

# Outline of Results from 2008 National Health and Nutrition Survey

## About National Health and Nutrition Survey

### Objective:

Based on Health Promotion Law (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 2008 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.

## Key issues of the survey result

### (1) Body mass

—Since 2000, the increasing tendency of obesity rate for men has slowed down, while the rate of obese women has decreased. The rate of underweight for young women has leveled off—

- The annual change of the rate of obesity from 2000 indicates that the increasing tendency of obesity rate for men between their 40s and 60s has slowed down in comparison with that of 5 years ago. The obesity rate for women between their 40s and 60s has decreased. The rate of underweight young women in their 20s has leveled off.
- Measured BMI of women in their 20s and 30s is lower than their ideal BMI according to the comparison survey on different sex and age groups.
- 29.8% of obese men do not try to lose weight, while 12.6% of underweight women try to lose weight.

### (2) Regarding physical activities and exercises

—The rate of people who regularly exercise is 30%, but the rate of those who have the habit of exercise or make a conscious effort to exercise is higher than that of 2003—

- The rate of people who have the habit of exercise is 33% for men and 27.5% for women, which is higher than that of 2003.
- The rate of people who exercise or make a conscious effort to exercise has increased among both men and women.
- The rate of people who go out regularly has increased among men in their 40s and 70s or older and women in their 70s or older, while the rate of those who rarely go out is 10.8% for men and 13.5% for women in their 70s or older, which is higher than that of other age groups.

### (3) Smoking

—The smoking rate of both men and women is lower than that of 2003. The number of male smokers who want to stop smoking has increased—

- The rate of habitual smokers has decreased to 36.8% for men and 9.1% for women.
- The rate of those who want to stop smoking among habitual male smokers has increased.
- The number of habitual male smokers who smoke 21 cigarettes or more a day is lower than that of 2003.