

# QUESTIONNAIRE (標準的な質問票)

NO	Questions <small>(質問項目)</small>	Answer choices <small>(回答)</small>
1-3	<b>Are you currently taking the following drugs?</b> <small>(現在、a からcの薬の使用の有無)</small>	
1	<b>a. Medicine to lower your blood pressure</b> <small>(血圧を下げる薬)</small>	①Yes (はい) ②No (いいえ)
2	<b>b. Medicine to lower your blood sugar or insulin injections</b> <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	<b>c. Medicine to lower cholesterol or neutral fat</b> <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	<b>Have you ever been told by a doctor that you've had a stroke (cerebral hemorrhage, cerebral infarction, etc.) or been treated for stroke?</b> <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	<b>Have you ever been told by a doctor that you have heart disease (angina, myocardial infarction, etc.) or been treated for heart disease?</b> <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	<b>Have you ever been told by a doctor that you're experiencing chronic renal failure or renal insufficiency, or been treated for a related condition (dialysis, etc.)?</b> <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	<b>Have you ever been told by a doctor that you're anemic?</b> <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	<b>Are you a current regular smoker?</b> <b>(In this context, you're a regular smoker if you meet the following two conditions:)</b> <small>(現在、たばこを習慣的に吸っていますか。「現在、習慣的に喫煙している者」とは、条件1と条件2を両方満たす者である。)</small> <b>1. You've smoked in the last month.</b> <small>(条件1: 最近1か月間吸っている)</small> <b>2. You've smoked for at least six months in the past, or you've smoked a total of at least 100 cigarettes over the course of your life.</b> <small>(条件2: 生涯で6か月間以上吸っている、又は合計100本以上吸っている)</small>	①Yes (I meet both conditions.) <small>(はい(条件1と条件2を両方満たす))</small> ②I used to smoke, but I haven't smoked in the last month. (I meet only the second condition.) <small>(以前は吸っていたが、最近1か月間は吸っていない(条件2のみ満たす))</small> ③No (I meet neither condition.) <small>(いいえ(①②以外))</small>
9	<b>Have you gained at least 10 kilograms since your weight at age 20?</b> <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	<b>Have you exercised moderately (enough to produce a light sweat) for 30 minutes or more at least twice a week for at least one year?</b> <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	<b>Do you walk or engage in an equivalent level of physical activity for at least one hour a day as part of your daily routine?</b> <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	<b>Do you walk faster than someone of roughly the same age and sex?</b> <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	<b>Which of the following best describes your eating habits?</b> <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 and eat anything. <small>(何でもかんで食べることができる)</small> ②Some foods are difficult to chew, and I have concerns about my teeth, gums, bite, etc. <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	<b>How quickly do you eat compared to others?</b> <small>(人と比較して食べる速度が速い。)</small>	①Faster(速い) ②About the same(ふつう) ③Slower(遅い)
15	<b>Do you eat less than two hours before going to bed three or more times a week?</b> <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	<b>How often do you eat snacks or drink sweet beverages between meals?</b> <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) ②Occasionally(時々) ③Almost never(ほとんど摂取しない)

17	<p><b>Do you skip breakfast three or more times a week?</b> (朝食を抜くことが週に3回以上ある。)</p>	<p>①Yes (はい) ②No (いいえ)</p>
18	<p><b>How often do you drink alcoholic beverages (Japanese sake or shochu, beer, wine, etc.)?</b>  <b>(In this context “I quit drinking” means you used to drink at least once a month but have not had alcoholic beverages for at least a year.)</b>  <small>(お酒(日本酒、焼酎、ビール、洋酒など)を飲む頻度はどのくらいですか。「やめた」とは、過去に月1回以上の習慣的な飲酒歴があった者のうち、最近1年以上酒類を摂取していない者)</small></p>	<p>①Every day (毎日)  ②Five or six days a week (週5~6日)  ③Three or four days a week (週3~4日)  ④Once or twice a week (週1~2日)  ⑤One to three days a month (月に1~3日)  ⑥Less than once a month (月に1日未満)  ⑦I quit drinking. (やめた)  ⑧I don't drink. (I can't drink.) (飲まない(飲めない))</p>
19	<p><b>How much do you drink a day?</b>  <b>In this context, one drink means 180 mL of a beverage that contains 15% alcohol, or about:</b>  <b>500 mL of beer (5% alcohol), 110 mL of shochu (25% alcohol), 180 mL of wine (14% alcohol), 60 mL of whiskey (43% alcohol), 350 mL or 500 mL of sour-type mixed drinks sold in cans (7% or 5% alcohol, respectively)</b>  <small>(飲酒日の1日当たりの飲酒量  日本酒1合(アルコール度数15度・180ml)の目安:ビール(同5度・500ml)、焼酎(同25度・約110ml)、ワイン(同14度・約180ml)、ウイスキー(同43度・60ml)、缶チューハイ(同5度・約500ml、同7度・約350ml)</small></p>	<p>①Less than one (1合未満)  ②At least one but less than two (1~2合未満)  ③At least two but less than three (2~3合未満)  ④At least three but less than five (3~5合未満)  ⑤Five or more (5合以上)</p>
20	<p><b>Do you feel refreshed after a night's sleep?</b> (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><b>Are you interested in exercising more or otherwise enjoying a healthier lifestyle?</b>  <b>When did you start making changes, or when do you plan to start?</b>  <small>(運動や食生活等の生活習慣を改善してみようと思いますか。)</small></p>	<p>①I'm not interested in making any changes. (改善するつもりはない)  ②I'm interested in making changes and will start in the next six months or so. (改善するつもりである(概ね6か月以内))  ③I will start making changes soon (within about a month). I'm interested in making changes and am taking a gradual approach. (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 started making changes within the last six months. (既に改善に取り組んでいる(6か月未満))  ⑤I started making changes at least six months ago. (既に改善に取り組んでいる(6か月以上))</p>
22	<p><b>Have you ever received specific health guidance to help you enjoy a healthier lifestyle?</b> (生活習慣の改善について、これまでに特定保健指導を受けたことがありますか。)</p>	<p>①Yes (はい) ②No (いいえ)</p>