0.3         | 0.3         | 0.3         | 0.4         | 0.4         | 0.4         | 0.4         | 0.4         | 0.4         | 0.4         | 0.4         | 0.4         |
|                                                                         | きのこ類<br>Mushrooms     | 0.0           | 0.1         | 0.1         | 0.1          | 0.1        | 0.1         | 0.1         | 0.1         | 0.1         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.1         |
| 藻類<br>Seaweeds                                                          | 藻類                    | 0.0           | 0.1         | 0.1         | 0.1          | 0.1        | 0.1         | 0.1         | 0.1         | 0.1         | 0.2         | 0.1         | 0.0         | 0.0         | 0.0         | 0.0         | 0.0         | 0.1         |
|                                                                         | 総 量                   | 49.2          | 49.7        | 48.4        | 48.3         | 50.0       | 50.2        | 49.2        | 50.0        | 49.6        | 49.0        | 50.3        | 49.7        | 49.5        | 48.9        | 49.6        | 49.5        | 52.2        |
|                                                                         | 魚介類                   | 6.9           | 6.5         | 9.8         | 10.1         | 10.2       | 10.2        | 10.7        | 10.4        | 10.5        | 10.0        | 10.6        | 10.0        | 9.8         | 10.2        | 9.3         | 9.1         | 9.7         |
|                                                                         | 肉類                    | 26.3          | 27.4        | 20.9        | 20.0         | 22.1       | 22.6        | 20.2        | 21.3        | 21.7        | 21.4        | 22.4        | 22.4        | 22.9        | 22.3        | 23.7        | 23.6        | 26.0        |
| 動物性食品<br>Food of Animal Origin                                          | 卵類                    | 8.8           | 8.1         | 7.9         | 8.3          | 7.8        | 7.7         | 6.9         | 6.9         | 6.9         | 6.5         | 6.5         | 6.7         | 6.5         | 6.50        | 6.3         | 6.5         | 6.3         |
|                                                                         | 乳類                    | 7.1           | 7.8         | 7.8         | 8.2          | 8.4        | 8.0         | 9.3         | 9.5         | 8.9         | 9.6         | 9.1         | 8.9         | 8.7         | 8.3         | 8.4         | 8.6         | 8.5         |
|                                                                         | 油脂類<br>Fats and Oils  | 27.3          | 28.9        | 27.4        | 27.2         | 24.8       | 24.9        | 19.6        | 19.2        | 18.4        | 18.5        | 18.4        | 17.9        | 17.6        | 17.5        | 17.7        | 17.7        | 16.9        |
|                                                                         | 菓子類<br>Sweets         | 3.5           | 2.9         | 3.6         | 3.4          | 4.0        | 3.8         | 5.2         | 5.2         | 5.3         | 5.4         | 5.0         | 5.5         | 5.4         | 5.4         | 5.0         | 5.4         | 5.2         |
| 調味嗜好飲料<br>Seasonings and Beverages                                      | 嗜好飲料                  | 0.6           | 0.5         | 0.1         | 0.3          | 0.4        | 0.5         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.2         | 0.1         |
|                                                                         | 調味料・香辛料類              |               |             |             |              |            |             |             |             |             |             |             |             |             |             |             |             |             |
| 補助栄養素・特定保健用食品<br>Dietary Supplements and Food for Specified Health Uses | 補助栄養素                 | —             | —           | —           | —            | —          | —           | —           | —           | 0.3         | 0.4         | 0.6         | 0.7         | 0.9         | 1.0         | 0.6         | 0.4         | 0.3         |
|                                                                         | その他の                  | 0.4           | 0.5         | 2.1         | 1.8          | 1.8        | 1.8         | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           | —           |

第98表 野菜類摂取量の分布の年次推移  
Trends in Frequency Distribution of Vegetables Intake, 2002 to 2011

|        | 平成14年<br>2002 |       | 15年<br>2003 |       | 16年<br>2004 |       | 17年<br>2005 |       | 18年<br>2006 |       | 19年<br>2007 |       | 20年<br>2008 |       | 21年<br>2009 |       | 22年<br>2010 |       | 23年<br>2011 |       |       |
|--------|---------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------|
|        | 人数            | %     | 人数          | %     | 人数          | %     | 人数          | %     | 人数          | %     | 人数          | %     | 人数          | %     | 人数          | %     | 人数          | %     | 人数          | %     |       |
| 総<br>数 | 総<br>数        | 9,273 | 100.0       | 8,964 | 100.0       | 7,037 | 100.0       | 7,262 | 100.0       | 7,591 | 100.0       | 7,209 | 100.0       | 7,644 | 100.0       | 7,377 | 100.0       | 7,229 | 100.0       | 6,753 | 100.0 |
|        | 70 g 未満       | 528   | 5.7         | 507   | 5.7         | 446   | 6.3         | 402   | 5.5         | 366   | 4.8         | 408   | 5.7         | 474   | 6.2         | 390   | 5.3         | 462   | 6.4         | 502   | 7.4   |
|        | 70g以上～140g未満  | 1,177 | 12.7        | 1,133 | 12.6        | 1,074 | 15.3        | 932   | 12.8        | 896   | 11.8        | 893   | 12.4        | 955   | 12.5        | 862   | 11.7        | 972   | 13.4        | 885   | 13.1  |
|        | 140g以上～210g未満 | 1,679 | 18.1        | 1,620 | 18.1        | 1,457 | 20.7        | 1,273 | 17.5        | 1,306 | 17.2        | 1,298 | 18.0        | 1,317 | 17.2        | 1,283 | 17.4        | 1,341 | 18.6        | 1,251 | 18.5  |
|        | 210g以上～280g未満 | 1,771 | 19.1        | 1,510 | 16.8        | 1,305 | 18.5        | 1,299 | 17.9        | 1,347 | 17.7        | 1,287 | 17.9        | 1,362 | 17.8        | 1,352 | 18.3        | 1,253 | 17.3        | 1,204 | 17.8  |
|        | 280g以上～350g未満 | 1,418 | 15.3        | 1,403 | 15.7        | 975   | 13.9        | 1,099 | 15.1        | 1,157 | 15.2        | 1,123 | 15.6        | 1,119 | 14.6        | 1,207 | 16.4        | 1,065 | 14.7        | 1,018 | 15.1  |
| 男<br>性 | 350g以上        | 2,700 | 29.1        | 2,791 | 31.1        | 1,780 | 25.3        | 2,257 | 31.1        | 2,519 | 33.2        | 2,200 | 30.5        | 2,417 | 31.6        | 2,283 | 30.9        | 2,136 | 29.5        | 1,893 | 28.0  |
|        | 総<br>数        | 4,278 | 100.0       | 4,172 | 100.0       | 3,214 | 100.0       | 3,351 | 100.0       | 3,506 | 100.0       | 3,328 | 100.0       | 3,508 | 100.0       | 3,359 | 100.0       | 3,334 | 100.0       | 3,085 | 100.0 |
|        | 70 g 未満       | 254   | 5.9         | 235   | 5.6         | 190   | 5.9         | 187   | 5.6         | 156   | 4.4         | 193   | 5.8         | 221   | 6.3         | 190   | 5.7         | 218   | 6.5         | 226   | 7.3   |
|        | 70g以上～140g未満  | 500   | 11.7        | 520   | 12.5        | 450   | 14.0        | 396   | 11.8        | 387   | 11.0        | 403   | 12.1        | 434   | 12.4        | 384   | 11.4        | 405   | 12.1        | 371   | 12.0  |
|        | 140g以上～210g未満 | 729   | 17.0        | 739   | 17.7        | 664   | 20.7        | 589   | 17.6        | 575   | 16.4        | 562   | 16.9        | 572   | 16.3        | 539   | 16.0        | 593   | 17.8        | 557   | 18.1  |
|        | 210g以上～280g未満 | 810   | 18.9        | 651   | 15.6        | 569   | 17.7        | 587   | 17.5        | 620   | 17.7        | 568   | 17.1        | 580   | 16.5        | 568   | 16.9        | 578   | 17.3        | 545   | 17.7  |
| 女<br>性 | 280g以上～350g未満 | 671   | 15.7        | 646   | 15.5        | 444   | 13.8        | 507   | 15.1        | 547   | 15.6        | 527   | 15.8        | 512   | 14.6        | 557   | 16.6        | 497   | 14.9        | 460   | 14.9  |
|        | 350g以上        | 1,314 | 30.7        | 1,381 | 33.1        | 897   | 27.9        | 1,085 | 32.4        | 1,221 | 34.8        | 1,075 | 32.3        | 1,189 | 33.9        | 1,121 | 33.4        | 1,043 | 31.3        | 926   | 30.0  |
|        | 総<br>数        | 4,995 | 100.0       | 4,792 | 100.0       | 3,823 | 100.0       | 3,911 | 100.0       | 4,085 | 100.0       | 3,881 | 100.0       | 4,136 | 100.0       | 4,018 | 100.0       | 3,895 | 100.0       | 3,668 | 100.0 |
|        | 70 g 未満       | 274   | 5.5         | 272   | 5.7         | 256   | 6.7         | 215   | 5.5         | 210   | 5.1         | 215   | 5.5         | 253   | 6.1         | 200   | 5.0         | 244   | 6.3         | 276   | 7.5   |
|        | 70g以上～140g未満  | 677   | 13.6        | 613   | 12.8        | 624   | 16.3        | 536   | 13.7        | 509   | 12.5        | 490   | 12.6        | 521   | 12.6        | 478   | 11.9        | 567   | 14.6        | 514   | 14.0  |
|        | 140g以上～210g未満 | 950   | 19.0        | 881   | 18.4        | 793   | 20.7        | 684   | 17.5        | 731   | 17.9        | 736   | 19.0        | 745   | 18.0        | 744   | 18.5        | 748   | 19.2        | 694   | 18.9  |
| 女<br>性 | 210g以上～280g未満 | 961   | 19.2        | 859   | 17.9        | 736   | 19.3        | 712   | 18.2        | 727   | 17.8        | 719   | 18.5        | 782   | 18.9        | 784   | 19.5        | 675   | 17.3        | 659   | 18.0  |
|        | 280g以上～350g未満 | 747   | 15.0        | 757   | 15.8        | 531   | 13.9        | 592   | 15.1        | 610   | 14.9        | 596   | 15.4        | 607   | 14.7        | 650   | 16.2        | 568   | 14.6        | 558   | 15.2  |
|        | 350g以上        | 1,386 | 27.7        | 1,410 | 29.4        | 883   | 23.1        | 1,172 | 30.0        | 1,298 | 31.8        | 1,125 | 29.0        | 1,228 | 29.7        | 1,162 | 28.9        | 1,093 | 28.1        | 967   | 26.4  |

第 99 表の 1 朝食欠食率の年次推移（性・年齢階級別）  
Trends in Ratio of Persons who Skipped Breakfast, 1975 to 2011

(%)

|     |        | 昭和50年<br>1975 | 55年<br>1980 | 60年<br>1985 | 平成2年<br>1990 | 7年<br>1995 | 12年<br>2000 | 13年<br>2001 | 14年<br>2002 | 15年<br>2003 | 16年<br>2004 | 17年<br>2005 | 18年<br>2006 | 19年<br>2007 | 20年<br>2008 | 21年<br>2009 | 22年<br>2010 | 23年<br>2011 |
|-----|--------|---------------|-------------|-------------|--------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 総 数 |        | 6.3           | 6.7         | 7.7         | 7.9          | 8.0        | 8.1         | 8.9         | 9.7         | 10.1        | 10.5        | 10.7        | 10.7        | 11.6        | 13.1        | 12.0        | 11.9        | 12.6        |
| 男性  | 総 数    | 6.7           | 7.6         | 8.7         | 9.8          | 10.1       | 10.7        | 11.1        | 11.6        | 11.8        | 12.6        | 13.0        | 13.1        | 13.3        | 14.6        | 14.1        | 13.7        | 14.4        |
|     | 15－19歳 | 10.7          | 12.7        | 10.3        | 14.1         | 13.4       | 13.3        | 12.3        | 14.4        | 14.0        | 14.2        | 18.8        | 14.6        | 13.4        | 18.4        | 15.5        | 14.5        | 8.7         |
|     | 20－29歳 | 15.5          | 19.5        | 23.5        | 25.5         | 30.8       | 30.5        | 27.9        | 26.5        | 29.5        | 34.3        | 33.1        | 30.5        | 28.6        | 30.0        | 33.0        | 29.7        | 34.1        |
|     | 30－39歳 | 8.5           | 11.6        | 13.8        | 17.8         | 16.6       | 20.1        | 23.6        | 24.7        | 23.0        | 25.9        | 27.0        | 22.8        | 30.2        | 27.7        | 29.2        | 27.0        | 31.5        |
|     | 40－49歳 | 4.9           | 6.6         | 8.7         | 11.1         | 11.6       | 10.5        | 14.4        | 14.3        | 15.9        | 19.0        | 16.2        | 20.8        | 17.9        | 25.7        | 19.3        | 20.5        | 23.5        |
|     | 50－59歳 | 4.6           | 4.6         | 6.1         | 6.5          | 5.1        | 9.2         | 9.1         | 10.8        | 10.0        | 10.6        | 11.7        | 13.1        | 11.8        | 15.1        | 12.4        | 13.7        | 15.0        |
|     | 60歳以上  | 3.4           | 2.8         | 3.5         | 2.0          | 1.7        | 2.9         | 2.5         | 3.4         | 3.7         | 3.6         | 4.2         | 3.9         | 5.4         | 6.3         | 7.0         | 6.7         | 4.9         |
| 女性  | 総 数    | 5.9           | 5.9         | 5.9         | 6.1          | 6.1        | 5.8         | 6.9         | 7.9         | 8.5         | 8.7         | 8.6         | 8.5         | 10.1        | 11.9        | 10.1        | 10.3        | 11.1        |
|     | 15－19歳 | 14.1          | 8.3         | 13.1        | 10.1         | 8.9        | 9.2         | 8.2         | 11.4        | 17.2        | 10.2        | 10.4        | 13.2        | 11.5        | 10.0        | 10.2        | 14.0        | 13.3        |
|     | 20－29歳 | 11.7          | 12.9        | 14.7        | 14.3         | 18.2       | 16.3        | 16.9        | 20.6        | 23.6        | 22.0        | 23.5        | 22.5        | 24.9        | 26.2        | 23.2        | 28.6        | 28.8        |
|     | 30－39歳 | 5.3           | 8.1         | 6.4         | 6.5          | 5.6        | 7.5         | 11.8        | 12.1        | 12.7        | 15.0        | 15.0        | 13.9        | 16.3        | 21.7        | 18.1        | 15.1        | 18.1        |
|     | 40－49歳 | 5.8           | 5.7         | 6.7         | 7.5          | 6.1        | 6.6         | 7.9         | 9.0         | 7.6         | 7.8         | 10.3        | 11.0        | 12.8        | 14.8        | 12.1        | 15.2        | 16.0        |
|     | 50－59歳 | 4.5           | 4.3         | 5.3         | 5.1          | 4.0        | 5.3         | 6.8         | 6.3         | 6.7         | 9.1         | 8.3         | 7.7         | 9.7         | 13.4        | 10.6        | 10.4        | 11.2        |
|     | 60歳以上  | 4.1           | 3.1         | 3.4         | 2.8          | 2.5        | 2.1         | 2.3         | 3.7         | 4.1         | 4.0         | 4.1         | 3.2         | 4.4         | 6.8         | 5.8         | 5.0         | 5.5         |

注) 総数は1歳以上での平均

第99表の2 朝食欠食率の移動平均値（性・年齢階級別）  
Trends in Ratio of Persons who Skipped Breakfast, 2000 to 2010

（％）

|    |        | 平成12年<br>2000 | 13年<br>2001 | 14年<br>2002 | 15年<br>2003 | 16年<br>2004 | 17年<br>2005 | 18年<br>2006 | 19年<br>2007 | 20年<br>2008 | 21年<br>2009 | 22年<br>2010 |
|----|--------|---------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 男性 | 総数     | 10.7          | 11.1        | 11.5        | 12.0        | 12.5        | 12.9        | 13.1        | 13.7        | 14.0        | 14.2        | 14.1        |
|    | 1－6歳   | 2.5           | 3.9         | 4.5         | 4.8         | 4.8         | 5.9         | 5.8         | 6.3         | 5.7         | 5.8         | 6.8         |
|    | 7－14歳  | 2.5           | 3.5         | 4.2         | 3.8         | 3.7         | 4.5         | 5.8         | 6.7         | 6.3         | 6.0         | 5.8         |
|    | 15－19歳 | 13.3          | 13.3        | 13.5        | 14.2        | 15.7        | 15.9        | 15.6        | 15.5        | 15.8        | 16.2        | 12.9        |
|    | 20－29歳 | 30.5          | 28.3        | 28.0        | 30.1        | 32.3        | 32.6        | 30.7        | 29.7        | 30.5        | 30.9        | 32.3        |
|    | 30－39歳 | 20.1          | 22.8        | 23.7        | 24.5        | 25.3        | 25.2        | 26.7        | 26.9        | 29.0        | 28.0        | 29.3        |
|    | 40－49歳 | 10.5          | 13.1        | 14.9        | 16.4        | 17.0        | 18.7        | 18.3        | 21.5        | 21.0        | 21.8        | 21.1        |
|    | 50－59歳 | 9.2           | 9.7         | 10.0        | 10.5        | 10.8        | 11.8        | 12.2        | 13.3        | 13.1        | 13.8        | 13.7        |
|    | 60－69歳 | 3.3           | 3.5         | 3.8         | 4.3         | 4.7         | 5.2         | 6.3         | 7.1         | 8.2         | 8.8         | 8.2         |
|    | 70歳以上  | 2.4           | 2.3         | 2.5         | 2.7         | 2.9         | 2.6         | 2.8         | 3.4         | 4.3         | 4.6         | 4.3         |
| 女性 | 総数     | 5.8           | 6.9         | 7.8         | 8.4         | 8.6         | 8.6         | 9.1         | 10.2        | 10.7        | 10.7        | 10.5        |
|    | 1－6歳   | 2.6           | 3.8         | 4.4         | 4.8         | 4.7         | 5.6         | 6.4         | 6.8         | 5.6         | 4.6         | 4.4         |
|    | 7－14歳  | 1.2           | 2.7         | 3.6         | 3.7         | 3.3         | 3.1         | 4.3         | 5.1         | 6.0         | 5.4         | 5.5         |
|    | 15－19歳 | 9.2           | 9.6         | 12.3        | 13.0        | 12.6        | 11.3        | 11.7        | 11.6        | 10.5        | 11.4        | 12.5        |
|    | 20－29歳 | 16.3          | 18.0        | 20.4        | 22.1        | 23.1        | 22.7        | 23.7        | 24.6        | 24.8        | 26.0        | 26.9        |
|    | 30－39歳 | 7.5           | 10.4        | 12.2        | 13.3        | 14.3        | 14.6        | 15.1        | 17.3        | 18.7        | 18.3        | 17.1        |
|    | 40－49歳 | 6.6           | 7.9         | 8.2         | 8.1         | 8.6         | 9.7         | 11.4        | 12.9        | 13.2        | 14.0        | 14.4        |
|    | 50－59歳 | 5.3           | 6.1         | 6.6         | 7.4         | 8.1         | 8.4         | 8.6         | 10.3        | 11.2        | 11.5        | 10.7        |
|    | 60－69歳 | 1.9           | 3.2         | 4.1         | 4.9         | 5.0         | 5.0         | 5.1         | 6.1         | 7.0         | 7.1         | 6.7         |
|    | 70歳以上  | 2.3           | 2.3         | 2.8         | 3.1         | 3.2         | 2.6         | 2.9         | 3.7         | 4.6         | 4.9         | 4.4         |

注) 総数は1歳以上での平均  
数値は各年次結果の前後の年次結果を足し合わせ、計3年分を平均化したもの

第100表の1 身長の平均値の年次推移（男性・年齢階級別）

Trends in Mean Height of Japanese Males, 1975 to 2011

(cm)

| 年齢(歳)<br>Age(yrs.) | 昭和50年<br>1975 | 55年<br>1980 | 60年<br>1985 | 平成元年<br>1989 | 平成2年<br>1990 | 11年<br>1999 | 12年<br>2000 | 13年<br>2001 | 14年<br>2002 | 15年<br>2003 | 16年<br>2004 | 17年<br>2005 | 18年<br>2006 | 19年<br>2007 | 20年<br>2008 | 21年<br>2009 | 22年<br>2010 | 23年<br>2011 |
|--------------------|---------------|-------------|-------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 1                  | 79.7          | 79.9        | 80.4        | 80.5         | 80.0         | 81.3        | 80.8        | 79.6        | 80.2        | 80.2        | 80.4        | 78.9        | 80.7        | 79.5        | 81.0        | 80.1        | —           | 81.0        |
| 2                  | 88.9          | 89.2        | 89.7        | 88.7         | 89.7         | 89.3        | 90.1        | 90.1        | 88.6        | 88.6        | 90.7        | 89.5        | 89.4        | 88.9        | 90.0        | 88.0        | —           | 89.8        |
| 3                  | 95.3          | 96.7        | 96.7        | 97.3         | 96.5         | 95.7        | 96.3        | 96.8        | 96.6        | 96.4        | 97.2        | 97.2        | 96.1        | 96.1        | 96.1        | 98.2        | —           | 96.6        |
| 4                  | 102.3         | 102.4       | 103.2       | 103.7        | 104.0        | 102.8       | 103.4       | 103.9       | 103.4       | 104.2       | 104.1       | 103.6       | 105.1       | 103.2       | 103.7       | 103.9       | —           | 104.1       |
| 5                  | 108.3         | 110.1       | 109.4       | 110.6        | 110.3        | 109.2       | 110.9       | 109.6       | 110.9       | 110.8       | 110.1       | 109.1       | 109.8       | 109.6       | 110.5       | 108.6       | —           | 108.7       |
| 6                  | 114.3         | 115.3       | 115.7       | 116.2        | 115.9        | 115.5       | 117.6       | 116.6       | 115.4       | 115.5       | 115.3       | 116.2       | 117.2       | 115.8       | 116.6       | 117.0       | 117.1       | 116.2       |
| 7                  | 120.7         | 120.6       | 120.8       | 121.8        | 122.5        | 121.7       | 121.8       | 120.9       | 122.2       | 123.1       | 120.8       | 122.6       | 121.4       | 121.7       | 121.6       | 121.9       | 120.8       | 121.0       |
| 8                  | 126.3         | 126.8       | 126.1       | 128.0        | 127.7        | 127.9       | 128.5       | 128.0       | 127.2       | 126.8       | 127.9       | 129.1       | 126.7       | 128.3       | 127.2       | 126.5       | 129.4       | 127.8       |
| 9                  | 131.6         | 131.5       | 131.0       | 131.6        | 132.3        | 132.2       | 132.5       | 133.3       | 133.3       | 132.9       | 132.9       | 133.9       | 132.9       | 133.7       | 131.6       | 133.6       | 132.7       | 132.0       |
| 10                 | 135.4         | 136.8       | 137.2       | 137.4        | 138.6        | 138.1       | 138.7       | 138.4       | 139.0       | 139.8       | 137.1       | 138.3       | 139.5       | 139.7       | 138.1       | 138.1       | 138.5       | 139.2       |
| 11                 | 140.9         | 142.8       | 143.2       | 143.8        | 144.2        | 144.7       | 143.6       | 143.8       | 143.1       | 143.7       | 141.9       | 145.6       | 145.1       | 144.5       | 143.1       | 144.0       | 143.8       | 145.3       |
| 12                 | 147.9         | 149.4       | 148.8       | 152.0        | 152.1        | 151.1       | 150.0       | 153.5       | 153.6       | 151.3       | 151.3       | 151.3       | 152.0       | 150.7       | 150.2       | 150.7       | 151.9       | 150.6       |
| 13                 | 154.6         | 156.7       | 156.4       | 158.2        | 157.5        | 158.9       | 159.7       | 159.1       | 159.8       | 159.3       | 159.9       | 158.4       | 159.8       | 157.4       | 158.5       | 158.0       | 159.6       | 159.4       |
| 14                 | 161.8         | 162.7       | 163.5       | 163.7        | 163.1        | 164.8       | 165.1       | 164.5       | 164.5       | 162.1       | 163.8       | 165.4       | 165.0       | 163.8       | 165.2       | 164.4       | 164.4       | 164.5       |
| 15                 | 165.3         | 166.9       | 166.3       | 167.0        | 167.7        | 168.4       | 166.7       | 168.7       | 167.8       | 167.7       | 167.8       | 169.5       | 166.8       | 168.0       | 166.4       | 168.4       | 169.0       | 170.7       |
| 16                 | 166.4         | 167.3       | 168.8       | 168.8        | 168.0        | 170.5       | 169.4       | 170.5       | 170.0       | 170.3       | 170.2       | 168.2       | 169.8       | 168.7       | 169.6       | 170.0       | 168.5       | 169.5       |
| 17                 | 167.4         | 169.7       | 169.4       | 169.7        | 170.9        | 171.5       | 170.9       | 170.3       | 171.3       | 170.9       | 171.0       | 173.0       | 170.8       | 171.1       | 171.1       | 171.8       | 170.9       | 170.5       |
| 18                 | 168.6         | 169.3       | 169.6       | 171.4        | 170.5        | 171.0       | 170.9       | 168.8       | 169.6       | 171.1       | 170.5       | 171.9       | 170.7       | 170.7       | 172.1       | 171.7       | 172.5       | 171.1       |
| 19                 | 169.9         | 169.5       | 172.0       | 170.3        | 170.2        | 174.1       | 171.6       | 171.0       | 171.4       | 172.0       | 171.2       | 172.0       | 171.9       | 171.5       | 171.8       | 172.0       | 169.0       | 170.7       |
| 20                 | 166.9         | 170.4       | 171.1       | 171.8        | 171.3        | 171.2       | 170.4       | 170.8       | 171.7       | 169.2       | 172.2       | 169.8       | 170.7       | 173.3       | 170.3       | 173.5       | 171.0       | 168.7       |
| 21                 | 167.1         | 169.5       | 170.4       | 171.5        | 170.9        | 170.8       | 173.1       | 172.0       | 170.5       | 169.8       | 173.4       | 171.3       | 171.4       | 170.9       | 173.2       | 170.1       | 170.2       | 170.2       |
| 22                 | 167.1         | 170.0       | 169.5       | 171.6        | 170.9        | 170.1       | 170.4       | 173.0       | 171.0       | 172.3       | 172.4       | 170.6       | 172.4       | 172.4       | 171.9       | 172.3       | 170.1       | 170.4       |
| 23                 | 168.4         | 169.2       | 169.4       | 172.3        | 170.4        | 170.6       | 171.2       | 171.4       | 170.1       | 170.7       | 172.2       | 171.5       | 171.3       | 173.4       | 170.9       | 171.4       | 171.9       | 170.2       |
| 24                 | 166.3         | 167.1       | 170.4       | 171.6        | 171.6        | 170.3       | 171.0       | 169.9       | 171.2       | 171.2       | 170.1       | 171.3       | 170.9       | 172.5       | 173.5       | 169.9       | 171.5       | 170.4       |
| 25                 | 167.1         | 167.6       | 169.8       | 170.2        | 170.8        | 171.3       | 170.7       | 171.8       | 170.8       | 172.5       | 171.0       | 171.9       | 170.1       | 172.6       | 172.1       | 171.9       | 169.6       | 169.7       |
| 26-29              | 166.2         | 167.2       | 169.2       | 170.1        | 170.4        | 170.9       | 171.0       | 171.5       | 171.5       | 171.2       | 171.6       | 171.1       | 171.9       | 170.5       | 171.3       | 169.8       | 170.4       | 172.6       |
| 30-39              | 163.8         | 166.1       | 167.7       | 169.0        | 168.7        | 171.0       | 170.6       | 171.1       | 170.9       | 170.8       | 172.0       | 171.6       | 171.4       | 171.4       | 171.0       | 171.4       | 171.5       | 171.5       |
| 40-49              | 161.9         | 163.2       | 164.8       | 166.4        | 166.4        | 169.3       | 168.8       | 169.0       | 169.3       | 170.2       | 170.4       | 169.6       | 170.2       | 170.3       | 170.5       | 170.9       | 170.6       | 169.7       |
| 50-59              | 161.0         | 161.1       | 162.2       | 163.3        | 162.8        | 165.7       | 165.5       | 166.2       | 166.2       | 166.2       | 167.5       | 167.4       | 167.3       | 167.8       | 168.1       | 168.1       | 168.0       | 168.8       |
| 60-69              | 158.1         | 159.0       | 160.2       | 161.3        | 161.0        | 162.7       | 163.0       | 163.1       | 163.1       | 163.5       | 164.2       | 164.2       | 164.0       | 164.6       | 164.8       | 164.8       | 165.3       | 165.7       |
| 70-                | 155.2         | 156.9       | 157.2       | 157.9        | 158.3        | 160.0       | 159.5       | 159.5       | 160.1       | 159.7       | 160.9       | 161.0       | 160.5       | 160.7       | 160.9       | 160.3       | 160.9       | 161.4       |
| (再掲)<br>20-        | —             | —           | —           | 165.1        | 164.8        | 166.4       | 166.2       | 166.4       | 166.2       | 166.2       | 167.1       | 166.6       | 166.7       | 166.9       | 166.6       | 166.8       | 166.8       | 166.9       |
| 20-29              | —             | —           | —           | 170.9        | 170.7        | 170.8       | 171.0       | 171.5       | 171.1       | 171.0       | 171.8       | 171.0       | 171.5       | 171.7       | 171.6       | 170.7       | 170.6       | 171.0       |
| 平均                 | —             | —           | —           | 156.0        | 155.9        | 159.5       | 159.6       | 159.2       | 159.6       | 159.5       | 160.1       | 160.8       | 160.2       | 160.9       | 161.3       | 161.0       | 163.9       | 161.7       |

第100表の2 身長の平均値の年次推移（女性・年齢階級別）

Trends in Mean Height of Japanese Females, 1975 to 2011

(cm)

| 年齢(歳)<br>Age(yrs.) | 昭和50年<br>1975 | 55年<br>1980 | 60年<br>1985 | 平成元年<br>1989 | 平成2年<br>1990 | 11年<br>1999 | 12年<br>2000 | 13年<br>2001 | 14年<br>2002 | 15年<br>2003 | 16年<br>2004 | 17年<br>2005 | 18年<br>2006 | 19年<br>2007 | 20年<br>2008 | 21年<br>2009 | 22年<br>2010 | 23年<br>2011 |
|--------------------|---------------|-------------|-------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 1                  | 79.0          | 79.5        | 78.5        | 79.1         | 78.3         | 78.4        | 78.9        | 79.0        | 78.8        | 78.6        | 80.6        | 78.5        | 78.2        | 77.8        | 79.1        | 77.2        | —           | 80.6        |
| 2                  | 88.1          | 88.2        | 88.2        | 88.3         | 89.0         | 88.8        | 88.3        | 87.6        | 88.1        | 88.8        | 88.7        | 88.7        | 87.9        | 87.8        | 87.5        | 87.9        | —           | 86.5        |
| 3                  | 95.4          | 95.2        | 95.6        | 95.5         | 95.2         | 95.8        | 96.7        | 95.2        | 96.6        | 95.3        | 95.6        | 96.7        | 97.1        | 94.7        | 93.1        | 94.8        | —           | 94.0        |
| 4                  | 101.7         | 102.2       | 102.1       | 103.1        | 102.9        | 103.1       | 102.8       | 103.1       | 101.3       | 102.9       | 103.0       | 103.5       | 103.5       | 103.1       | 101.2       | 103.5       | —           | 103.2       |
| 5                  | 108.1         | 108.2       | 109.0       | 110.0        | 108.5        | 109.8       | 109.1       | 109.5       | 108.4       | 110.8       | 108.6       | 109.9       | 109.7       | 109.7       | 108.0       | 109.7       | —           | 110.9       |
| 6                  | 113.4         | 114.5       | 114.4       | 115.8        | 115.4        | 115.8       | 115.0       | 114.0       | 115.3       | 116.4       | 116.0       | 116.0       | 115.6       | 115.5       | 115.5       | 115.7       | 115.1       | 115.7       |
| 7                  | 119.1         | 120.2       | 121.6       | 120.7        | 121.3        | 121.1       | 121.2       | 121.3       | 121.5       | 120.9       | 123.1       | 121.1       | 122.6       | 120.5       | 121.6       | 121.9       | 121.8       | 120.5       |
| 8                  | 125.1         | 125.4       | 126.9       | 126.4        | 126.8        | 127.8       | 126.1       | 127.9       | 126.4       | 126.2       | 127.4       | 127.9       | 128.0       | 127.6       | 127.9       | 125.4       | 128.4       | 127.7       |
| 9                  | 129.7         | 131.4       | 132.1       | 132.9        | 131.5        | 133.7       | 133.6       | 133.7       | 133.3       | 133.4       | 132.3       | 132.0       | 134.1       | 133.4       | 130.4       | 133.5       | 135.2       | 133.2       |
| 10                 | 136.6         | 137.8       | 137.3       | 138.6        | 139.7        | 138.7       | 138.9       | 141.5       | 139.2       | 139.0       | 141.8       | 139.5       | 139.0       | 139.0       | 140.5       | 139.4       | 139.2       | 140.5       |
| 11                 | 141.9         | 144.5       | 143.7       | 146.7        | 145.2        | 147.1       | 146.0       | 145.6       | 146.0       | 144.3       | 145.4       | 145.5       | 145.8       | 147.6       | 148.0       | 146.7       | 145.3       | 143.5       |
| 12                 | 149.6         | 149.3       | 150.7       | 150.9        | 152.2        | 152.2       | 153.0       | 152.6       | 150.4       | 152.0       | 151.4       | 152.0       | 152.7       | 150.8       | 152.0       | 153.0       | 150.8       | 152.7       |
| 13                 | 152.3         | 154.0       | 154.3       | 154.1        | 154.5        | 155.4       | 153.9       | 153.6       | 154.2       | 155.2       | 156.2       | 155.3       | 155.5       | 155.7       | 152.8       | 153.9       | 155.7       | 153.4       |
| 14                 | 154.8         | 154.8       | 155.8       | 156.1        | 156.8        | 155.9       | 156.9       | 156.5       | 157.7       | 156.9       | 156.5       | 155.9       | 157.3       | 156.5       | 157.0       | 157.9       | 156.1       | 154.1       |
| 15                 | 154.4         | 156.5       | 157.0       | 157.4        | 157.4        | 157.6       | 157.1       | 156.9       | 157.2       | 157.1       | 157.0       | 157.1       | 156.8       | 159.1       | 157.4       | 158.6       | 156.6       | 157.4       |
| 16                 | 155.7         | 156.7       | 156.7       | 156.8        | 157.1        | 158.1       | 158.8       | 158.4       | 157.6       | 158.0       | 159.1       | 156.9       | 156.8       | 157.3       | 157.9       | 158.5       | 158.0       | 157.3       |
| 17                 | 156.5         | 156.6       | 157.3       | 157.3        | 157.8        | 158.5       | 157.4       | 157.2       | 158.0       | 157.7       | 159.0       | 158.9       | 156.7       | 157.5       | 158.9       | 157.6       | 158.0       | 157.4       |
| 18                 | 155.7         | 155.7       | 157.1       | 158.2        | 157.5        | 158.8       | 157.7       | 158.0       | 156.5       | 157.5       | 158.7       | 158.4       | 156.7       | 157.8       | 158.1       | 158.2       | 157.7       | 157.1       |
| 19                 | 155.9         | 157.1       | 156.5       | 158.9        | 157.9        | 157.8       | 157.7       | 157.3       | 158.2       | 157.7       | 158.7       | 156.0       | 161.3       | 159.0       | 158.7       | 157.7       | 159.2       | 157.0       |
| 20                 | 156.1         | 155.5       | 157.1       | 158.9        | 157.1        | 157.9       | 158.2       | 156.4       | 159.3       | 157.2       | 158.8       | 158.3       | 156.5       | 156.5       | 157.4       | 157.0       | 159.5       | 157.7       |
| 21                 | 154.2         | 155.9       | 157.2       | 157.3        | 157.9        | 158.0       | 156.8       | 158.9       | 156.1       | 158.1       | 158.9       | 159.4       | 158.9       | 158.5       | 157.0       | 159.0       | 156.7       | 157.5       |
| 22                 | 153.9         | 155.9       | 157.1       | 157.6        | 156.8        | 158.0       | 158.0       | 157.1       | 159.8       | 159.8       | 157.7       | 158.5       | 157.7       | 157.6       | 160.0       | 158.3       | 157.2       | 159.0       |
| 23                 | 154.3         | 154.8       | 156.7       | 157.9        | 157.5        | 158.4       | 157.9       | 158.0       | 158.6       | 157.2       | 158.0       | 159.3       | 157.9       | 157.7       | 157.7       | 158.6       | 154.8       | 156.0       |
| 24                 | 154.4         | 155.4       | 157.0       | 157.1        | 158.4        | 157.8       | 157.8       | 157.5       | 157.6       | 159.5       | 158.0       | 158.6       | 158.4       | 157.7       | 158.6       | 158.8       | 159.1       | 158.5       |
| 25                 | 154.4         | 155.2       | 157.0       | 157.1        | 157.8        | 157.7       | 157.5       | 158.4       | 158.7       | 157.8       | 157.8       | 160.2       | 157.2       | 157.6       | 157.7       | 156.0       | 157.7       | 159.1       |
| 26-29              | 153.4         | 154.3       | 156.2       | 156.6        | 157.2        | 158.1       | 158.1       | 157.5       | 158.7       | 158.1       | 158.6       | 158.5       | 158.4       | 158.1       | 158.5       | 157.1       | 158.7       | 157.4       |
| 30-39              | 152.7         | 153.4       | 154.6       | 155.7        | 155.7        | 156.6       | 157.6       | 157.5       | 157.9       | 157.7       | 158.0       | 158.3       | 158.6       | 158.0       | 158.0       | 158.1       | 158.3       | 158.1       |
| 40-49              | 150.8         | 151.8       | 152.8       | 153.4        | 153.4        | 154.9       | 155.8       | 156.2       | 156.3       | 156.2       | 156.9       | 156.8       | 157.0       | 157.5       | 157.7       | 157.7       | 157.8       | 158.0       |
| 50-59              | 148.9         | 149.5       | 150.2       | 151.1        | 151.4        | 152.1       | 153.2       | 153.4       | 153.2       | 153.7       | 154.5       | 154.6       | 154.5       | 154.5       | 155.0       | 154.6       | 155.2       | 155.4       |
| 60-69              | 146.1         | 147.3       | 147.8       | 148.3        | 148.6        | 149.4       | 150.6       | 150.7       | 150.8       | 150.5       | 151.4       | 151.3       | 151.4       | 151.9       | 152.1       | 152.2       | 151.8       | 152.9       |
| 70-                | 142.2         | 142.6       | 143.6       | 144.4        | 144.3        | 145.3       | 146.1       | 146.2       | 146.3       | 146.2       | 147.2       | 146.9       | 146.8       | 147.4       | 147.1       | 147.2       | 147.7       | 147.4       |
| (再掲)<br>20-        | —             | —           | —           | 152.0        | 152.0        | 153.0       | 153.2       | 153.3       | 153.1       | 153.0       | 153.7       | 153.4       | 153.6       | 153.8       | 153.4       | 153.4       | 153.6       | 153.7       |
| 20-29              | —             | —           | —           | 157.2        | 157.4        | 158.0       | 157.9       | 157.6       | 158.5       | 158.2       | 158.3       | 158.8       | 158.1       | 157.9       | 158.3       | 157.5       | 158.1       | 157.7       |
| 平均                 | —             | —           | —           | 147.3        | 147.5        | 148.4       | 149.3       | 148.9       | 149.3       | 149.4       | 150.1       | 149.9       | 149.6       | 150.2       | 150.3       | 150.1       | 152.5       | 150.5       |

第101表の1 体重の平均値の年次推移（男性・年齢階級別）

Trends in Mean Body Weight of Japanese Males, 1975 to 2011

(kg)

| 年齢(歳)<br>Age(yrs.) | 昭和50年<br>1975 | 55年<br>1980 | 60年<br>1985 | 平成元年<br>1989 | 平成2年<br>1990 | 7年<br>1995 | 12年<br>2000 | 13年<br>2001 | 14年<br>2002 | 15年<br>2003 | 16年<br>2004 | 17年<br>2005 | 18年<br>2006 | 19年<br>2007 | 20年<br>2008 | 21年<br>2009 | 22年<br>2010 | 23年<br>2011 |
|--------------------|---------------|-------------|-------------|--------------|--------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 1                  | 11.5          | 10.8        | 11.0        | 11.1         | 10.9         | 10.8       | 11.2        | 11.0        | 10.9        | 10.9        | 10.8        | 10.6        | 10.9        | 10.7        | 10.7        | 10.9        | —           | 11.2        |
| 2                  | 12.8          | 12.9        | 12.8        | 12.8         | 13.1         | 12.9       | 13.0        | 13.3        | 12.6        | 12.9        | 13.2        | 12.9        | 12.5        | 12.9        | 12.7        | 12.6        | —           | 12.7        |
| 3                  | 14.5          | 14.9        | 14.8        | 15.2         | 14.8         | 15.0       | 14.9        | 14.9        | 15.0        | 14.8        | 14.9        | 15.2        | 14.6        | 14.3        | 14.1        | 15.2        | —           | 14.5        |
| 4                  | 16.2          | 16.4        | 16.6        | 16.7         | 16.5         | 17.1       | 16.1        | 16.5        | 16.6        | 16.8        | 16.6        | 16.7        | 16.9        | 17.0        | 16.5        | 16.8        | —           | 16.6        |
| 5                  | 18.1          | 18.8        | 18.5        | 18.8         | 19.2         | 19.5       | 19.4        | 18.7        | 19.1        | 19.5        | 19.4        | 17.8        | 18.7        | 18.6        | 19.4        | 17.8        | —           | 17.8        |
| 6                  | 20.6          | 21.1        | 20.9        | 21.1         | 21.2         | 21.3       | 22.4        | 21.9        | 20.6        | 20.8        | 20.7        | 20.7        | 21.2        | 21.2        | 21.4        | 21.4        | 20.9        | 20.9        |
| 7                  | 23.3          | 23.3        | 23.1        | 23.6         | 24.3         | 24.7       | 24.2        | 24.2        | 25.1        | 25.5        | 23.8        | 24.2        | 24.5        | 22.9        | 23.8        | 23.9        | 23.6        | 23.6        |
| 8                  | 25.8          | 26.6        | 26.0        | 27.1         | 26.8         | 27.3       | 28.0        | 27.8        | 26.0        | 26.8        | 27.8        | 27.6        | 27.6        | 26.6        | 27.2        | 25.3        | 27.2        | 26.9        |
| 9                  | 28.7          | 28.8        | 29.2        | 29.1         | 29.4         | 30.6       | 30.6        | 31.4        | 30.5        | 29.9        | 30.8        | 30.3        | 29.3        | 30.4        | 28.8        | 30.8        | 30.8        | 28.4        |
| 10                 | 30.8          | 32.4        | 32.9        | 33.3         | 33.8         | 34.7       | 33.5        | 34.6        | 35.4        | 34.9        | 32.7        | 36.2        | 35.8        | 35.3        | 33.7        | 33.9        | 32.9        | 34.5        |
| 11                 | 35.1          | 36.7        | 37.0        | 38.1         | 38.3         | 39.4       | 37.8        | 38.7        | 37.5        | 37.9        | 35.8        | 39.8        | 38.9        | 37.0        | 36.0        | 37.8        | 36.2        | 38.2        |
| 12                 | 40.3          | 40.9        | 40.4        | 43.9         | 43.3         | 43.9       | 42.6        | 45.2        | 45.4        | 45.8        | 42.2        | 44.0        | 43.3        | 42.7        | 41.3        | 41.4        | 44.5        | 42.0        |
| 13                 | 44.1          | 46.5        | 46.0        | 47.6         | 48.3         | 48.7       | 49.3        | 50.6        | 50.0        | 50.9        | 49.6        | 49.2        | 46.8        | 46.6        | 49.2        | 46.8        | 46.9        | 48.2        |
| 14                 | 50.8          | 52.2        | 52.3        | 52.0         | 52.3         | 53.8       | 56.2        | 53.7        | 54.8        | 52.9        | 52.3        | 54.9        | 51.6        | 53.9        | 53.3        | 51.0        | 52.6        | 52.8        |
| 15                 | 55.1          | 57.3        | 58.1        | 57.4         | 58.5         | 57.1       | 56.0        | 57.6        | 58.8        | 58.4        | 59.4        | 60.0        | 54.8        | 58.0        | 58.0        | 58.4        | 56.7        | 58.8        |
| 16                 | 57.0          | 58.0        | 60.2        | 59.0         | 59.5         | 60.2       | 59.9        | 61.4        | 61.1        | 59.2        | 62.1        | 60.4        | 61.8        | 59.9        | 58.6        | 59.8        | 57.7        | 59.7        |
| 17                 | 58.2          | 61.6        | 60.5        | 61.4         | 62.2         | 63.7       | 59.1        | 62.1        | 62.2        | 65.2        | 64.3        | 62.4        | 60.8        | 61.9        | 62.2        | 61.5        | 60.9        | 61.9        |
| 18                 | 58.2          | 59.2        | 61.1        | 62.3         | 62.7         | 63.4       | 62.4        | 62.2        | 59.8        | 61.9        | 66.5        | 63.4        | 61.7        | 64.0        | 62.8        | 63.3        | 62.5        | 66.3        |
| 19                 | 59.5          | 60.6        | 62.7        | 63.2         | 61.9         | 64.5       | 61.1        | 62.7        | 62.8        | 65.6        | 59.9        | 64.4        | 66.5        | 62.5        | 60.3        | 65.1        | 59.4        | 63.9        |
| 20                 | 58.6          | 61.0        | 62.4        | 64.7         | 63.7         | 64.0       | 65.1        | 62.7        | 63.2        | 61.7        | 65.5        | 62.6        | 65.8        | 63.2        | 59.8        | 64.0        | 61.8        | 64.6        |
| 21                 | 58.3          | 60.1        | 60.5        | 62.6         | 63.8         | 61.8       | 65.3        | 63.1        | 62.3        | 62.2        | 63.7        | 62.1        | 64.6        | 61.8        | 67.5        | 60.9        | 60.7        | 62.6        |
| 22                 | 58.8          | 60.8        | 62.5        | 62.2         | 64.4         | 64.2       | 61.9        | 63.5        | 64.9        | 63.3        | 67.3        | 64.1        | 65.8        | 63.5        | 62.6        | 65.3        | 69.5        | 66.2        |
| 23                 | 60.1          | 61.0        | 61.6        | 63.6         | 62.3         | 65.0       | 64.9        | 65.0        | 64.4        | 64.4        | 64.7        | 64.2        | 63.8        | 69.0        | 67.3        | 63.2        | 65.7        | 65.5        |
| 24                 | 59.9          | 59.0        | 63.2        | 64.4         | 63.8         | 64.7       | 63.0        | 66.2        | 64.1        | 63.4        | 63.0        | 69.2        | 62.6        | 70.1        | 65.4        | 66.9        | 62.9        | 62.6        |
| 25                 | 59.1          | 60.6        | 63.5        | 65.2         | 64.3         | 65.0       | 67.0        | 68.3        | 66.4        | 68.9        | 65.8        | 65.4        | 62.0        | 69.6        | 63.7        | 62.8        | 63.5        | 67.5        |
| 26-29              | 60.2          | 61.2        | 64.0        | 64.5         | 66.0         | 67.2       | 66.8        | 67.0        | 68.1        | 65.8        | 68.3        | 67.3        | 67.4        | 64.8        | 66.0        | 65.6        | 66.5        | 68.9        |
| 30-39              | 61.1          | 62.4        | 63.9        | 65.0         | 65.3         | 67.2       | 68.2        | 69.6        | 69.4        | 69.4        | 69.3        | 68.6        | 70.5        | 70.0        | 69.3        | 70.8        | 69.6        | 70.0        |
| 40-49              | 60.1          | 61.5        | 62.8        | 64.0         | 64.7         | 66.5       | 67.2        | 68.0        | 68.5        | 69.4        | 69.9        | 69.1        | 69.7        | 69.5        | 70.3        | 70.7        | 70.4        | 69.6        |
| 50-59              | 57.7          | 58.7        | 60.1        | 62.1         | 61.7         | 63.3       | 64.6        | 65.7        | 65.8        | 65.9        | 66.5        | 66.6        | 66.6        | 67.1        | 67.5        | 67.0        | 68.2        | 68.5        |
| 60-69              | 54.9          | 55.8        | 57.9        | 59.6         | 58.7         | 60.3       | 62.5        | 62.9        | 62.9        | 63.3        | 64.2        | 64.0        | 64.2        | 64.5        | 64.2        | 64.3        | 64.6        | 65.2        |
| 70-                | 52.5          | 52.6        | 53.3        | 54.5         | 55.2         | 55.8       | 57.5        | 57.6        | 59.0        | 57.6        | 59.3        | 60.3        | 59.3        | 60.3        | 60.1        | 59.7        | 59.9        | 60.4        |
| (再掲)<br>20-        | —             | —           | —           | 62.1         | 62.1         | 63.6       | 64.2        | 64.9        | 65.0        | 64.7        | 65.6        | 65.2        | 65.5        | 65.8        | 65.3        | 65.7        | 65.7        | 65.9        |
| 20-29              | —             | —           | —           | 64.0         | 64.6         | 65.3       | 65.5        | 65.8        | 65.8        | 64.7        | 66.5        | 65.8        | 65.7        | 65.7        | 65.0        | 64.7        | 65.1        | 66.5        |
| 平均                 | —             | —           | —           | 53.9         | 54.1         | 56.5       | 58.0        | 58.2        | 58.8        | 58.6        | 59.0        | 59.7        | 59.4        | 60.0        | 60.2        | 60.0        | 62.0        | 60.8        |

第101表の2 体重の平均値の年次推移（女性・年齢階級別）  
Trends in Mean Body Weight of Japanese Females, 1975 to 2011

(kg)

| 年齢(歳)<br>Age(yrs.) | 昭和50年<br>1975 | 55年<br>1980 | 60年<br>1985 | 平成元年<br>1989 | 平成2年<br>1990 | 7年<br>1995 | 12年<br>2000 | 13年<br>2001 | 14年<br>2002 | 15年<br>2003 | 16年<br>2004 | 17年<br>2005 | 18年<br>2006 | 19年<br>2007 | 20年<br>2008 | 21年<br>2009 | 22年<br>2010 | 23年<br>2011 |
|--------------------|---------------|-------------|-------------|--------------|--------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 1                  | 10.9          | 10.5        | 10.4        | 10.3         | 10.1         | 10.2       | 10.1        | 10.1        | 10.1        | 10.4        | 10.6        | 10.0        | 10.1        | 9.9         | 10.1        | 10.0        | —           | 10.2        |
| 2                  | 12.6          | 12.5        | 12.6        | 12.3         | 12.5         | 13.5       | 12.4        | 12.3        | 12.0        | 12.5        | 12.6        | 12.5        | 12.0        | 12.0        | 12.2        | 12.4        | —           | 11.9        |
| 3                  | 14.3          | 14.2        | 14.3        | 14.3         | 14.2         | 14.5       | 14.3        | 14.1        | 14.6        | 14.3        | 14.3        | 14.5        | 14.3        | 14.1        | 13.9        | 14.0        | —           | 14.0        |
| 4                  | 16.6          | 16.4        | 16.2        | 16.4         | 16.6         | 16.5       | 16.4        | 16.8        | 16.1        | 16.5        | 16.7        | 16.6        | 16.8        | 16.2        | 15.9        | 16.6        | —           | 16.0        |
| 5                  | 18.9          | 17.8        | 18.5        | 18.8         | 18.2         | 18.7       | 18.5        | 18.7        | 18.4        | 19.5        | 17.6        | 19.0        | 18.7        | 19.0        | 17.7        | 18.2        | —           | 19.6        |
| 6                  | 19.9          | 20.3        | 20.1        | 20.9         | 20.9         | 20.8       | 20.8        | 20.4        | 20.5        | 21.4        | 20.7        | 20.9        | 20.7        | 20.8        | 20.4        | 20.5        | 20.1        | 20.2        |
| 7                  | 21.9          | 22.6        | 23.2        | 22.8         | 23.8         | 23.3       | 23.2        | 23.6        | 23.1        | 23.0        | 23.9        | 23.3        | 23.9        | 23.1        | 22.9        | 22.9        | 23.5        | 22.6        |
| 8                  | 25.1          | 25.3        | 25.9        | 26.2         | 26.6         | 27.5       | 26.1        | 27.2        | 25.9        | 25.2        | 26.5        | 26.5        | 26.0        | 26.7        | 26.9        | 25.7        | 26.5        | 26.1        |
| 9                  | 27.4          | 28.3        | 29.1        | 28.9         | 28.5         | 31.2       | 30.9        | 30.1        | 30.0        | 30.1        | 29.5        | 29.0        | 31.8        | 30.8        | 27.9        | 30.7        | 30.8        | 29.4        |
| 10                 | 31.9          | 32.7        | 31.8        | 33.8         | 34.1         | 32.4       | 34.3        | 35.8        | 34.3        | 33.4        | 34.3        | 34.6        | 33.6        | 33.7        | 35.3        | 33.8        | 33.1        | 35.9        |
| 11                 | 35.5          | 36.6        | 36.8        | 39.6         | 37.6         | 39.6       | 38.5        | 38.5        | 38.9        | 36.5        | 37.8        | 38.1        | 36.9        | 39.1        | 40.6        | 39.5        | 36.8        | 35.0        |
| 12                 | 40.6          | 41.0        | 41.6        | 41.8         | 43.9         | 43.4       | 45.3        | 45.9        | 42.0        | 43.3        | 42.3        | 42.3        | 43.5        | 41.6        | 45.6        | 43.1        | 40.8        | 42.4        |
| 13                 | 44.1          | 46.1        | 46.6        | 46.6         | 45.9         | 48.4       | 46.3        | 45.9        | 45.5        | 46.3        | 46.6        | 47.7        | 45.9        | 47.4        | 43.9        | 46.0        | 46.2        | 44.5        |
| 14                 | 48.4          | 48.8        | 48.5        | 48.9         | 48.7         | 48.2       | 49.0        | 47.8        | 49.6        | 51.1        | 50.2        | 50.4        | 49.7        | 50.2        | 48.8        | 49.6        | 48.4        | 44.3        |
| 15                 | 49.0          | 51.0        | 51.1        | 50.0         | 50.0         | 50.2       | 50.2        | 51.8        | 53.9        | 50.4        | 51.4        | 52.1        | 50.6        | 50.1        | 49.5        | 49.4        | 51.0        | 50.1        |
| 16                 | 50.3          | 52.0        | 50.6        | 50.5         | 52.2         | 51.4       | 52.2        | 51.0        | 51.7        | 51.6        | 52.6        | 51.2        | 51.2        | 52.1        | 51.9        | 51.7        | 51.0        | 53.0        |
| 17                 | 51.7          | 51.5        | 52.6        | 51.0         | 52.3         | 51.8       | 50.8        | 49.9        | 50.2        | 51.9        | 50.9        | 54.3        | 52.1        | 50.4        | 50.7        | 51.4        | 51.9        | 50.4        |
| 18                 | 50.6          | 50.9        | 51.7        | 51.7         | 52.0         | 52.6       | 50.7        | 51.9        | 50.1        | 53.7        | 54.6        | 53.4        | 51.3        | 51.3        | 50.8        | 52.3        | 56.3        | 51.3        |
| 19                 | 50.4          | 51.7        | 51.3        | 51.9         | 50.6         | 51.9       | 49.2        | 51.0        | 54.4        | 51.9        | 51.9        | 49.8        | 52.1        | 53.0        | 51.8        | 51.4        | 55.2        | 51.2        |
| 20                 | 49.7          | 50.7        | 51.4        | 50.9         | 51.7         | 50.3       | 52.5        | 51.3        | 49.8        | 49.6        | 50.6        | 53.1        | 54.2        | 49.0        | 51.5        | 48.5        | 55.0        | 52.4        |
| 21                 | 49.3          | 51.8        | 49.9        | 51.2         | 51.3         | 52.5       | 48.7        | 51.4        | 49.4        | 51.3        | 51.5        | 51.2        | 51.1        | 51.4        | 47.8        | 50.8        | 49.4        | 55.2        |
| 22                 | 49.4          | 50.8        | 51.4        | 50.0         | 51.4         | 50.3       | 51.1        | 49.0        | 50.7        | 53.1        | 49.2        | 51.2        | 50.2        | 50.6        | 51.3        | 50.0        | 50.3        | 51.4        |
| 23                 | 49.9          | 51.5        | 49.9        | 52.5         | 50.8         | 50.2       | 50.8        | 49.7        | 52.6        | 50.3        | 50.7        | 51.5        | 50.7        | 50.7        | 52.7        | 51.6        | 48.4        | 50.2        |
| 24                 | 49.9          | 50.8        | 50.2        | 51.1         | 50.4         | 51.1       | 50.6        | 50.1        | 49.8        | 52.2        | 50.7        | 51.1        | 51.7        | 50.4        | 50.1        | 50.1        | 49.8        | 49.9        |
| 25                 | 49.6          | 52.6        | 50.2        | 51.8         | 52.3         | 50.0       | 49.1        | 51.5        | 49.6        | 51.2        | 51.2        | 52.3        | 52.1        | 50.1        | 50.6        | 50.0        | 50.2        | 53.0        |
| 26-29              | 50.2          | 51.0        | 51.5        | 51.5         | 51.9         | 51.0       | 51.8        | 51.4        | 52.1        | 52.5        | 51.3        | 51.4        | 51.7        | 50.9        | 53.0        | 51.7        | 51.8        | 51.9        |
| 30-39              | 51.6          | 51.9        | 52.4        | 52.4         | 52.7         | 52.8       | 53.3        | 53.3        | 52.8        | 53.4        | 52.3        | 53.5        | 54.1        | 53.0        | 53.1        | 53.9        | 54.0        | 53.9        |
| 40-49              | 52.6          | 53.5        | 54.0        | 53.4         | 53.6         | 54.6       | 55.0        | 54.7        | 54.9        | 55.2        | 55.7        | 55.1        | 54.7        | 54.3        | 55.1        | 55.6        | 54.7        | 55.9        |
| 50-59              | 51.8          | 52.0        | 53.0        | 53.1         | 53.7         | 53.9       | 54.0        | 54.6        | 54.3        | 54.3        | 54.8        | 55.1        | 55.0        | 54.8        | 54.3        | 53.9        | 54.1        | 54.9        |
| 60-69              | 48.9          | 49.8        | 51.3        | 51.5         | 51.9         | 52.7       | 53.6        | 53.3        | 53.9        | 53.3        | 53.6        | 53.9        | 53.6        | 53.7        | 53.3        | 53.4        | 53.4        | 53.4        |
| 70-                | 44.8          | 45.8        | 46.3        | 47.7         | 47.3         | 48.4       | 49.3        | 49.7        | 50.1        | 49.6        | 49.5        | 49.7        | 49.8        | 49.8        | 49.8        | 49.7        | 50.4        | 49.7        |
| (再掲)<br>20-        | —             | —           | —           | 51.9         | 52.1         | 52.5       | 52.8        | 52.8        | 52.9        | 52.8        | 52.9        | 53.1        | 53.1        | 52.7        | 52.7        | 52.7        | 52.9        | 52.9        |
| 20-29              | —             | —           | —           | 51.4         | 51.6         | 50.8       | 51.1        | 50.9        | 51.2        | 51.8        | 50.9        | 51.5        | 51.7        | 50.6        | 51.9        | 50.7        | 51.0        | 51.9        |
| 平均                 | —             | —           | —           | 47.4         | 47.7         | 48.2       | 49.2        | 49.0        | 49.5        | 49.5        | 49.6        | 49.8        | 49.5        | 49.5        | 49.9        | 49.6        | 51.3        | 50.0        |

第102表 肥満及び低体重（やせ）の者の割合の年次推移（20歳以上，性・年齢階級別）  
Trends in Prevalance of Obesity (BMI  $\geq$  25) and Underweight (BMI  $<$  18.5), 1980 to 2011

|        |       |      | 総 数  |      |      | 20-29歳 |      |      | 30-39歳 |      |      | 40-49歳 |      |      |
|--------|-------|------|------|------|------|--------|------|------|--------|------|------|--------|------|------|
|        |       |      | やせ   | 普通   | 肥満   | やせ     | 普通   | 肥満   | やせ     | 普通   | 肥満   | やせ     | 普通   | 肥満   |
| 男<br>性 | 昭和55年 | 1980 | 7.2  | 75.1 | 17.8 | 9.3    | 80.1 | 10.6 | 5.0    | 75.7 | 19.3 | 4.3    | 72.4 | 23.3 |
|        | 56年   | 1981 | 6.0  | 75.2 | 18.9 | 7.9    | 80.1 | 12.0 | 3.8    | 77.6 | 18.6 | 3.8    | 72.0 | 24.3 |
|        | 57年   | 1982 | 6.3  | 74.7 | 19.0 | 6.1    | 84.1 | 9.8  | 6.0    | 74.8 | 19.1 | 3.5    | 74.5 | 22.0 |
|        | 58年   | 1983 | 5.6  | 74.0 | 20.4 | 6.9    | 79.3 | 13.8 | 4.4    | 75.1 | 20.5 | 3.6    | 69.8 | 26.7 |
|        | 59年   | 1984 | 6.6  | 74.4 | 19.0 | 6.7    | 83.9 | 9.4  | 5.6    | 76.4 | 18.0 | 2.3    | 72.4 | 25.3 |
|        | 60年   | 1985 | 5.9  | 75.9 | 18.2 | 7.5    | 78.9 | 13.6 | 4.1    | 77.6 | 18.3 | 3.0    | 75.6 | 21.4 |
|        | 61年   | 1986 | 6.4  | 74.3 | 19.4 | 9.4    | 77.5 | 13.1 | 4.4    | 76.3 | 19.3 | 2.6    | 73.0 | 24.4 |
|        | 62年   | 1987 | 6.4  | 73.2 | 20.4 | 7.8    | 79.3 | 12.8 | 5.2    | 73.2 | 21.6 | 3.0    | 73.3 | 23.7 |
|        | 63年   | 1988 | 5.6  | 73.7 | 20.7 | 8.2    | 81.6 | 10.2 | 4.9    | 74.4 | 20.7 | 2.3    | 76.1 | 21.6 |
|        | 平成元年  | 1989 | 6.5  | 71.8 | 21.8 | 10.5   | 75.3 | 14.2 | 5.5    | 73.2 | 21.3 | 3.4    | 72.6 | 23.9 |
|        | 2年    | 1990 | 6.2  | 71.5 | 22.3 | 8.6    | 75.0 | 16.4 | 4.5    | 72.4 | 23.1 | 2.8    | 69.7 | 27.5 |
|        | 3年    | 1991 | 5.8  | 70.7 | 23.5 | 7.0    | 76.5 | 16.5 | 5.1    | 71.5 | 23.4 | 3.7    | 70.1 | 26.2 |
|        | 4年    | 1992 | 5.6  | 70.5 | 23.9 | 6.4    | 76.5 | 17.1 | 5.5    | 67.9 | 26.6 | 3.7    | 69.5 | 26.8 |
|        | 5年    | 1993 | 5.8  | 70.2 | 24.0 | 7.9    | 75.2 | 16.9 | 4.2    | 67.7 | 28.2 | 4.5    | 71.0 | 24.5 |
|        | 6年    | 1994 | 6.4  | 71.3 | 22.3 | 10.3   | 72.9 | 16.9 | 4.7    | 72.5 | 22.8 | 3.1    | 70.5 | 26.4 |
|        | 7年    | 1995 | 5.4  | 70.7 | 23.9 | 7.5    | 74.9 | 17.7 | 4.4    | 71.2 | 24.4 | 2.7    | 68.8 | 28.5 |
|        | 8年    | 1996 | 5.8  | 70.9 | 23.2 | 9.9    | 76.6 | 13.5 | 3.4    | 72.6 | 24.0 | 3.9    | 68.9 | 27.2 |
|        | 9年    | 1997 | 5.3  | 71.4 | 23.3 | 8.0    | 75.4 | 16.6 | 3.7    | 72.2 | 24.2 | 3.3    | 68.6 | 28.0 |
|        | 10年   | 1998 | 5.5  | 68.2 | 26.3 | 8.5    | 72.7 | 18.8 | 3.9    | 65.8 | 30.3 | 3.7    | 67.6 | 28.7 |
|        | 11年   | 1999 | 5.2  | 69.0 | 25.8 | 10.0   | 71.0 | 19.0 | 3.6    | 66.7 | 29.7 | 3.8    | 65.3 | 30.9 |
|        | 12年   | 2000 | 4.8  | 68.5 | 26.8 | 6.3    | 75.2 | 18.6 | 4.1    | 68.5 | 27.3 | 2.7    | 68.4 | 28.9 |
|        | 13年   | 2001 | 4.9  | 67.1 | 28.0 | 8.0    | 73.9 | 18.1 | 2.7    | 68.0 | 29.3 | 3.9    | 64.4 | 31.8 |
|        | 14年   | 2002 | 4.4  | 66.7 | 28.9 | 8.1    | 74.3 | 17.5 | 2.6    | 66.2 | 31.2 | 2.5    | 65.9 | 31.6 |
|        | 15年   | 2003 | 5.3  | 66.9 | 27.8 | 8.0    | 77.2 | 14.8 | 5.1    | 62.1 | 32.7 | 1.6    | 64.0 | 34.4 |
|        | 16年   | 2004 | 4.7  | 66.9 | 28.4 | 8.4    | 71.6 | 19.9 | 3.8    | 67.2 | 28.9 | 2.1    | 65.2 | 32.7 |
|        | 17年   | 2005 | 4.3  | 67.2 | 28.6 | 7.2    | 73.0 | 19.8 | 5.1    | 68.3 | 26.7 | 2.4    | 63.4 | 34.1 |
|        | 18年   | 2006 | 4.7  | 65.5 | 29.7 | 9.5    | 70.9 | 19.6 | 3.7    | 62.3 | 34.0 | 2.4    | 63.9 | 33.7 |
|        | 19年   | 2007 | 4.2  | 65.4 | 30.4 | 10.6   | 68.1 | 21.3 | 2.0    | 69.4 | 28.6 | 2.6    | 64.4 | 33.0 |
|        | 20年   | 2008 | 4.3  | 67.1 | 28.6 | 9.6    | 75.8 | 14.6 | 2.3    | 68.2 | 29.5 | 2.5    | 61.5 | 35.9 |
|        | 21年   | 2009 | 4.4  | 65.1 | 30.5 | 12.3   | 69.1 | 18.5 | 3.7    | 61.5 | 34.8 | 2.1    | 61.6 | 36.2 |
|        | 22年   | 2010 | 4.6  | 65.0 | 30.4 | 11.6   | 68.8 | 19.5 | 2.6    | 68.6 | 28.8 | 3.0    | 61.8 | 35.2 |
|        | 23年   | 2011 | 4.6  | 65.1 | 30.3 | 8.4    | 70.4 | 21.2 | 5.1    | 62.0 | 32.9 | 2.4    | 62.8 | 34.8 |
| 女<br>性 | 昭和55年 | 1980 | 8.4  | 70.9 | 20.7 | 13.1   | 76.8 | 10.1 | 7.9    | 77.9 | 14.2 | 4.9    | 70.5 | 24.6 |
|        | 56年   | 1981 | 7.9  | 69.7 | 22.4 | 15.0   | 77.0 | 8.1  | 7.0    | 75.4 | 17.6 | 3.5    | 70.8 | 25.7 |
|        | 57年   | 1982 | 7.5  | 70.7 | 21.8 | 12.1   | 81.6 | 6.3  | 8.2    | 77.3 | 14.5 | 3.5    | 70.7 | 25.8 |
|        | 58年   | 1983 | 8.0  | 71.5 | 20.5 | 16.3   | 76.6 | 7.1  | 8.0    | 79.0 | 13.0 | 3.8    | 73.4 | 22.8 |
|        | 59年   | 1984 | 8.5  | 71.4 | 20.1 | 15.6   | 77.4 | 7.0  | 9.2    | 77.8 | 13.0 | 4.1    | 75.4 | 20.4 |
|        | 60年   | 1985 | 8.1  | 70.9 | 21.0 | 17.8   | 74.7 | 7.5  | 7.9    | 79.4 | 12.7 | 3.8    | 73.5 | 22.8 |
|        | 61年   | 1986 | 8.9  | 70.2 | 20.8 | 19.6   | 73.9 | 6.5  | 8.6    | 79.2 | 12.3 | 3.9    | 72.6 | 23.5 |
|        | 62年   | 1987 | 8.8  | 70.1 | 21.2 | 18.6   | 75.6 | 5.8  | 9.5    | 77.2 | 13.3 | 4.1    | 73.9 | 21.9 |
|        | 63年   | 1988 | 9.4  | 70.7 | 19.8 | 22.1   | 72.0 | 5.9  | 9.9    | 77.4 | 12.6 | 5.8    | 73.8 | 20.4 |
|        | 平成元年  | 1989 | 8.5  | 71.2 | 20.3 | 18.6   | 75.5 | 5.8  | 11.7   | 77.1 | 11.3 | 5.6    | 75.1 | 19.3 |
|        | 2年    | 1990 | 8.4  | 69.9 | 21.7 | 18.3   | 74.2 | 7.4  | 10.1   | 76.8 | 13.2 | 5.2    | 73.8 | 20.9 |
|        | 3年    | 1991 | 8.4  | 70.1 | 21.5 | 20.0   | 73.4 | 6.6  | 9.8    | 77.2 | 13.1 | 5.0    | 73.3 | 21.7 |
|        | 4年    | 1992 | 9.5  | 68.8 | 21.8 | 26.4   | 68.1 | 5.5  | 10.1   | 76.4 | 13.5 | 5.6    | 71.8 | 22.5 |
|        | 5年    | 1993 | 8.3  | 69.7 | 21.9 | 17.8   | 75.6 | 6.5  | 8.7    | 79.6 | 11.7 | 6.1    | 71.7 | 22.2 |
|        | 6年    | 1994 | 9.2  | 69.9 | 20.9 | 19.2   | 74.0 | 6.8  | 11.1   | 75.9 | 12.9 | 4.9    | 72.7 | 22.4 |
|        | 7年    | 1995 | 10.3 | 68.9 | 20.9 | 25.3   | 69.1 | 5.6  | 11.9   | 76.4 | 11.7 | 6.1    | 72.7 | 21.2 |
|        | 8年    | 1996 | 9.8  | 69.3 | 20.8 | 22.2   | 71.1 | 6.7  | 13.9   | 75.0 | 11.1 | 5.2    | 74.3 | 20.5 |
|        | 9年    | 1997 | 9.7  | 69.4 | 20.9 | 24.1   | 70.4 | 5.5  | 12.0   | 75.2 | 12.8 | 6.0    | 73.6 | 20.4 |
|        | 10年   | 1998 | 8.9  | 69.7 | 21.4 | 20.9   | 72.1 | 7.0  | 13.3   | 73.0 | 13.7 | 4.7    | 75.9 | 19.3 |
|        | 11年   | 1999 | 9.8  | 69.3 | 20.9 | 23.7   | 69.1 | 7.2  | 14.2   | 73.4 | 12.4 | 7.3    | 74.5 | 18.2 |
|        | 12年   | 2000 | 10.3 | 68.4 | 21.3 | 24.5   | 68.8 | 6.7  | 17.7   | 69.4 | 12.9 | 5.5    | 74.4 | 20.1 |
|        | 13年   | 2001 | 10.1 | 68.3 | 21.6 | 20.4   | 72.6 | 7.0  | 16.4   | 69.3 | 14.3 | 6.3    | 76.5 | 17.1 |
|        | 14年   | 2002 | 10.1 | 66.8 | 23.1 | 26.9   | 66.7 | 6.4  | 15.5   | 73.2 | 11.3 | 7.0    | 74.1 | 19.0 |
|        | 15年   | 2003 | 10.1 | 67.8 | 22.2 | 23.4   | 68.4 | 8.1  | 14.7   | 72.7 | 12.6 | 7.2    | 73.0 | 19.8 |
|        | 16年   | 2004 | 9.8  | 69.6 | 20.6 | 21.4   | 73.1 | 5.4  | 15.6   | 76.1 | 8.3  | 6.6    | 75.5 | 17.9 |
|        | 17年   | 2005 | 10.0 | 68.5 | 21.4 | 22.6   | 71.9 | 5.6  | 20.0   | 65.8 | 14.3 | 8.0    | 72.7 | 19.3 |
|        | 18年   | 2006 | 9.1  | 69.5 | 21.4 | 21.7   | 70.6 | 7.7  | 13.3   | 74.1 | 12.6 | 8.0    | 75.6 | 16.4 |
|        | 19年   | 2007 | 10.7 | 69.1 | 20.2 | 25.2   | 69.0 | 5.9  | 14.0   | 74.8 | 11.1 | 11.4   | 72.2 | 16.3 |
|        | 20年   | 2008 | 10.8 | 68.6 | 20.6 | 22.5   | 69.7 | 7.7  | 16.8   | 71.3 | 11.8 | 10.5   | 71.5 | 18.0 |
|        | 21年   | 2009 | 11.0 | 68.2 | 20.8 | 22.3   | 70.5 | 7.2  | 14.3   | 70.9 | 14.7 | 10.5   | 69.5 | 20.0 |
|        | 22年   | 2010 | 11.0 | 67.8 | 21.1 | 29.0   | 63.5 | 7.5  | 14.4   | 71.8 | 13.8 | 11.3   | 70.4 | 18.3 |
|        | 23年   | 2011 | 10.4 | 68.1 | 21.5 | 21.9   | 68.0 | 10.2 | 13.4   | 73.7 | 12.9 | 7.6    | 71.4 | 21.0 |

注) 妊婦除外

(%)

| 50-59歳 |      |      | 60-69歳 |      |      | 70歳以上 |      |      | (再掲)20-69歳 |      |      | (再掲)40-69歳 |      |      |
|--------|------|------|--------|------|------|-------|------|------|------------|------|------|------------|------|------|
| やせ     | 普通   | 肥満   | やせ     | 普通   | 肥満   | やせ    | 普通   | 肥満   | やせ         | 普通   | 肥満   | やせ         | 普通   | 肥満   |
| 5.1    | 75.0 | 20.0 | 10.1   | 75.2 | 14.7 | 16.4  | 72.2 | 11.4 | 6.2        | 75.4 | 18.4 | 5.9        | 74.0 | 20.1 |
| 4.7    | 75.1 | 20.3 | 6.4    | 73.7 | 19.9 | 15.8  | 71.1 | 13.1 | 5.0        | 75.6 | 19.5 | 4.7        | 73.5 | 21.8 |
| 5.3    | 72.7 | 22.0 | 8.9    | 70.1 | 21.0 | 13.2  | 71.9 | 14.9 | 5.7        | 74.9 | 19.4 | 5.4        | 72.9 | 21.8 |
| 4.5    | 72.4 | 23.1 | 6.7    | 75.9 | 17.4 | 12.9  | 74.8 | 12.3 | 4.9        | 73.9 | 21.2 | 4.7        | 72.3 | 23.0 |
| 5.6    | 72.2 | 22.2 | 8.2    | 72.1 | 19.7 | 16.3  | 69.8 | 14.0 | 5.4        | 75.0 | 19.6 | 5.0        | 72.2 | 22.8 |
| 4.7    | 75.5 | 19.8 | 7.0    | 73.5 | 19.5 | 15.3  | 71.8 | 12.8 | 4.9        | 76.3 | 18.8 | 4.5        | 75.1 | 20.4 |
| 4.2    | 71.6 | 24.2 | 7.7    | 75.7 | 16.6 | 17.0  | 70.4 | 12.5 | 5.2        | 74.7 | 20.1 | 4.5        | 73.2 | 22.2 |
| 4.3    | 70.7 | 25.0 | 7.4    | 73.7 | 19.0 | 15.8  | 69.4 | 14.8 | 5.3        | 73.7 | 21.0 | 4.7        | 72.5 | 22.9 |
| 3.7    | 69.1 | 27.3 | 6.6    | 69.5 | 23.9 | 13.0  | 70.9 | 16.1 | 4.8        | 74.0 | 21.2 | 3.9        | 71.9 | 24.2 |
| 4.5    | 67.5 | 28.0 | 7.0    | 71.3 | 21.7 | 12.5  | 72.0 | 15.5 | 5.8        | 71.7 | 22.5 | 4.8        | 70.5 | 24.7 |
| 4.0    | 70.2 | 25.8 | 8.1    | 73.1 | 18.8 | 13.6  | 69.3 | 17.1 | 5.2        | 71.8 | 23.0 | 4.7        | 70.9 | 24.4 |
| 3.4    | 67.6 | 29.0 | 8.6    | 67.7 | 23.7 | 10.2  | 73.6 | 16.2 | 5.3        | 70.4 | 24.3 | 4.9        | 68.6 | 26.5 |
| 2.4    | 69.2 | 28.4 | 7.8    | 70.7 | 21.5 | 11.7  | 71.5 | 16.8 | 4.9        | 70.4 | 24.6 | 4.4        | 69.7 | 25.8 |
| 3.2    | 68.9 | 27.9 | 6.5    | 69.7 | 23.8 | 12.4  | 69.5 | 18.1 | 5.0        | 70.3 | 24.7 | 4.7        | 69.9 | 25.5 |
| 3.2    | 72.2 | 24.6 | 7.5    | 68.7 | 23.8 | 13.5  | 71.3 | 15.2 | 5.5        | 71.3 | 23.2 | 4.4        | 70.5 | 25.0 |
| 2.6    | 69.8 | 27.6 | 4.8    | 71.1 | 24.1 | 14.3  | 69.2 | 16.4 | 4.2        | 70.9 | 24.8 | 3.3        | 69.8 | 26.9 |
| 4.3    | 67.6 | 28.1 | 4.3    | 70.6 | 25.1 | 11.5  | 70.8 | 17.7 | 5.0        | 71.0 | 24.0 | 4.2        | 69.0 | 26.8 |
| 3.5    | 72.4 | 24.1 | 4.2    | 68.9 | 26.9 | 10.8  | 72.0 | 17.2 | 4.4        | 71.3 | 24.3 | 3.7        | 70.0 | 26.3 |
| 3.3    | 68.6 | 28.1 | 4.2    | 66.8 | 29.1 | 11.7  | 68.6 | 19.6 | 4.5        | 68.1 | 27.4 | 3.7        | 67.7 | 28.6 |
| 3.8    | 67.5 | 28.7 | 4.1    | 72.4 | 23.5 | 7.2   | 71.7 | 21.1 | 4.8        | 68.6 | 26.6 | 3.9        | 68.5 | 27.6 |
| 3.9    | 66.2 | 29.9 | 3.2    | 66.1 | 30.7 | 9.6   | 68.7 | 21.7 | 3.9        | 68.4 | 27.6 | 3.3        | 66.8 | 29.9 |
| 2.8    | 65.3 | 31.9 | 4.0    | 64.8 | 31.2 | 9.6   | 69.4 | 21.0 | 4.0        | 66.7 | 29.3 | 3.5        | 64.9 | 31.6 |
| 2.6    | 65.0 | 32.4 | 3.6    | 66.3 | 30.1 | 8.2   | 65.5 | 26.3 | 3.6        | 67.0 | 29.4 | 2.9        | 65.7 | 31.3 |
| 2.8    | 66.3 | 30.9 | 3.2    | 66.2 | 30.7 | 11.2  | 67.9 | 20.9 | 3.9        | 66.6 | 29.5 | 2.6        | 65.6 | 31.8 |
| 2.0    | 67.2 | 30.8 | 3.0    | 67.3 | 29.7 | 9.9   | 64.6 | 25.5 | 3.5        | 67.5 | 29.0 | 2.4        | 66.7 | 30.9 |
| 4.3    | 64.3 | 31.4 | 2.7    | 66.5 | 30.7 | 5.0   | 69.0 | 26.0 | 4.1        | 66.7 | 29.3 | 3.2        | 65.0 | 31.8 |
| 3.9    | 63.6 | 32.5 | 3.7    | 63.3 | 33.0 | 6.6   | 70.2 | 23.1 | 4.2        | 64.2 | 31.6 | 3.4        | 63.6 | 33.0 |
| 4.3    | 61.4 | 34.3 | 2.1    | 65.2 | 32.7 | 6.6   | 65.9 | 27.5 | 3.6        | 65.2 | 31.2 | 3.0        | 63.7 | 33.4 |
| 3.3    | 64.4 | 32.4 | 4.3    | 66.4 | 29.4 | 5.3   | 69.2 | 25.5 | 4.0        | 66.4 | 29.6 | 3.5        | 64.5 | 32.0 |
| 2.7    | 64.0 | 33.3 | 3.3    | 66.5 | 30.2 | 6.0   | 67.8 | 26.2 | 4.0        | 64.3 | 31.7 | 2.8        | 64.3 | 32.9 |
| 2.0    | 60.8 | 37.3 | 2.9    | 67.1 | 29.9 | 8.0   | 64.2 | 27.8 | 3.6        | 65.2 | 31.2 | 2.7        | 63.8 | 33.5 |
| 2.3    | 64.3 | 33.4 | 3.9    | 64.6 | 31.5 | 6.4   | 67.4 | 26.2 | 4.0        | 64.3 | 31.7 | 3.0        | 64.0 | 33.0 |
| 6.9    | 64.0 | 29.2 | 9.5    | 66.2 | 24.3 | 12.2  | 66.4 | 21.4 | 8.0        | 71.3 | 20.6 | 6.7        | 67.1 | 26.1 |
| 6.2    | 64.2 | 29.6 | 9.3    | 62.6 | 28.0 | 12.6  | 61.4 | 26.0 | 7.5        | 70.5 | 22.0 | 5.8        | 66.6 | 27.6 |
| 5.8    | 63.0 | 31.2 | 7.0    | 63.0 | 30.0 | 13.3  | 62.6 | 24.1 | 7.0        | 71.5 | 21.6 | 5.1        | 66.3 | 28.6 |
| 4.8    | 66.7 | 28.4 | 9.3    | 60.1 | 30.6 | 11.7  | 65.8 | 22.5 | 7.7        | 72.0 | 20.3 | 5.5        | 67.7 | 26.7 |
| 5.9    | 65.7 | 28.4 | 7.7    | 62.6 | 29.7 | 12.9  | 62.5 | 24.6 | 8.0        | 72.4 | 19.6 | 5.6        | 68.9 | 25.5 |
| 4.5    | 65.1 | 30.4 | 6.8    | 61.1 | 32.1 | 12.6  | 64.9 | 22.5 | 7.6        | 71.6 | 20.8 | 4.8        | 67.5 | 27.7 |
| 5.4    | 65.3 | 29.3 | 8.5    | 61.1 | 30.4 | 14.0  | 62.0 | 24.1 | 8.4        | 71.2 | 20.4 | 5.6        | 66.9 | 27.4 |
| 4.6    | 65.4 | 30.0 | 7.5    | 61.8 | 30.7 | 12.6  | 62.8 | 24.6 | 8.3        | 71.0 | 20.7 | 5.2        | 67.5 | 27.3 |
| 4.0    | 67.6 | 28.3 | 5.8    | 65.6 | 28.6 | 14.1  | 62.9 | 23.0 | 8.9        | 71.7 | 19.5 | 5.2        | 69.5 | 25.3 |
| 4.1    | 69.2 | 26.7 | 5.3    | 64.7 | 30.0 | 11.0  | 62.9 | 26.2 | 8.2        | 72.3 | 19.5 | 5.0        | 70.2 | 24.8 |
| 3.9    | 67.5 | 28.7 | 6.8    | 61.3 | 31.9 | 11.0  | 63.6 | 25.4 | 8.1        | 70.8 | 21.2 | 5.2        | 68.1 | 26.7 |
| 3.7    | 67.4 | 28.9 | 6.5    | 64.6 | 28.9 | 10.2  | 61.5 | 28.4 | 8.2        | 71.2 | 20.6 | 5.0        | 68.9 | 26.1 |
| 3.2    | 68.5 | 28.3 | 6.2    | 62.4 | 31.5 | 12.4  | 62.0 | 25.7 | 9.1        | 69.7 | 21.2 | 4.9        | 68.0 | 27.0 |
| 5.8    | 67.6 | 26.6 | 6.4    | 58.3 | 35.3 | 8.4   | 65.2 | 26.4 | 8.3        | 70.4 | 21.2 | 6.1        | 66.4 | 27.5 |
| 3.6    | 70.7 | 25.7 | 7.3    | 62.6 | 30.1 | 13.5  | 62.0 | 24.4 | 8.6        | 71.1 | 20.3 | 5.2        | 69.0 | 25.8 |
| 4.7    | 68.3 | 27.1 | 4.7    | 64.3 | 31.0 | 12.8  | 59.6 | 27.6 | 9.9        | 70.3 | 19.8 | 5.2        | 68.8 | 26.0 |
| 4.8    | 70.8 | 24.4 | 5.6    | 63.1 | 31.2 | 11.3  | 60.5 | 28.2 | 9.6        | 70.8 | 19.6 | 5.2        | 69.6 | 25.2 |
| 5.2    | 68.8 | 26.0 | 5.0    | 65.0 | 30.0 | 9.2   | 63.3 | 27.5 | 9.8        | 70.5 | 19.6 | 5.4        | 69.4 | 25.2 |
| 4.4    | 69.9 | 25.7 | 3.8    | 65.3 | 31.0 | 11.0  | 62.5 | 26.5 | 8.4        | 71.1 | 20.4 | 4.3        | 70.3 | 25.3 |
| 2.9    | 70.0 | 27.1 | 4.4    | 65.5 | 30.1 | 10.8  | 64.1 | 25.1 | 9.6        | 70.3 | 20.1 | 4.7        | 69.8 | 25.5 |
| 5.4    | 71.0 | 23.6 | 5.8    | 63.2 | 31.0 | 9.2   | 63.5 | 27.3 | 10.5       | 69.4 | 20.1 | 5.5        | 69.6 | 24.9 |
| 5.1    | 69.8 | 25.1 | 6.7    | 62.7 | 30.5 | 10.0  | 61.2 | 28.8 | 10.1       | 69.9 | 20.1 | 6.0        | 69.5 | 24.5 |
| 6.0    | 68.4 | 25.6 | 4.1    | 62.7 | 33.3 | 9.9   | 59.3 | 30.8 | 10.1       | 68.7 | 21.2 | 5.6        | 68.0 | 26.4 |
| 6.6    | 69.6 | 23.8 | 6.4    | 63.3 | 30.3 | 8.9   | 62.9 | 28.3 | 10.4       | 69.1 | 20.5 | 6.7        | 68.2 | 25.0 |
| 5.4    | 70.5 | 24.1 | 6.3    | 63.8 | 29.9 | 9.7   | 63.6 | 26.7 | 9.8        | 71.1 | 19.0 | 6.1        | 69.4 | 24.6 |
| 4.7    | 71.5 | 23.9 | 5.4    | 65.6 | 29.0 | 9.0   | 64.6 | 26.5 | 10.2       | 69.1 | 20.6 | 5.8        | 69.5 | 24.6 |
| 4.4    | 69.9 | 25.7 | 6.1    | 65.7 | 28.2 | 8.4   | 65.0 | 26.6 | 9.3        | 70.9 | 19.9 | 5.9        | 69.9 | 24.1 |
| 4.5    | 74.3 | 21.2 | 6.2    | 64.3 | 29.5 | 11.6  | 62.9 | 25.4 | 10.4       | 70.9 | 18.7 | 7.1        | 69.9 | 23.0 |
| 8.2    | 70.7 | 21.1 | 7.0    | 68.6 | 24.4 | 9.2   | 64.0 | 26.8 | 11.3       | 70.2 | 18.5 | 8.3        | 70.0 | 21.7 |
| 8.3    | 72.4 | 19.3 | 6.8    | 68.3 | 24.9 | 11.1  | 62.4 | 26.5 | 10.9       | 70.2 | 18.9 | 8.3        | 69.9 | 21.8 |
| 9.8    | 71.3 | 19.0 | 6.0    | 66.9 | 27.0 | 9.0   | 63.9 | 27.1 | 11.7       | 69.1 | 19.2 | 8.6        | 69.2 | 22.2 |
| 7.6    | 69.3 | 23.1 | 8.7    | 66.9 | 24.4 | 9.7   | 63.9 | 26.4 | 10.6       | 69.7 | 19.7 | 8.1        | 68.9 | 23.0 |

第 103 表 運動習慣者の年次推移（性・年齢階級別）

Trends in Ratio of the Persons who Engaged in Regular Exercise, 1991 to 2011  
(Definition of Regular Exercise :  $\geq 30$  minutes at one occasion,  
2 times a week or over ,and continuation for 1 year over)

(%)

|        |      |      | 総数   | 20－29歳 | 30－39歳 | 40－49歳 | 50－59歳 | 60－69歳 | 70歳以上 |
|--------|------|------|------|--------|--------|--------|--------|--------|-------|
| 総<br>数 | 平成3年 | 1991 | 21.3 | 19.4   | 18.2   | 18.2   | 19.6   | 26.3   | 30.0  |
|        | 4年   | 1992 | 22.0 | 23.3   | 18.8   | 18.8   | 20.4   | 24.9   | 30.2  |
|        | 5年   | 1993 | 22.3 | 23.1   | 16.6   | 19.2   | 21.9   | 26.6   | 29.3  |
|        | 6年   | 1994 | 27.3 | 24.7   | 20.5   | 23.5   | 27.0   | 33.6   | 35.8  |
|        | 7年   | 1995 | 24.1 | 18.5   | 19.2   | 20.9   | 25.8   | 29.5   | 31.0  |
|        | 8年   | 1996 | 24.9 | 17.3   | 20.4   | 19.6   | 25.3   | 33.1   | 31.4  |
|        | 9年   | 1997 | 26.3 | 20.9   | 19.9   | 24.4   | 26.7   | 33.7   | 29.5  |
|        | 10年  | 1998 | 24.9 | 17.2   | 17.0   | 21.8   | 27.6   | 31.6   | 29.8  |
|        | 11年  | 1999 | 28.6 | 25.0   | 16.3   | 24.9   | 29.7   | 36.2   | 35.0  |
|        | 12年  | 2000 | 29.3 | 21.3   | 21.1   | 22.6   | 29.6   | 38.9   | 36.2  |
|        | 13年  | 2001 | 28.3 | 21.1   | 18.0   | 20.0   | 30.6   | 38.7   | 33.3  |
|        | 14年  | 2002 | 29.7 | 17.0   | 19.1   | 22.4   | 29.9   | 40.8   | 35.4  |
|        | 15年  | 2003 | 26.3 | 18.2   | 16.4   | 18.1   | 25.8   | 37.0   | 31.4  |
|        | 16年  | 2004 | 27.9 | 18.8   | 13.6   | 18.7   | 26.3   | 38.5   | 36.5  |
|        | 17年  | 2005 | 29.3 | 16.3   | 15.0   | 19.5   | 27.5   | 42.1   | 35.0  |
|        | 18年  | 2006 | 29.0 | 20.4   | 17.5   | 21.4   | 24.4   | 39.6   | 37.6  |
|        | 19年  | 2007 | 27.1 | 17.9   | 17.2   | 18.3   | 23.2   | 38.4   | 33.2  |
|        | 20年  | 2008 | 29.9 | 19.2   | 14.2   | 21.2   | 26.4   | 39.9   | 36.1  |
|        | 21年  | 2009 | 29.2 | 17.6   | 18.1   | 20.9   | 23.2   | 41.6   | 34.5  |
|        | 22年  | 2010 | 31.2 | 18.7   | 19.7   | 16.8   | 28.8   | 40.3   | 39.7  |
|        | 23年  | 2011 | 31.7 | 15.0   | 16.2   | 23.2   | 27.5   | 41.3   | 40.4  |
| 男<br>性 | 平成3年 | 1991 | 24.5 | 26.8   | 22.2   | 19.5   | 20.5   | 28.3   | 36.9  |
|        | 4年   | 1992 | 24.6 | 31.2   | 22.3   | 20.4   | 19.8   | 26.3   | 36.3  |
|        | 5年   | 1993 | 24.3 | 30.5   | 18.8   | 19.1   | 22.3   | 25.6   | 36.0  |
|        | 6年   | 1994 | 29.3 | 32.3   | 21.7   | 23.8   | 26.7   | 35.1   | 40.3  |
|        | 7年   | 1995 | 26.6 | 23.5   | 24.5   | 21.6   | 25.5   | 30.2   | 36.3  |
|        | 8年   | 1996 | 26.4 | 23.9   | 22.0   | 21.1   | 23.2   | 31.6   | 36.7  |
|        | 9年   | 1997 | 28.6 | 26.9   | 20.6   | 24.5   | 25.8   | 36.3   | 36.2  |
|        | 10年  | 1998 | 25.5 | 19.8   | 20.0   | 20.5   | 24.3   | 31.9   | 33.2  |
|        | 11年  | 1999 | 30.2 | 31.6   | 20.8   | 23.7   | 28.0   | 35.8   | 38.7  |
|        | 12年  | 2000 | 31.9 | 28.9   | 23.2   | 22.6   | 29.0   | 39.5   | 42.9  |
|        | 13年  | 2001 | 29.7 | 30.4   | 21.4   | 17.8   | 28.9   | 39.5   | 35.1  |
|        | 14年  | 2002 | 31.6 | 21.5   | 21.3   | 23.0   | 27.8   | 42.8   | 39.1  |
|        | 15年  | 2003 | 29.2 | 22.1   | 21.6   | 19.9   | 22.9   | 39.6   | 37.0  |
|        | 16年  | 2004 | 30.9 | 19.4   | 13.8   | 19.1   | 23.2   | 43.4   | 43.5  |
|        | 17年  | 2005 | 30.7 | 18.5   | 16.5   | 15.6   | 26.6   | 42.8   | 39.1  |
|        | 18年  | 2006 | 30.2 | 25.0   | 17.5   | 22.1   | 19.5   | 40.8   | 42.1  |
|        | 19年  | 2007 | 29.1 | 22.7   | 18.8   | 21.6   | 21.0   | 36.3   | 39.3  |
|        | 20年  | 2008 | 33.3 | 22.7   | 18.5   | 25.4   | 28.7   | 38.3   | 41.9  |
|        | 21年  | 2009 | 32.2 | 25.4   | 21.6   | 23.7   | 23.3   | 41.9   | 39.9  |
|        | 22年  | 2010 | 34.8 | 28.6   | 24.8   | 19.4   | 26.2   | 42.6   | 45.0  |
|        | 23年  | 2011 | 35.0 | 23.2   | 17.0   | 26.6   | 24.1   | 41.9   | 47.7  |
| 女<br>性 | 平成3年 | 1991 | 18.9 | 13.8   | 15.3   | 17.2   | 18.9   | 24.7   | 25.1  |
|        | 4年   | 1992 | 20.0 | 16.8   | 16.3   | 17.6   | 20.8   | 23.7   | 26.4  |
|        | 5年   | 1993 | 20.9 | 17.4   | 15.1   | 19.3   | 21.6   | 27.3   | 25.0  |
|        | 6年   | 1994 | 25.7 | 19.1   | 19.5   | 23.3   | 27.2   | 32.4   | 32.7  |
|        | 7年   | 1995 | 22.3 | 14.9   | 15.1   | 20.4   | 26.1   | 28.9   | 27.4  |
|        | 8年   | 1996 | 23.7 | 12.6   | 19.1   | 18.6   | 26.8   | 34.3   | 27.5  |
|        | 9年   | 1997 | 24.6 | 16.7   | 19.4   | 24.3   | 27.3   | 31.6   | 24.9  |
|        | 10年  | 1998 | 24.4 | 15.2   | 14.9   | 22.8   | 29.7   | 31.2   | 27.3  |
|        | 11年  | 1999 | 27.5 | 21.1   | 13.4   | 25.7   | 30.8   | 36.5   | 32.4  |
|        | 12年  | 2000 | 27.4 | 15.0   | 19.7   | 22.6   | 30.1   | 38.3   | 31.3  |
|        | 13年  | 2001 | 27.1 | 15.1   | 15.5   | 21.5   | 31.7   | 38.1   | 31.9  |
|        | 14年  | 2002 | 28.3 | 13.8   | 17.6   | 22.1   | 31.2   | 39.1   | 32.6  |
|        | 15年  | 2003 | 24.1 | 15.3   | 13.1   | 16.7   | 27.5   | 34.9   | 27.1  |
|        | 16年  | 2004 | 25.8 | 18.5   | 13.5   | 18.4   | 28.3   | 34.7   | 30.9  |
|        | 17年  | 2005 | 28.2 | 14.6   | 14.0   | 21.8   | 28.0   | 41.6   | 31.6  |
|        | 18年  | 2006 | 28.1 | 17.1   | 17.5   | 20.9   | 28.0   | 38.8   | 34.1  |
|        | 19年  | 2007 | 25.6 | 14.1   | 16.3   | 16.1   | 24.7   | 40.0   | 28.4  |
|        | 20年  | 2008 | 27.5 | 16.5   | 11.6   | 18.4   | 25.0   | 41.2   | 31.4  |
|        | 21年  | 2009 | 27.0 | 12.4   | 15.9   | 19.0   | 23.2   | 41.3   | 30.7  |
|        | 22年  | 2010 | 28.5 | 10.8   | 16.8   | 15.0   | 30.7   | 38.4   | 35.7  |
|        | 23年  | 2011 | 29.2 | 9.5    | 15.7   | 21.1   | 29.9   | 40.8   | 34.5  |

第104表 歩行数の平均値の年次推移（性・年齢階級別）

Trends in the Average Number of Steps per Day (measured by pedometer), 1995 to 2011

(歩)

|        |      |      | 総数    | 15－19歳 | 20－29歳 | 30－39歳 | 40－49歳 | 50－59歳 | 60－69歳 | 70歳以上 |
|--------|------|------|-------|--------|--------|--------|--------|--------|--------|-------|
| 総<br>数 | 平成7年 | 1995 | 7,378 | 8,487  | 7,745  | 8,019  | 7,933  | 7,897  | 6,644  | 4,416 |
|        | 8年   | 1996 | 7,532 | 8,819  | 7,940  | 8,284  | 8,190  | 8,015  | 6,920  | 4,535 |
|        | 9年   | 1997 | 7,696 | 8,945  | 7,927  | 8,182  | 8,310  | 8,457  | 7,253  | 4,935 |
|        | 10年  | 1998 | 7,701 | 8,926  | 8,150  | 8,214  | 8,654  | 8,364  | 7,117  | 4,808 |
|        | 11年  | 1999 | 7,644 | 8,970  | 8,252  | 8,208  | 8,358  | 8,240  | 7,194  | 4,813 |
|        | 12年  | 2000 | 7,655 | 8,564  | 8,338  | 8,128  | 8,509  | 8,324  | 7,271  | 4,798 |
|        | 13年  | 2001 | 7,456 | 8,957  | 8,135  | 7,982  | 8,291  | 7,845  | 7,335  | 4,539 |
|        | 14年  | 2002 | 7,421 | 8,459  | 8,225  | 8,162  | 8,242  | 7,928  | 7,547  | 4,517 |
|        | 15年  | 2003 | 7,168 | 8,260  | 8,007  | 7,925  | 7,961  | 7,909  | 7,016  | 4,474 |
|        | 16年  | 2004 | 6,943 | 8,104  | 7,535  | 7,526  | 7,684  | 7,492  | 6,884  | 4,569 |
|        | 17年  | 2005 | 7,079 | 8,510  | 8,029  | 7,739  | 7,687  | 7,935  | 7,066  | 4,559 |
|        | 18年  | 2006 | 7,024 | 8,077  | 8,060  | 7,712  | 7,789  | 7,757  | 6,970  | 4,515 |
|        | 19年  | 2007 | 6,839 | 8,556  | 7,605  | 7,508  | 7,735  | 7,444  | 6,839  | 4,321 |
|        | 20年  | 2008 | 6,491 | 7,981  | 7,495  | 7,057  | 7,345  | 7,052  | 6,711  | 4,370 |
|        | 21年  | 2009 | 6,800 | 7,929  | 8,586  | 7,632  | 7,769  | 7,521  | 6,642  | 4,178 |
|        | 22年  | 2010 | 6,636 | 7,665  | 7,672  | 7,410  | 7,404  | 7,412  | 6,630  | 4,324 |
|        | 23年  | 2011 | 6,895 | 8,721  | 7,802  | 7,537  | 7,692  | 7,524  | 6,970  | 4,740 |
| 男<br>性 | 平成7年 | 1995 | 7,933 | 8,797  | 8,490  | 8,820  | 8,248  | 8,370  | 6,890  | 5,012 |
|        | 8年   | 1996 | 8,067 | 9,169  | 8,852  | 8,900  | 8,596  | 8,309  | 7,327  | 5,040 |
|        | 9年   | 1997 | 8,202 | 9,127  | 8,785  | 8,866  | 8,443  | 8,851  | 7,683  | 5,436 |
|        | 10年  | 1998 | 8,071 | 8,975  | 8,879  | 8,687  | 8,914  | 8,450  | 7,352  | 5,308 |
|        | 11年  | 1999 | 8,042 | 9,137  | 9,122  | 8,987  | 8,469  | 8,352  | 7,253  | 5,363 |
|        | 12年  | 2000 | 8,116 | 8,935  | 9,062  | 9,015  | 8,835  | 8,496  | 7,528  | 5,243 |
|        | 13年  | 2001 | 7,797 | 8,986  | 8,775  | 8,551  | 8,353  | 8,078  | 7,529  | 4,916 |
|        | 14年  | 2002 | 7,753 | 8,911  | 8,850  | 8,802  | 8,405  | 7,765  | 7,806  | 4,787 |
|        | 15年  | 2003 | 7,575 | 8,718  | 8,925  | 8,543  | 8,044  | 8,028  | 7,201  | 4,915 |
|        | 16年  | 2004 | 7,532 | 8,347  | 8,302  | 8,257  | 7,934  | 7,979  | 7,434  | 5,386 |
|        | 17年  | 2005 | 7,621 | 8,637  | 8,736  | 8,568  | 8,059  | 8,400  | 7,418  | 5,151 |
|        | 18年  | 2006 | 7,486 | 8,614  | 8,500  | 8,181  | 8,298  | 7,939  | 7,426  | 5,117 |
|        | 19年  | 2007 | 7,398 | 8,756  | 8,562  | 8,366  | 8,147  | 7,896  | 7,162  | 4,948 |
|        | 20年  | 2008 | 7,074 | 8,345  | 8,370  | 7,728  | 7,824  | 7,317  | 7,232  | 5,102 |
|        | 21年  | 2009 | 7,243 | 7,722  | 9,107  | 8,537  | 7,919  | 7,772  | 6,949  | 4,707 |
|        | 22年  | 2010 | 7,174 | 7,872  | 8,322  | 8,278  | 7,873  | 7,684  | 7,092  | 4,890 |
|        | 23年  | 2011 | 7,301 | 8,433  | 8,199  | 8,238  | 8,090  | 7,693  | 7,307  | 5,263 |
| 女<br>性 | 平成7年 | 1995 | 6,909 | 8,144  | 7,134  | 7,294  | 7,663  | 7,520  | 6,433  | 4,011 |
|        | 8年   | 1996 | 7,085 | 8,450  | 7,286  | 7,708  | 7,843  | 7,769  | 6,576  | 4,167 |
|        | 9年   | 1997 | 7,282 | 8,755  | 7,270  | 7,629  | 8,198  | 8,121  | 6,876  | 4,604 |
|        | 10年  | 1998 | 7,392 | 8,880  | 7,514  | 7,822  | 8,430  | 8,295  | 6,907  | 4,450 |
|        | 11年  | 1999 | 7,319 | 8,813  | 7,601  | 7,549  | 8,262  | 8,145  | 7,145  | 4,415 |
|        | 12年  | 2000 | 7,268 | 8,233  | 7,684  | 7,407  | 8,239  | 8,183  | 7,032  | 4,473 |
|        | 13年  | 2001 | 7,168 | 8,927  | 7,626  | 7,528  | 8,235  | 7,640  | 7,168  | 4,260 |
|        | 14年  | 2002 | 7,140 | 8,046  | 7,697  | 7,600  | 8,098  | 8,070  | 7,313  | 4,328 |
|        | 15年  | 2003 | 6,821 | 7,837  | 7,185  | 7,381  | 7,888  | 7,807  | 6,857  | 4,142 |
|        | 16年  | 2004 | 6,446 | 7,817  | 6,948  | 6,914  | 7,479  | 7,070  | 6,421  | 3,917 |
|        | 17年  | 2005 | 6,620 | 8,391  | 7,350  | 6,992  | 7,388  | 7,541  | 6,777  | 4,088 |
|        | 18年  | 2006 | 6,631 | 7,471  | 7,710  | 7,320  | 7,351  | 7,598  | 6,589  | 4,024 |
|        | 19年  | 2007 | 6,369 | 8,367  | 6,845  | 6,820  | 7,373  | 7,063  | 6,559  | 3,809 |
|        | 20年  | 2008 | 6,006 | 7,593  | 6,720  | 6,525  | 6,931  | 6,843  | 6,265  | 3,790 |
|        | 21年  | 2009 | 6,431 | 8,149  | 8,170  | 6,886  | 7,639  | 7,296  | 6,381  | 3,797 |
|        | 22年  | 2010 | 6,176 | 7,458  | 7,104  | 6,669  | 6,986  | 7,184  | 6,234  | 3,872 |
|        | 23年  | 2011 | 6,556 | 9,015  | 7,487  | 6,930  | 7,367  | 7,371  | 6,705  | 4,323 |

第 105 表の 1 収縮期（最高）血圧の平均値の年次推移（性・年齢階級別）

Trends in Average Levels of Systolic Blood Pressure, 2000 to 2011

(mmHg)

|        |       |      | 総数    | 15－19歳 | 20－29歳 | 30－39歳 | 40－49歳 | 50－59歳 | 60－69歳 | 70歳以上 |
|--------|-------|------|-------|--------|--------|--------|--------|--------|--------|-------|
| 男<br>性 | 平成12年 | 2000 | 131.6 | 114.3  | 120.7  | 123.1  | 129.3  | 134.9  | 139.7  | 143.0 |
|        | 13年   | 2001 | 132.4 | 114.8  | 120.2  | 123.8  | 130.8  | 135.1  | 140.7  | 143.1 |
|        | 14年   | 2002 | 132.6 | 113.9  | 122.2  | 124.6  | 128.8  | 135.1  | 140.6  | 143.9 |
|        | 15年   | 2003 | 130.5 | 113.2  | 120.2  | 122.4  | 127.5  | 134.3  | 137.3  | 138.5 |
|        | 16年   | 2004 | 131.5 | 112.3  | 118.7  | 121.1  | 128.8  | 134.5  | 140.0  | 140.5 |
|        | 17年   | 2005 | 131.1 | 115.0  | 121.2  | 121.6  | 126.8  | 131.2  | 136.8  | 142.3 |
|        | 18年   | 2006 | 131.7 | 113.6  | 119.2  | 123.3  | 128.6  | 136.1  | 139.1  | 138.7 |
|        | 19年   | 2007 | 132.5 | 111.7  | 119.8  | 124.0  | 127.8  | 135.4  | 139.9  | 141.6 |
|        | 20年   | 2008 | 132.4 | 115.5  | 120.8  | 121.6  | 129.3  | 135.0  | 137.7  | 138.7 |
|        | 21年   | 2009 | 131.7 | 113.8  | 118.1  | 122.8  | 126.2  | 134.9  | 138.4  | 143.0 |
|        | 22年   | 2010 | 135.3 | 110.7  | 120.1  | 123.1  | 127.2  | 135.4  | 139.7  | 142.9 |
|        | 23年   | 2011 | 135.0 | 113.5  | 119.6  | 124.5  | 126.4  | 134.8  | 139.6  | 142.6 |
| 女<br>性 | 平成12年 | 2000 | 124.8 | 105.5  | 108.7  | 113.3  | 122.3  | 129.9  | 136.9  | 140.5 |
|        | 13年   | 2001 | 124.8 | 107.2  | 108.9  | 113.1  | 122.6  | 130.9  | 135.0  | 141.5 |
|        | 14年   | 2002 | 125.6 | 106.9  | 110.0  | 112.4  | 122.5  | 130.5  | 135.4  | 142.4 |
|        | 15年   | 2003 | 124.7 | 106.3  | 108.8  | 112.1  | 121.4  | 128.9  | 135.5  | 139.0 |
|        | 16年   | 2004 | 125.0 | 106.2  | 107.2  | 113.4  | 122.6  | 129.1  | 134.3  | 140.5 |
|        | 17年   | 2005 | 125.5 | 104.5  | 107.0  | 111.9  | 121.3  | 129.1  | 134.0  | 141.7 |
|        | 18年   | 2006 | 124.6 | 106.1  | 109.7  | 111.5  | 120.6  | 128.8  | 135.1  | 138.4 |
|        | 19年   | 2007 | 123.6 | 101.0  | 108.7  | 111.4  | 119.0  | 128.6  | 132.9  | 138.7 |
|        | 20年   | 2008 | 124.2 | 103.7  | 108.2  | 110.9  | 120.2  | 128.4  | 131.7  | 136.1 |
|        | 21年   | 2009 | 123.3 | 105.1  | 107.7  | 110.5  | 117.7  | 127.0  | 132.1  | 137.2 |
|        | 22年   | 2010 | 128.7 | 107.2  | 107.8  | 111.5  | 118.6  | 129.0  | 137.6  | 140.4 |
|        | 23年   | 2011 | 128.0 | 104.1  | 106.0  | 111.8  | 119.3  | 128.7  | 134.1  | 140.8 |

※ 2 回の測定値の平均値

注 1) 平成 21 年までは妊婦・血圧を下げる薬服用者除外

注 2) 平成 22 年からは妊婦・血圧を下げる薬服用者含む

第105表の2 拡張期（最低）血圧の平均値の年次推移（性・年齢階級別）

Trends in Average Levels of Diastolic Blood Pressure, 2000 to 2011

(mmHg)

|    |       |      | 総数   | 15－19歳 | 20－29歳 | 30－39歳 | 40－49歳 | 50－59歳 | 60－69歳 | 70歳以上 |
|----|-------|------|------|--------|--------|--------|--------|--------|--------|-------|
| 男性 | 平成12年 | 2000 | 80.2 | 64.9   | 74.5   | 78.0   | 83.5   | 83.9   | 83.3   | 79.5  |
|    | 13年   | 2001 | 81.1 | 65.3   | 72.8   | 80.1   | 84.3   | 85.1   | 84.6   | 80.7  |
|    | 14年   | 2002 | 81.0 | 66.9   | 74.1   | 79.4   | 83.5   | 84.7   | 84.2   | 80.6  |
|    | 15年   | 2003 | 79.8 | 65.9   | 73.9   | 78.1   | 82.8   | 84.5   | 82.2   | 77.7  |
|    | 16年   | 2004 | 80.3 | 69.7   | 74.5   | 78.1   | 82.2   | 83.2   | 82.6   | 80.7  |
|    | 17年   | 2005 | 81.5 | 69.7   | 74.6   | 78.1   | 83.4   | 84.6   | 83.6   | 81.5  |
|    | 18年   | 2006 | 80.8 | 65.9   | 72.3   | 78.0   | 84.2   | 85.1   | 84.1   | 80.8  |
|    | 19年   | 2007 | 81.4 | 65.8   | 73.4   | 79.0   | 83.0   | 86.6   | 84.3   | 80.7  |
|    | 20年   | 2008 | 81.5 | 66.2   | 74.0   | 79.8   | 83.7   | 85.5   | 82.8   | 81.0  |
|    | 21年   | 2009 | 80.9 | 65.4   | 73.4   | 77.8   | 83.5   | 85.0   | 84.0   | 80.6  |
|    | 22年   | 2010 | 81.6 | 66.7   | 76.0   | 79.7   | 83.6   | 86.3   | 83.8   | 79.0  |
|    | 23年   | 2011 | 81.2 | 69.3   | 74.3   | 80.2   | 82.4   | 85.8   | 83.6   | 79.4  |
| 女性 | 平成12年 | 2000 | 75.5 | 63.6   | 66.3   | 71.1   | 76.4   | 80.0   | 80.5   | 77.5  |
|    | 13年   | 2001 | 75.8 | 64.3   | 66.4   | 71.8   | 76.5   | 80.3   | 80.1   | 79.3  |
|    | 14年   | 2002 | 76.1 | 64.8   | 67.6   | 70.7   | 77.2   | 80.6   | 79.8   | 78.3  |
|    | 15年   | 2003 | 75.5 | 63.3   | 67.0   | 70.5   | 75.9   | 79.4   | 80.1   | 77.7  |
|    | 16年   | 2004 | 76.6 | 63.3   | 66.1   | 71.0   | 76.8   | 80.6   | 80.5   | 79.5  |
|    | 17年   | 2005 | 77.5 | 63.8   | 65.8   | 70.8   | 77.3   | 81.5   | 81.6   | 79.1  |
|    | 18年   | 2006 | 75.9 | 66.1   | 66.2   | 71.5   | 77.6   | 79.9   | 79.1   | 77.3  |
|    | 19年   | 2007 | 75.6 | 61.7   | 67.8   | 70.4   | 75.5   | 79.5   | 80.1   | 78.2  |
|    | 20年   | 2008 | 76.2 | 63.0   | 68.4   | 71.2   | 76.1   | 80.6   | 79.1   | 77.3  |
|    | 21年   | 2009 | 75.5 | 63.3   | 67.4   | 70.3   | 74.5   | 79.6   | 79.2   | 77.5  |
|    | 22年   | 2010 | 76.8 | 64.5   | 67.1   | 70.6   | 75.7   | 80.0   | 81.3   | 77.3  |
|    | 23年   | 2011 | 76.6 | 63.2   | 66.1   | 71.2   | 75.9   | 80.4   | 80.3   | 77.8  |

※ 2回の測定値の平均値

注1) 平成21年までは妊婦・血圧を下げる薬服用者除外

注2) 平成22年からは妊婦・血圧を下げる薬服用者含む

第 106 表 現在習慣的に喫煙している者の年次推移（性・年齢階級別）

Trends in Prevalence of smoker, 2003 to 2011

(%)

|        |       |      | 総数   | 20－29歳 | 30－39歳 | 40－49歳 | 50－59歳 | 60－69歳 | 70歳以上 |
|--------|-------|------|------|--------|--------|--------|--------|--------|-------|
| 総<br>数 | 平成15年 | 2003 | 27.7 | 36.6   | 36.8   | 34.6   | 31.1   | 20.0   | 13.5  |
|        | 16年   | 2004 | 26.4 | 33.0   | 36.3   | 31.2   | 29.9   | 19.5   | 13.0  |
|        | 17年   | 2005 | 24.2 | 33.6   | 36.1   | 28.3   | 26.5   | 19.4   | 10.1  |
|        | 18年   | 2006 | 23.8 | 30.4   | 33.4   | 29.1   | 26.7   | 19.4   | 10.3  |
|        | 19年   | 2007 | 24.1 | 30.6   | 34.5   | 32.9   | 24.7   | 19.2   | 10.3  |
|        | 20年   | 2008 | 21.8 | 27.4   | 31.8   | 31.5   | 23.9   | 17.8   | 10.1  |
|        | 21年   | 2009 | 23.4 | 26.9   | 33.4   | 31.1   | 27.3   | 19.5   | 10.9  |
|        | 22年   | 2010 | 19.5 | 23.2   | 27.5   | 27.4   | 24.4   | 15.3   | 7.9   |
|        | 23年   | 2011 | 20.1 | 24.5   | 29.6   | 27.6   | 23.3   | 16.5   | 9.0   |
| 男<br>性 | 平成15年 | 2003 | 46.8 | 55.8   | 56.8   | 55.4   | 54.4   | 35.7   | 26.6  |
|        | 16年   | 2004 | 43.3 | 51.3   | 57.3   | 51.4   | 47.7   | 33.3   | 24.0  |
|        | 17年   | 2005 | 39.3 | 48.9   | 54.4   | 44.1   | 42.5   | 34.0   | 20.0  |
|        | 18年   | 2006 | 39.9 | 45.1   | 53.3   | 46.5   | 46.2   | 34.8   | 19.9  |
|        | 19年   | 2007 | 39.4 | 47.5   | 55.6   | 49.1   | 42.3   | 32.8   | 18.6  |
|        | 20年   | 2008 | 36.8 | 41.2   | 48.6   | 51.9   | 41.2   | 32.6   | 19.1  |
|        | 21年   | 2009 | 38.2 | 40.1   | 51.2   | 49.1   | 44.0   | 33.7   | 19.3  |
|        | 22年   | 2010 | 32.2 | 34.2   | 42.1   | 42.4   | 40.3   | 27.4   | 15.6  |
|        | 23年   | 2011 | 32.4 | 39.2   | 43.9   | 40.2   | 37.3   | 29.3   | 16.6  |
| 女<br>性 | 平成15年 | 2003 | 11.3 | 19.0   | 18.1   | 15.5   | 10.7   | 6.4    | 4.2   |
|        | 16年   | 2004 | 12.0 | 18.0   | 18.0   | 13.7   | 13.7   | 7.6    | 4.5   |
|        | 17年   | 2005 | 11.3 | 18.9   | 19.4   | 15.1   | 12.4   | 7.3    | 2.6   |
|        | 18年   | 2006 | 10.0 | 17.9   | 16.4   | 13.8   | 9.2    | 6.4    | 2.8   |
|        | 19年   | 2007 | 11.0 | 16.7   | 17.2   | 17.9   | 9.3    | 7.3    | 3.7   |
|        | 20年   | 2008 | 9.1  | 14.3   | 18.0   | 13.4   | 9.5    | 4.9    | 3.2   |
|        | 21年   | 2009 | 10.9 | 16.2   | 17.5   | 15.2   | 11.7   | 7.4    | 4.9   |
|        | 22年   | 2010 | 8.4  | 12.8   | 14.2   | 13.6   | 10.4   | 4.5    | 2.0   |
|        | 23年   | 2011 | 9.7  | 12.8   | 16.6   | 16.5   | 10.2   | 6.4    | 3.0   |

