

QUESTIONNAIRE (標準的な質問票)

NO	Questions <small>(質問項目)</small>	Answer choices <small>(回答)</small>
1-3	Are you currently taking the following medications? <small>(現在、a からcの薬の使用の有無)</small>	
1	a. a drug to lower blood pressure <small>(血圧を下げる薬)</small>	①Yes (はい) ②No (いいえ)
2	b. a drug to lower blood glucose or insulin injections <small>(血糖を下げる薬又はインスリン注射)</small>	①Yes (はい) ②No (いいえ)
3	c. a drug to lower cholesterol or neutral fat <small>(コレステロールや中性脂肪を下げる薬)</small>	①Yes (はい) ②No (いいえ)
4	Have you ever been told by a doctor that you have stroke (e.g., cerebral hemorrhage, cerebral infarction) or have you ever received treatment for stroke? <small>(医師から、脳卒中(脳出血、脳梗塞等)にかかっているといわれたり、治療を受けたことがありますか。)</small>	①Yes (はい) ②No (いいえ)
5	Have you ever been told by a doctor that you have heart disease (e.g., angina, myocardial infarction) or have you ever received treatment for heart disease? <small>(医師から、心臓病(狭心症、心筋梗塞等)にかかっているといわれたり、治療を受けたことがありますか。)</small>	①Yes (はい) ②No (いいえ)
6	Have you ever been told by a doctor that you have chronic kidney disease/renal failure or have you ever received treatment for chronic kidney disease (dialysis, etc.)? <small>(医師から、慢性腎臓病や腎不全にかかっているといわれたり、治療(人工透析など)を受けたことがありますか。)</small>	①Yes (はい) ②No (いいえ)
7	Have you ever been told by a doctor that you have anemia? <small>(医師から、貧血といわれたことがある。)</small>	①Yes (はい) ②No (いいえ)
8	Are you a current regular smoker? <small>(※ A “current regular smoker” is a person who has smoked a total of 100 or more cigarettes or smoked for 6 months or longer and has been smoking for the last 1 month.) (現在、たばこを習慣的に吸っている。(※「現在、習慣的に喫煙している者」とは、「合計 100 本以上、又は6ヶ月以上吸っている者」であり、最近 1ヶ月間も吸っている者))</small>	①Yes (はい) ②No (いいえ)
9	Have you gained >=10 kg since you were 20 years old? <small>(20歳の時の体重から10kg以上増加している。)</small>	①Yes (はい) ②No (いいえ)
10	Have you been exercising at least 2 days per week, at least 30 minutes each at an intensity that causes a slight sweat, for at least 1 year? <small>(1回30分以上の軽く汗をかく運動を週2日以上、1年以上実施)</small>	①Yes (はい) ②No (いいえ)
11	Do you walk for at least 1 hour everyday or have equivalent physical activities in your daily life? <small>(日常生活において歩行又は同等の身体活動を1日1時間以上実施)</small>	①Yes (はい) ②No (いいえ)
12	Do you walk faster than people of your age and sex? <small>(ほぼ同じ年齢の同性と比較して歩く速度が速い。)</small>	①Yes (はい) ②No (いいえ)
13	When you chew your food, what most accurately describes your chewing? <small>(食事をかんで食べる時の状態はどれにあてはまりますか。)</small>	①I can chew all my food. <small>(何でもかんで食べることができる)</small> ②There are some problems with my teeth, gums or engagement of the teeth so that I sometimes have trouble chewing. <small>(歯や歯ぐき、かみあわせなど気になる部分があり、かみにくいことがある)</small> ③I can hardly chew. <small>(ほとんどかめない)</small>
14	How fast do you eat compared to others? <small>(人と比較して食べる速度が速い。)</small>	①Faster(速い) ②Normal(ふつう) ③Slower(遅い)
15	Do you have an evening meal within 2 hours before bedtime 3 days or more per week? <small>(就寝前の2時間以内に夕食をとることが週に3回以上ある。)</small>	①Yes (はい) ②No (いいえ)
16	Do you have any snacks or sweet beverages other than breakfast, lunch and dinner? <small>(朝昼夕の3食以外に間食や甘い飲み物を摂取していますか。)</small>	①Everyday(毎日) ②Sometimes(時々) ③Rarely(ほとんど摂取しない)
17	Do you skip breakfast 3 days or more per week? <small>(朝食を抜くことが週に3回以上ある。)</small>	①Yes (はい) ②No (いいえ)
18	How often do you drink alcohol (Sake , shochu [distilled spirits], beer, liquor, etc.)? <small>(お酒(日本酒、焼酎、ビール、洋酒など)を飲む頻度)</small>	①Everyday(毎日) ②Sometimes(時々) ③Rarely (can't drink) <small>(ほとんど飲まない(飲めない))</small>

19	<p>How much do you drink a day, in terms of glasses of refined sake? (A glass [180 mL] of refined Sake (rice wine) is equivalent to a medium bottle [500 mL] of beer, 110 mL of shochu (alcohol content 25 percent), a glass [double, 60 mL] of whiskey, and 2 glasses [240 mL] of wine.) (飲酒日の1日当たりの飲酒量 日本酒1合(180ml)の目安:ビール500ml、焼酎25度(110ml)、ウイスキーダブル1杯(60ml)、ワイン2杯(240ml))</p>	<p>①<1 (1合未満) ②>=1 and <2 (1~2合未満) ③>=2 and <3 (2~3合未満) ④>=3 (3合以上)</p>
20	<p>Do you feel refreshed after a night's sleep? (睡眠で休養が十分とれている。)</p>	<p>①Yes (はい) ②No (いいえ)</p>
21	<p>Are you going to start or have you started lifestyle modifications (e.g., increase physical activity, improve dietary habit)? (運動や食生活等の生活習慣を改善してみようと思いませんか。)</p>	<p>①I don't mean to start. (改善するつもりはない) ②I'm going to start in the future(e.g., within 6 months). (改善するつもりである(概ね6か月以内)) ③I'm going to start soon (e.g., in a month), or I have just started some of them. (近いうちに(概ね1か月以内)改善するつもりであり、少しずつ始めている) ④I already started (<6 months ago). (既に改善に取り組んでいる(6か月未満)) ⑤I already started (>=6 months ago). (既に改善に取り組んでいる(6か月以上))</p>
22	<p>Are you willing to get health guidance about lifestyle modifications if the opportunity arises? (生活習慣の改善について保健指導を受ける機会があれば、利用しますか。)</p>	<p>①Yes (はい) ②No (いいえ)</p>