

Definition of terms

Survey years

“1st” to “12th” refer to the items identified in each survey. All of the survey years are as follows.

1st (1st survey): 2005	7th (7th survey): 2011
2nd (2nd survey): 2006	8th (8th survey): 2012
3rd (3rd survey): 2007	9th (9th survey): 2013
4th (4th survey): 2008	10th (10th survey): 2014
5th (5th survey): 2009	11th (11th survey): 2015
6th (6th survey): 2010	12th (12th survey): 2016

Household structures

They are classified based on the relationship between those who are living together. Households other than “one-person household” and “household of a couple only” may also have an elder/younger brother(s)/sister(s) and/or other relative(s). Parents also include the spouse’s parents.

“One-person household”

Means that there is no one else living with the surveyed individual, regardless of whether he/she has a spouse.

“Household of a couple only”

Means that there is no one else living with the surveyed individual and his/her spouse.

“Three-generation-family household”

The surveyed individual is living with his/her parent(s) and child(ren), living with his/her child(ren) and grandchild(ren), or living with his/her parent(s) and grandchild(ren), regardless of whether his/her child(ren) exist.

“Household with a parent(s) and no children”

Means that the surveyed individual is living with his/her parent(s) and has no children.

“Household with a child(ren) and no parents”

Means that the surveyed individual is living with his/her child(ren) and has no parents.

“Other households”

Refer to any households other than above.

Change in health conditions

“Have always been “Good” since the 1st survey”

Refers to those who responded that their health conditions had been “Good” continuously from the 1st survey to the 12th survey.

“Changed from “Bad” to “Good””

Of those who responded that their health conditions were “Bad” in the 1st survey, it refers to those who responded “Good” between the 2nd survey and the 12th survey, and then have been continuously in “Good” health conditions till the 12th survey.

“Have always been “Bad” since the 1st survey”

Refers to those who responded that their health conditions had been “Bad” continuously from the 1st survey to the 12th survey.

“Changed from “Good” to “Bad””

Of those who responded that their health conditions were “Good” in the 1st survey, it refers to those who responded “Bad” between the 2nd survey and the 12th survey, and then have been continuously in “Bad” health conditions till the 12th survey.

“Other changes”

Of those who responded “Good” or “Bad” in the 1st survey, it refers to those who responded between “Bad” and “Good” or between “Good” and “Bad” repeatedly till the 12th survey.

What has continuously been kept in mind to maintain good health

The responses that have consistently been the same from the 1st survey to the 12th survey are selected from what has been kept in mind to maintain good health (“Do not drink too much alcohol”, “Do not smoke too much”, “Do moderate physical exercise”, “Receive at least one thorough medical checkup every year”, “Pay attention to how much to eat”, “Eat a variety of food as part of a balanced diet”, “Take tablets, capsule medicine,

powdered/drinkable vitamins or minerals”, “Maintain the ideal body weight”, “Brush teeth after meals”, “Take an adequate rest”, “Do not stress out”, “Do nothing particular”).

Labour force status

“Working”

Means that the surveyed individual does paid work.

“Not working”

Means that the surveyed individual does not usually do paid work.

Work forms

“Self-employed person”

Refers to the owner of a privately-run store, factory, farm or other business owner, or a private medical practitioner, lawyer, writer, peddler, etc.

However, the owner of any store that represents an incorporated organization (limited liability company, limited partnership or unlimited partnership) is regarded as an “executive of a corporation/organization”.

“Family worker”

Refers to a family member who helps farm work on the family farm or helps run the family-run store.

“Executive of a corporation/organization”

Refers to the president, a managing director or an auditor of a corporation, an executive director (chairperson) or an inspector of an organization, the governor or an executive director of a public corporation or agency, etc.

However, so-called managerial positions such as directors and managers are not included, unless they are board members such as executive directors.

“Regular staff/employee”

Refers to a person employed by a corporation, organization, government administration office or privately-run store with no specified employment period.

“Part-time employee/casual staff”

Refers to a person termed as “part-timer”, “casual staff” or any other similar designation by the company or organization for which the person is working, regardless of hours or days worked.

“Temporary employee dispatched by a worker dispatching company”

Refers to a person employed and dispatched by a worker dispatching company under the Worker Dispatching Act.

“Contract staff/contract-based worker”

Refers to a person employed on a contract basis in order to have the person engaged in a specialized job, a person employed for a prescribed period, or a person whose employment status is referred to as “contract-based worker” or any other similar designation by the company or organization for which the person is working, regardless of his/her working conditions or employment period.

“Person engaging in industrial homework”

Refers to a person who does piecework at home.

“Others”

Refers to any work forms other than “Self-employed person” to “Person engaging in industrial homework” described above.

Details of social participation activities

“Hobbies/cultural enrichment”

Japanese “go” board game, bonsai, travel, handicraft, dancing, pottery, English conversation class, personal computer class, etc.

“Sports/health”

Walking, ball games, golf, mountain-climbing, gymnastics, walking group, etc.

“Community events”

Looking after community functions at festivals or community activities organized by neighborhood councils.

“Child-rearing support, education and culture”

Child-rearing assistance, executive of a children’s group, workshop, transmission of local performing arts to younger generations, etc.

“Elderly assistance”

Volunteer work to assist the elderly, etc.