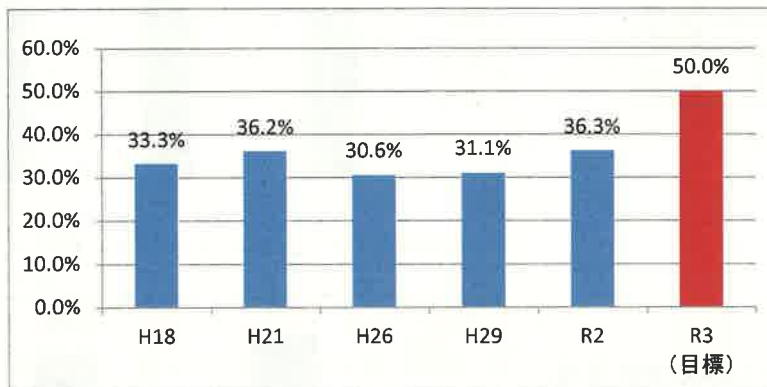


健康計画に示された評価項目の推移・現状とR3年の目標値

運動

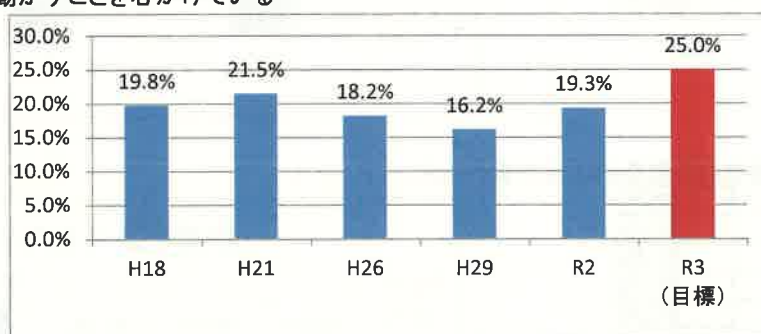
① 1回 30分以上の運動

H18	33.3%
H21	36.2%
H26	30.6%
H29	31.1%
R2	36.3%
R3 (目標)	50.0%



② 健康維持のため意識して身体を動かすことを心がけている

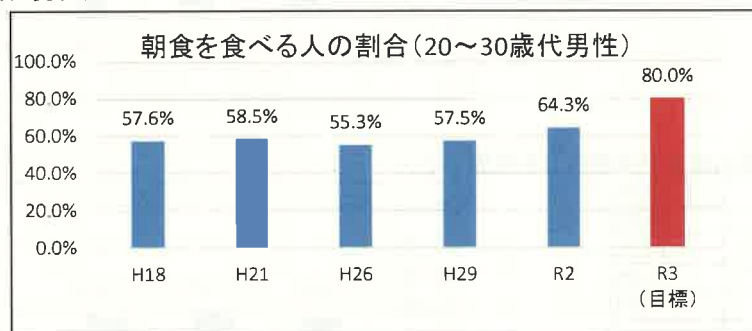
H18	19.8%
H21	21.5%
H26	18.2%
H29	16.2%
R2	19.3%
R3 (目標)	25.0%



食生活

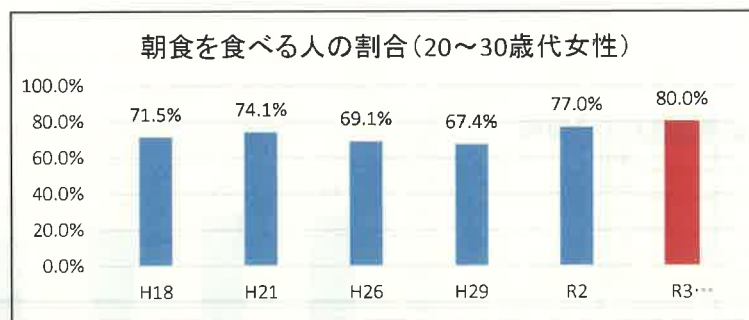
① 朝食を食べる人の割合(20~30歳代男性)

H18	57.6%
H21	58.5%
H26	55.3%
H29	57.5%
R2	64.3%
R3 (目標)	80.0%



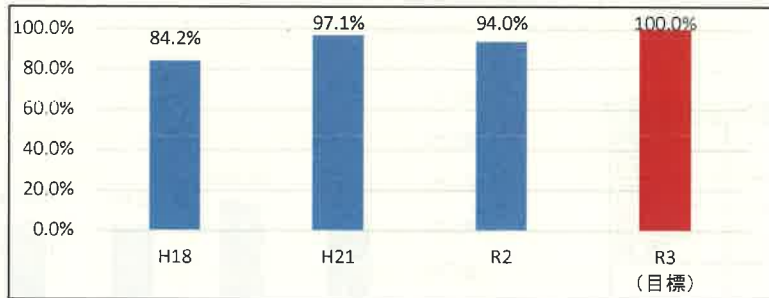
② 朝食を食べる人の割合(20~30歳代女性)

H18	71.5%
H21	74.1%
H26	69.1%
H29	67.4%
R2	77.0%
R3 (目標)	80.0%



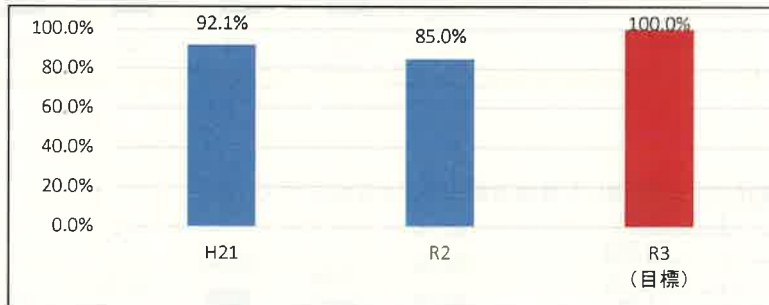
③ 朝食を食べる人の割合(児童)

H18	84.2%
H21	97.1%
R2	94.0%
R3 (目標)	100.0%



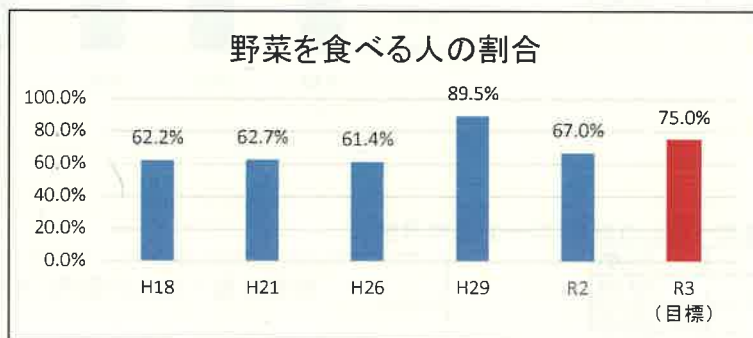
④ 朝食を食べる人の割合(生徒)

H21	92.1%
R2	85.0%
R3 (目標)	100.0%



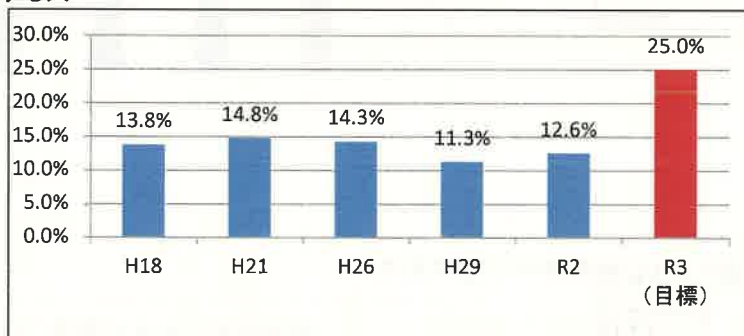
⑤ 野菜、果物の摂取量(意識して食べる人)

H18	62.2%
H21	62.7%
H26	61.4%
H29	89.5%
R2	67.0%
R3 (目標)	75.0%



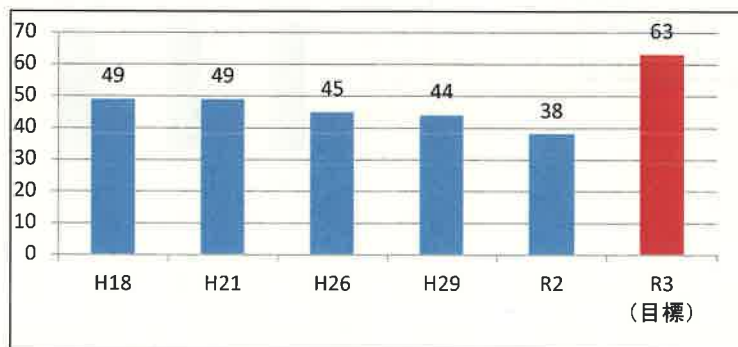
⑥ 外食、食品購入で栄養成分を意識する人

H18	13.8%
H21	14.8%
H26	14.3%
H29	11.3%
R2	11.2%
R3 (目標)	25.0%



⑦ 食生活改善推進員の全組織

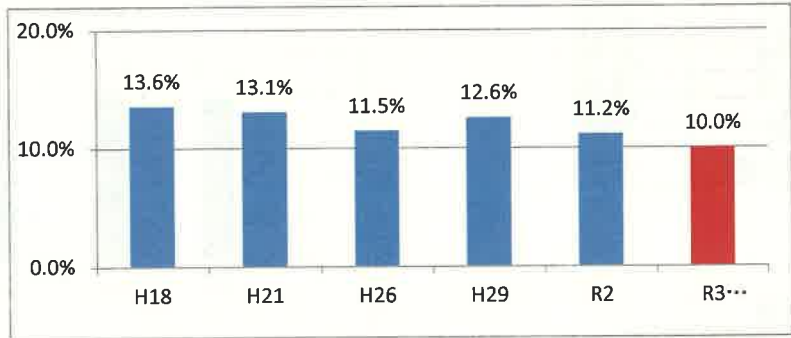
H18	49
H21	49
H26	45
H29	44
R2	38
R3 (目標)	63



心の健康

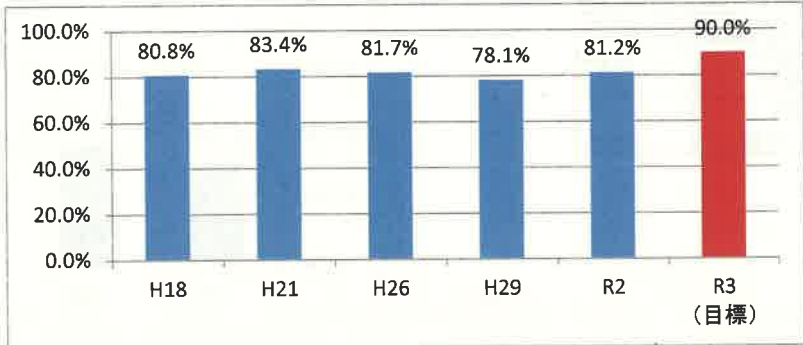
① ストレスが多い

H18	13.6%
H21	13.1%
H26	11.5%
H29	12.6%
R2	11.2%
R3 (目標)	10.0%



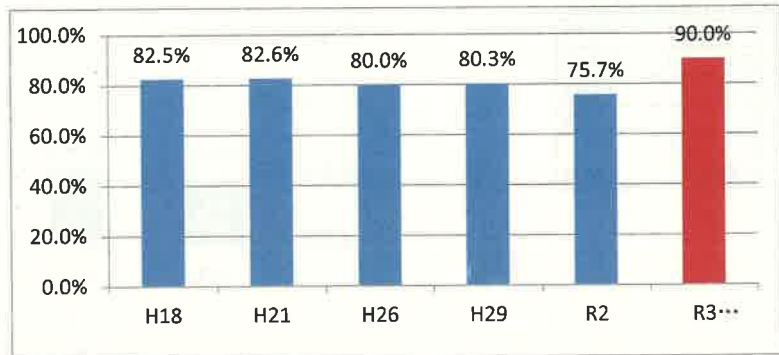
② 睡眠で休養が取れる

H18	80.8%
H21	83.4%
H26	81.7%
H29	78.1%
R2	81.2%
R3 (目標)	90.0%



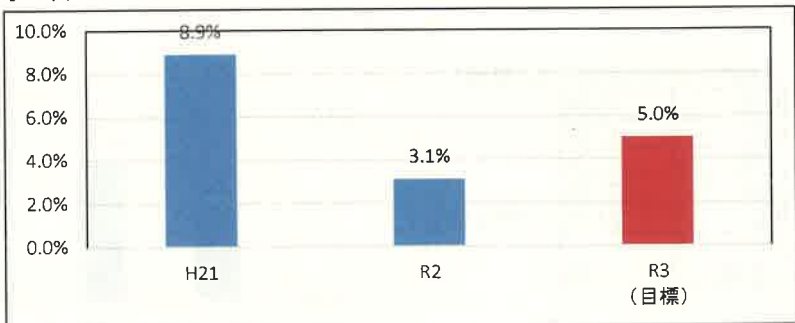
③ 遅くとも午後11時までに寝る

H18	82.5%
H21	82.6%
H26	80.0%
H29	80.3%
R2	75.7%
R3 (目標)	90.0%



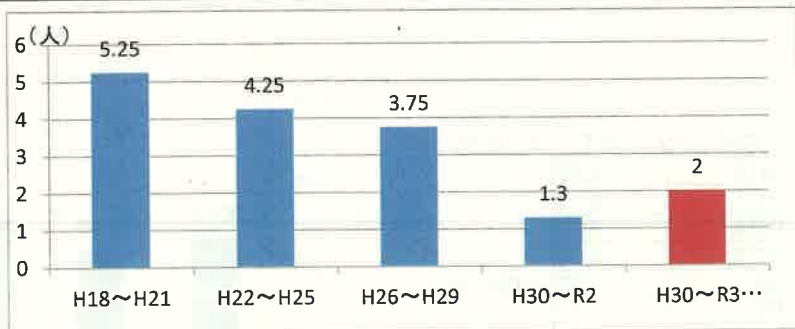
④ 就寝時間が午後11時以降を減らす(小学5年)

H21	8.9%
R2	3.1%
R3 (目標)	5.0%



⑤ 自死者数を減らす(人口動態統計)

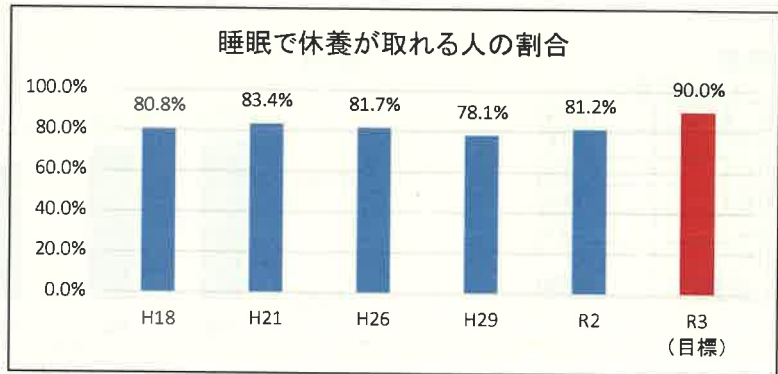
H18~H21	5.25
H22~H25	4.25
H26~H29	3.75
H30~R2	1.3
H30~R3 (目標)	2



H30	0人	人口動態
R1	1人	人口動態
R2	3人	警察統計

⑥ 睡眠で休養がとれる

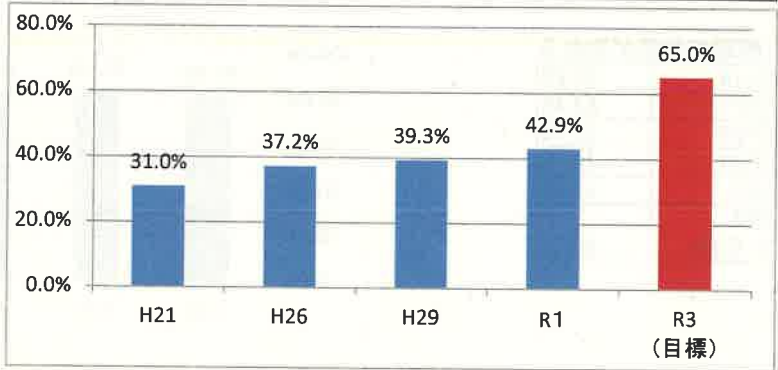
H18	80.8%
H21	83.4%
H26	81.7%
H29	78.1%
R2	81.2%
R3	
(目標)	90.0%



健康診査

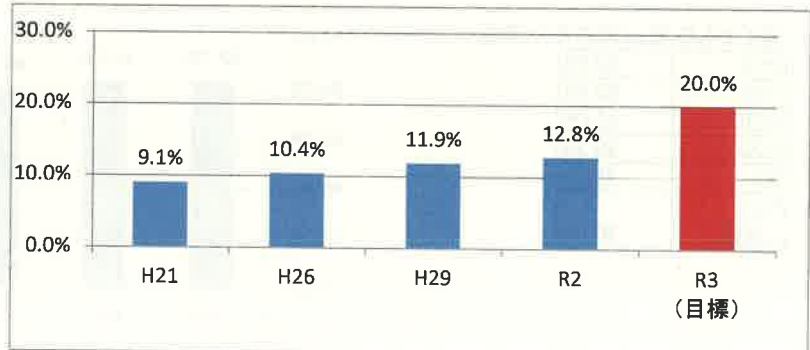
① 特定健診受診率

H21	31.0%
H26	37.2%
H29	39.3%
R1	42.9%
R3	
(目標)	65.0%



② 家庭血圧週5回以上

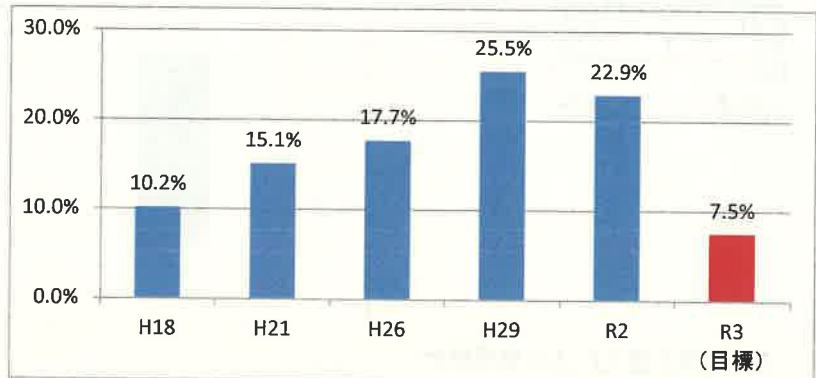
H21	9.1%
H26	10.4%
H29	11.9%
R2	12.8%
R3	
(目標)	20.0%



③ メタボリックシンドローム(男性)

H18	10.2%
H21	15.1%
H26	17.7%
H29	25.5%
R2	22.9%
R3	
(目標)	7.5%

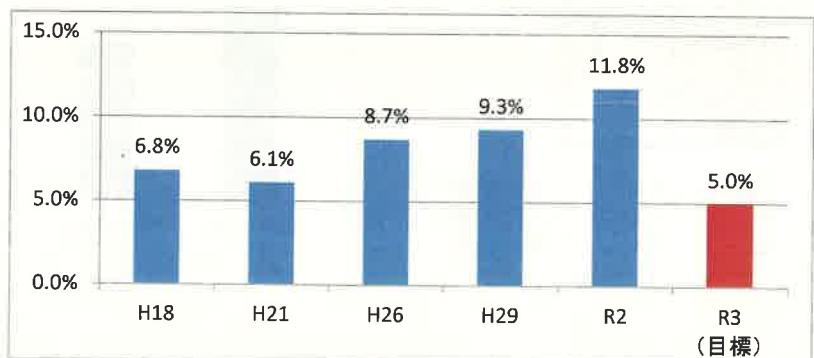
(KDBより)



④ メタボリックシンドローム(女性)

H18	6.8%
H21	6.1%
H26	8.7%
H29	9.3%
R2	11.8%
R3	
(目標)	5.0%

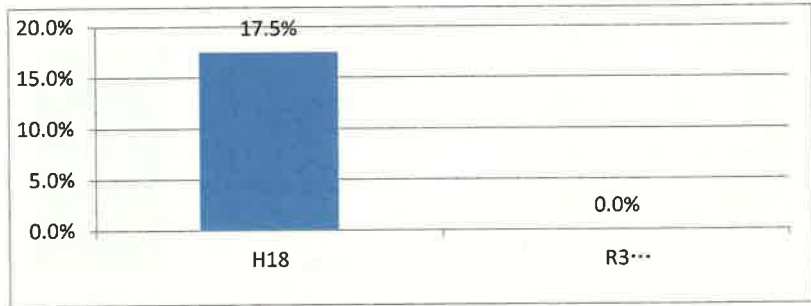
(KDBより)



生活習慣病

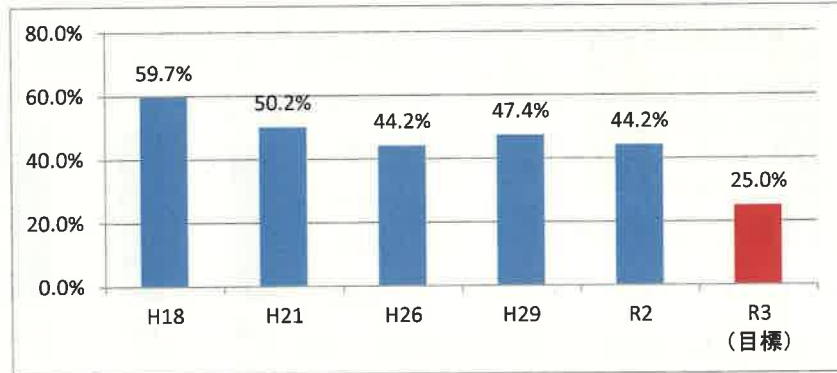
① 喫煙経験者の率(中学2年)

H18	17.5%
H21	
H26	
H29	
R2	
R3	
(目標)	0.0%



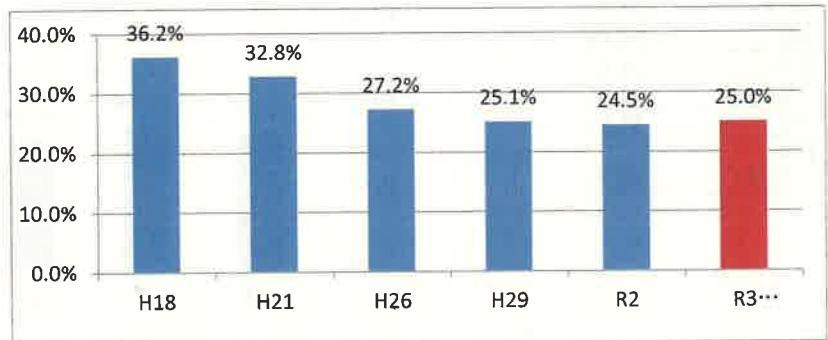
② 喫煙率(乳幼児のいる家庭)

H18	59.7%
H21	50.2%
H26	44.2%
H29	47.4%
R2	44.2%
R3	
(目標)	25.0%



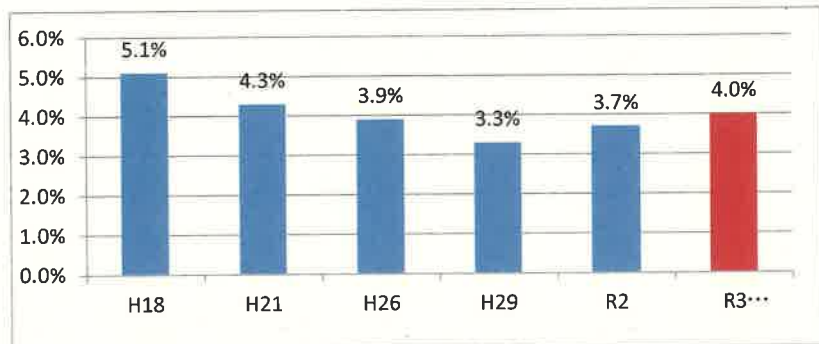
③ 喫煙率(男性)

H18	36.2%
H21	32.8%
H26	27.2%
H29	25.1%
R2	24.5%
R3	
(目標)	25.0%



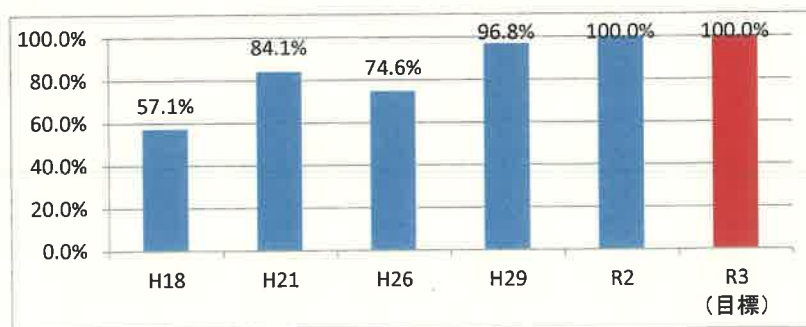
④ 喫煙率(女性)

H18	5.1%
H21	4.3%
H26	3.9%
H29	3.3%
R2	3.7%
R3	
(目標)	4.0%



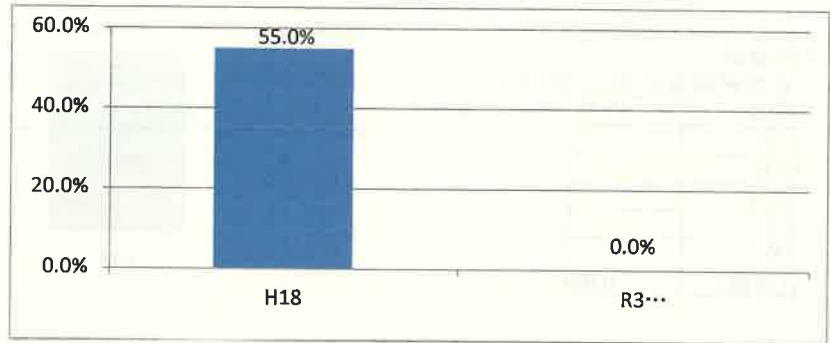
⑤ 自治会公民館の分煙

H18	57.1%
H21	84.1%
H26	74.6%
H29	96.8%
R2	100.0%
R3	
(目標)	100.0%



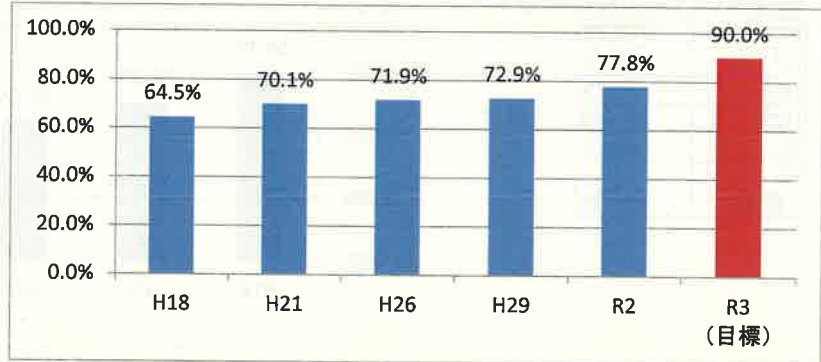
⑥ 未成年者の飲酒(中学2年)

H18	55.0%
H21	
H26	
H29	
R2	
R3 (目標)	0.0%



⑦ 夕食後の歯磨き習慣

H18	64.5%
H21	70.1%
H26	71.9%
H29	72.9%
R2	77.8%
R3 (目標)	90.0%



⑧ 歯科健診

H18	31.7%
H21	34.1%
H26	31.1%
H29	29.2%
R2	33.8%
R3 (目標)	50.0%

