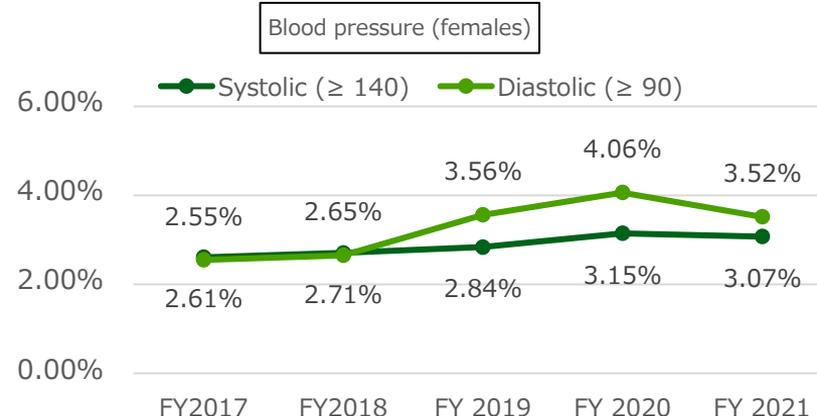
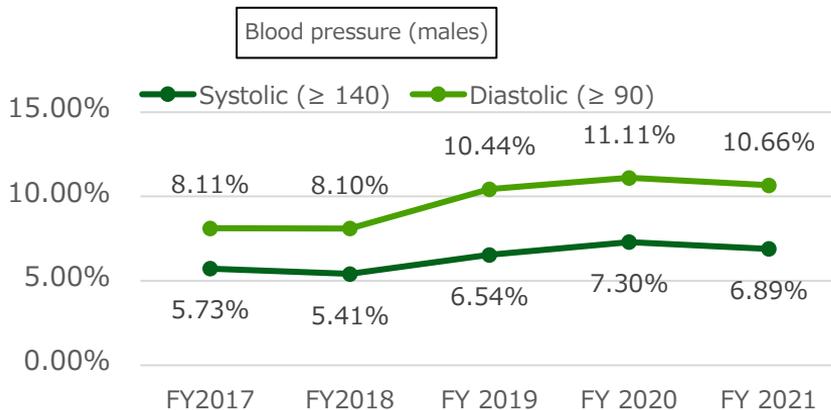
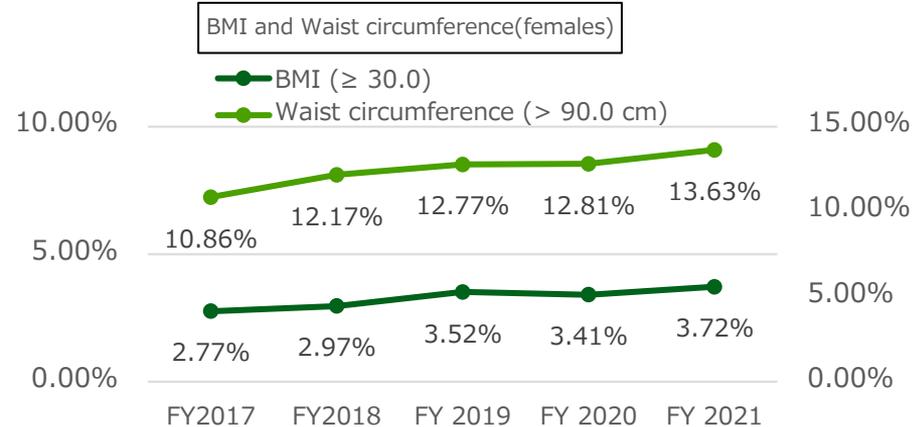
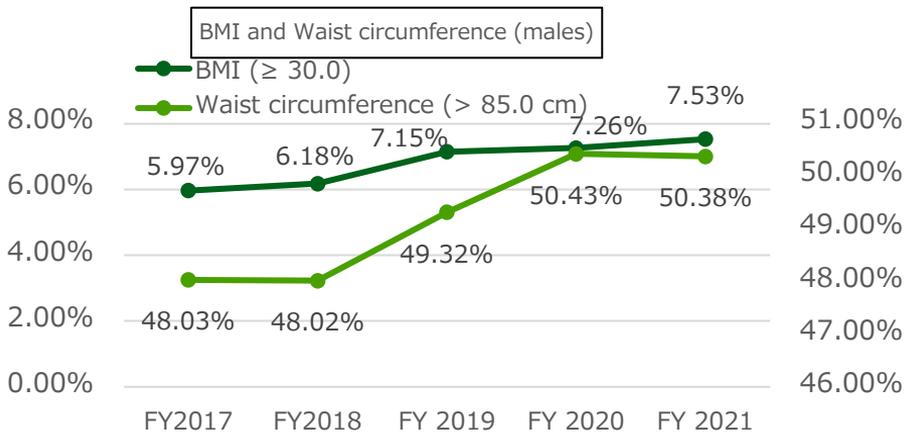


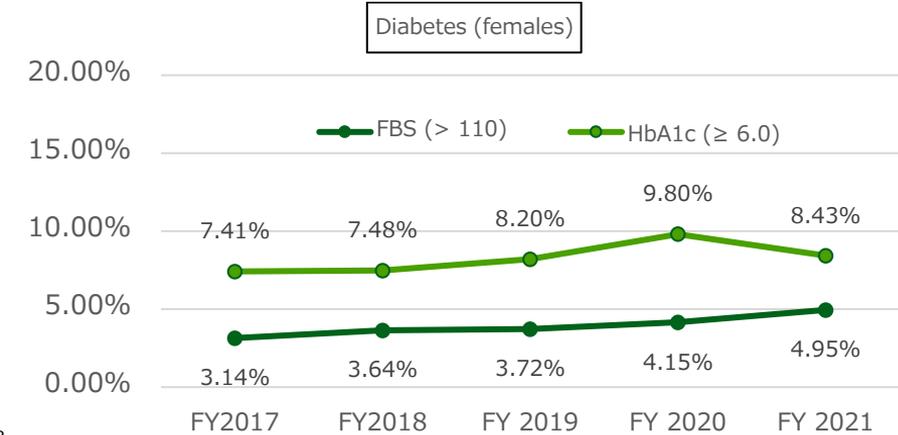
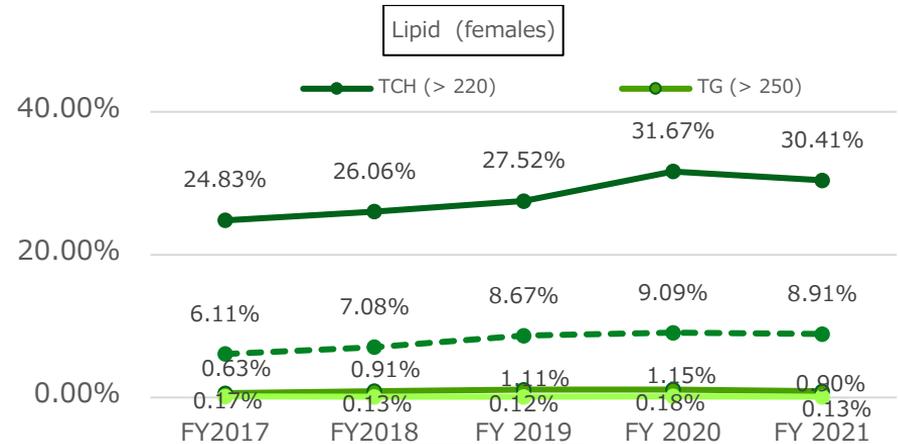
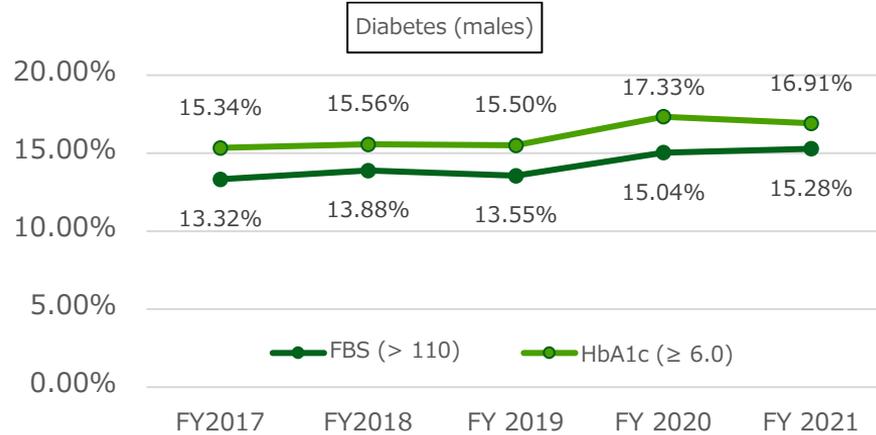
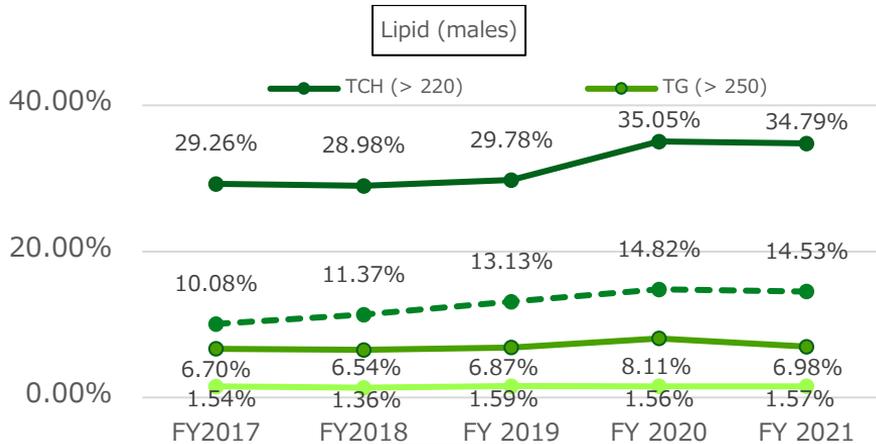
# Other Health examination result | Lifestyle habits

- I. Health examination finding rates
- II. Lifestyle habits

# I -1 Health examination finding rates (BMI, Waist circumference, blood pressure)

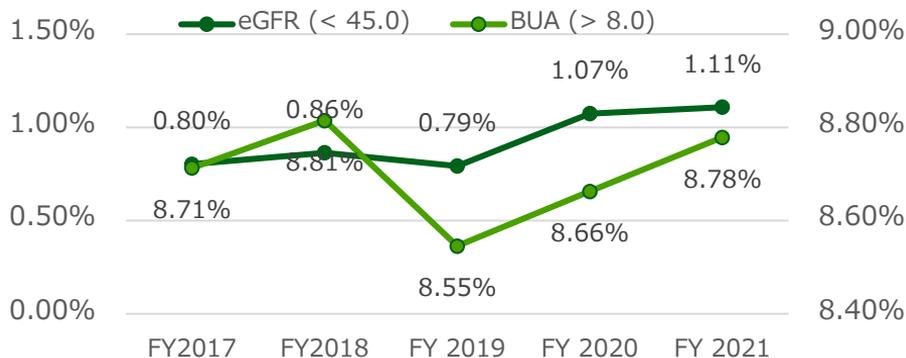


# I -2 Health examination finding rates (Lipid, Diabetes)

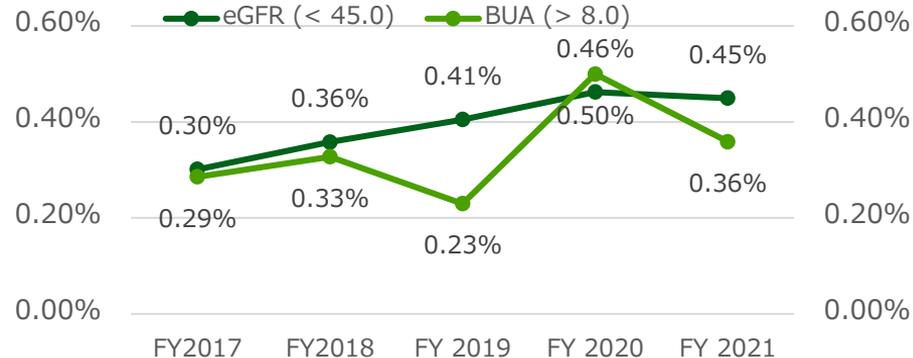


# I -3 Health examination finding rates (Renal function, Uric acid, Hepatic function)

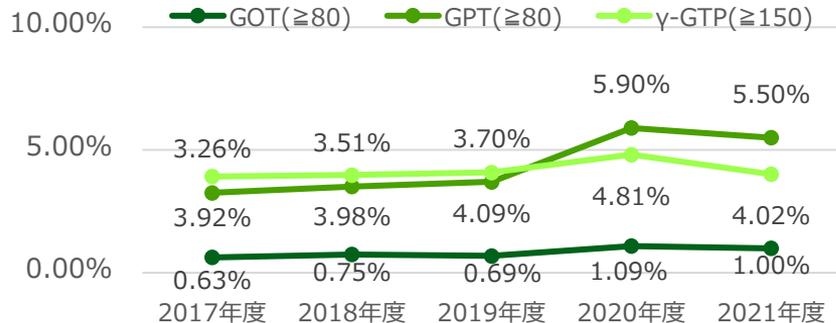
Renal function (males)



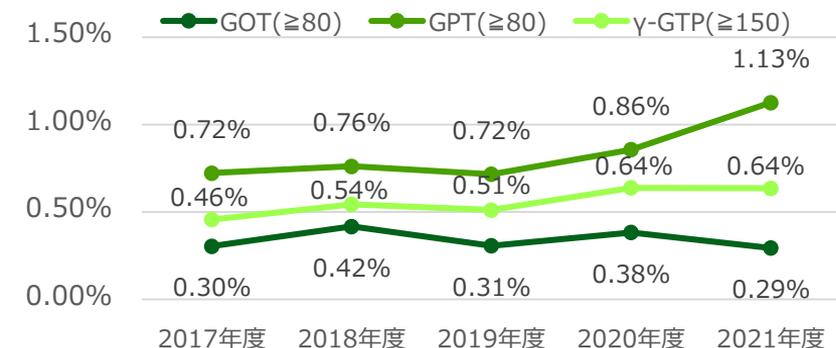
Renal function (females)



Liver function (males)

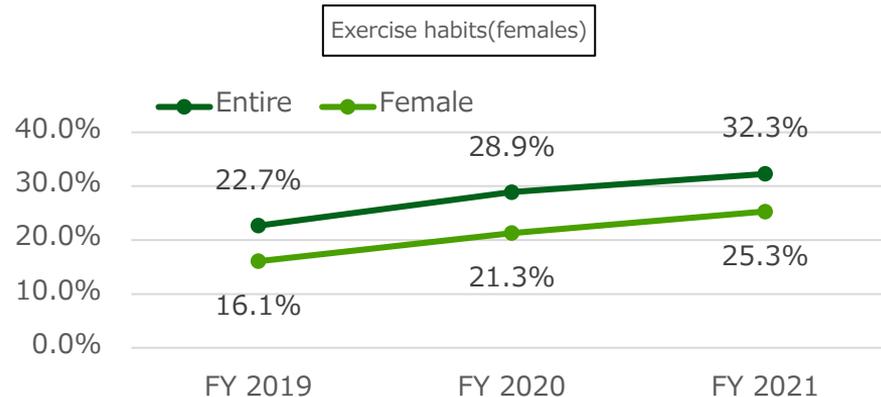
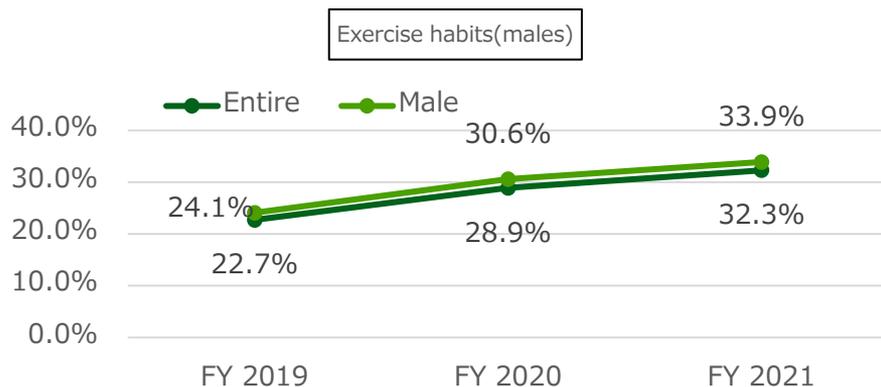


Liver function (females)



## II -1 Lifestyle Habits, Exercise habits

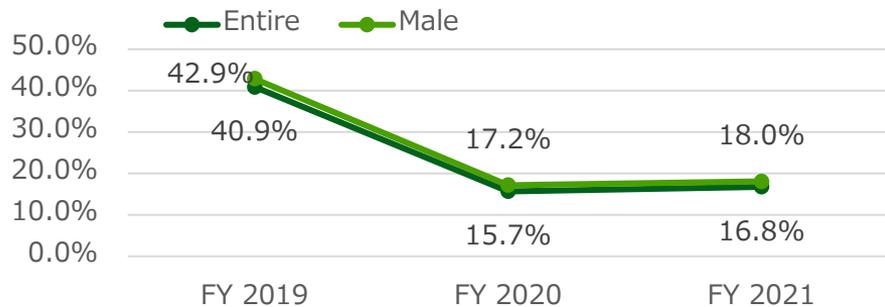
- The epidemic of the Covid-19 and "Work Life Shift" are changing employee lifestyles.
- The percentage of people who engage in physical activity (the percentage of people who sweat for 30 minutes or more two days or more a week) was 32.3% (Male 33.9%, female 25.3%), an increase from 2019, while the percentage of people who walk for 8,000 steps or more a day was 16.8% (Male 18.0%, female 11.2%), a sharp decrease.
- About sleep time, 40.6% of men and 47.8% of women were able to sleep for 7 hours or more, and 21.2% of men and 18.5% of women were able to sleep for 5 hours or less, a substantial improvement from FY 2019.
- The percentage of smokers and drinkers decreased to 16.5% (Male 19.4%, female 3.3%) and 27.7% (Percentage of people who drink 1 go or less three days a week.) (Male 30.7%, female 14.9%).



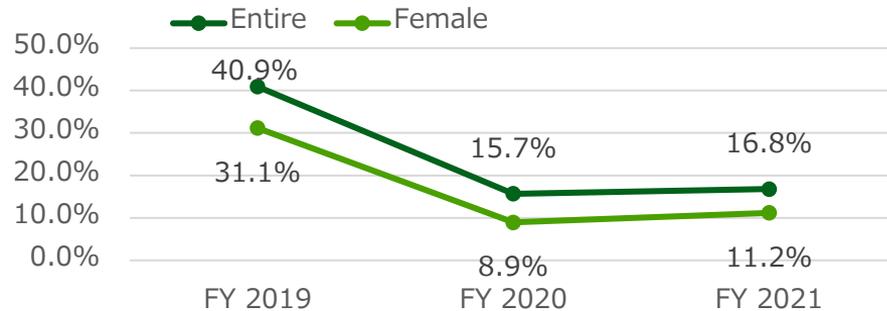
Exercise habits: ≥ 30 min of sweating 2 days/wk

# II -2 Lifestyle Habits, Average steps

Average 8,000 or more steps(males)



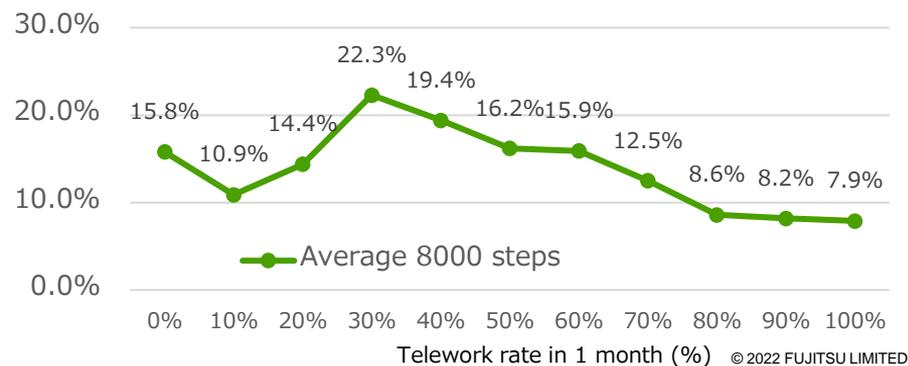
Average 8,000 or more steps (females)



Telework rate and Average 8,000 steps or more (males)



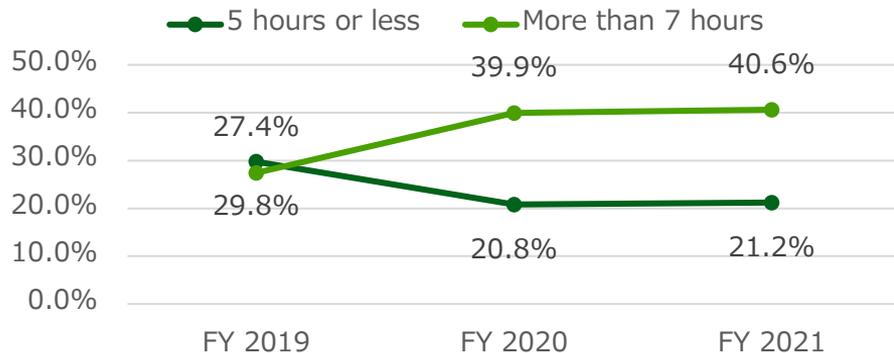
Telework rate and Average 8,000 steps or more (females)



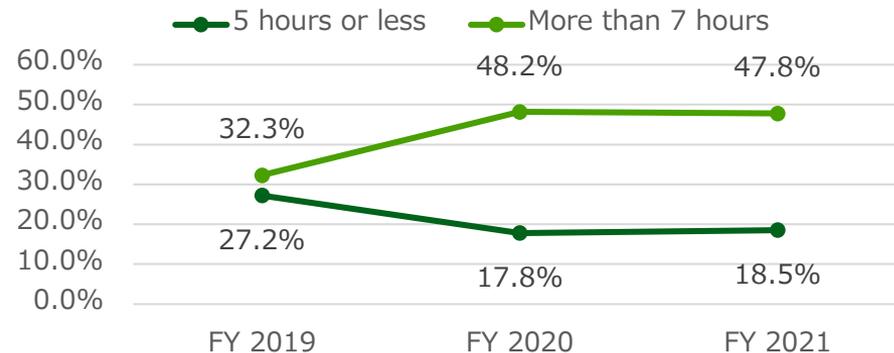
# II -3 Lifestyle Habits, Sleep Time



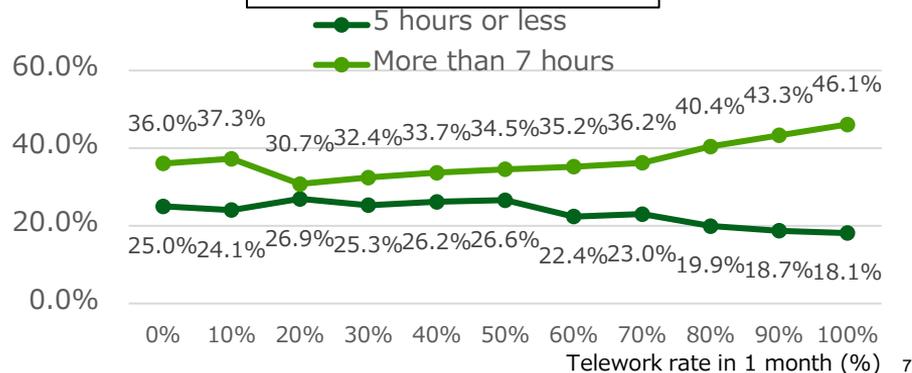
Sleep Time (males)



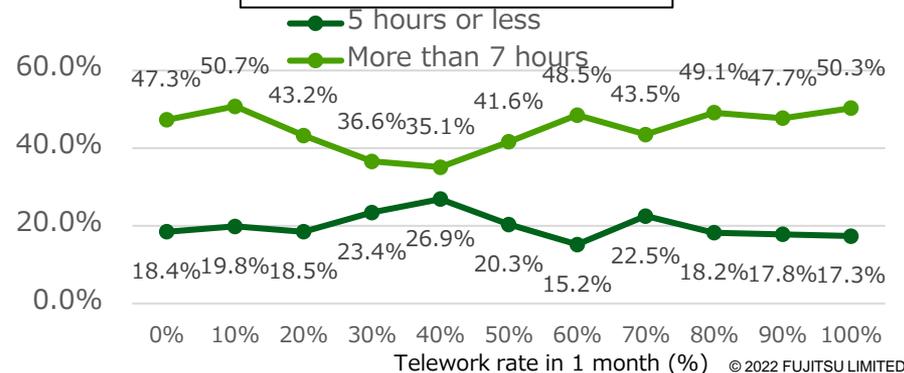
Sleep Time (females)



Telework rate and Sleep time (males)

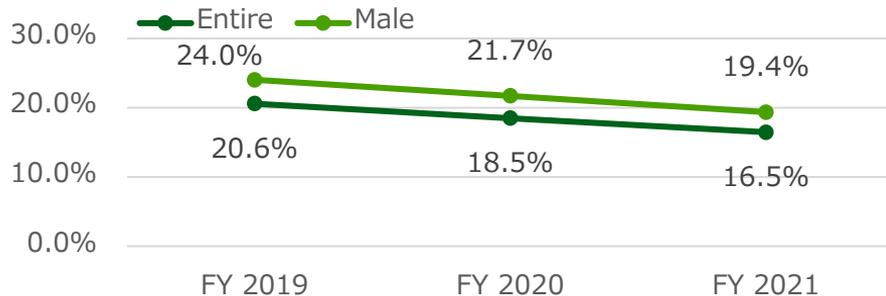


Telework rate and Sleep time (females)

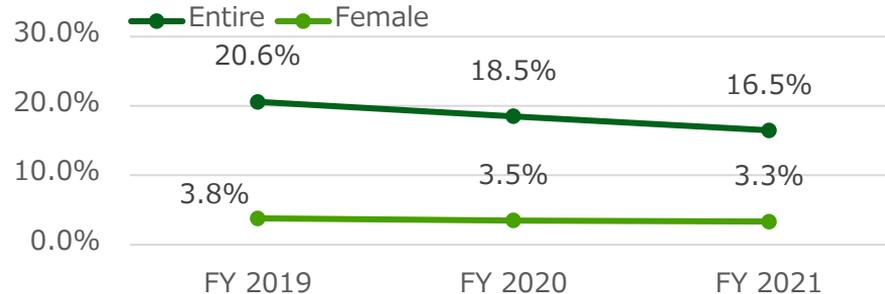


# II -4 Lifestyle Habit, Smoking and Alcohol habit

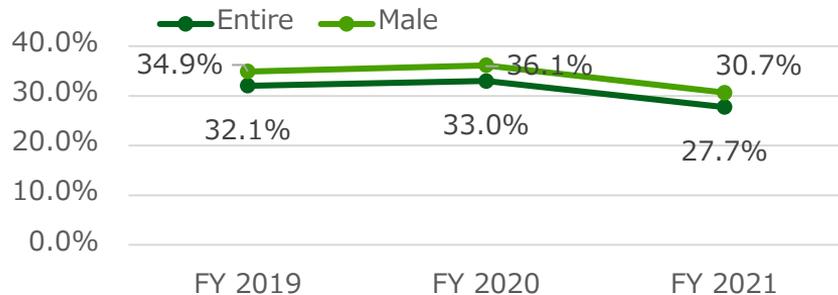
Smoking rate (males)



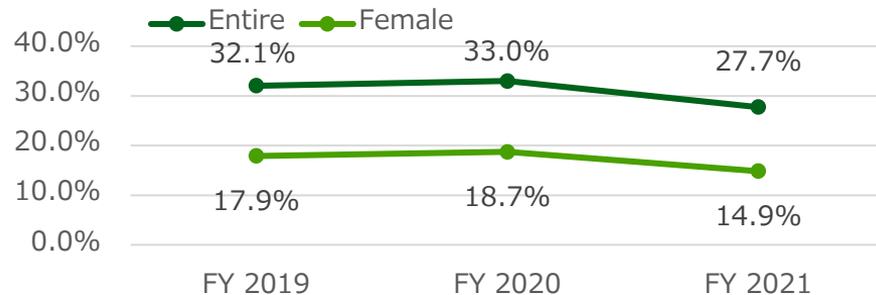
Smoking rate (females)



Alcohol habit (males)



Alcohol habit (females)



Alcohol habit: 3 days a week, more than 1 go