

# Outline of Results from 2007 National Health and Nutrition Survey

## About National Health and Nutrition Survey

### Objective:

Based on Health Promotion Act (Act No.103 of 2002), disclose physical condition of citizens, nutritional intake, and lifestyle conditions, and get basic information to conduct comprehensive national health promotion.

### Survey Target:

Households from 300 or less randomly sampled unit areas that are established in 2007 Comprehensive Survey of Living Conditions of the People on Health and Welfare (Approximately 6,000 households), and household member aged 1 or older from referenced households

Survey Period : Every November

### Survey Items:

#### Survey on Physical Condition:

Height, Weight, Abdominal Circumference, Blood pressure, Blood testing, Number of steps, Interview (Medication, Exercise)

#### Survey on Nutrition Intake Condition:

Food Intake, Nutrient, etc, Intake, Dietary condition (skipping meals)

#### Survey on Life Style:

General lifestyle such as diet, physical activities, exercise, rest (sleep), alcohol, smoking, dental health, etc.

## 2007 Important survey items "Diabetes", "Rest (sleep)"

### Status of Diabetes

(1) Those strongly suspected of having diabetes are approximately 8.9 million people. Those with possibilities of having diabetes are approximately 13.2 million people, and the sum is approximately 22.1 million people.

▼Criterion for "those strongly suspected of having diabetes" and "those with possibilities of having diabetes"

① "Those strongly suspected of having diabetes" are those with 6.1% or more of hemoglobin A1c, or those answered yes to a questionnaire "Currently undergoing diabetes treatment"

② "Those with possibilities of having diabetes" are those with 5.6% or more and no more than 6.1% of hemoglobin A1c, and those that do not apply to 1.

(Reference) (2002 Survey on Diabetes)

Those strongly suspected of having diabetes Approximately 7.4million people

The sum with those with possibilities of having diabetes Approximately 16.2 million people

(2) In regard to the status of diabetes treatment, the percentage of those answered yes to a questionnaire "Currently undergoing treatment" is increasing, but those answered yes to "Hardly underwent on treatment" still remains approximately 40%.

(3) Among those who are told "having abnormality" after examination of diabetes, the percentage of those who received health guidance, etc, is approximately 80%. In addition, the percentage of those who answered "Altered life style" is approximately 90%.

(4) In regard to knowledge on diabetes, the percentage of those who answered "appropriate diets and exercise habits are effective for preventing diabetes" is approximately 90%, and the percentage of those who answered "diabetes cause blindness" is approximately 80%, which are high percentages of correct answers.

The percentage of those who correctly answered "Diabetes cause kidney disorder" is moderate and the percentage of those who correctly answered "many of those with diabetes have high blood pressure" and "those with light diabetes have higher possibilities of having heart diseases and cerebral apoplexy" is low.

### Status of Metabolic Syndrome (visceral fat syndrome)

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

### Status of Physical Activities

(1) The average numbers of steps in daily life are 7,321 steps for men and 6,267 steps for women, and have not reached the target number of "Healthy Japan 21", which are 9,200 steps for men and 8,300 steps for women

### Status of Sleep and Rest

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

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

(3) In regard to status of stress, the percentage of those in their 20's to 40's who said "greatly stressed" and "slightly stressed" is over 70% for both men and women.

### Status of Smoking

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

(2) Among those currently having habitual smoking, those who answered "Want to quite smoking" is in an increasing tendency.

### Status of Diets

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

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

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