

ライフステージ別集計表

1 身体状況調査

表156 身長、体重、BMIの平均値及び標準偏差

	人数 (人)	身長(cm)		体重(kg)		BMI(kg/m ²)		
		平均値	標準偏差	平均値	標準偏差	平均値	標準偏差	
男性	総数	820	161.6	18.4	60.2	17.2	—	—
	乳幼児期(1~5歳)	38	99.1	10.9	15.2	3.5	—	—
	学童期(6~12歳)	50	128.4	13.1	28.6	11.4	—	—
	思春期(13~19歳)	33	169.0	7.5	58.9	8.8	—	—
	青年期(20~29歳)	51	171.1	5.5	65.6	11.9	22.4	3.7
	壮年期(30~44歳)	172	171.7	6.3	69.7	12.2	23.6	3.6
	中年期(45~64歳)	277	167.8	5.5	66.5	9.9	23.5	2.9
	前期高齢期(65~74歳)	110	162.9	5.7	61.8	9.7	23.2	2.9
	後期高齢期(75歳以上)	89	157.9	6.8	55.1	8.8	22.1	2.9
	再掲(15~19歳)	28	170.6	5.3	59.9	8.5	20.5	2.4
	再掲(15歳以上)	727	167.1	7.4	64.8	11.3	23.1	3.2
女性	総数	892	150.4	14.4	49.5	13.2	—	—
	乳幼児期(1~5歳)	32	92.9	11.3	13.8	3.0	—	—
	学童期(6~12歳)	46	130.0	12.4	28.5	8.1	—	—
	思春期(13~19歳)	29	156.9	5.2	50.1	7.1	—	—
	青年期(20~29歳)	74	158.3	5.8	52.2	10.4	20.7	3.5
	壮年期(30~44歳)	175	158.2	5.2	53.8	9.1	21.5	3.5
	中年期(45~64歳)	286	154.8	5.3	53.7	9.6	22.4	3.7
	前期高齢期(65~74歳)	130	150.3	5.1	51.0	9.8	22.6	3.9
	後期高齢期(75歳以上)	120	145.5	6.4	47.5	13.1	22.4	5.9
	再掲(15~19歳)	19	158.2	4.6	52.0	6.2	20.8	2.3
	再掲(15歳以上)	804	153.8	7.0	52.2	10.3	22.0	4.1

*妊婦、身長、体重未記入者を除く *BMI=体重(kg)÷身長(m)² *BMIは15歳以上のみ算出

表157 BMIの判定状況

	総数	人数(%)						
		思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)	
男性	総数	727 (100.0%)	28 (100.0%)	51 (100.0%)	172 (100.0%)	277 (100.0%)	110 (100.0%)	89 (100.0%)
	肥満	168 (23.1%)	1 (3.6%)	10 (19.6%)	44 (25.6%)	71 (25.6%)	30 (27.3%)	12 (13.5%)
	普通	518 (71.3%)	22 (78.6%)	36 (70.6%)	121 (70.3%)	202 (72.9%)	71 (64.5%)	66 (74.2%)
	低体重 (やせ)	41 (5.6%)	5 (17.9%)	5 (9.8%)	7 (4.1%)	4 (1.4%)	9 (8.2%)	11 (12.4%)
女性	総数	804 (100.0%)	19 (100.0%)	74 (100.0%)	175 (100.0%)	286 (100.0%)	130 (100.0%)	120 (100.0%)
	肥満	143 (17.8%)	1 (5.3%)	7 (9.5%)	22 (12.6%)	55 (19.2%)	34 (26.2%)	24 (20.0%)
	普通	543 (67.5%)	16 (84.2%)	46 (62.2%)	128 (73.1%)	200 (69.9%)	79 (60.8%)	74 (61.7%)
	低体重 (やせ)	118 (14.7%)	2 (10.5%)	21 (28.4%)	25 (14.3%)	31 (10.8%)	17 (13.1%)	22 (18.3%)

*妊婦、身長、体重未記入者を除く *BMI=体重(kg)÷身長(m)² *15歳以上

判定	低体重(やせ)	普通体重(正常)	肥満
BMI(kg/m ²)	18.5未満	18.5以上25.0未満	25.0以上

(「日本肥満学会(2000年)による肥満の判定基準」より)

表158-1 BMIの分布(男性)

		人数(%)						
		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
	総数	727 (100.0%)	28 (100.0%)	51 (100.0%)	172 (100.0%)	277 (100.0%)	110 (100.0%)	89 (100.0%)
男性	15以上~16kg/m ² 未満	4 (0.6%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	0 (0.0%)	1 (0.9%)	2 (2.2%)
	16~17	5 (0.7%)	1 (3.6%)	0 (0.0%)	2 (1.2%)	0 (0.0%)	1 (0.9%)	1 (1.1%)
	17~18	19 (2.6%)	2 (7.1%)	4 (7.8%)	2 (1.2%)	2 (0.7%)	5 (4.5%)	4 (4.5%)
	18~19	30 (4.1%)	4 (14.3%)	6 (11.8%)	8 (4.7%)	4 (1.4%)	4 (3.6%)	4 (4.5%)
	19~20	60 (8.3%)	7 (25.0%)	6 (11.8%)	10 (5.8%)	19 (6.9%)	3 (2.7%)	15 (16.9%)
	20~21	78 (10.7%)	5 (17.9%)	8 (15.7%)	16 (9.3%)	27 (9.7%)	11 (10.0%)	11 (12.4%)
	21~22	74 (10.2%)	3 (10.7%)	4 (7.8%)	17 (9.9%)	34 (12.3%)	8 (7.3%)	8 (9.0%)
	22~23	97 (13.3%)	1 (3.6%)	4 (7.8%)	31 (18.0%)	37 (13.4%)	15 (13.6%)	9 (10.1%)
	23~24	100 (13.8%)	2 (7.1%)	5 (9.8%)	17 (9.9%)	46 (16.6%)	20 (18.2%)	10 (11.2%)
	24~25	92 (12.7%)	2 (7.1%)	4 (7.8%)	24 (14.0%)	37 (13.4%)	12 (10.9%)	13 (14.6%)
	25~26	55 (7.6%)	0 (0.0%)	2 (3.9%)	13 (7.6%)	19 (6.9%)	16 (14.5%)	5 (5.6%)
	26~27	39 (5.4%)	1 (3.6%)	1 (2.0%)	7 (4.1%)	24 (8.7%)	4 (3.6%)	2 (2.2%)
	27~28	22 (3.0%)	0 (0.0%)	1 (2.0%)	5 (2.9%)	10 (3.6%)	4 (3.6%)	2 (2.2%)
	28~29	18 (2.5%)	0 (0.0%)	2 (3.9%)	5 (2.9%)	5 (1.8%)	3 (2.7%)	3 (3.4%)
	29~30	7 (1.0%)	0 (0.0%)	1 (2.0%)	2 (1.2%)	2 (0.7%)	2 (1.8%)	0 (0.0%)
	30~31	9 (1.2%)	0 (0.0%)	2 (3.9%)	3 (1.7%)	3 (1.1%)	1 (0.9%)	0 (0.0%)
	31~32	7 (1.0%)	0 (0.0%)	0 (0.0%)	2 (1.2%)	5 (1.8%)	0 (0.0%)	0 (0.0%)
	32~33	6 (0.8%)	0 (0.0%)	1 (2.0%)	2 (1.2%)	3 (1.1%)	0 (0.0%)	0 (0.0%)
	33~34	1 (0.1%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
34~35	2 (0.3%)	0 (0.0%)	0 (0.0%)	2 (1.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
35kg/m ² 以上	2 (0.3%)	0 (0.0%)	0 (0.0%)	2 (1.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	

*身長、体重未記入者を除く

*15歳以上

表158-2 BMIの分布(女性)

		人数(%)						
		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
女性	総数	804 (100.0%)	19 (100.0%)	74 (100.0%)	175 (100.0%)	286 (100.0%)	130 (100.0%)	120 (100.0%)
	15以上~16kg/m ² 未満	12 (1.5%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	3 (1.0%)	4 (3.1%)	4 (3.3%)
	16~17	17 (2.1%)	1 (5.3%)	1 (1.4%)	1 (0.6%)	2 (0.7%)	4 (3.1%)	8 (6.7%)
	17~18	50 (6.2%)	1 (5.3%)	10 (13.5%)	11 (6.3%)	15 (5.2%)	5 (3.8%)	8 (6.7%)
	18~19	73 (9.1%)	1 (5.3%)	15 (20.3%)	20 (11.4%)	27 (9.4%)	7 (5.4%)	3 (2.5%)
	19~20	112 (13.9%)	5 (26.3%)	12 (16.2%)	33 (18.9%)	31 (10.8%)	17 (13.1%)	14 (11.7%)
	20~21	102 (12.7%)	4 (21.1%)	10 (13.5%)	32 (18.3%)	34 (11.9%)	12 (9.2%)	10 (8.3%)
	21~22	112 (13.9%)	1 (5.3%)	10 (13.5%)	25 (14.3%)	44 (15.4%)	13 (10.0%)	19 (15.8%)
	22~23	69 (8.6%)	4 (21.1%)	4 (5.4%)	11 (6.3%)	25 (8.7%)	13 (10.0%)	12 (10.0%)
	23~24	58 (7.2%)	0 (0.0%)	3 (4.1%)	11 (6.3%)	26 (9.1%)	10 (7.7%)	8 (6.7%)
	24~25	56 (7.0%)	1 (5.3%)	2 (2.7%)	8 (4.6%)	24 (8.4%)	11 (8.5%)	10 (8.3%)
	25~26	39 (4.9%)	1 (5.3%)	2 (2.7%)	5 (2.9%)	14 (4.9%)	12 (9.2%)	5 (4.2%)
	26~27	29 (3.6%)	0 (0.0%)	0 (0.0%)	8 (4.6%)	7 (2.4%)	10 (7.7%)	4 (3.3%)
	27~28	24 (3.0%)	0 (0.0%)	1 (1.4%)	1 (0.6%)	11 (3.8%)	4 (3.1%)	7 (5.8%)
	28~29	13 (1.6%)	0 (0.0%)	2 (2.7%)	2 (1.1%)	5 (1.7%)	2 (1.5%)	2 (1.7%)
	29~30	5 (0.6%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	2 (0.7%)	2 (1.5%)	0 (0.0%)
	30~31	9 (1.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	7 (2.4%)	0 (0.0%)	2 (1.7%)
	31~32	6 (0.7%)	0 (0.0%)	1 (1.4%)	0 (0.0%)	4 (1.4%)	0 (0.0%)	1 (0.8%)
	32~33	4 (0.5%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	2 (0.7%)	1 (0.8%)	0 (0.0%)
	33~34	1 (0.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.8%)	0 (0.0%)
	34~35	5 (0.6%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	1 (0.3%)	1 (0.8%)	2 (1.7%)
35kg/m ² 以上	8 (1.0%)	0 (0.0%)	1 (1.4%)	3 (1.7%)	2 (0.7%)	1 (0.8%)	1 (0.8%)	

表159 内臓脂肪面積100cm²に相当する腹囲(男性85cm、女性90cm)を超える者 人数(%)

		総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	359 (100.0%)	19 (100.0%)	86 (100.0%)	138 (100.0%)	67 (100.0%)	49 (100.0%)
	85cm以上	157 (43.7%)	6 (31.6%)	26 (30.2%)	65 (47.1%)	40 (59.7%)	20 (40.8%)
	85cm未満	202 (56.3%)	13 (68.4%)	60 (69.8%)	73 (52.9%)	27 (40.3%)	29 (59.2%)
女性	総数	496 (100.0%)	22 (100.0%)	120 (100.0%)	190 (100.0%)	99 (100.0%)	65 (100.0%)
	90cm以上	74 (14.9%)	2 (9.1%)	7 (5.8%)	26 (13.7%)	19 (19.2%)	20 (30.8%)
	90cm未満	422 (85.1%)	20 (90.9%)	113 (94.2%)	164 (86.3%)	80 (80.8%)	45 (69.2%)

表160 BMIと腹囲の区分別分布

		総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	359 (100.0%)	19 (100.0%)	86 (100.0%)	138 (100.0%)	67 (100.0%)	49 (100.0%)
	BMI<25 腹囲<85cm	197 (54.9%)	13 (68.4%)	57 (66.3%)	72 (52.2%)	26 (38.8%)	29 (59.2%)
	BMI≥25 腹囲<85cm	5 (1.4%)	0 (0.0%)	3 (3.5%)	1 (0.7%)	1 (1.5%)	0 (0.0%)
	BMI<25 腹囲≥85cm	86 (24.0%)	3 (15.8%)	10 (11.6%)	37 (26.8%)	22 (32.8%)	14 (28.6%)
	BMI≥25 腹囲≥85cm	71 (19.8%)	3 (15.8%)	16 (18.6%)	28 (20.3%)	18 (26.9%)	6 (12.2%)
	総数	496 (100.0%)	22 (100.0%)	120 (100.0%)	190 (100.0%)	99 (100.0%)	65 (100.0%)
女性	BMI<25 腹囲<90cm	391 (78.8%)	19 (86.4%)	104 (86.7%)	153 (80.5%)	72 (72.7%)	43 (66.2%)
	BMI≥25 腹囲<90cm	31 (6.3%)	1 (4.5%)	9 (7.5%)	11 (5.8%)	8 (8.1%)	2 (3.1%)
	BMI<25 腹囲≥90cm	15 (3.0%)	0 (0.0%)	0 (0.0%)	5 (2.6%)	4 (4.0%)	6 (9.2%)
	BMI≥25 腹囲≥90cm	59 (11.9%)	2 (9.1%)	7 (5.8%)	21 (11.1%)	15 (15.2%)	14 (21.5%)
	総数	496 (100.0%)	22 (100.0%)	120 (100.0%)	190 (100.0%)	99 (100.0%)	65 (100.0%)

*妊婦、身長、体重、腹囲未記入者を除く20歳以上

表161-1 腹囲の分布(男性)

		総数	学童期 (6~12歳)	思春期 (13~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男 性	総数	427 (100.0%)	49 (100.0%)	19 (100.0%)	19 (100.0%)	86 (100.0%)	138 (100.0%)	67 (100.0%)	49 (100.0%)
	44 - 45cm未満	1 (0.2%)	1 (2.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	46 - 48	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	48 - 50	1 (0.2%)	1 (2.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	50 - 52	4 (0.9%)	4 (8.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	52 - 54	11 (2.6%)	11 (22.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	54 - 56	5 (1.2%)	5 (10.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	56 - 58	10 (2.3%)	10 (20.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	58 - 60	2 (0.5%)	2 (4.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	60 - 62	4 (0.9%)	4 (8.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	62 - 64	6 (1.4%)	5 (10.2%)	1 (5.3%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (2.0%)
	64 - 66	2 (0.5%)	0 (0.0%)	1 (5.3%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (2.0%)
	66 - 68	7 (1.6%)	1 (2.0%)	1 (5.3%)	0 (0.0%)	0 (0.0%)	1 (0.7%)	3 (4.5%)	2 (4.1%)
	68 - 70	15 (3.5%)	1 (2.0%)	5 (26.3%)	3 (15.8%)	4 (4.7%)	0 (0.0%)	0 (0.0%)	3 (6.1%)
	70 - 72	18 (4.2%)	0 (0.0%)	2 (10.5%)	2 (10.5%)	7 (8.1%)	1 (0.7%)	3 (4.5%)	3 (6.1%)
	72 - 74	16 (3.7%)	1 (2.0%)	3 (15.8%)	0 (0.0%)	5 (5.8%)	3 (2.2%)	1 (1.5%)	4 (8.2%)
	74 - 76	23 (5.4%)	0 (0.0%)	2 (10.5%)	4 (21.1%)	3 (3.5%)	8 (5.8%)	2 (3.0%)	1 (2.0%)
	76 - 78	20 (4.7%)	0 (0.0%)	2 (10.5%)	0 (0.0%)	5 (5.8%)	8 (5.8%)	4 (6.0%)	1 (2.0%)
	78 - 80	29 (6.8%)	0 (0.0%)	0 (0.0%)	1 (5.3%)	14 (16.3%)	9 (6.5%)	4 (6.0%)	6 (12.2%)
	80 - 82	32 (7.5%)	0 (0.0%)	1 (5.3%)	1 (5.3%)	8 (9.3%)	11 (8.0%)	5 (7.5%)	6 (12.2%)
	82 - 84	43 (10.1%)	0 (0.0%)	0 (0.0%)	1 (5.3%)	10 (11.6%)	25 (18.1%)	1 (1.5%)	5 (10.2%)
	84 - 86	39 (9.1%)	1 (2.0%)	0 (0.0%)	2 (10.5%)	8 (9.3%)	15 (10.9%)	8 (11.9%)	5 (10.2%)
	86 - 88	33 (7.7%)	0 (0.0%)	0 (0.0%)	1 (5.3%)	5 (5.8%)	13 (9.4%)	9 (13.4%)	3 (6.1%)
	88 - 90	36 (8.4%)	1 (2.0%)	1 (5.3%)	1 (5.3%)	5 (5.8%)	16 (11.6%)	9 (13.4%)	2 (4.1%)
	90 - 92	25 (5.9%)	0 (0.0%)	0 (0.0%)	1 (5.3%)	1 (1.2%)	13 (9.4%)	8 (11.9%)	4 (8.2%)
	92 - 94	12 (2.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (2.3%)	4 (2.9%)	2 (3.0%)	2 (4.1%)
	94 - 96	11 (2.6%)	1 (2.0%)	0 (0.0%)	1 (5.3%)	2 (2.3%)	4 (2.9%)	1 (1.5%)	0 (0.0%)
96 - 98	4 (0.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	3 (2.2%)	1 (1.5%)	0 (0.0%)	
98 - 100	7 (1.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	3 (3.5%)	2 (1.4%)	2 (3.0%)	0 (0.0%)	
100 - 102	4 (0.9%)	0 (0.0%)	0 (0.0%)	1 (5.3%)	1 (1.2%)	1 (0.7%)	1 (1.5%)	0 (0.0%)	
102 - 104	2 (0.5%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (3.0%)	0 (0.0%)	
104 - 106	1 (0.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.7%)	0 (0.0%)	0 (0.0%)	
106 - 108	1 (0.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (1.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
108 - 110	2 (0.5%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (1.2%)	0 (0.0%)	1 (1.5%)	0 (0.0%)	
110 - 112	1 (0.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (1.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
112cm以上	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	

表161-2 腹围の分布(女性)

		総数	学童期 (6~12歳)	思春期 (13~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
女 性	総数	562 (100.0%)	42 (100.0%)	24 (100.0%)	22 (100.0%)	120 (100.0%)	190 (100.0%)	99 (100.0%)	65 (100.0%)
	44 - 45cm未満	2 (0.4%)	2 (4.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	46 - 48	1 (0.2%)	1 (2.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	48 - 50	1 (0.2%)	1 (2.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	50 - 52	1 (0.2%)	1 (2.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	52 - 54	5 (0.9%)	5 (11.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	54 - 56	6 (1.1%)	6 (14.3%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	56 - 58	12 (2.1%)	9 (21.4%)	1 (4.2%)	0 (0.0%)	1 (0.8%)	1 (0.5%)	0 (0.0%)	0 (0.0%)
	58 - 60	7 (1.2%)	4 (9.5%)	2 (8.3%)	0 (0.0%)	0 (0.0%)	1 (0.5%)	0 (0.0%)	0 (0.0%)
	60 - 62	11 (2.0%)	3 (7.1%)	1 (4.2%)	0 (0.0%)	4 (3.3%)	1 (0.5%)	0 (0.0%)	2 (3.1%)
	62 - 64	17 (3.0%)	4 (9.5%)	0 (0.0%)	0 (0.0%)	4 (3.3%)	5 (2.6%)	1 (1.0%)	3 (4.6%)
	64 - 66	15 (2.7%)	3 (7.1%)	1 (4.2%)	1 (4.5%)	5 (4.2%)	3 (1.6%)	1 (1.0%)	1 (1.5%)
	66 - 68	22 (3.9%)	0 (0.0%)	2 (8.3%)	3 (13.6%)	3 (2.5%)	3 (1.6%)	7 (7.1%)	4 (6.2%)
	68 - 70	25 (4.4%)	0 (0.0%)	3 (12.5%)	1 (4.5%)	10 (8.3%)	6 (3.2%)	3 (3.0%)	2 (3.1%)
	70 - 72	25 (4.4%)	0 (0.0%)	3 (12.5%)	1 (4.5%)	7 (5.8%)	9 (4.7%)	2 (2.0%)	3 (4.6%)
	72 - 74	34 (6.0%)	1 (2.4%)	1 (4.2%)	1 (4.5%)	17 (14.2%)	8 (4.2%)	5 (5.1%)	1 (1.5%)
	74 - 76	38 (6.8%)	0 (0.0%)	1 (4.2%)	1 (4.5%)	13 (10.8%)	14 (7.4%)	5 (5.1%)	4 (6.2%)
	76 - 78	53 (9.4%)	0 (0.0%)	3 (12.5%)	5 (22.7%)	15 (12.5%)	18 (9.5%)	9 (9.1%)	3 (4.6%)
	78 - 80	43 (7.7%)	1 (2.4%)	3 (12.5%)	3 (13.6%)	9 (7.5%)	15 (7.9%)	7 (7.1%)	5 (7.7%)
	80 - 82	46 (8.2%)	0 (0.0%)	2 (8.3%)	2 (9.1%)	9 (7.5%)	24 (12.6%)	7 (7.1%)	2 (3.1%)
	82 - 84	35 (6.2%)	1 (2.4%)	0 (0.0%)	1 (4.5%)	5 (4.2%)	15 (7.9%)	8 (8.1%)	5 (7.7%)
84 - 86	39 (6.9%)	0 (0.0%)	1 (4.2%)	0 (0.0%)	6 (5.0%)	16 (8.4%)	14 (14.1%)	2 (3.1%)	
86 - 88	22 (3.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (1.7%)	12 (6.3%)	6 (6.1%)	2 (3.1%)	
88 - 90	28 (5.0%)	0 (0.0%)	0 (0.0%)	1 (4.5%)	3 (2.5%)	13 (6.8%)	5 (5.1%)	6 (9.2%)	
90 - 92	12 (2.1%)	0 (0.0%)	0 (0.0%)	1 (4.5%)	1 (0.8%)	4 (2.1%)	2 (2.0%)	4 (6.2%)	
92 - 94	17 (3.0%)	0 (0.0%)	0 (0.0%)	1 (4.5%)	0 (0.0%)	7 (3.7%)	5 (5.1%)	4 (6.2%)	
94 - 96	8 (1.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	5 (2.6%)	2 (2.0%)	1 (1.5%)	
96 - 98	11 (2.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (1.7%)	1 (0.5%)	3 (3.0%)	5 (7.7%)	
98 - 100	11 (2.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.8%)	4 (2.1%)	4 (4.0%)	2 (3.1%)	
100 - 102	6 (1.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	3 (1.6%)	1 (1.0%)	2 (3.1%)	
102 - 104	4 (0.7%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (1.7%)	0 (0.0%)	1 (1.0%)	1 (1.5%)	
104 - 106	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
106 - 108	3 (0.5%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (1.1%)	1 (1.0%)	0 (0.0%)	
108 - 110	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
110 - 112	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
112cm以上	2 (0.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.8%)	0 (0.0%)	0 (0.0%)	1 (1.5%)	

* 妊婦を除く

表162 血圧の状況(血圧降下薬服用者含む)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	291 (100.0%)	8 (100.0%)	10 (100.0%)	68 (100.0%)	104 (100.0%)	55 (100.0%)	46 (100.0%)
	至適血圧	83 (28.5%)	7 (87.5%)	5 (50.0%)	42 (61.8%)	17 (16.3%)	7 (12.7%)	5 (10.9%)
	正常血圧	53 (18.2%)	1 (12.5%)	2 (20.0%)	13 (19.1%)	21 (20.2%)	6 (10.9%)	10 (21.7%)
	正常高値血圧	44 (15.1%)	0 (0.0%)	2 (20.0%)	6 (8.8%)	18 (17.3%)	11 (20.0%)	7 (15.2%)
	I度高血圧	83 (28.5%)	0 (0.0%)	1 (10.0%)	6 (8.8%)	33 (31.7%)	25 (45.5%)	18 (39.1%)
	II度高血圧	23 (7.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	13 (12.5%)	5 (9.1%)	5 (10.9%)
	III度高血圧	5 (1.7%)	0 (0.0%)	0 (0.0%)	1 (1.5%)	2 (1.9%)	1 (1.8%)	1 (2.2%)
	(孤立性)収縮期血圧(再掲)	57 (19.6%)	0 (0.0%)	0 (0.0%)	2 (2.9%)	16 (15.4%)	18 (32.7%)	21 (45.7%)
	総数	447 (100.0%)	7 (100.0%)	11 (100.0%)	107 (100.0%)	173 (100.0%)	92 (100.0%)	57 (100.0%)
女性	至適血圧	192 (43.0%)	6 (85.7%)	9 (81.8%)	87 (81.3%)	62 (35.8%)	23 (25.0%)	5 (8.8%)
	正常血圧	82 (18.3%)	1 (14.3%)	2 (18.2%)	7 (6.5%)	40 (23.1%)	21 (22.8%)	11 (19.3%)
	正常高値血圧	75 (16.8%)	0 (0.0%)	0 (0.0%)	7 (6.5%)	30 (17.3%)	20 (21.7%)	18 (31.6%)
	I度高血圧	80 (17.9%)	0 (0.0%)	0 (0.0%)	5 (4.7%)	35 (20.2%)	19 (20.7%)	21 (36.8%)
	II度高血圧	17 (3.8%)	0 (0.0%)	0 (0.0%)	1 (0.9%)	5 (2.9%)	9 (9.8%)	2 (3.5%)
	III度高血圧	1 (0.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	0 (0.0%)	0 (0.0%)
	(孤立性)収縮期血圧(再掲)	72 (16.1%)	0 (0.0%)	0 (0.0%)	4 (3.7%)	28 (16.2%)	21 (22.8%)	19 (33.3%)

*妊婦を除く15歳以上

*血圧2回測定の平均(1回測定の場合は1回の値)

*正常血圧に至適血圧を含まない

血圧の分類

分類	収縮期血圧(mmHg)	拡張期血圧(mmHg)
至適血圧	120未満	かつ 80未満
正常血圧	130未満	かつ 85未満
正常高値血圧	130~139	または 85~89
I度高血圧	140~159	または 90~99
II度高血圧	160~179	または 100~109
III度高血圧	180以上	または 110以上
(孤立性)収縮期血圧	140以上	かつ 90未満

「日本高血圧学会(2009年)による血圧の分類」より

表163 収縮期血圧の分布(血圧降下薬服薬者含む)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	291 (100.0%)	8 (100.0%)	10 (100.0%)	68 (100.0%)	104 (100.0%)	55 (100.0%)	46 (100.0%)
	90mmHg未満	2 (0.7%)	1 (12.5%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (1.8%)	0 (0.0%)
	90 - 100	9 (3.1%)	1 (12.5%)	1 (10.0%)	6 (8.8%)	1 (1.0%)	0 (0.0%)	0 (0.0%)
	100 - 110	29 (10.0%)	3 (37.5%)	0 (0.0%)	17 (25.0%)	3 (2.9%)	4 (7.3%)	2 (4.3%)
	110 - 120	51 (17.5%)	2 (25.0%)	5 (50.0%)	21 (30.9%)	17 (16.3%)	3 (5.5%)	3 (6.5%)
	120 - 130	52 (17.9%)	1 (12.5%)	2 (20.0%)	13 (19.1%)	19 (18.3%)	7 (12.7%)	10 (21.7%)
	130 - 140	45 (15.5%)	0 (0.0%)	2 (20.0%)	5 (7.4%)	20 (19.2%)	11 (20.0%)	7 (15.2%)
	140 - 150	44 (15.1%)	0 (0.0%)	0 (0.0%)	2 (2.9%)	20 (19.2%)	12 (21.8%)	10 (21.7%)
	150 - 160	37 (12.7%)	0 (0.0%)	0 (0.0%)	3 (4.4%)	15 (14.4%)	11 (20.0%)	8 (17.4%)
	160 - 170	12 (4.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	5 (4.8%)	3 (5.5%)	4 (8.7%)
	170 - 180	6 (2.1%)	0 (0.0%)	0 (0.0%)	1 (1.5%)	2 (1.9%)	2 (3.6%)	1 (2.2%)
	180mmHg以上	4 (1.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (1.9%)	1 (1.8%)	1 (2.2%)
	平均(mmHg)	131.6	105.5	116.8	116.6	137.0	139.5	140.1
	標準偏差(mmHg)	20.9	11.2	11.5	15.3	19.7	19.8	18.0
女性	総数	447 (100.0%)	7 (100.0%)	11 (100.0%)	107 (100.0%)	173 (100.0%)	92 (100.0%)	57 (100.0%)
	90mmHg未満	5 (1.1%)	0 (0.0%)	0 (0.0%)	4 (3.7%)	0 (0.0%)	0 (0.0%)	1 (1.8%)
	90 - 100	28 (6.3%)	2 (28.6%)	2 (18.2%)	20 (18.7%)	3 (1.7%)	1 (1.1%)	0 (0.0%)
	100 - 110	77 (17.2%)	3 (42.9%)	4 (36.4%)	39 (36.4%)	22 (12.7%)	7 (7.6%)	2 (3.5%)
	110 - 120	88 (19.7%)	2 (28.6%)	4 (36.4%)	25 (23.4%)	40 (23.1%)	15 (16.3%)	2 (3.5%)
	120 - 130	84 (18.8%)	0 (0.0%)	1 (9.1%)	8 (7.5%)	43 (24.9%)	21 (22.8%)	11 (19.3%)
	130 - 140	71 (15.9%)	0 (0.0%)	0 (0.0%)	5 (4.7%)	26 (15.0%)	22 (23.9%)	18 (31.6%)
	140 - 150	52 (11.6%)	0 (0.0%)	0 (0.0%)	4 (3.7%)	23 (13.3%)	10 (10.9%)	15 (26.3%)
	150 - 160	24 (5.4%)	0 (0.0%)	0 (0.0%)	1 (0.9%)	10 (5.8%)	7 (7.6%)	6 (10.5%)
	160 - 170	15 (3.4%)	0 (0.0%)	0 (0.0%)	1 (0.9%)	4 (2.3%)	8 (8.7%)	2 (3.5%)
	170 - 180	2 (0.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	1 (1.1%)	0 (0.0%)
	180mmHg以上	1 (0.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	0 (0.0%)	0 (0.0%)
	平均(mmHg)	124.0	104.7	108.3	109.7	126.8	131.9	135.2
	標準偏差(mmHg)	18.5	7.7	9.3	14.9	17.0	16.7	14.6

*妊婦、血圧を下げる薬の服薬者を除く15歳以上

*血圧2回測定の場合(1回測定の場合は1回の値)

表164 拡張期血圧の分布(血圧降下薬服用者含む)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	291 (100.0%)	8 (100.0%)	10 (100.0%)	68 (100.0%)	104 (100.0%)	55 (100.0%)	46 (100.0%)
	40 - 50mmHg未満	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	50 - 60	16 (5.5%)	5 (62.5%)	0 (0.0%)	5 (7.4%)	2 (1.9%)	2 (3.6%)	2 (4.3%)
	60 - 70	59 (20.3%)	2 (25.0%)	2 (20.0%)	23 (33.8%)	13 (12.5%)	4 (7.3%)	15 (32.6%)
	70 - 80	94 (32.3%)	1 (12.5%)	7 (70.0%)	26 (38.2%)	23 (22.1%)	18 (32.7%)	19 (41.3%)
	80 - 90	68 (23.4%)	0 (0.0%)	0 (0.0%)	9 (13.2%)	34 (32.7%)	18 (32.7%)	7 (15.2%)
	90 - 100	41 (14.1%)	0 (0.0%)	1 (10.0%)	4 (5.9%)	21 (20.2%)	12 (21.8%)	3 (6.5%)
	100 - 110	10 (3.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	9 (8.7%)	1 (1.8%)	0 (0.0%)
	110 - 120	2 (0.7%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (1.9%)	0 (0.0%)	0 (0.0%)
	120mmHg以上	1 (0.3%)	0 (0.0%)	0 (0.0%)	1 (1.5%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	平均(mmHg)	78.1	58.8	74.9	73.3	83.8	80.3	73.7
	標準偏差(mmHg)	12.3	7.0	6.8	11.6	11.8	11.0	8.9
女性	総数	447 (100.0%)	7 (100.0%)	11 (100.0%)	107 (100.0%)	173 (100.0%)	92 (100.0%)	57 (100.0%)
	40 - 50mmHg未満	3 (0.7%)	0 (0.0%)	0 (0.0%)	1 (0.9%)	0 (0.0%)	1 (1.1%)	1 (1.8%)
	50 - 60	37 (8.3%)	4 (57.1%)	2 (18.2%)	14 (13.1%)	6 (3.5%)	7 (7.6%)	4 (7.0%)
	60 - 70	135 (30.2%)	2 (28.6%)	7 (63.6%)	51 (47.7%)	37 (21.4%)	23 (25.0%)	15 (26.3%)
	70 - 80	154 (34.5%)	0 (0.0%)	1 (9.1%)	31 (29.0%)	67 (38.7%)	38 (41.3%)	17 (29.8%)
	80 - 90	92 (20.6%)	1 (14.3%)	1 (9.1%)	8 (7.5%)	50 (28.9%)	16 (17.4%)	16 (28.1%)
	90 - 100	24 (5.4%)	0 (0.0%)	0 (0.0%)	2 (1.9%)	12 (6.9%)	6 (6.5%)	4 (7.0%)
	100 - 110	2 (0.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	1 (1.1%)	0 (0.0%)
	110 - 120	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	120mmHg以上	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	平均(mmHg)	72.9	61.7	66.6	68.1	76.2	73.3	73.4
	標準偏差(mmHg)	10.3	11.1	6.8	8.9	9.7	10.2	10.7

*妊婦、血圧を下げる薬の服薬者を除く15歳以上

*血圧2回測定の場合(1回測定の場合は1回の値)

表165 血圧の状況(血圧降下薬服用者除く)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	223 (100.0%)	8 (100.0%)	10 (100.0%)	64 (100.0%)	82 (100.0%)	34 (100.0%)	25 (100.0%)
	至適血圧	79 (35.4%)	7 (87.5%)	5 (50.0%)	39 (60.9%)	17 (20.7%)	6 (17.6%)	5 (20.0%)
	正常血圧	43 (19.3%)	1 (12.5%)	2 (20.0%)	13 (20.3%)	18 (22.0%)	4 (11.8%)	5 (20.0%)
	正常高値血圧	31 (13.9%)	0 (0.0%)	2 (20.0%)	6 (9.4%)	12 (14.6%)	8 (23.5%)	3 (12.0%)
	I度高血圧	49 (22.0%)	0 (0.0%)	1 (10.0%)	5 (7.8%)	22 (26.8%)	13 (38.2%)	8 (32.0%)
	II度高血圧	16 (7.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	11 (13.4%)	2 (5.9%)	3 (12.0%)
	III度高血圧	5 (2.2%)	0 (0.0%)	0 (0.0%)	1 (1.6%)	2 (2.4%)	1 (2.9%)	1 (4.0%)
	(孤立性)収縮期血圧(再掲)	38 (17.0%)	0 (0.0%)	0 (0.0%)	2 (3.1%)	13 (15.9%)	12 (35.3%)	11 (44.0%)
	総数	357 (100.0%)	7 (100.0%)	11 (100.0%)	105 (100.0%)	142 (100.0%)	64 (100.0%)	28 (100.0%)
女性	至適血圧	182 (51.0%)	6 (85.7%)	9 (81.8%)	85 (81.0%)	59 (41.5%)	18 (28.1%)	5 (17.9%)
	正常血圧	66 (18.5%)	1 (14.3%)	2 (18.2%)	7 (6.7%)	37 (26.1%)	14 (21.9%)	5 (17.9%)
	正常高値血圧	58 (16.2%)	0 (0.0%)	0 (0.0%)	7 (6.7%)	24 (16.9%)	14 (21.9%)	13 (46.4%)
	I度高血圧	44 (12.3%)	0 (0.0%)	0 (0.0%)	5 (4.8%)	20 (14.1%)	14 (21.9%)	5 (17.9%)
	II度高血圧	6 (1.7%)	0 (0.0%)	0 (0.0%)	1 (1.0%)	1 (0.7%)	4 (6.3%)	0 (0.0%)
	III度高血圧	1 (0.3%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.7%)	0 (0.0%)	0 (0.0%)
	(孤立性)収縮期血圧(再掲)	35 (9.8%)	0 (0.0%)	0 (0.0%)	4 (3.8%)	14 (9.9%)	14 (21.9%)	3 (10.7%)

*妊婦、血圧を下げる薬の服薬者を除く15歳以上
 *血圧2回測定の平均(1回測定の場合は1回の値)
 *正常血圧に至適血圧を含まない

表166 収縮期血圧の分布(血圧降下薬服用者除く)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	223 (100.0%)	8 (100.0%)	10 (100.0%)	64 (100.0%)	82 (100.0%)	34 (100.0%)	25 (100.0%)
	90mmHg未満	2 (0.9%)	1 (12.5%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (2.9%)	0 (0.0%)
	90 - 100	9 (4.0%)	1 (12.5%)	1 (10.0%)	6 (9.4%)	1 (1.2%)	0 (0.0%)	0 (0.0%)
	100 - 110	27 (12.1%)	3 (37.5%)	0 (0.0%)	15 (23.4%)	3 (3.7%)	4 (11.8%)	2 (8.0%)
	110 - 120	49 (22.0%)	2 (25.0%)	5 (50.0%)	20 (31.3%)	17 (20.7%)	2 (5.9%)	3 (12.0%)
	120 - 130	40 (17.9%)	1 (12.5%)	2 (20.0%)	13 (20.3%)	16 (19.5%)	3 (8.8%)	5 (20.0%)
	130 - 140	30 (13.5%)	0 (0.0%)	2 (20.0%)	5 (7.8%)	12 (14.6%)	8 (23.5%)	3 (12.0%)
	140 - 150	25 (11.2%)	0 (0.0%)	0 (0.0%)	1 (1.6%)	14 (17.1%)	7 (20.6%)	3 (12.0%)
	150 - 160	25 (11.2%)	0 (0.0%)	0 (0.0%)	3 (4.7%)	11 (13.4%)	6 (17.6%)	5 (20.0%)
	160 - 170	6 (2.7%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	4 (4.9%)	0 (0.0%)	2 (8.0%)
	170 - 180	6 (2.7%)	0 (0.0%)	0 (0.0%)	1 (1.6%)	2 (2.4%)	2 (5.9%)	1 (4.0%)
	180mmHg以上	4 (1.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (2.4%)	1 (2.9%)	1 (4.0%)
	平均(mmHg)	128.9	105.5	116.8	116.6	136.0	136.9	138.8
	標準偏差(mmHg)	21.8	11.2	11.5	15.2	21.5	21.4	22.2
	女性	総数	357 (100.0%)	7 (100.0%)	11 (100.0%)	105 (100.0%)	142 (100.0%)	64 (100.0%)
90mmHg未満		5 (1.4%)	0 (0.0%)	0 (0.0%)	4 (3.8%)	0 (0.0%)	0 (0.0%)	1 (3.6%)
90 - 100		28 (7.8%)	2 (28.6%)	2 (18.2%)	20 (19.0%)	3 (2.1%)	1 (1.6%)	0 (0.0%)
100 - 110		74 (20.7%)	3 (42.9%)	4 (36.4%)	39 (37.1%)	22 (15.5%)	4 (6.3%)	2 (7.1%)
110 - 120		81 (22.7%)	2 (28.6%)	4 (36.4%)	23 (21.9%)	37 (26.1%)	13 (20.3%)	2 (7.1%)
120 - 130		68 (19.0%)	0 (0.0%)	1 (9.1%)	8 (7.6%)	40 (28.2%)	14 (21.9%)	5 (17.9%)
130 - 140		54 (15.1%)	0 (0.0%)	0 (0.0%)	5 (4.8%)	20 (14.1%)	16 (25.0%)	13 (46.4%)
140 - 150		28 (7.8%)	0 (0.0%)	0 (0.0%)	4 (3.8%)	15 (10.6%)	7 (10.9%)	2 (7.1%)
150 - 160		12 (3.4%)	0 (0.0%)	0 (0.0%)	1 (1.0%)	3 (2.1%)	5 (7.8%)	3 (10.7%)
160 - 170		6 (1.7%)	0 (0.0%)	0 (0.0%)	1 (1.0%)	1 (0.7%)	4 (6.3%)	0 (0.0%)
170 - 180		0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
180mmHg以上		1 (0.3%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.7%)	0 (0.0%)	0 (0.0%)
平均(mmHg)		120.1	104.7	108.3	109.6	123.2	130.0	129.7
標準偏差(mmHg)		17.1	7.7	9.3	15.0	15.0	16.0	15.8

*妊婦、血圧を下げる薬の服薬者を除く15歳以上

*血圧2回測定の平均(1回測定の場合は1回の値)

表167 拡張期血圧の分布(血圧降下薬服用者除く)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)	
男性	総数	223 (100.0%)	8 (100.0%)	10 (100.0%)	64 (100.0%)	82 (100.0%)	34 (100.0%)	25 (100.0%)	
	40 - 50mmHg未満	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
	50 - 60	14 (6.3%)	5 (62.5%)	0 (0.0%)	4 (6.3%)	2 (2.4%)	1 (2.9%)	2 (8.0%)	
	60 - 70	50 (22.4%)	2 (25.0%)	2 (20.0%)	23 (35.9%)	11 (13.4%)	3 (8.8%)	9 (36.0%)	
	70 - 80	74 (33.2%)	1 (12.5%)	7 (70.0%)	24 (37.5%)	19 (23.2%)	14 (41.2%)	9 (36.0%)	
	80 - 90	53 (23.8%)	0 (0.0%)	0 (0.0%)	9 (14.1%)	28 (34.1%)	12 (35.3%)	4 (16.0%)	
	90 - 100	22 (9.9%)	0 (0.0%)	1 (10.0%)	3 (4.7%)	13 (15.9%)	4 (11.8%)	1 (4.0%)	
	100 - 110	7 (3.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	7 (8.5%)	0 (0.0%)	0 (0.0%)	
	110 - 120	2 (0.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (2.4%)	0 (0.0%)	0 (0.0%)	
	120mmHg以上	1 (0.4%)	0 (0.0%)	0 (0.0%)	1 (1.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
	平均(mmHg)	77.0	58.8	74.9	73.3	82.9	77.8	72.4	
	標準偏差(mmHg)	12.2	7.0	6.8	11.6	12.0	9.5	9.4	
	女性	総数	357 (100.0%)	7 (100.0%)	11 (100.0%)	105 (100.0%)	142 (100.0%)	64 (100.0%)	28 (100.0%)
		40 - 50mmHg未満	3 (0.8%)	0 (0.0%)	0 (0.0%)	1 (1.0%)	0 (0.0%)	1 (1.6%)	1 (3.6%)
50 - 60		35 (9.8%)	4 (57.1%)	2 (18.2%)	14 (13.3%)	6 (4.2%)	7 (10.9%)	2 (7.1%)	
60 - 70		121 (33.9%)	2 (28.6%)	7 (63.6%)	50 (47.6%)	36 (25.4%)	16 (25.0%)	10 (35.7%)	
70 - 80		117 (32.8%)	0 (0.0%)	1 (9.1%)	30 (28.6%)	55 (38.7%)	25 (39.1%)	6 (21.4%)	
80 - 90		65 (18.2%)	1 (14.3%)	1 (9.1%)	8 (7.6%)	37 (26.1%)	11 (17.2%)	7 (25.0%)	
90 - 100		15 (4.2%)	0 (0.0%)	0 (0.0%)	2 (1.9%)	7 (4.9%)	4 (6.3%)	2 (7.1%)	
100 - 110		1 (0.3%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.7%)	0 (0.0%)	0 (0.0%)	
110 - 120		0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
120mmHg以上		0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	
平均(mmHg)		71.7	61.7	66.6	68.0	75.0	72.3	72.0	
標準偏差(mmHg)		10.2	11.1	6.8	9.0	9.6	10.5	11.6	

*妊婦、血圧を下げる薬の服薬者を除く15歳以上

*血圧2回測定の場合(1回測定の場合は1回の値)

表168 血圧の降下薬の服薬の有無別血圧の平均値及び標準偏差

			総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)	
男性	血圧降下薬を服薬していない者	人数	215	10	64	82	34	25	
		収縮期血圧	平均	129.8	116.8	116.6	136.0	136.9	138.8
			標準偏差	21.6	11.5	15.2	21.5	21.4	22.2
		拡張期血圧	平均	77.0	74.9	73.3	82.9	77.8	72.4
		標準偏差	12.2	6.8	11.6	12.0	9.5	9.4	
	血圧降下薬を服薬している者	人数	64	—	1	22	20	21	
		収縮期血圧	平均	141.6	—	103.0	140.8	144.4	141.7
			標準偏差	13.7	—	—	10.3	16.5	11.6
拡張期血圧		平均	82.1	—	71.0	86.9	84.4	75.3	
	標準偏差	11.7	—	—	11.0	12.6	8.2		
女性	血圧降下薬を服薬していない者	人数	350	11	105	142	64	28	
		収縮期血圧	平均	120.4	108.3	109.6	123.2	130.0	129.7
			標準偏差	17.1	9.3	15.0	15.0	16.0	15.8
		拡張期血圧	平均	71.7	66.6	68.0	75.0	72.3	72.0
		標準偏差	10.2	6.8	9.0	9.6	10.5	11.6	
	血圧降下薬を服薬している者	人数	87	—	1	30	27	29	
		収縮期血圧	平均	140.3	—	114.0	144.4	136.4	140.5
			標準偏差	15.4	—	—	15.3	18.0	11.2
拡張期血圧		平均	77.7	—	74.0	82.0	76.0	74.8	
	標準偏差	9.6	—	—	8.2	9.5	9.9		

*妊婦を除く20歳以上の血圧測定者を分析対象とした

*血圧2回測定の場合(1回測定の場合は1回の値)

表169 血圧測定者の血圧を下げる薬の服薬状況

		総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	283 (100.0%)	10 (100.0%)	68 (100.0%)	104 (100.0%)	55 (100.0%)	46 (100.0%)
	使用あり	64 (22.6%)	0 (0.0%)	1 (1.5%)	22 (21.2%)	20 (36.4%)	21 (45.7%)
	使用なし	215 (76.0%)	10 (100.0%)	64 (94.1%)	82 (78.8%)	34 (61.8%)	25 (54.3%)
	未記入	4 (1.4%)	0 (0.0%)	3 (4.4%)	0 (0.0%)	1 (1.8%)	0 (0.0%)
	総数	440 (100.0%)	11 (100.0%)	107 (100.0%)	173 (100.0%)	92 (100.0%)	57 (100.0%)
女性	使用あり	87 (19.8%)	0 (0.0%)	1 (0.9%)	30 (17.3%)	27 (29.3%)	29 (50.9%)
	使用なし	350 (79.5%)	11 (100.0%)	105 (98.1%)	142 (82.1%)	64 (69.6%)	28 (49.1%)
	未記入	3 (0.7%)	0 (0.0%)	1 (0.9%)	1 (0.6%)	1 (1.1%)	0 (0.0%)

*妊婦を除く20歳以上の血圧測定者を分析対象とした

表170 血圧測定者の高血圧症有病者・高血圧症予備群の割合

		総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	279 (100.0%)	10 (100.0%)	65 (100.0%)	104 (100.0%)	54 (100.0%)	46 (100.0%)
	高血圧症有病者	134 (48.0%)	1 (10.0%)	7 (10.8%)	57 (54.8%)	36 (66.7%)	33 (71.7%)
	高血圧症予備群	31 (11.1%)	2 (20.0%)	6 (9.2%)	12 (11.5%)	8 (14.8%)	3 (6.5%)
	非該当	114 (40.9%)	7 (70.0%)	52 (80.0%)	35 (33.7%)	10 (18.5%)	10 (21.7%)
女性	総数	437 (100.0%)	11 (100.0%)	106 (100.0%)	172 (100.0%)	91 (100.0%)	57 (100.0%)
	高血圧症有病者	138 (31.6%)	0 (0.0%)	7 (6.6%)	52 (30.2%)	45 (49.5%)	34 (59.6%)
	高血圧症予備群	58 (13.3%)	0 (0.0%)	7 (6.6%)	24 (14.0%)	14 (15.4%)	13 (22.8%)
	非該当	241 (55.1%)	11 (100.0%)	92 (86.8%)	96 (55.8%)	32 (35.2%)	10 (17.5%)

*妊婦を除く20歳以上の血圧測定者で「血圧を下げる薬」の服薬状況に回答のあった者を分析対象とした

*高血圧症有病者とは収縮期血圧140mmHg以上または拡張期血圧90mmHgであるか、血圧を下げる薬服薬者

*血圧を下げる薬服薬者でなく、高血圧症予備群とは130mmHg≦収縮期血圧<140mmHgまたは85mmHg≦拡張期血圧<90mmHgの者

表171 血圧を下げる薬の服薬状況

		総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	297 (100.0%)	10 (100.0%)	73 (100.0%)	109 (100.0%)	57 (100.0%)	48 (100.0%)
	使用あり	69 (23.2%)	0 (0.0%)	1 (1.4%)	23 (21.1%)	22 (38.6%)	23 (47.9%)
	使用なし	228 (76.8%)	10 (100.0%)	72 (98.6%)	86 (78.9%)	35 (61.4%)	25 (52.1%)
女性	総数	455 (100.0%)	13 (100.0%)	109 (100.0%)	179 (100.0%)	93 (100.0%)	61 (100.0%)
	使用あり	94 (20.7%)	0 (0.0%)	1 (0.9%)	33 (18.4%)	28 (30.1%)	32 (52.5%)
	使用なし	361 (79.3%)	13 (100.0%)	108 (99.1%)	146 (81.6%)	65 (69.9%)	29 (47.5%)

*妊婦を除く20歳以上

表172 脈の乱れを治す薬の服薬状況

		総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	297 (100.0%)	10 (100.0%)	73 (100.0%)	109 (100.0%)	57 (100.0%)	48 (100.0%)
	使用あり	9 (3.0%)	0 (0.0%)	1 (1.4%)	3 (2.8%)	3 (5.3%)	2 (4.2%)
	使用なし	288 (97.0%)	10 (100.0%)	72 (98.6%)	106 (97.2%)	54 (94.7%)	46 (95.8%)
女性	総数	455 (100.0%)	13 (100.0%)	109 (100.0%)	179 (100.0%)	93 (100.0%)	61 (100.0%)
	使用あり	8 (1.8%)	0 (0.0%)	0 (0.0%)	3 (1.7%)	4 (4.3%)	1 (1.6%)
	使用なし	447 (98.2%)	13 (100.0%)	109 (100.0%)	176 (98.3%)	89 (95.7%)	60 (98.4%)

*妊婦を除く20歳以上

表173 インスリン注射または血糖値を下げる薬の服薬状況

		総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	297 (100.0%)	10 (100.0%)	73 (100.0%)	109 (100.0%)	57 (100.0%)	48 (100.0%)
	使用あり	11 (3.7%)	0 (0.0%)	0 (0.0%)	5 (4.6%)	2 (3.5%)	4 (8.3%)
	使用なし	286 (96.3%)	10 (100.0%)	73 (100.0%)	104 (95.4%)	55 (96.5%)	44 (91.7%)
女性	総数	455 (100.0%)	13 (100.0%)	109 (100.0%)	179 (100.0%)	93 (100.0%)	61 (100.0%)
	使用あり	9 (2.0%)	0 (0.0%)	0 (0.0%)	5 (2.8%)	3 (3.2%)	1 (1.6%)
	使用なし	446 (98.0%)	13 (100.0%)	109 (100.0%)	174 (97.2%)	90 (96.8%)	60 (98.4%)

* 妊婦を除く20歳以上

表174 コレステロールを下げる薬の服薬状況

		総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	297 (100.0%)	10 (100.0%)	73 (100.0%)	109 (100.0%)	57 (100.0%)	48 (100.0%)
	使用あり	15 (5.1%)	0 (0.0%)	0 (0.0%)	9 (8.3%)	4 (7.0%)	2 (4.2%)
	使用なし	282 (94.9%)	10 (100.0%)	73 (100.0%)	100 (91.7%)	53 (93.0%)	46 (95.8%)
女性	総数	455 (100.0%)	13 (100.0%)	109 (100.0%)	179 (100.0%)	93 (100.0%)	61 (100.0%)
	使用あり	41 (9.0%)	0 (0.0%)	1 (0.9%)	18 (10.1%)	10 (10.8%)	12 (19.7%)
	使用なし	414 (91.0%)	13 (100.0%)	108 (99.1%)	161 (89.9%)	83 (89.2%)	49 (80.3%)

* 妊婦を除く20歳以上

表175 中性脂肪を下げる薬の服薬状況

		総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	297 (100.0%)	10 (100.0%)	73 (100.0%)	109 (100.0%)	57 (100.0%)	48 (100.0%)
	使用あり	9 (3.0%)	0 (0.0%)	1 (1.4%)	4 (3.7%)	2 (3.5%)	2 (4.2%)
	使用なし	288 (97.0%)	10 (100.0%)	72 (98.6%)	105 (96.3%)	55 (96.5%)	46 (95.8%)
女性	総数	455 (100.0%)	13 (100.0%)	109 (100.0%)	179 (100.0%)	93 (100.0%)	61 (100.0%)
	使用あり	11 (2.4%)	0 (0.0%)	0 (0.0%)	3 (1.7%)	1 (1.1%)	7 (11.5%)
	使用なし	444 (97.6%)	13 (100.0%)	109 (100.0%)	176 (98.3%)	92 (98.9%)	54 (88.5%)

* 妊婦を除く20歳以上

2 生活状況調査

表176 1日当たりの平均歩行数

		人数(%)						
		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	454 (100.0%)	19 (100.0%)	28 (100.0%)	109 (100.0%)	187 (100.0%)	67 (100.0%)	44 (100.0%)
	18,000歩以上	5 (1.1%)	0 (0.0%)	0 (0.0%)	2 (1.8%)	3 (1.6%)	0 (0.0%)	0 (0.0%)
	16,000~18,000歩未満	10 (2.2%)	0 (0.0%)	0 (0.0%)	4 (3.7%)	4 (2.1%)	2 (3.0%)	0 (0.0%)
	14,000~16,000歩未満	14 (3.1%)	0 (0.0%)	1 (3.6%)	4 (3.7%)	9 (4.8%)	0 (0.0%)	0 (0.0%)
	12,000~14,000歩未満	29 (6.4%)	2 (10.5%)	5 (17.9%)	8 (7.3%)	11 (5.9%)	3 (4.5%)	0 (0.0%)
	10,000~12,000歩未満	40 (8.8%)	2 (10.5%)	4 (14.3%)	7 (6.4%)	19 (10.2%)	6 (9.0%)	2 (4.5%)
	8,000~10,000歩未満	89 (19.6%)	7 (36.8%)	3 (10.7%)	22 (20.2%)	38 (20.3%)	12 (17.9%)	7 (15.9%)
	6,000~8,000歩未満	100 (22.0%)	5 (26.3%)	5 (17.9%)	26 (23.9%)	37 (19.8%)	18 (26.9%)	9 (20.5%)
	4,000~6,000歩未満	92 (20.3%)	2 (10.5%)	6 (21.4%)	23 (21.1%)	37 (19.8%)	14 (20.9%)	10 (22.7%)
	2,000~4,000歩未満	55 (12.1%)	1 (5.3%)	4 (14.3%)	8 (7.3%)	10 (5.3%)	11 (16.4%)	10 (22.7%)
	2,000歩未満	20 (4.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	9 (4.8%)	2 (3.0%)	9 (20.5%)
	平均	7567.8	8196.6	8219.2	8131.5	7806.9	7047.8	5261.1
	標準偏差	3748.4	2582.6	3614.8	3931.5	3914.0	3193.7	2985.3
	女性	総数	513 (100.0%)	15 (100.0%)	52 (100.0%)	115 (100.0%)	195 (100.0%)	79 (100.0%)
18,000歩以上		1 (0.2%)	0 (0.0%)	0 (0.0%)	1 (0.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
16,000~18,000歩未満		1 (0.2%)	1 (6.7%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
14,000~16,000歩未満		3 (0.6%)	1 (6.7%)	0 (0.0%)	0 (0.0%)	2 (1.0%)	0 (0.0%)	0 (0.0%)
12,000~14,000歩未満		15 (2.9%)	1 (6.7%)	1 (1.9%)	1 (0.9%)	7 (3.6%)	5 (6.3%)	0 (0.0%)
10,000~12,000歩未満		38 (7.4%)	2 (13.3%)	6 (11.5%)	8 (7.0%)	19 (9.7%)	3 (3.8%)	0 (0.0%)
8,000~10,000歩未満		75 (14.6%)	3 (20.0%)	8 (15.4%)	17 (14.8%)	33 (16.9%)	13 (16.5%)	1 (1.8%)
6,000~8,000歩未満		107 (20.9%)	3 (20.0%)	13 (25.0%)	28 (24.3%)	43 (22.1%)	15 (19.0%)	5 (8.8%)
4,000~6,000歩未満		119 (23.2%)	3 (20.0%)	8 (15.4%)	35 (30.4%)	50 (25.6%)	17 (21.5%)	6 (10.5%)
2,000~4,000歩未満		102 (19.9%)	1 (6.7%)	8 (15.4%)	21 (18.3%)	38 (19.5%)	18 (22.8%)	16 (28.1%)
2,000歩未満		52 (10.1%)	0 (0.0%)	8 (15.4%)	4 (3.5%)	3 (1.5%)	8 (10.1%)	29 (50.9%)
平均		6026.2	8687.5	6244.1	6291.7	6715.5	5809.9	2533.5
標準偏差		3225.0	3730.8	3188.2	2978.6	2895.7	3215.8	2148.7
総数		平均	6750.0	8413.2	6935.4	7186.9	7249.8	6378.0
	標準偏差	3562.9	3099.0	3453.5	3587.6	3470.9	3254.1	2874.9

*15歳以上

*3日間とも測定し、歩数計を「朝起きてから寝るまで、ほぼずっとつけていた」と回答し、歩数計のカウント状況に問題のなかったものの3日間の平均

表177 問1 食事は3食ほぼ決まった時間に食べていますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	757 (100.0%)	53 (100.0%)	52 (100.0%)	168 (100.0%)	280 (100.0%)	111 (100.0%)	93 (100.0%)
	はい	583 (77.0%)	38 (71.7%)	25 (48.1%)	104 (61.9%)	224 (80.0%)	106 (95.5%)	86 (92.5%)
	いいえ	174 (23.0%)	15 (28.3%)	27 (51.9%)	64 (38.1%)	56 (20.0%)	5 (4.5%)	7 (7.5%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	292 (100.0%)	130 (100.0%)	128 (100.0%)
	はい	742 (87.6%)	32 (86.5%)	55 (70.5%)	152 (83.5%)	258 (88.4%)	121 (93.1%)	124 (96.9%)
	いいえ	105 (12.4%)	5 (13.5%)	23 (29.5%)	30 (16.5%)	34 (11.6%)	9 (6.9%)	4 (3.1%)

表178 問2 夜10時以降に夕食、夜食を食べますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	757 (100.0%)	53 (100.0%)	52 (100.0%)	168 (100.0%)	280 (100.0%)	111 (100.0%)	93 (100.0%)
	よく食べる	58 (7.7%)	6 (11.3%)	3 (5.8%)	23 (13.7%)	25 (8.9%)	0 (0.0%)	1 (1.1%)
	時々食べる	212 (28.0%)	23 (43.4%)	29 (55.8%)	81 (48.2%)	73 (26.1%)	2 (1.8%)	4 (4.3%)
	ほとんど食べない	487 (64.3%)	24 (45.3%)	20 (38.5%)	64 (38.1%)	182 (65.0%)	109 (98.2%)	88 (94.6%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	292 (100.0%)	130 (100.0%)	128 (100.0%)
	よく食べる	14 (1.7%)	1 (2.7%)	2 (2.6%)	4 (2.2%)	6 (2.1%)	0 (0.0%)	1 (0.8%)
	時々食べる	130 (15.3%)	7 (18.9%)	24 (30.8%)	44 (24.2%)	44 (15.1%)	7 (5.4%)	4 (3.1%)
	ほとんど食べない	703 (83.0%)	29 (78.4%)	52 (66.7%)	134 (73.6%)	242 (82.9%)	123 (94.6%)	123 (96.1%)

表179 問3 外食(市販のお弁当も含みます)をしますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	756 (100.0%)	53 (100.0%)	52 (100.0%)	167 (100.0%)	280 (100.0%)	111 (100.0%)	93 (100.0%)
	毎日2回以上	12 (1.6%)	1 (1.9%)	1 (1.9%)	6 (3.6%)	3 (1.1%)	0 (0.0%)	1 (1.1%)
	毎日1回以上	75 (9.9%)	1 (1.9%)	7 (13.5%)	21 (12.6%)	37 (13.2%)	6 (5.4%)	3 (3.2%)
	週に4~5回	49 (6.5%)	3 (5.7%)	4 (7.7%)	20 (12.0%)	18 (6.4%)	3 (2.7%)	1 (1.1%)
	週に2~3回	140 (18.5%)	17 (32.1%)	20 (38.5%)	38 (22.8%)	47 (16.8%)	8 (7.2%)	10 (10.8%)
	ほとんど外食しない	480 (63.5%)	31 (58.5%)	20 (38.5%)	82 (49.1%)	175 (62.5%)	94 (84.7%)	78 (83.9%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	292 (100.0%)	130 (100.0%)	128 (100.0%)
	毎日2回以上	4 (0.5%)	0 (0.0%)	2 (2.6%)	0 (0.0%)	0 (0.0%)	2 (1.5%)	0 (0.0%)
	毎日1回以上	33 (3.9%)	2 (5.4%)	7 (9.0%)	8 (4.4%)	10 (3.4%)	4 (3.1%)	2 (1.6%)
	週に4~5回	20 (2.4%)	2 (5.4%)	3 (3.8%)	4 (2.2%)	8 (2.7%)	1 (0.8%)	2 (1.6%)
	週に2~3回	155 (18.3%)	9 (24.3%)	33 (42.3%)	53 (29.1%)	37 (12.7%)	10 (7.7%)	13 (10.2%)
	ほとんど外食しない	635 (75.0%)	24 (64.9%)	33 (42.3%)	117 (64.3%)	237 (81.2%)	113 (86.9%)	111 (86.7%)

表180 問4 外食や食品購入の際栄養成分表示を参考にしていますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	747 (100.0%)	52 (100.0%)	50 (100.0%)	168 (100.0%)	277 (100.0%)	108 (100.0%)	92 (100.0%)
	参考にしている	137 (18.3%)	6 (11.5%)	12 (24.0%)	43 (25.6%)	46 (16.6%)	17 (15.7%)	13 (14.1%)
	参考にしていない	395 (52.9%)	24 (46.2%)	28 (56.0%)	106 (63.1%)	157 (56.7%)	48 (44.4%)	32 (34.8%)
	見たことがない	215 (28.8%)	22 (42.3%)	10 (20.0%)	19 (11.3%)	74 (26.7%)	43 (39.8%)	47 (51.1%)
女性	総数	840 (100.0%)	37 (100.0%)	78 (100.0%)	179 (100.0%)	291 (100.0%)	128 (100.0%)	127 (100.0%)
	参考にしている	326 (38.8%)	21 (56.8%)	37 (47.4%)	109 (60.9%)	101 (34.7%)	35 (27.3%)	23 (18.1%)
	参考にしていない	383 (45.6%)	14 (37.8%)	36 (46.2%)	66 (36.9%)	157 (54.0%)	64 (50.0%)	46 (36.2%)
	見たことがない	131 (15.6%)	2 (5.4%)	5 (6.4%)	4 (2.2%)	33 (11.3%)	29 (22.7%)	58 (45.7%)

表181 問5 今までに減量のために食事の量を半分以下にしたことがありますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	757 (100.0%)	53 (100.0%)	52 (100.0%)	168 (100.0%)	280 (100.0%)	111 (100.0%)	93 (100.0%)
	ある	109 (14.4%)	2 (3.8%)	7 (13.5%)	32 (19.0%)	45 (16.1%)	15 (13.5%)	8 (8.6%)
	ない	648 (85.6%)	51 (96.2%)	45 (86.5%)	136 (81.0%)	235 (83.9%)	96 (86.5%)	85 (91.4%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	292 (100.0%)	130 (100.0%)	128 (100.0%)
	ある	223 (26.3%)	8 (21.6%)	38 (48.7%)	75 (41.2%)	71 (24.3%)	14 (10.8%)	17 (13.3%)
	ない	624 (73.7%)	29 (78.4%)	40 (51.3%)	107 (58.8%)	221 (75.7%)	116 (89.2%)	111 (86.7%)

表182 問6 ふだん栄養補助食品(錠剤、カプセル、顆粒、ドリンク状のビタミンやミネラル)を常用していますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	756 (100.0%)	53 (100.0%)	52 (100.0%)	168 (100.0%)	280 (100.0%)	110 (100.0%)	93 (100.0%)
	飲んでいる	139 (18.4%)	10 (18.9%)	7 (13.5%)	22 (13.1%)	53 (18.9%)	29 (26.4%)	18 (19.4%)
	飲んでいない	617 (81.6%)	43 (81.1%)	45 (86.5%)	146 (86.9%)	227 (81.1%)	81 (73.6%)	75 (80.6%)
女性	総数	842 (100.0%)	37 (100.0%)	77 (100.0%)	180 (100.0%)	291 (100.0%)	130 (100.0%)	127 (100.0%)
	飲んでいる	207 (24.6%)	2 (5.4%)	19 (24.7%)	45 (25.0%)	68 (23.4%)	45 (34.6%)	28 (22.0%)
	飲んでいない	635 (75.4%)	35 (94.6%)	58 (75.3%)	135 (75.0%)	223 (76.6%)	85 (65.4%)	99 (78.0%)

表183 問6-2 何種類飲んでいますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	1種類	66 (8.7%)	4 (7.5%)	4 (7.7%)	12 (7.1%)	23 (8.2%)	14 (12.7%)	9 (9.7%)
	2種類	43 (5.7%)	3 (5.7%)	3 (5.8%)	7 (4.2%)	17 (6.1%)	7 (6.4%)	6 (6.5%)
	3種類	19 (2.5%)	3 (5.7%)	0 (0.0%)	1 (0.6%)	10 (3.6%)	3 (2.7%)	2 (2.2%)
	4種類	3 (0.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.4%)	1 (0.9%)	1 (1.1%)
	5種類以上	8 (1.1%)	0 (0.0%)	0 (0.0%)	2 (1.2%)	2 (0.7%)	4 (3.6%)	0 (0.0%)
女性	1種類	86 (10.2%)	1 (2.7%)	9 (11.7%)	24 (13.3%)	24 (8.2%)	18 (13.8%)	10 (7.9%)
	2種類	61 (7.2%)	0 (0.0%)	6 (7.8%)	10 (5.6%)	21 (7.2%)	16 (12.3%)	8 (6.3%)
	3種類	33 (3.9%)	0 (0.0%)	1 (1.3%)	8 (4.4%)	11 (3.8%)	6 (4.6%)	7 (5.5%)
	4種類	11 (1.3%)	1 (2.7%)	3 (3.9%)	0 (0.0%)	6 (2.1%)	1 (0.8%)	0 (0.0%)
	5種類以上	11 (1.3%)	0 (0.0%)	0 (0.0%)	2 (1.1%)	5 (1.7%)	3 (2.3%)	1 (0.8%)

* 母数は「ふだん栄養補助食品を常用していますか」の質問に未記入がなかった者

表184 問7 おいしく食事ができますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	757 (100.0%)	53 (100.0%)	52 (100.0%)	168 (100.0%)	280 (100.0%)	111 (100.0%)	93 (100.0%)
	はい	689 (91.0%)	45 (84.9%)	46 (88.5%)	154 (91.7%)	257 (91.8%)	104 (93.7%)	83 (89.2%)
	いいえ	8 (1.1%)	1 (1.9%)	0 (0.0%)	2 (1.2%)	4 (1.4%)	1 (0.9%)	0 (0.0%)
	どちらともいえない	60 (7.9%)	7 (13.2%)	6 (11.5%)	12 (7.1%)	19 (6.8%)	6 (5.4%)	10 (10.8%)
女性	総数	846 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	291 (100.0%)	130 (100.0%)	128 (100.0%)
	はい	780 (92.2%)	35 (94.6%)	73 (93.6%)	168 (92.3%)	268 (92.1%)	121 (93.1%)	115 (89.8%)
	いいえ	3 (0.4%)	0 (0.0%)	0 (0.0%)	1 (0.5%)	0 (0.0%)	1 (0.8%)	1 (0.8%)
	どちらともいえない	63 (7.4%)	2 (5.4%)	5 (6.4%)	13 (7.1%)	23 (7.9%)	8 (6.2%)	12 (9.4%)

(再掲)おいしく食事ができる者の割合(後期高齢者 75歳以上)

総数	221
1日2回以上	198 (89.6%)