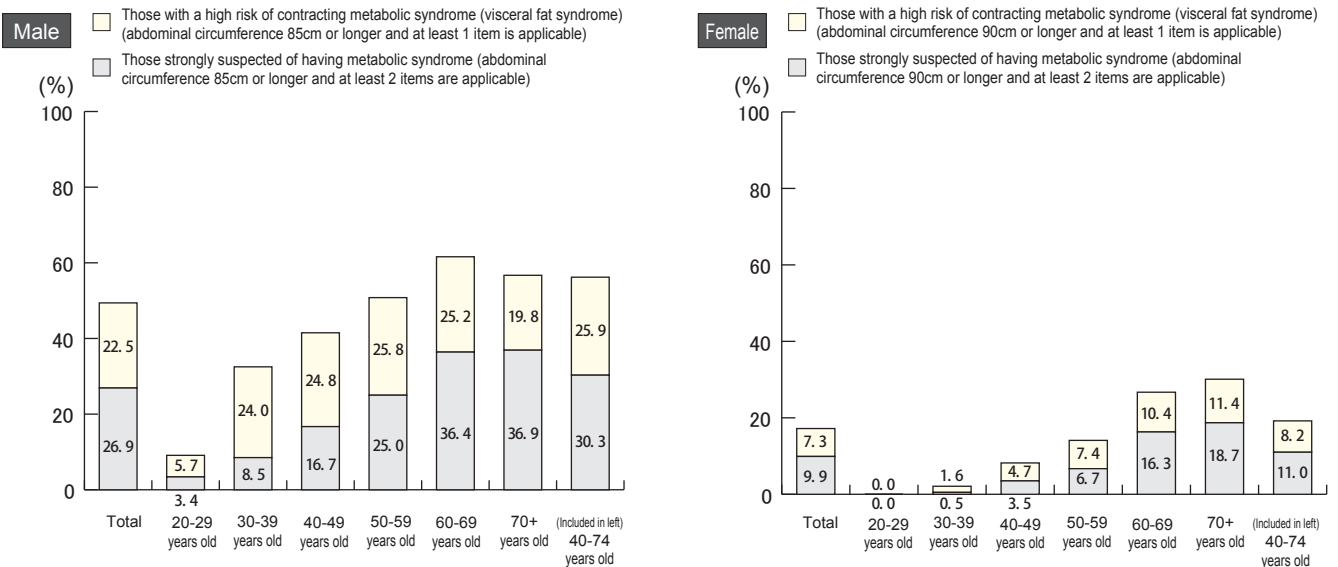


Detailed Data 4 Status of Patients and Those Having a High Risk of Contracting Metabolic Syndrome (Visceral Fat Syndrome)

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



- **Those strongly suspected of having metabolic syndrome (visceral fat syndrome)**

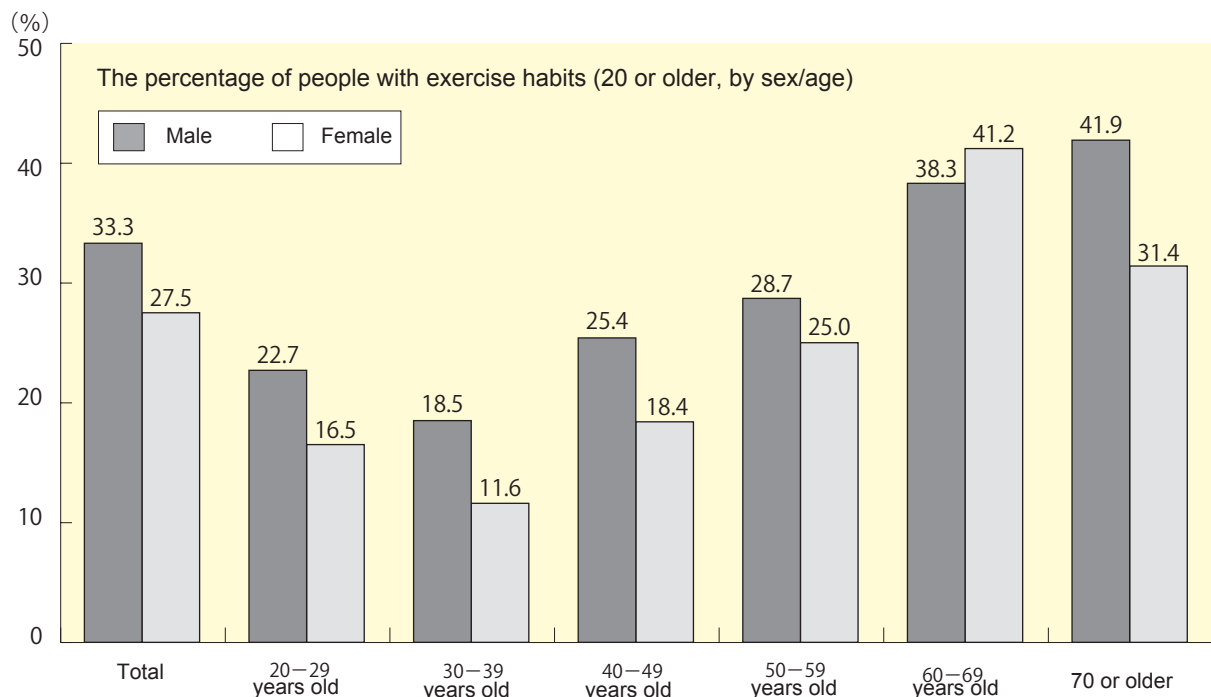
Those with abdominal circumference 85cm or longer for men and 90cm or longer for women and at least 2 of 3 items (blood lipid, blood pressure, and blood glucose) are applicable.

- **Those with a high risk of contracting metabolic syndrome (visceral fat syndrome)**

Those with abdominal circumference 85cm or longer for men and 90cm or longer for women and at least 1 of 3 items (blood lipid, blood pressure, and blood glucose) is applicable.

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

Detailed Data 5 Status of Exercise Habits



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

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