

F 1 あなたの性別

|        | 回答数   | 男              | 女              |
|--------|-------|----------------|----------------|
| 合計     | 2,779 | 1,283<br>46.2% | 1,496<br>53.8% |
| 男性合計   | 1,283 | 100.0%         | 0.0%           |
| 男性20歳代 | 95    | 100.0%         | 0.0%           |
| 男性30歳代 | 166   | 100.0%         | 0.0%           |
| 男性40歳代 | 172   | 100.0%         | 0.0%           |
| 男性50歳代 | 218   | 100.0%         | 0.0%           |
| 男性60歳代 | 332   | 100.0%         | 0.0%           |
| 男性70歳上 | 300   | 100.0%         | 0.0%           |
| 女性合計   | 1,496 | 0.0%           | 100.0%         |
| 女性20歳代 | 117   | 0.0%           | 100.0%         |
| 女性30歳代 | 184   | 0.0%           | 100.0%         |
| 女性40歳代 | 210   | 0.0%           | 100.0%         |
| 女性50歳代 | 275   | 0.0%           | 100.0%         |
| 女性60歳代 | 353   | 0.0%           | 100.0%         |
| 女性70歳上 | 357   | 0.0%           | 100.0%         |
| 東部合計   | 809   | 47.1%          | 52.9%          |
| 東部男性   | 381   | 100.0%         | 0.0%           |
| 東部女性   | 428   | 0.0%           | 100.0%         |
| 中部合計   | 909   | 45.1%          | 54.9%          |
| 中部男性   | 410   | 100.0%         | 0.0%           |
| 中部女性   | 499   | 0.0%           | 100.0%         |
| 西部合計   | 1,059 | 46.3%          | 53.7%          |
| 西部男性   | 490   | 100.0%         | 0.0%           |
| 西部女性   | 569   | 0.0%           | 100.0%         |

F 2 あなたの年齢

|        | 回答数   | 20歳代        | 30歳代         | 40歳代         | 50歳代         | 60歳代         | 70歳以上        |
|--------|-------|-------------|--------------|--------------|--------------|--------------|--------------|
| 合計     | 2,779 | 212<br>7.6% | 350<br>12.6% | 382<br>13.7% | 493<br>17.7% | 685<br>24.6% | 657<br>23.6% |
| 男性合計   | 1,283 | 7.4%        | 12.9%        | 13.4%        | 17.0%        | 25.9%        | 23.4%        |
| 男性20歳代 | 95    | 100.0%      | 0.0%         | 0.0%         | 0.0%         | 0.0%         | 0.0%         |
| 男性30歳代 | 166   | 0.0%        | 100.0%       | 0.0%         | 0.0%         | 0.0%         | 0.0%         |
| 男性40歳代 | 172   | 0.0%        | 0.0%         | 100.0%       | 0.0%         | 0.0%         | 0.0%         |
| 男性50歳代 | 218   | 0.0%        | 0.0%         | 0.0%         | 100.0%       | 0.0%         | 0.0%         |
| 男性60歳代 | 332   | 0.0%        | 0.0%         | 0.0%         | 0.0%         | 100.0%       | 0.0%         |
| 男性70歳上 | 300   | 0.0%        | 0.0%         | 0.0%         | 0.0%         | 0.0%         | 100.0%       |
| 女性合計   | 1,496 | 7.8%        | 12.3%        | 14.0%        | 18.4%        | 23.6%        | 23.9%        |
| 女性20歳代 | 117   | 100.0%      | 0.0%         | 0.0%         | 0.0%         | 0.0%         | 0.0%         |
| 女性30歳代 | 184   | 0.0%        | 100.0%       | 0.0%         | 0.0%         | 0.0%         | 0.0%         |
| 女性40歳代 | 210   | 0.0%        | 0.0%         | 100.0%       | 0.0%         | 0.0%         | 0.0%         |
| 女性50歳代 | 275   | 0.0%        | 0.0%         | 0.0%         | 100.0%       | 0.0%         | 0.0%         |
| 女性60歳代 | 353   | 0.0%        | 0.0%         | 0.0%         | 0.0%         | 100.0%       | 0.0%         |
| 女性70歳上 | 357   | 0.0%        | 0.0%         | 0.0%         | 0.0%         | 0.0%         | 100.0%       |
| 東部合計   | 809   | 6.7%        | 12.7%        | 12.4%        | 17.7%        | 27.1%        | 23.5%        |
| 東部男性   | 381   | 7.1%        | 13.1%        | 12.3%        | 17.6%        | 28.6%        | 21.3%        |
| 東部女性   | 428   | 6.3%        | 12.4%        | 12.4%        | 17.8%        | 25.7%        | 25.5%        |
| 中部合計   | 909   | 8.4%        | 11.9%        | 14.4%        | 15.0%        | 24.9%        | 25.5%        |
| 中部男性   | 410   | 6.3%        | 12.4%        | 13.7%        | 13.2%        | 27.3%        | 27.1%        |
| 中部女性   | 499   | 10.0%       | 11.4%        | 15.0%        | 16.4%        | 22.8%        | 24.2%        |
| 西部合計   | 1,059 | 7.6%        | 13.1%        | 14.3%        | 20.2%        | 22.7%        | 22.1%        |
| 西部男性   | 490   | 8.4%        | 13.3%        | 14.1%        | 19.8%        | 22.7%        | 21.8%        |
| 西部女性   | 569   | 7.0%        | 13.0%        | 14.4%        | 20.6%        | 22.7%        | 22.3%        |

F 3 あなたのお住まいの市町名

|        | 回答数   | 熱海市        | 伊東市        | 河津町        | 下田市        | 伊豆市        | 伊豆の国市      | 函南町        | 三島市        | 裾野市        | 御殿場市       | 小山町        |
|--------|-------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 合計     | 2,779 | 19<br>0.7% | 51<br>1.8% | 29<br>1.0% | 29<br>1.0% | 31<br>1.1% | 33<br>1.2% | 28<br>1.0% | 80<br>2.9% | 30<br>1.1% | 51<br>1.8% | 36<br>1.3% |
| 男性合計   | 1,283 | 0.6%       | 1.8%       | 1.0%       | 1.0%       | 1.2%       | 1.0%       | 0.8%       | 3.0%       | 1.3%       | 2.3%       | 1.4%       |
| 男性20歳代 | 95    | 1.1%       | 2.1%       | 0.0%       | 0.0%       | 0.0%       | 2.1%       | 2.1%       | 3.2%       | 1.1%       | 1.1%       | 2.1%       |
| 男性30歳代 | 166   | 0.0%       | 1.2%       | 1.2%       | 0.0%       | 2.4%       | 0.6%       | 1.2%       | 2.4%       | 1.2%       | 3.0%       | 0.6%       |
| 男性40歳代 | 172   | 0.0%       | 2.3%       | 2.3%       | 0.6%       | 0.6%       | 0.0%       | 0.6%       | 1.2%       | 2.3%       | 2.3%       | 1.2%       |
| 男性50歳代 | 218   | 0.5%       | 0.9%       | 0.9%       | 1.4%       | 0.9%       | 0.9%       | 1.4%       | 1.4%       | 0.9%       | 3.2%       | 2.3%       |
| 男性60歳代 | 332   | 0.3%       | 0.9%       | 1.2%       | 1.8%       | 1.5%       | 1.5%       | 0.3%       | 3.6%       | 2.1%       | 2.7%       | 1.2%       |
| 男性70歳上 | 300   | 1.7%       | 3.3%       | 0.3%       | 1.0%       | 1.0%       | 1.0%       | 0.3%       | 5.0%       | 0.3%       | 1.3%       | 1.3%       |
| 女性合計   | 1,496 | 0.7%       | 1.9%       | 1.1%       | 1.1%       | 1.1%       | 1.3%       | 1.2%       | 2.7%       | 0.9%       | 1.4%       | 1.2%       |
| 女性20歳代 | 117   | 1.7%       | 2.6%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 1.7%       | 0.0%       | 2.6%       | 0.9%       |
| 女性30歳代 | 184   | 0.5%       | 1.1%       | 0.0%       | 0.0%       | 0.5%       | 1.6%       | 1.6%       | 3.8%       | 1.1%       | 2.2%       | 1.6%       |
| 女性40歳代 | 210   | 0.0%       | 0.5%       | 0.5%       | 1.4%       | 0.0%       | 0.5%       | 1.9%       | 3.3%       | 1.4%       | 1.9%       | 1.4%       |
| 女性50歳代 | 275   | 0.7%       | 1.5%       | 1.5%       | 1.5%       | 2.5%       | 1.5%       | 0.4%       | 1.5%       | 0.0%       | 0.7%       | 1.1%       |
| 女性60歳代 | 353   | 0.6%       | 2.3%       | 1.1%       | 1.1%       | 1.4%       | 2.0%       | 1.1%       | 3.1%       | 1.1%       | 1.7%       | 1.4%       |
| 女性70歳上 | 357   | 1.1%       | 2.8%       | 2.0%       | 1.4%       | 0.8%       | 1.4%       | 1.7%       | 2.8%       | 1.1%       | 0.6%       | 0.8%       |
| 東部合計   | 809   | 2.3%       | 6.3%       | 3.6%       | 3.6%       | 3.8%       | 4.1%       | 3.5%       | 9.9%       | 3.7%       | 6.3%       | 4.4%       |
| 東部男性   | 381   | 2.1%       | 6.0%       | 3.4%       | 3.4%       | 3.9%       | 3.4%       | 2.6%       | 10.2%      | 4.5%       | 7.9%       | 4.7%       |
| 東部女性   | 428   | 2.6%       | 6.5%       | 3.7%       | 3.7%       | 3.7%       | 4.7%       | 4.2%       | 9.6%       | 3.0%       | 4.9%       | 4.2%       |
| 中部合計   | 909   | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       |
| 中部男性   | 410   | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       |
| 中部女性   | 499   | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       |
| 西部合計   | 1,059 | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       |
| 西部男性   | 490   | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       |
| 西部女性   | 569   | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%       |

|        | 回答数   | 長泉町        | 清水町        | 沼津市         | 富士市        | 富士宮市        | 静岡市          | 焼津市         | 藤枝市         | 吉田町        | 島田市        | 牧之原市       |
|--------|-------|------------|------------|-------------|------------|-------------|--------------|-------------|-------------|------------|------------|------------|
| 合計     | 2,779 | 27<br>1.0% | 34<br>1.2% | 162<br>5.8% | 56<br>2.0% | 113<br>4.1% | 528<br>19.0% | 118<br>4.2% | 116<br>4.2% | 23<br>0.8% | 79<br>2.8% | 45<br>1.6% |
| 男性合計   | 1,283 | 1.5%       | 1.0%       | 5.6%        | 2.3%       | 3.8%        | 18.6%        | 3.9%        | 4.4%        | 0.7%       | 2.8%       | 1.5%       |
| 男性20歳代 | 95    | 3.2%       | 0.0%       | 5.3%        | 2.1%       | 3.2%        | 15.8%        | 3.2%        | 4.2%        | 0.0%       | 2.1%       | 2.1%       |
| 男性30歳代 | 166   | 1.2%       | 0.6%       | 6.0%        | 1.8%       | 6.6%        | 15.7%        | 3.6%        | 6.0%        | 1.8%       | 1.2%       | 2.4%       |
| 男性40歳代 | 172   | 0.6%       | 0.6%       | 4.7%        | 2.9%       | 5.2%        | 19.2%        | 3.5%        | 5.2%        | 1.2%       | 2.3%       | 1.2%       |
| 男性50歳代 | 218   | 0.9%       | 2.3%       | 6.4%        | 2.3%       | 4.1%        | 13.8%        | 3.2%        | 2.3%        | 0.5%       | 3.7%       | 1.4%       |
| 男性60歳代 | 332   | 2.1%       | 1.2%       | 6.3%        | 3.3%       | 2.7%        | 18.4%        | 5.4%        | 4.5%        | 0.3%       | 3.6%       | 1.5%       |
| 男性70歳上 | 300   | 1.3%       | 0.7%       | 4.7%        | 1.0%       | 2.7%        | 24.7%        | 3.3%        | 4.7%        | 0.7%       | 2.7%       | 1.0%       |
| 女性合計   | 1,496 | 0.5%       | 1.4%       | 6.0%        | 1.8%       | 4.3%        | 19.3%        | 4.5%        | 3.9%        | 0.9%       | 2.9%       | 1.7%       |
| 女性20歳代 | 117   | 0.9%       | 0.9%       | 2.6%        | 4.3%       | 5.1%        | 23.9%        | 7.7%        | 6.8%        | 0.9%       | 1.7%       | 1.7%       |
| 女性30歳代 | 184   | 0.5%       | 1.1%       | 5.4%        | 2.2%       | 5.4%        | 14.1%        | 5.4%        | 3.3%        | 2.2%       | 5.4%       | 0.5%       |
| 女性40歳代 | 210   | 0.0%       | 0.5%       | 4.8%        | 2.9%       | 4.3%        | 21.4%        | 4.8%        | 3.3%        | 1.0%       | 2.9%       | 2.4%       |
| 女性50歳代 | 275   | 1.1%       | 1.8%       | 5.8%        | 1.8%       | 4.4%        | 17.1%        | 4.4%        | 2.9%        | 0.4%       | 4.4%       | 0.7%       |
| 女性60歳代 | 353   | 0.6%       | 2.0%       | 8.2%        | 0.6%       | 2.8%        | 19.8%        | 3.7%        | 4.2%        | 0.3%       | 2.0%       | 2.3%       |
| 女性70歳上 | 357   | 0.3%       | 1.4%       | 6.2%        | 1.4%       | 4.8%        | 20.4%        | 3.9%        | 4.2%        | 1.4%       | 1.7%       | 2.2%       |
| 東部合計   | 809   | 3.3%       | 4.2%       | 20.0%       | 6.9%       | 14.0%       | 0.0%         | 0.0%        | 0.0%        | 0.0%       | 0.0%       | 0.0%       |
| 東部男性   | 381   | 5.0%       | 3.4%       | 18.9%       | 7.6%       | 12.9%       | 0.0%         | 0.0%        | 0.0%        | 0.0%       | 0.0%       | 0.0%       |
| 東部女性   | 428   | 1.9%       | 4.9%       | 21.0%       | 6.3%       | 15.0%       | 0.0%         | 0.0%        | 0.0%        | 0.0%       | 0.0%       | 0.0%       |
| 中部合計   | 909   | 0.0%       | 0.0%       | 0.0%        | 0.0%       | 0.0%        | 58.1%        | 13.0%       | 12.8%       | 2.5%       | 8.7%       | 5.0%       |
| 中部男性   | 410   | 0.0%       | 0.0%       | 0.0%        | 0.0%       | 0.0%        | 58.3%        | 12.2%       | 13.9%       | 2.2%       | 8.8%       | 4.6%       |
| 中部女性   | 499   | 0.0%       | 0.0%       | 0.0%        | 0.0%       | 0.0%        | 57.9%        | 13.6%       | 11.8%       | 2.8%       | 8.6%       | 5.2%       |
| 西部合計   | 1,059 | 0.0%       | 0.0%       | 0.0%        | 0.0%       | 0.0%        | 0.0%         | 0.0%        | 0.0%        | 0.0%       | 0.0%       | 0.0%       |
| 西部男性   | 490   | 0.0%       | 0.0%       | 0.0%        | 0.0%       | 0.0%        | 0.0%         | 0.0%        | 0.0%        | 0.0%       | 0.0%       | 0.0%       |
| 西部女性   | 569   | 0.0%       | 0.0%       | 0.0%        | 0.0%       | 0.0%        | 0.0%         | 0.0%        | 0.0%        | 0.0%       | 0.0%       | 0.0%       |

F3 あなたのお住まいの市町名

|        | 回答数   | 御前崎市       | 菊川市        | 掛川市        | 袋井市        | 磐田市         | 浜松市          | 湖西市        | 無回答       |
|--------|-------|------------|------------|------------|------------|-------------|--------------|------------|-----------|
| 合計     | 2,779 | 35<br>1.3% | 28<br>1.0% | 78<br>2.8% | 82<br>3.0% | 135<br>4.9% | 638<br>23.0% | 63<br>2.3% | 2<br>0.1% |
| 男性合計   | 1,283 | 1.4%       | 1.1%       | 2.6%       | 3.0%       | 4.8%        | 23.1%        | 2.3%       | 0.2%      |
| 男性20歳代 | 95    | 0.0%       | 1.1%       | 3.2%       | 2.1%       | 2.1%        | 30.5%        | 4.2%       | 1.1%      |
| 男性30歳代 | 166   | 0.6%       | 0.0%       | 3.6%       | 2.4%       | 5.4%        | 22.9%        | 4.2%       | 0.0%      |
| 男性40歳代 | 172   | 0.0%       | 0.0%       | 2.3%       | 5.2%       | 5.8%        | 25.6%        | 1.2%       | 0.0%      |
| 男性50歳代 | 218   | 0.5%       | 3.7%       | 2.8%       | 4.1%       | 6.9%        | 24.3%        | 2.3%       | 0.0%      |
| 男性60歳代 | 332   | 0.6%       | 1.2%       | 2.7%       | 1.5%       | 5.4%        | 20.8%        | 1.2%       | 0.0%      |
| 男性70歳上 | 300   | 4.7%       | 0.3%       | 1.7%       | 3.0%       | 2.7%        | 21.0%        | 2.3%       | 0.3%      |
| 女性合計   | 1,496 | 1.1%       | 0.9%       | 3.0%       | 2.9%       | 4.9%        | 22.9%        | 2.3%       | 0.0%      |
| 女性20歳代 | 117   | 0.9%       | 0.9%       | 4.3%       | 1.7%       | 2.6%        | 21.4%        | 2.6%       | 0.0%      |
| 女性30歳代 | 184   | 1.1%       | 0.0%       | 5.4%       | 3.8%       | 6.0%        | 19.0%        | 4.9%       | 0.0%      |
| 女性40歳代 | 210   | 1.4%       | 1.0%       | 2.4%       | 3.3%       | 4.3%        | 25.2%        | 1.4%       | 0.0%      |
| 女性50歳代 | 275   | 1.1%       | 1.5%       | 3.3%       | 5.5%       | 6.5%        | 22.5%        | 2.2%       | 0.0%      |
| 女性60歳代 | 353   | 1.4%       | 1.4%       | 3.7%       | 1.1%       | 4.8%        | 22.7%        | 1.4%       | 0.0%      |
| 女性70歳上 | 357   | 0.8%       | 0.6%       | 0.8%       | 2.5%       | 4.2%        | 24.4%        | 2.2%       | 0.0%      |
| 東部合計   | 809   | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%        | 0.0%         | 0.0%       | 0.0%      |
| 東部男性   | 381   | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%        | 0.0%         | 0.0%       | 0.0%      |
| 東部女性   | 428   | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%        | 0.0%         | 0.0%       | 0.0%      |
| 中部合計   | 909   | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%        | 0.0%         | 0.0%       | 0.0%      |
| 中部男性   | 410   | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%        | 0.0%         | 0.0%       | 0.0%      |
| 中部女性   | 499   | 0.0%       | 0.0%       | 0.0%       | 0.0%       | 0.0%        | 0.0%         | 0.0%       | 0.0%      |
| 西部合計   | 1,059 | 3.3%       | 2.6%       | 7.4%       | 7.7%       | 12.7%       | 60.2%        | 5.9%       | 0.0%      |
| 西部男性   | 490   | 3.7%       | 2.9%       | 6.7%       | 7.8%       | 12.7%       | 60.4%        | 5.9%       | 0.0%      |
| 西部女性   | 569   | 3.0%       | 2.5%       | 7.9%       | 7.7%       | 12.8%       | 60.1%        | 6.0%       | 0.0%      |

F3 あなたのお住まいの地域

|        | 回答数   | 東部地区         | 中部地区         | 西部地区           | 無回答       |
|--------|-------|--------------|--------------|----------------|-----------|
| 合計     | 2,779 | 809<br>29.1% | 909<br>32.7% | 1,059<br>38.1% | 2<br>0.1% |
| 男性合計   | 1,283 | 29.7%        | 32.0%        | 38.2%          | 0.2%      |
| 男性20歳代 | 95    | 28.4%        | 27.4%        | 43.2%          | 1.1%      |
| 男性30歳代 | 166   | 30.1%        | 30.7%        | 39.2%          | 0.0%      |
| 男性40歳代 | 172   | 27.3%        | 32.6%        | 40.1%          | 0.0%      |
| 男性50歳代 | 218   | 30.7%        | 24.8%        | 44.5%          | 0.0%      |
| 男性60歳代 | 332   | 32.8%        | 33.7%        | 33.4%          | 0.0%      |
| 男性70歳上 | 300   | 27.0%        | 37.0%        | 35.7%          | 0.3%      |
| 女性合計   | 1,496 | 28.6%        | 33.4%        | 38.0%          | 0.0%      |
| 女性20歳代 | 117   | 23.1%        | 42.7%        | 34.2%          | 0.0%      |
| 女性30歳代 | 184   | 28.8%        | 31.0%        | 40.2%          | 0.0%      |
| 女性40歳代 | 210   | 25.2%        | 35.7%        | 39.0%          | 0.0%      |
| 女性50歳代 | 275   | 27.6%        | 29.8%        | 42.5%          | 0.0%      |
| 女性60歳代 | 353   | 31.2%        | 32.3%        | 36.5%          | 0.0%      |
| 女性70歳上 | 357   | 30.5%        | 33.9%        | 35.6%          | 0.0%      |
| 東部合計   | 809   | 100.0%       | 0.0%         | 0.0%           | 0.0%      |
| 東部男性   | 381   | 100.0%       | 0.0%         | 0.0%           | 0.0%      |
| 東部女性   | 428   | 100.0%       | 0.0%         | 0.0%           | 0.0%      |
| 中部合計   | 909   | 0.0%         | 100.0%       | 0.0%           | 0.0%      |
| 中部男性   | 410   | 0.0%         | 100.0%       | 0.0%           | 0.0%      |
| 中部女性   | 499   | 0.0%         | 100.0%       | 0.0%           | 0.0%      |
| 西部合計   | 1,059 | 0.0%         | 0.0%         | 100.0%         | 0.0%      |
| 西部男性   | 490   | 0.0%         | 0.0%         | 100.0%         | 0.0%      |
| 西部女性   | 569   | 0.0%         | 0.0%         | 100.0%         | 0.0%      |

F 4 現在のお仕事など

|        | 回答数   | 会社員・公務員      | 自営業         | 農林漁業       | パート、非常勤      | 専業主婦(主夫)     | 学生         | 無職           | その他        | 無回答        |
|--------|-------|--------------|-------------|------------|--------------|--------------|------------|--------------|------------|------------|
| 合計     | 2,779 | 820<br>29.5% | 269<br>9.7% | 71<br>2.6% | 424<br>15.3% | 397<br>14.3% | 41<br>1.5% | 696<br>25.0% | 48<br>1.7% | 13<br>0.5% |
| 男性合計   | 1,283 | 39.4%        | 11.5%       | 3.3%       | 9.2%         | 6.3%         | 1.8%       | 26.3%        | 1.6%       | 0.6%       |
| 男性20歳代 | 95    | 56.8%        | 4.2%        | 0.0%       | 9.5%         | 1.1%         | 23.2%      | 3.2%         | 2.1%       | 0.0%       |
| 男性30歳代 | 166   | 72.3%        | 9.6%        | 0.6%       | 4.8%         | 5.4%         | 0.6%       | 3.6%         | 3.0%       | 0.0%       |
| 男性40歳代 | 172   | 69.8%        | 8.7%        | 0.6%       | 8.7%         | 5.8%         | 0.0%       | 4.7%         | 1.7%       | 0.0%       |
| 男性50歳代 | 218   | 61.5%        | 12.4%       | 2.3%       | 13.3%        | 5.0%         | 0.0%       | 4.6%         | 0.9%       | 0.0%       |
| 男性60歳代 | 332   | 22.6%        | 18.1%       | 4.8%       | 13.3%        | 9.3%         | 0.0%       | 29.8%        | 1.2%       | 0.9%       |
| 男性70歳上 | 300   | 1.0%         | 8.3%        | 6.3%       | 4.3%         | 6.3%         | 0.0%       | 70.3%        | 1.7%       | 1.7%       |
| 女性合計   | 1,496 | 21.0%        | 8.2%        | 1.9%       | 20.5%        | 21.1%        | 1.2%       | 24.0%        | 1.8%       | 0.3%       |
| 女性20歳代 | 117   | 47.9%        | 1.7%        | 0.0%       | 13.7%        | 16.2%        | 14.5%      | 5.1%         | 0.9%       | 0.0%       |
| 女性30歳代 | 184   | 39.7%        | 1.6%        | 0.0%       | 23.4%        | 31.0%        | 0.5%       | 2.7%         | 1.1%       | 0.0%       |
| 女性40歳代 | 210   | 30.0%        | 7.1%        | 0.0%       | 40.5%        | 17.1%        | 0.0%       | 2.9%         | 2.4%       | 0.0%       |
| 女性50歳代 | 275   | 32.4%        | 10.9%       | 1.5%       | 26.5%        | 21.1%        | 0.0%       | 5.8%         | 1.5%       | 0.4%       |
| 女性60歳代 | 353   | 8.8%         | 12.2%       | 3.7%       | 21.8%        | 25.5%        | 0.0%       | 26.3%        | 1.4%       | 0.3%       |
| 女性70歳上 | 357   | 0.6%         | 8.1%        | 3.4%       | 3.4%         | 15.7%        | 0.0%       | 65.3%        | 2.8%       | 0.8%       |
| 東部合計   | 809   | 27.8%        | 9.8%        | 1.5%       | 14.2%        | 16.1%        | 1.6%       | 26.1%        | 2.1%       | 0.9%       |
| 東部男性   | 381   | 39.6%        | 10.5%       | 2.1%       | 8.9%         | 7.6%         | 2.1%       | 26.0%        | 2.1%       | 1.0%       |
| 東部女性   | 428   | 17.3%        | 9.1%        | 0.9%       | 18.9%        | 23.6%        | 1.2%       | 26.2%        | 2.1%       | 0.7%       |
| 中部合計   | 909   | 28.4%        | 11.2%       | 2.2%       | 14.4%        | 13.8%        | 1.5%       | 26.1%        | 2.1%       | 0.3%       |
| 中部男性   | 410   | 35.4%        | 13.4%       | 3.2%       | 9.5%         | 6.1%         | 1.7%       | 28.3%        | 1.7%       | 0.7%       |
| 中部女性   | 499   | 22.6%        | 9.4%        | 1.4%       | 18.4%        | 20.0%        | 1.4%       | 24.2%        | 2.4%       | 0.0%       |
| 西部合計   | 1,059 | 31.8%        | 8.3%        | 3.7%       | 16.7%        | 13.4%        | 1.3%       | 23.4%        | 1.1%       | 0.2%       |
| 西部男性   | 490   | 42.9%        | 10.6%       | 4.3%       | 9.0%         | 5.5%         | 1.6%       | 24.9%        | 1.2%       | 0.0%       |
| 西部女性   | 569   | 22.3%        | 6.3%        | 3.2%       | 23.4%        | 20.2%        | 1.1%       | 22.1%        | 1.1%       | 0.4%       |

その他 (n=48)

- ・派遣社員 3件
- ・契約社員 3件
- ・サービス業 2件
- ・医師
- ・音楽家
- ・介護士
- ・介護職
- ・山岳ガイド
- ・自由業
- ・嘱託職員
- ・調理師
- ・美容師
- ・福祉関係
- ・文筆業
- ・ヘルパー
- ・無記入 28件

問1 あなたは、おいしく食事ができますか。

|        | 回答数   | はい             | いいえ        | どちらでもない     | 無回答       |
|--------|-------|----------------|------------|-------------|-----------|
| 合計     | 2,779 | 2,586<br>93.1% | 24<br>0.9% | 164<br>5.9% | 5<br>0.2% |
| 男性合計   | 1,283 | 93.1%          | 0.8%       | 5.8%        | 0.2%      |
| 男性20歳代 | 95    | 90.5%          | 1.1%       | 8.4%        | 0.0%      |
| 男性30歳代 | 166   | 95.2%          | 0.6%       | 4.2%        | 0.0%      |
| 男性40歳代 | 172   | 90.1%          | 1.7%       | 7.6%        | 0.6%      |
| 男性50歳代 | 218   | 94.5%          | 0.5%       | 5.0%        | 0.0%      |
| 男性60歳代 | 332   | 93.7%          | 0.9%       | 5.1%        | 0.3%      |
| 男性70歳上 | 300   | 93.0%          | 0.3%       | 6.3%        | 0.3%      |
| 女性合計   | 1,496 | 93.0%          | 0.9%       | 5.9%        | 0.1%      |
| 女性20歳代 | 117   | 93.2%          | 0.9%       | 6.0%        | 0.0%      |
| 女性30歳代 | 184   | 95.7%          | 0.5%       | 3.8%        | 0.0%      |
| 女性40歳代 | 210   | 92.4%          | 1.0%       | 6.2%        | 0.5%      |
| 女性50歳代 | 275   | 94.9%          | 0.4%       | 4.7%        | 0.0%      |
| 女性60歳代 | 353   | 92.6%          | 1.1%       | 6.2%        | 0.0%      |
| 女性70歳上 | 357   | 90.8%          | 1.4%       | 7.6%        | 0.3%      |
| 東部合計   | 809   | 92.2%          | 1.0%       | 6.6%        | 0.2%      |
| 東部男性   | 381   | 92.7%          | 1.3%       | 5.8%        | 0.3%      |
| 東部女性   | 428   | 91.8%          | 0.7%       | 7.2%        | 0.2%      |
| 中部合計   | 909   | 93.7%          | 0.8%       | 5.4%        | 0.1%      |
| 中部男性   | 410   | 93.4%          | 0.5%       | 5.9%        | 0.2%      |
| 中部女性   | 499   | 94.0%          | 1.0%       | 5.0%        | 0.0%      |
| 西部合計   | 1,059 | 93.2%          | 0.8%       | 5.8%        | 0.2%      |
| 西部男性   | 490   | 93.5%          | 0.6%       | 5.7%        | 0.2%      |
| 西部女性   | 569   | 93.0%          | 1.1%       | 5.8%        | 0.2%      |

問2 あなたは、ふだん朝食を食べますか。

|        | 回答数   | (週5日食べる)       | (週2々食べる)    | (週0日食べる) ほとんど食べない | 無回答       |
|--------|-------|----------------|-------------|-------------------|-----------|
| 合計     | 2,779 | 2,445<br>88.0% | 169<br>6.1% | 161<br>5.8%       | 4<br>0.1% |
| 男性合計   | 1,283 | 85.8%          | 6.6%        | 7.5%              | 0.1%      |
| 男性20歳代 | 95    | 67.4%          | 17.9%       | 14.7%             | 0.0%      |
| 男性30歳代 | 166   | 74.1%          | 10.2%       | 15.7%             | 0.0%      |
| 男性40歳代 | 172   | 77.9%          | 9.9%        | 12.2%             | 0.0%      |
| 男性50歳代 | 218   | 88.1%          | 5.0%        | 6.9%              | 0.0%      |
| 男性60歳代 | 332   | 89.5%          | 5.1%        | 5.4%              | 0.0%      |
| 男性70歳上 | 300   | 97.0%          | 2.0%        | 0.7%              | 0.3%      |
| 女性合計   | 1,496 | 89.8%          | 5.6%        | 4.3%              | 0.2%      |
| 女性20歳代 | 117   | 74.4%          | 13.7%       | 11.1%             | 0.9%      |
| 女性30歳代 | 184   | 83.7%          | 8.2%        | 8.2%              | 0.0%      |
| 女性40歳代 | 210   | 87.6%          | 5.2%        | 6.7%              | 0.5%      |
| 女性50歳代 | 275   | 88.4%          | 8.0%        | 3.6%              | 0.0%      |
| 女性60歳代 | 353   | 93.5%          | 3.7%        | 2.8%              | 0.0%      |
| 女性70歳上 | 357   | 96.9%          | 2.0%        | 0.8%              | 0.3%      |
| 東部合計   | 809   | 86.2%          | 7.0%        | 6.8%              | 0.0%      |
| 東部男性   | 381   | 83.5%          | 7.6%        | 8.9%              | 0.0%      |
| 東部女性   | 428   | 88.6%          | 6.5%        | 4.9%              | 0.0%      |
| 中部合計   | 909   | 88.0%          | 5.9%        | 5.9%              | 0.1%      |
| 中部男性   | 410   | 85.9%          | 5.6%        | 8.5%              | 0.0%      |
| 中部女性   | 499   | 89.8%          | 6.2%        | 3.8%              | 0.2%      |
| 西部合計   | 1,059 | 89.5%          | 5.3%        | 4.9%              | 0.3%      |
| 西部男性   | 490   | 88.0%          | 6.3%        | 5.5%              | 0.2%      |
| 西部女性   | 569   | 90.9%          | 4.4%        | 4.4%              | 0.4%      |

問3 あなたは、栄養のバランスに気をつけていますか。

|        | 回答数   | 気をつけている        | 少し気をつけている      | 気をつけていない    | 無回答       |
|--------|-------|----------------|----------------|-------------|-----------|
| 合計     | 2,779 | 1,157<br>41.6% | 1,337<br>48.1% | 276<br>9.9% | 9<br>0.3% |
| 男性合計   | 1,283 | 37.9%          | 49.1%          | 12.8%       | 0.2%      |
| 男性20歳代 | 95    | 12.6%          | 61.1%          | 26.3%       | 0.0%      |
| 男性30歳代 | 166   | 24.1%          | 56.6%          | 19.3%       | 0.0%      |
| 男性40歳代 | 172   | 34.9%          | 48.3%          | 16.9%       | 0.0%      |
| 男性50歳代 | 218   | 33.9%          | 54.1%          | 11.9%       | 0.0%      |
| 男性60歳代 | 332   | 41.9%          | 46.7%          | 10.8%       | 0.6%      |
| 男性70歳上 | 300   | 53.7%          | 40.7%          | 5.3%        | 0.3%      |
| 女性合計   | 1,496 | 44.9%          | 47.3%          | 7.5%        | 0.4%      |
| 女性20歳代 | 117   | 21.4%          | 60.7%          | 17.1%       | 0.9%      |
| 女性30歳代 | 184   | 39.7%          | 53.3%          | 7.1%        | 0.0%      |
| 女性40歳代 | 210   | 37.1%          | 56.7%          | 6.2%        | 0.0%      |
| 女性50歳代 | 275   | 41.8%          | 52.4%          | 5.5%        | 0.4%      |
| 女性60歳代 | 353   | 50.1%          | 41.4%          | 7.9%        | 0.6%      |
| 女性70歳上 | 357   | 56.9%          | 36.1%          | 6.4%        | 0.6%      |
| 東部合計   | 809   | 44.1%          | 44.9%          | 10.4%       | 0.6%      |
| 東部男性   | 381   | 39.4%          | 45.4%          | 14.7%       | 0.5%      |
| 東部女性   | 428   | 48.4%          | 44.4%          | 6.5%        | 0.7%      |
| 中部合計   | 909   | 42.8%          | 48.3%          | 8.9%        | 0.0%      |
| 中部男性   | 410   | 42.2%          | 46.6%          | 11.2%       | 0.0%      |
| 中部女性   | 499   | 43.3%          | 49.7%          | 7.0%        | 0.0%      |
| 西部合計   | 1,059 | 38.8%          | 50.3%          | 10.5%       | 0.4%      |
| 西部男性   | 490   | 33.3%          | 53.9%          | 12.7%       | 0.2%      |
| 西部女性   | 569   | 43.6%          | 47.3%          | 8.6%        | 0.5%      |

問4 あなたは、ふだん外食する時や食品を購入する時に、栄養成分の表示を参考にしていますか。

|        | 回答数   | い参考にして         | い参考にして         | ない見たことが      | 無回答        |
|--------|-------|----------------|----------------|--------------|------------|
| 合計     | 2,779 | 1,057<br>38.0% | 1,225<br>44.1% | 467<br>16.8% | 30<br>1.1% |
| 男性合計   | 1,283 | 32.0%          | 46.0%          | 21.1%        | 0.9%       |
| 男性20歳代 | 95    | 24.2%          | 48.4%          | 27.4%        | 0.0%       |
| 男性30歳代 | 166   | 32.5%          | 48.2%          | 19.3%        | 0.0%       |
| 男性40歳代 | 172   | 34.3%          | 50.6%          | 15.1%        | 0.0%       |
| 男性50歳代 | 218   | 26.1%          | 51.8%          | 21.6%        | 0.5%       |
| 男性60歳代 | 332   | 31.0%          | 44.6%          | 23.8%        | 0.6%       |
| 男性70歳上 | 300   | 38.3%          | 38.7%          | 20.3%        | 2.7%       |
| 女性合計   | 1,496 | 43.2%          | 42.4%          | 13.1%        | 1.3%       |
| 女性20歳代 | 117   | 32.5%          | 53.0%          | 13.7%        | 0.9%       |
| 女性30歳代 | 184   | 46.2%          | 44.0%          | 9.8%         | 0.0%       |
| 女性40歳代 | 210   | 42.9%          | 47.1%          | 10.0%        | 0.0%       |
| 女性50歳代 | 275   | 48.4%          | 40.4%          | 10.9%        | 0.4%       |
| 女性60歳代 | 353   | 41.6%          | 42.8%          | 15.0%        | 0.6%       |
| 女性70歳上 | 357   | 42.9%          | 36.7%          | 16.2%        | 4.2%       |
| 東部合計   | 809   | 37.8%          | 43.5%          | 17.4%        | 1.2%       |
| 東部男性   | 381   | 31.8%          | 45.7%          | 21.5%        | 1.0%       |
| 東部女性   | 428   | 43.2%          | 41.6%          | 13.8%        | 1.4%       |
| 中部合計   | 909   | 40.6%          | 43.2%          | 15.2%        | 1.0%       |
| 中部男性   | 410   | 34.4%          | 44.9%          | 19.8%        | 1.0%       |
| 中部女性   | 499   | 45.7%          | 41.9%          | 11.4%        | 1.0%       |
| 西部合計   | 1,059 | 36.1%          | 45.2%          | 17.7%        | 1.0%       |
| 西部男性   | 490   | 30.4%          | 47.1%          | 21.8%        | 0.6%       |
| 西部女性   | 569   | 40.9%          | 43.6%          | 14.1%        | 1.4%       |

問5 緑茶（煎茶・番茶）をこの1ヶ月間にどのくらい飲みましたか。

|        | 回答数   | 飲ほとんどない     | 月1～3日      | 週1～2日       | 週3～4日       | 週5～6日       | 毎日             | 無回答        | (無回答を除く)<br>月平均日数 | ※無回答、ほとんど<br>月平均日数<br>飲まないを除く |
|--------|-------|-------------|------------|-------------|-------------|-------------|----------------|------------|-------------------|-------------------------------|
| 合計     | 2,779 | 186<br>6.7% | 77<br>2.8% | 136<br>4.9% | 179<br>6.4% | 149<br>5.4% | 2,008<br>72.3% | 44<br>1.6% | 0.8日              | 0.9日                          |
| 男性合計   | 1,283 | 7.1%        | 3.1%       | 4.8%        | 7.9%        | 6.2%        | 69.1%          | 1.8%       | 0.8日              | 0.9日                          |
| 男性20歳代 | 95    | 14.7%       | 4.2%       | 10.5%       | 15.8%       | 9.5%        | 43.2%          | 2.1%       | 0.6日              | 0.7日                          |
| 男性30歳代 | 166   | 14.5%       | 5.4%       | 6.6%        | 15.1%       | 9.6%        | 48.2%          | 0.6%       | 0.7日              | 0.8日                          |
| 男性40歳代 | 172   | 8.7%        | 4.1%       | 9.3%        | 7.6%        | 14.0%       | 55.2%          | 1.2%       | 0.7日              | 0.8日                          |
| 男性50歳代 | 218   | 5.5%        | 3.2%       | 5.0%        | 7.8%        | 6.0%        | 71.6%          | 0.9%       | 0.8日              | 0.9日                          |
| 男性60歳代 | 332   | 4.8%        | 2.7%       | 3.3%        | 6.9%        | 3.9%        | 77.1%          | 1.2%       | 0.9日              | 0.9日                          |
| 男性70歳上 | 300   | 3.3%        | 1.3%       | 1.0%        | 2.7%        | 1.7%        | 86.0%          | 4.0%       | 0.9日              | 1.0日                          |
| 女性合計   | 1,496 | 6.4%        | 2.5%       | 4.9%        | 5.2%        | 4.6%        | 75.0%          | 1.4%       | 0.8日              | 0.9日                          |
| 女性20歳代 | 117   | 10.3%       | 4.3%       | 12.8%       | 13.7%       | 11.1%       | 46.2%          | 1.7%       | 0.7日              | 0.7日                          |
| 女性30歳代 | 184   | 12.5%       | 6.5%       | 8.7%        | 8.2%        | 4.9%        | 58.7%          | 0.5%       | 0.7日              | 0.8日                          |
| 女性40歳代 | 210   | 11.0%       | 3.3%       | 9.5%        | 8.1%        | 7.6%        | 59.5%          | 1.0%       | 0.7日              | 0.8日                          |
| 女性50歳代 | 275   | 4.0%        | 1.8%       | 4.0%        | 3.6%        | 6.5%        | 79.3%          | 0.7%       | 0.9日              | 0.9日                          |
| 女性60歳代 | 353   | 2.8%        | 2.3%       | 2.3%        | 3.1%        | 2.3%        | 85.6%          | 1.7%       | 0.9日              | 0.9日                          |
| 女性70歳上 | 357   | 4.5%        | 0.0%       | 1.1%        | 2.5%        | 1.4%        | 88.2%          | 2.2%       | 0.9日              | 1.0日                          |
| 東部合計   | 809   | 9.1%        | 3.8%       | 5.6%        | 6.9%        | 3.5%        | 69.1%          | 2.0%       | 0.8日              | 0.9日                          |
| 東部男性   | 381   | 9.4%        | 5.2%       | 5.8%        | 8.9%        | 2.9%        | 65.6%          | 2.1%       | 0.8日              | 0.8日                          |
| 東部女性   | 428   | 8.9%        | 2.6%       | 5.4%        | 5.1%        | 4.0%        | 72.2%          | 1.9%       | 0.8日              | 0.9日                          |
| 中部合計   | 909   | 5.5%        | 2.2%       | 5.3%        | 6.1%        | 5.9%        | 73.9%          | 1.1%       | 0.8日              | 0.9日                          |
| 中部男性   | 410   | 6.3%        | 2.0%       | 4.9%        | 6.6%        | 7.8%        | 70.7%          | 1.7%       | 0.8日              | 0.9日                          |
| 中部女性   | 499   | 4.8%        | 2.4%       | 5.6%        | 5.6%        | 4.4%        | 76.6%          | 0.6%       | 0.8日              | 0.9日                          |
| 西部合計   | 1,059 | 5.9%        | 2.5%       | 4.1%        | 6.4%        | 6.3%        | 73.3%          | 1.6%       | 0.8日              | 0.9日                          |
| 西部男性   | 490   | 5.9%        | 2.4%       | 4.1%        | 8.2%        | 7.6%        | 70.4%          | 1.4%       | 0.8日              | 0.9日                          |
| 西部女性   | 569   | 5.8%        | 2.5%       | 4.0%        | 4.9%        | 5.3%        | 75.7%          | 1.8%       | 0.8日              | 0.9日                          |

問5 緑茶の1日平均杯数及び摂取量

|        | 回答数   | 飲ほ<br>ま<br>な<br>ん<br>ど | 1杯未満        | 1杯～<br>2杯未満 | 2杯～<br>3杯未満 | 3杯～<br>4杯未満  | 4杯～<br>5杯未満 | 5杯～<br>6杯未満  | 6杯～<br>7杯未満 | 7杯～<br>8杯未満 | 8杯～<br>9杯未満 | 9杯～<br>10杯未満 |
|--------|-------|------------------------|-------------|-------------|-------------|--------------|-------------|--------------|-------------|-------------|-------------|--------------|
|        |       | 0杯                     |             |             |             |              |             |              |             |             |             |              |
| 合計     | 2,779 | 186<br>6.7%            | 258<br>9.3% | 226<br>8.1% | 259<br>9.3% | 397<br>14.3% | 206<br>7.4% | 414<br>14.9% | 213<br>7.7% | 93<br>3.3%  | 98<br>3.5%  | 16<br>0.6%   |
| 男性合計   | 1,283 | 7.1%                   | 9.7%        | 9.7%        | 9.9%        | 14.6%        | 7.5%        | 13.1%        | 7.3%        | 3.0%        | 3.1%        | 0.6%         |
| 男性20歳代 | 95    | 14.7%                  | 16.8%       | 18.9%       | 8.4%        | 9.5%         | 4.2%        | 7.4%         | 6.3%        | 3.2%        | 0.0%        | 1.1%         |
| 男性30歳代 | 166   | 14.5%                  | 18.1%       | 15.1%       | 16.9%       | 11.4%        | 3.0%        | 3.0%         | 5.4%        | 2.4%        | 1.2%        | 0.0%         |
| 男性40歳代 | 172   | 8.7%                   | 17.4%       | 13.4%       | 12.2%       | 15.1%        | 5.2%        | 9.9%         | 5.8%        | 2.3%        | 1.7%        | 0.6%         |
| 男性50歳代 | 218   | 5.5%                   | 10.1%       | 10.6%       | 13.3%       | 18.3%        | 8.3%        | 11.9%        | 7.3%        | 3.2%        | 3.7%        | 0.0%         |
| 男性60歳代 | 332   | 4.8%                   | 6.6%        | 7.5%        | 10.2%       | 14.5%        | 11.1%       | 16.9%        | 6.3%        | 2.1%        | 3.9%        | 0.6%         |
| 男性70歳上 | 300   | 3.3%                   | 1.7%        | 3.3%        | 2.3%        | 15.0%        | 7.7%        | 19.0%        | 10.7%       | 4.3%        | 4.7%        | 1.3%         |
| 女性合計   | 1,496 | 6.4%                   | 8.9%        | 6.8%        | 8.8%        | 14.0%        | 7.4%        | 16.4%        | 8.0%        | 3.7%        | 3.9%        | 0.5%         |
| 女性20歳代 | 117   | 10.3%                  | 24.8%       | 13.7%       | 13.7%       | 12.8%        | 6.8%        | 6.0%         | 4.3%        | 1.7%        | 1.7%        | 0.0%         |
| 女性30歳代 | 184   | 12.5%                  | 16.3%       | 12.0%       | 9.8%        | 15.2%        | 9.2%        | 10.9%        | 4.3%        | 1.1%        | 1.6%        | 0.0%         |
| 女性40歳代 | 210   | 11.0%                  | 17.1%       | 8.6%        | 10.0%       | 16.2%        | 4.8%        | 11.4%        | 4.8%        | 2.9%        | 2.9%        | 0.0%         |
| 女性50歳代 | 275   | 4.0%                   | 6.9%        | 7.6%        | 10.9%       | 18.2%        | 6.5%        | 20.0%        | 7.6%        | 3.6%        | 2.5%        | 0.4%         |
| 女性60歳代 | 353   | 2.8%                   | 4.5%        | 3.7%        | 8.5%        | 11.6%        | 8.2%        | 18.7%        | 11.0%       | 4.5%        | 6.2%        | 0.3%         |
| 女性70歳上 | 357   | 4.5%                   | 0.8%        | 3.4%        | 4.8%        | 11.8%        | 7.8%        | 20.7%        | 10.1%       | 5.3%        | 5.0%        | 1.7%         |
| 東部合計   | 809   | 9.1%                   | 10.1%       | 7.4%        | 11.1%       | 13.6%        | 6.3%        | 13.0%        | 6.6%        | 3.1%        | 3.7%        | 0.5%         |
| 東部男性   | 381   | 9.4%                   | 11.8%       | 9.4%        | 11.8%       | 12.9%        | 5.5%        | 9.2%         | 7.6%        | 2.1%        | 3.4%        | 0.5%         |
| 東部女性   | 428   | 8.9%                   | 8.6%        | 5.6%        | 10.5%       | 14.3%        | 7.0%        | 16.4%        | 5.6%        | 4.0%        | 4.0%        | 0.5%         |
| 中部合計   | 909   | 5.5%                   | 8.9%        | 9.2%        | 7.3%        | 14.0%        | 8.1%        | 17.2%        | 7.6%        | 3.2%        | 2.9%        | 1.0%         |
| 中部男性   | 410   | 6.3%                   | 9.0%        | 8.5%        | 6.6%        | 15.6%        | 9.3%        | 17.1%        | 7.6%        | 3.4%        | 1.7%        | 1.5%         |
| 中部女性   | 499   | 4.8%                   | 8.8%        | 9.8%        | 7.8%        | 12.6%        | 7.2%        | 17.2%        | 7.6%        | 3.0%        | 3.8%        | 0.6%         |
| 西部合計   | 1,059 | 5.9%                   | 9.0%        | 7.7%        | 9.7%        | 15.0%        | 7.6%        | 14.4%        | 8.6%        | 3.7%        | 4.0%        | 0.3%         |
| 西部男性   | 490   | 5.9%                   | 8.8%        | 10.8%       | 11.2%       | 14.9%        | 7.6%        | 12.9%        | 6.9%        | 3.3%        | 4.1%        | 0.0%         |
| 西部女性   | 569   | 5.8%                   | 9.1%        | 5.1%        | 8.4%        | 15.1%        | 7.7%        | 15.8%        | 10.0%       | 4.0%        | 3.9%        | 0.5%         |

|        | 回答数   | 10杯～<br>11杯未満 | 11杯以上      | 頻度+<br>飲む量<br>無回答 | (再計)<br>7杯以上 | 一日平均杯数 |             | 杯数×150ml×茶係数 |             |
|--------|-------|---------------|------------|-------------------|--------------|--------|-------------|--------------|-------------|
|        |       |               |            |                   |              | 除く無回答  |             | 除く無回答        |             |
|        |       |               |            |                   |              | 平均杯数   | 標準偏差<br>(±) | 平均飲料         | 標準偏差<br>(±) |
| 合計     | 2,779 | 208<br>7.5%   | 94<br>3.4% | 111<br>4.0%       | 509<br>18.3% | 4.4杯   | 4.50杯       | 662.8ml      | 674.82ml    |
| 男性合計   | 1,283 | 6.8%          | 3.0%       | 4.6%              | 16.5%        | 4.2杯   | 4.49杯       | 628.7ml      | 673.27ml    |
| 男性20歳代 | 95    | 4.2%          | 2.1%       | 3.2%              | 10.5%        | 2.9杯   | 3.38杯       | 430.2ml      | 503.93ml    |
| 男性30歳代 | 166   | 2.4%          | 2.4%       | 4.2%              | 8.4%         | 2.7杯   | 4.35杯       | 410.1ml      | 650.09ml    |
| 男性40歳代 | 172   | 2.3%          | 2.3%       | 2.9%              | 9.3%         | 3.0杯   | 3.12杯       | 457.0ml      | 466.21ml    |
| 男性50歳代 | 218   | 3.7%          | 0.9%       | 3.2%              | 11.5%        | 3.6杯   | 3.21杯       | 534.5ml      | 480.21ml    |
| 男性60歳代 | 332   | 9.3%          | 3.0%       | 3.0%              | 19.0%        | 4.8杯   | 5.11杯       | 715.5ml      | 765.18ml    |
| 男性70歳上 | 300   | 12.0%         | 5.7%       | 9.0%              | 28.0%        | 6.0杯   | 4.96杯       | 898.5ml      | 742.39ml    |
| 女性合計   | 1,496 | 8.1%          | 3.7%       | 3.5%              | 19.9%        | 4.6杯   | 4.50杯       | 691.6ml      | 674.79ml    |
| 女性20歳代 | 117   | 1.7%          | 0.0%       | 2.6%              | 5.1%         | 2.3杯   | 2.24杯       | 342.0ml      | 334.69ml    |
| 女性30歳代 | 184   | 3.8%          | 1.1%       | 2.2%              | 7.6%         | 2.8杯   | 2.75杯       | 426.0ml      | 411.59ml    |
| 女性40歳代 | 210   | 4.3%          | 3.3%       | 2.9%              | 13.3%        | 4.0杯   | 6.40杯       | 597.9ml      | 957.75ml    |
| 女性50歳代 | 275   | 6.9%          | 2.9%       | 1.8%              | 16.4%        | 4.6杯   | 4.84杯       | 694.1ml      | 723.98ml    |
| 女性60歳代 | 353   | 9.6%          | 5.7%       | 4.5%              | 26.3%        | 5.5杯   | 4.44杯       | 826.5ml      | 664.52ml    |
| 女性70歳上 | 357   | 14.0%         | 5.0%       | 5.0%              | 31.1%        | 5.8杯   | 3.47杯       | 870.7ml      | 519.14ml    |
| 東部合計   | 809   | 6.3%          | 3.6%       | 5.6%              | 17.2%        | 4.2杯   | 4.75杯       | 628.8ml      | 711.34ml    |
| 東部男性   | 381   | 6.6%          | 3.9%       | 5.8%              | 16.5%        | 4.0杯   | 4.96杯       | 605.2ml      | 742.41ml    |
| 東部女性   | 428   | 6.1%          | 3.3%       | 5.4%              | 17.8%        | 4.3杯   | 4.55杯       | 649.8ml      | 681.93ml    |
| 中部合計   | 909   | 9.2%          | 2.6%       | 3.3%              | 18.9%        | 4.5杯   | 3.98杯       | 667.6ml      | 596.71ml    |
| 中部男性   | 410   | 6.8%          | 2.0%       | 4.6%              | 15.4%        | 4.2杯   | 3.48杯       | 626.1ml      | 521.53ml    |
| 中部女性   | 499   | 11.2%         | 3.2%       | 2.2%              | 21.8%        | 4.7杯   | 4.33杯       | 700.9ml      | 648.78ml    |
| 西部合計   | 1,059 | 6.9%          | 3.9%       | 3.3%              | 18.7%        | 4.6杯   | 4.73杯       | 684.1ml      | 708.48ml    |
| 西部男性   | 490   | 6.9%          | 3.3%       | 3.5%              | 17.6%        | 4.3杯   | 4.85杯       | 649.1ml      | 727.26ml    |
| 西部女性   | 569   | 6.9%          | 4.4%       | 3.2%              | 19.7%        | 4.8杯   | 4.61杯       | 714.2ml      | 690.54ml    |

※緑茶の1日平均杯数及び摂取量は、次の手順で算出した。

1日に換算した飲用頻度を以下の係数を用いて換算

「月に1～3日」=2/30日  
「週に1～2日」=1.5/7日  
「週に3～4日」=3.5/7日  
「週に5～6日」=5.5/7日  
「毎日」=1日

1日平均摂取杯数  
=係数×飲用杯数  
1日平均摂取量  
=係数×飲用杯数×150ml  
(小数点第1位を四捨五入)

問6 あなたは、日頃から日常生活の中で、健康の維持・増進のために意識的に身体を動かすような生活をしていますか。（早歩きや、階段を使うなど）

|        | 回答数   | いつもして        | 時々して           | ないが、<br>いまはして | 以前はして<br>いていない | 無回答       |
|--------|-------|--------------|----------------|---------------|----------------|-----------|
| 合計     | 2,779 | 824<br>29.7% | 1,150<br>41.4% | 293<br>10.5%  | 505<br>18.2%   | 7<br>0.3% |
| 男性合計   | 1,283 | 29.1%        | 40.1%          | 11.2%         | 19.4%          | 0.2%      |
| 男性20歳代 | 95    | 26.3%        | 42.1%          | 14.7%         | 16.8%          | 0.0%      |
| 男性30歳代 | 166   | 21.7%        | 39.2%          | 15.1%         | 23.5%          | 0.6%      |
| 男性40歳代 | 172   | 27.9%        | 35.5%          | 11.0%         | 25.6%          | 0.0%      |
| 男性50歳代 | 218   | 24.8%        | 40.4%          | 11.9%         | 22.5%          | 0.5%      |
| 男性60歳代 | 332   | 29.8%        | 41.6%          | 10.2%         | 18.1%          | 0.3%      |
| 男性70歳上 | 300   | 37.0%        | 40.7%          | 8.7%          | 13.7%          | 0.0%      |
| 女性合計   | 1,496 | 30.1%        | 42.5%          | 10.0%         | 17.1%          | 0.3%      |
| 女性20歳代 | 117   | 20.5%        | 54.7%          | 6.8%          | 17.9%          | 0.0%      |
| 女性30歳代 | 184   | 25.5%        | 43.5%          | 12.5%         | 18.5%          | 0.0%      |
| 女性40歳代 | 210   | 21.4%        | 43.8%          | 9.5%          | 24.8%          | 0.5%      |
| 女性50歳代 | 275   | 28.4%        | 40.4%          | 13.1%         | 17.8%          | 0.4%      |
| 女性60歳代 | 353   | 34.0%        | 43.9%          | 6.8%          | 15.0%          | 0.3%      |
| 女性70歳上 | 357   | 38.4%        | 37.5%          | 10.6%         | 13.2%          | 0.3%      |
| 東部合計   | 809   | 30.2%        | 41.3%          | 10.9%         | 17.4%          | 0.2%      |
| 東部男性   | 381   | 30.2%        | 38.6%          | 13.1%         | 17.8%          | 0.3%      |
| 東部女性   | 428   | 30.1%        | 43.7%          | 8.9%          | 17.1%          | 0.2%      |
| 中部合計   | 909   | 30.8%        | 40.5%          | 10.8%         | 17.7%          | 0.2%      |
| 中部男性   | 410   | 29.0%        | 41.7%          | 10.2%         | 19.0%          | 0.0%      |
| 中部女性   | 499   | 32.3%        | 39.5%          | 11.2%         | 16.6%          | 0.4%      |
| 西部合計   | 1,059 | 28.3%        | 42.2%          | 10.1%         | 19.1%          | 0.3%      |
| 西部男性   | 490   | 28.4%        | 39.8%          | 10.6%         | 20.8%          | 0.4%      |
| 西部女性   | 569   | 28.3%        | 44.3%          | 9.7%          | 17.6%          | 0.2%      |

問7 あなたは、運動を週に何日くらい行っていますか。

|        | 回答数   | 週に7日        | 週に6日       | 週に5日        | 週に4日        | 週に3日        | 週に2日        | 週に1日        | 週の日数が<br>無記入 | 週に1日未満       | 行っていない         | 無回答        |
|--------|-------|-------------|------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|----------------|------------|
| 合計     | 2,779 | 180<br>6.5% | 87<br>3.1% | 179<br>6.4% | 127<br>4.6% | 238<br>8.6% | 206<br>7.4% | 122<br>4.4% | 5<br>0.2%    | 295<br>10.6% | 1,250<br>45.0% | 90<br>3.2% |
| 男性合計   | 1,283 | 7.6%        | 3.7%       | 6.9%        | 4.8%        | 8.3%        | 7.2%        | 4.1%        | 0.2%         | 12.8%        | 41.2%          | 3.3%       |
| 男性20歳代 | 95    | 4.2%        | 3.2%       | 7.4%        | 5.3%        | 5.3%        | 5.3%        | 8.4%        | 0.0%         | 20.0%        | 41.1%          | 0.0%       |
| 男性30歳代 | 166   | 3.6%        | 3.6%       | 3.0%        | 2.4%        | 6.6%        | 9.0%        | 6.0%        | 0.0%         | 7.8%         | 56.0%          | 1.8%       |
| 男性40歳代 | 172   | 9.3%        | 2.3%       | 5.8%        | 4.1%        | 7.0%        | 5.2%        | 3.5%        | 0.0%         | 15.7%        | 45.9%          | 1.2%       |
| 男性50歳代 | 218   | 5.0%        | 3.2%       | 6.0%        | 6.9%        | 7.8%        | 8.7%        | 4.1%        | 0.0%         | 9.6%         | 45.4%          | 3.2%       |
| 男性60歳代 | 332   | 8.1%        | 3.0%       | 8.4%        | 5.1%        | 6.6%        | 7.8%        | 3.3%        | 0.3%         | 13.0%        | 39.5%          | 4.8%       |
| 男性70歳上 | 300   | 11.3%       | 6.0%       | 8.7%        | 4.3%        | 13.0%       | 6.3%        | 2.7%        | 0.3%         | 13.7%        | 29.0%          | 4.7%       |
| 女性合計   | 1,496 | 5.5%        | 2.6%       | 6.0%        | 4.4%        | 8.8%        | 7.6%        | 4.7%        | 0.2%         | 8.8%         | 48.3%          | 3.2%       |
| 女性20歳代 | 117   | 3.4%        | 2.6%       | 6.8%        | 2.6%        | 6.8%        | 4.3%        | 5.1%        | 0.0%         | 14.5%        | 53.8%          | 0.0%       |
| 女性30歳代 | 184   | 4.9%        | 2.2%       | 4.3%        | 1.6%        | 7.1%        | 8.2%        | 1.6%        | 0.5%         | 11.4%        | 55.4%          | 2.7%       |
| 女性40歳代 | 210   | 2.9%        | 1.4%       | 5.2%        | 2.4%        | 11.9%       | 7.6%        | 8.1%        | 0.0%         | 8.1%         | 51.4%          | 1.0%       |
| 女性50歳代 | 275   | 4.7%        | 3.3%       | 5.1%        | 4.0%        | 5.5%        | 7.3%        | 5.5%        | 0.4%         | 8.4%         | 54.2%          | 1.8%       |
| 女性60歳代 | 353   | 6.8%        | 3.4%       | 7.6%        | 4.8%        | 10.5%       | 8.8%        | 4.8%        | 0.0%         | 8.5%         | 41.9%          | 2.8%       |
| 女性70歳上 | 357   | 7.3%        | 2.2%       | 6.2%        | 7.6%        | 9.5%        | 7.3%        | 3.4%        | 0.3%         | 6.4%         | 42.6%          | 7.3%       |
| 東部合計   | 809   | 5.9%        | 3.1%       | 6.1%        | 5.9%        | 9.0%        | 7.3%        | 4.6%        | 0.1%         | 12.2%        | 42.2%          | 3.6%       |
| 東部男性   | 381   | 7.1%        | 3.7%       | 7.3%        | 6.3%        | 7.3%        | 6.8%        | 3.9%        | 0.0%         | 14.4%        | 39.9%          | 3.1%       |
| 東部女性   | 428   | 4.9%        | 2.6%       | 4.9%        | 5.6%        | 10.5%       | 7.7%        | 5.1%        | 0.2%         | 10.3%        | 44.2%          | 4.0%       |
| 中部合計   | 909   | 6.9%        | 3.2%       | 5.8%        | 4.5%        | 8.0%        | 8.0%        | 4.5%        | 0.1%         | 10.6%        | 44.8%          | 3.5%       |
| 中部男性   | 410   | 9.3%        | 3.4%       | 5.9%        | 4.6%        | 7.8%        | 7.3%        | 3.9%        | 0.2%         | 12.4%        | 41.2%          | 3.9%       |
| 中部女性   | 499   | 5.0%        | 3.0%       | 5.8%        | 4.4%        | 8.2%        | 8.6%        | 5.0%        | 0.0%         | 9.0%         | 47.7%          | 3.2%       |
| 西部合計   | 1,059 | 6.5%        | 3.1%       | 7.3%        | 3.6%        | 8.7%        | 7.0%        | 4.2%        | 0.3%         | 9.4%         | 47.3%          | 2.6%       |
| 西部男性   | 490   | 6.7%        | 4.1%       | 7.6%        | 3.7%        | 9.4%        | 7.6%        | 4.3%        | 0.2%         | 11.8%        | 42.0%          | 2.7%       |
| 西部女性   | 569   | 6.3%        | 2.3%       | 7.0%        | 3.5%        | 8.1%        | 6.5%        | 4.0%        | 0.4%         | 7.4%         | 51.8%          | 2.6%       |



問7-2 運動をする方にお聞きします。運動をする日の1日の平均運動時間を教えてください。  
1日に数回に分けて運動をする方は、合計した時間をお書きください。

|        | 回答数   | 10分未満      | 10分～<br>30分未満 | 30分～<br>60分未満 | 60分～<br>120分未満 | 120分以上       | 無回答        | 平均運動時間 |
|--------|-------|------------|---------------|---------------|----------------|--------------|------------|--------|
| 合計     | 1,439 | 15<br>1.0% | 174<br>12.1%  | 487<br>33.8%  | 504<br>35.0%   | 189<br>13.1% | 70<br>4.9% | 61.7分  |
| 男性合計   | 713   | 0.8%       | 10.4%         | 33.1%         | 34.2%          | 16.7%        | 4.8%       | 67.0分  |
| 男性20歳代 | 56    | 0.0%       | 5.4%          | 30.4%         | 35.7%          | 23.2%        | 5.4%       | 73.4分  |
| 男性30歳代 | 70    | 1.4%       | 11.4%         | 25.7%         | 35.7%          | 22.9%        | 2.9%       | 71.1分  |
| 男性40歳代 | 91    | 1.1%       | 8.8%          | 39.6%         | 36.3%          | 11.0%        | 3.3%       | 61.3分  |
| 男性50歳代 | 112   | 0.9%       | 7.1%          | 37.5%         | 36.6%          | 13.4%        | 4.5%       | 65.1分  |
| 男性60歳代 | 185   | 0.5%       | 10.8%         | 31.9%         | 33.5%          | 18.9%        | 4.3%       | 71.9分  |
| 男性70歳上 | 199   | 1.0%       | 13.6%         | 32.2%         | 31.7%          | 15.1%        | 6.5%       | 63.0分  |
| 女性合計   | 726   | 1.2%       | 13.8%         | 34.6%         | 35.8%          | 9.6%         | 5.0%       | 56.3分  |
| 女性20歳代 | 54    | 1.9%       | 5.6%          | 42.6%         | 38.9%          | 7.4%         | 3.7%       | 53.3分  |
| 女性30歳代 | 77    | 1.3%       | 18.2%         | 28.6%         | 35.1%          | 13.0%        | 3.9%       | 63.1分  |
| 女性40歳代 | 100   | 2.0%       | 13.0%         | 28.0%         | 42.0%          | 11.0%        | 4.0%       | 59.6分  |
| 女性50歳代 | 121   | 1.7%       | 18.2%         | 31.4%         | 37.2%          | 8.3%         | 3.3%       | 54.6分  |
| 女性60歳代 | 195   | 1.0%       | 12.3%         | 39.5%         | 32.3%          | 9.2%         | 5.6%       | 56.2分  |
| 女性70歳上 | 179   | 0.6%       | 13.4%         | 35.2%         | 34.6%          | 9.5%         | 6.7%       | 53.8分  |
| 東部合計   | 439   | 1.1%       | 13.4%         | 33.5%         | 33.9%          | 13.0%        | 5.0%       | 63.6分  |
| 東部男性   | 217   | 0.9%       | 12.9%         | 32.7%         | 31.3%          | 17.1%        | 5.1%       | 68.6分  |
| 東部女性   | 222   | 1.4%       | 14.0%         | 34.2%         | 36.5%          | 9.0%         | 5.0%       | 58.7分  |
| 中部合計   | 470   | 1.3%       | 9.8%          | 34.0%         | 34.5%          | 14.9%        | 5.5%       | 63.0分  |
| 中部男性   | 225   | 0.9%       | 8.4%          | 35.6%         | 29.3%          | 19.6%        | 6.2%       | 69.1分  |
| 中部女性   | 245   | 1.6%       | 11.0%         | 32.7%         | 39.2%          | 10.6%        | 4.9%       | 57.4分  |
| 西部合計   | 530   | 0.8%       | 13.0%         | 34.0%         | 36.4%          | 11.7%        | 4.2%       | 58.9分  |
| 西部男性   | 271   | 0.7%       | 10.0%         | 31.4%         | 40.6%          | 14.0%        | 3.3%       | 64.2分  |
| 西部女性   | 259   | 0.8%       | 16.2%         | 36.7%         | 32.0%          | 9.3%         | 5.0%       | 53.3分  |

問7-2 1週間の運動時間（日数、運動時間の無記入を除く）

|         | 回答数   | 60分未満      | 60分～<br>180分未満 | 180分～<br>420分未満 | 420分以上       | 平均運動時間 |
|---------|-------|------------|----------------|-----------------|--------------|--------|
| 合計      | 1,111 | 69<br>6.2% | 467<br>42.0%   | 401<br>36.1%    | 174<br>15.7% | 245.1分 |
| 男性合計    | 535   | 5.0%       | 37.4%          | 36.8%           | 20.7%        | 283.9分 |
| 男性20歳代  | 37    | 2.7%       | 37.8%          | 40.5%           | 18.9%        | 288.0分 |
| 男性30歳代  | 57    | 7.0%       | 40.4%          | 38.6%           | 14.0%        | 223.9分 |
| 男性40歳代  | 63    | 4.8%       | 39.7%          | 33.3%           | 22.2%        | 318.3分 |
| 男性50歳代  | 90    | 3.3%       | 43.3%          | 41.1%           | 12.2%        | 219.8分 |
| 男性60歳代  | 139   | 5.8%       | 27.3%          | 40.3%           | 26.6%        | 313.6分 |
| 男性70歳上  | 149   | 5.4%       | 40.9%          | 30.9%           | 22.8%        | 302.2分 |
| 女性合計    | 576   | 7.3%       | 46.4%          | 35.4%           | 10.9%        | 209.0分 |
| 女性20歳代  | 37    | 8.1%       | 48.6%          | 32.4%           | 10.8%        | 192.6分 |
| 女性30歳代  | 54    | 9.3%       | 38.9%          | 38.9%           | 13.0%        | 259.2分 |
| 女性40歳代  | 81    | 4.9%       | 53.1%          | 34.6%           | 7.4%         | 183.2分 |
| 女性50歳代  | 94    | 10.6%      | 45.7%          | 31.9%           | 11.7%        | 212.2分 |
| 女性60歳代  | 163   | 5.5%       | 46.0%          | 36.8%           | 11.7%        | 209.3分 |
| 女性70歳上  | 147   | 7.5%       | 45.6%          | 36.1%           | 10.9%        | 206.5分 |
| 東部合計    | 331   | 7.3%       | 42.3%          | 34.1%           | 16.3%        | 258.0分 |
| 東部男性    | 159   | 5.7%       | 38.4%          | 32.7%           | 23.3%        | 305.2分 |
| 東部女性    | 172   | 8.7%       | 45.9%          | 35.5%           | 9.9%         | 214.3分 |
| 中部合計    | 361   | 4.2%       | 41.6%          | 38.0%           | 16.3%        | 248.3分 |
| 中部男性    | 167   | 1.8%       | 40.1%          | 37.1%           | 21.0%        | 293.4分 |
| 中部女性    | 194   | 6.2%       | 42.8%          | 38.7%           | 12.4%        | 209.5分 |
| 西部合計    | 419   | 7.2%       | 42.2%          | 36.0%           | 14.6%        | 232.1分 |
| 西部男性    | 209   | 7.2%       | 34.4%          | 39.7%           | 18.7%        | 260.0分 |
| 西部女性    | 210   | 7.1%       | 50.0%          | 32.4%           | 10.5%        | 204.2分 |
| 運動習慣あり  | 625   | 0.0%       | 25.1%          | 49.4%           | 25.4%        | 335.8分 |
| 運動習慣なし  | 472   | 14.2%      | 64.2%          | 18.6%           | 3.0%         | 127.4分 |
| 運動していない | 0     |            |                |                 |              |        |
| 週1日の運動  | 119   | 19.3%      | 70.6%          | 10.1%           | 0.0%         | 86.9分  |
| 週2日の運動  | 203   | 9.4%       | 56.2%          | 32.5%           | 2.0%         | 148.9分 |
| 週3～4日運動 | 352   | 5.1%       | 49.7%          | 38.4%           | 6.8%         | 192.1分 |
| 週5日以上   | 437   | 2.1%       | 21.5%          | 43.0%           | 33.4%        | 375.4分 |

問7-3 その運動は、どのくらいの期間続けていますか。

|        | 回答数   | 以内<br>1ヶ月  | 3ヶ月<br>未満   | 半年<br>未満   | 1年<br>未満     | 1年以上         | 無回答        |
|--------|-------|------------|-------------|------------|--------------|--------------|------------|
| 合計     | 1,439 | 75<br>5.2% | 116<br>8.1% | 91<br>6.3% | 160<br>11.1% | 939<br>65.3% | 58<br>4.0% |
| 男性合計   | 713   | 3.9%       | 8.1%        | 5.5%       | 10.5%        | 68.3%        | 3.6%       |
| 男性20歳代 | 56    | 3.6%       | 12.5%       | 7.1%       | 8.9%         | 62.5%        | 5.4%       |
| 男性30歳代 | 70    | 7.1%       | 12.9%       | 2.9%       | 17.1%        | 55.7%        | 4.3%       |
| 男性40歳代 | 91    | 5.5%       | 12.1%       | 6.6%       | 13.2%        | 61.5%        | 1.1%       |
| 男性50歳代 | 112   | 1.8%       | 0.9%        | 0.9%       | 10.7%        | 83.9%        | 1.8%       |
| 男性60歳代 | 185   | 1.6%       | 7.6%        | 6.5%       | 9.2%         | 70.8%        | 4.3%       |
| 男性70歳上 | 199   | 5.5%       | 8.0%        | 7.0%       | 8.5%         | 66.3%        | 4.5%       |
| 女性合計   | 726   | 6.5%       | 8.0%        | 7.2%       | 11.7%        | 62.3%        | 4.4%       |
| 女性20歳代 | 54    | 7.4%       | 11.1%       | 11.1%      | 13.0%        | 51.9%        | 5.6%       |
| 女性30歳代 | 77    | 6.5%       | 10.4%       | 5.2%       | 3.9%         | 68.8%        | 5.2%       |
| 女性40歳代 | 100   | 8.0%       | 7.0%        | 9.0%       | 19.0%        | 53.0%        | 4.0%       |
| 女性50歳代 | 121   | 5.8%       | 13.2%       | 6.6%       | 7.4%         | 64.5%        | 2.5%       |
| 女性60歳代 | 195   | 7.7%       | 5.6%        | 9.2%       | 11.3%        | 61.0%        | 5.1%       |
| 女性70歳上 | 179   | 4.5%       | 5.6%        | 3.9%       | 14.0%        | 67.6%        | 4.5%       |
| 東部合計   | 439   | 6.6%       | 6.8%        | 6.8%       | 11.6%        | 63.8%        | 4.3%       |
| 東部男性   | 217   | 4.6%       | 6.5%        | 6.9%       | 12.4%        | 66.4%        | 3.2%       |
| 東部女性   | 222   | 8.6%       | 7.2%        | 6.8%       | 10.8%        | 61.3%        | 5.4%       |
| 中部合計   | 470   | 4.3%       | 8.3%        | 7.4%       | 10.4%        | 64.7%        | 4.9%       |
| 中部男性   | 225   | 3.1%       | 8.4%        | 5.3%       | 9.3%         | 68.9%        | 4.9%       |
| 中部女性   | 245   | 5.3%       | 8.2%        | 9.4%       | 11.4%        | 60.8%        | 4.9%       |
| 西部合計   | 530   | 4.9%       | 8.9%        | 4.9%       | 11.3%        | 67.0%        | 3.0%       |
| 西部男性   | 271   | 4.1%       | 9.2%        | 4.4%       | 10.0%        | 69.4%        | 3.0%       |
| 西部女性   | 259   | 5.8%       | 8.5%        | 5.4%       | 12.7%        | 64.5%        | 3.1%       |

問7 運動習慣

|        | 回答数   | 運動習慣あり       | 運動習慣なし         | 無回答あり       |
|--------|-------|--------------|----------------|-------------|
| 合計     | 2,779 | 625<br>22.5% | 2,017<br>72.6% | 137<br>4.9% |
| 男性合計   | 1,283 | 26.0%        | 69.4%          | 4.7%        |
| 男性20歳代 | 95    | 23.2%        | 76.8%          | 0.0%        |
| 男性30歳代 | 166   | 15.1%        | 82.5%          | 2.4%        |
| 男性40歳代 | 172   | 22.1%        | 76.2%          | 1.7%        |
| 男性50歳代 | 218   | 29.4%        | 67.0%          | 3.7%        |
| 男性60歳代 | 332   | 27.7%        | 66.0%          | 6.3%        |
| 男性70歳上 | 300   | 30.7%        | 61.3%          | 8.0%        |
| 女性合計   | 1,496 | 19.5%        | 75.3%          | 5.1%        |
| 女性20歳代 | 117   | 14.5%        | 84.6%          | 0.9%        |
| 女性30歳代 | 184   | 15.8%        | 78.8%          | 5.4%        |
| 女性40歳代 | 210   | 14.3%        | 83.8%          | 1.9%        |
| 女性50歳代 | 275   | 15.3%        | 81.1%          | 3.6%        |
| 女性60歳代 | 353   | 24.9%        | 70.8%          | 4.2%        |
| 女性70歳上 | 357   | 24.1%        | 65.5%          | 10.4%       |
| 東部合計   | 809   | 21.4%        | 73.3%          | 5.3%        |
| 東部男性   | 381   | 23.9%        | 71.7%          | 4.5%        |
| 東部女性   | 428   | 19.2%        | 74.8%          | 6.1%        |
| 中部合計   | 909   | 23.7%        | 70.7%          | 5.6%        |
| 中部男性   | 410   | 26.8%        | 67.3%          | 5.9%        |
| 中部女性   | 499   | 21.0%        | 73.5%          | 5.4%        |
| 西部合計   | 1,059 | 22.4%        | 73.7%          | 4.0%        |
| 西部男性   | 490   | 26.9%        | 69.4%          | 3.7%        |
| 西部女性   | 569   | 18.5%        | 77.3%          | 4.2%        |

| 母数    | 運動習慣あり       | 運動習慣なし         |
|-------|--------------|----------------|
| 2,642 | 625<br>23.7% | 2,017<br>76.3% |
| 1,223 | 27.2%        | 72.8%          |
| 95    | 23.2%        | 76.8%          |
| 162   | 15.4%        | 84.6%          |
| 169   | 22.5%        | 77.5%          |
| 210   | 30.5%        | 69.5%          |
| 311   | 29.6%        | 70.4%          |
| 276   | 33.3%        | 66.7%          |
| 1,419 | 20.6%        | 79.4%          |
| 116   | 14.7%        | 85.3%          |
| 174   | 16.7%        | 83.3%          |
| 206   | 14.6%        | 85.4%          |
| 265   | 15.8%        | 84.2%          |
| 338   | 26.0%        | 74.0%          |
| 320   | 26.9%        | 73.1%          |
| 766   | 22.6%        | 77.4%          |
| 364   | 25.0%        | 75.0%          |
| 402   | 20.4%        | 79.6%          |
| 858   | 25.1%        | 74.9%          |
| 386   | 28.5%        | 71.5%          |
| 472   | 22.2%        | 77.8%          |
| 1,017 | 23.3%        | 76.7%          |
| 472   | 28.0%        | 72.0%          |
| 545   | 19.3%        | 80.7%          |

運動習慣あり  
 →問7 運動日数が2日以上 & 問7-2が30分以上 & 問7-3が「1年以上」の方  
 運動習慣なし  
 →「運動習慣あり」に該当せず、不明箇所が無い方  
 無回答あり  
 →問7の無記入及び運動日数が週1日以上で、問7-2と問7-3

問8 あなたの周辺に、次に示すような運動ができる場所はありますか。それぞれの項目について、あてはまる番号を1つ選んで○印をつけてください。

ア. 運動が行える公園

|         | 回答数   | あ<br>る         | な<br>い       | い<br>わ<br>か<br>ら<br>な | 無<br>回<br>答  |
|---------|-------|----------------|--------------|-----------------------|--------------|
| 合 計     | 2,779 | 1,735<br>62.4% | 571<br>20.5% | 139<br>5.0%           | 334<br>12.0% |
| 男 性 合 計 | 1,283 | 65.0%          | 19.9%        | 4.1%                  | 11.0%        |
| 男性20歳代  | 95    | 75.8%          | 14.7%        | 7.4%                  | 2.1%         |
| 男性30歳代  | 166   | 63.3%          | 27.1%        | 4.2%                  | 5.4%         |
| 男性40歳代  | 172   | 70.9%          | 19.8%        | 2.3%                  | 7.0%         |
| 男性50歳代  | 218   | 63.8%          | 20.2%        | 6.4%                  | 9.6%         |
| 男性60歳代  | 332   | 66.6%          | 16.9%        | 4.2%                  | 12.3%        |
| 男性70歳上  | 300   | 58.3%          | 20.7%        | 2.3%                  | 18.7%        |
| 女 性 合 計 | 1,496 | 60.2%          | 21.1%        | 5.7%                  | 12.9%        |
| 女性20歳代  | 117   | 72.6%          | 12.0%        | 6.0%                  | 9.4%         |
| 女性30歳代  | 184   | 62.0%          | 22.8%        | 8.2%                  | 7.1%         |
| 女性40歳代  | 210   | 62.9%          | 25.7%        | 8.6%                  | 2.9%         |
| 女性50歳代  | 275   | 67.6%          | 20.0%        | 5.5%                  | 6.9%         |
| 女性60歳代  | 353   | 58.9%          | 20.7%        | 5.9%                  | 14.4%        |
| 女性70歳上  | 357   | 49.3%          | 21.8%        | 2.8%                  | 26.1%        |
| 東 部 合 計 | 809   | 61.1%          | 21.6%        | 3.6%                  | 13.7%        |
| 東 部 男 性 | 381   | 62.7%          | 20.7%        | 3.7%                  | 12.9%        |
| 東 部 女 性 | 428   | 59.6%          | 22.4%        | 3.5%                  | 14.5%        |
| 中 部 合 計 | 909   | 62.4%          | 20.0%        | 5.4%                  | 12.2%        |
| 中 部 男 性 | 410   | 64.6%          | 20.5%        | 3.7%                  | 11.2%        |
| 中 部 女 性 | 499   | 60.5%          | 19.6%        | 6.8%                  | 13.0%        |
| 西 部 合 計 | 1,059 | 63.6%          | 20.2%        | 5.7%                  | 10.5%        |
| 西 部 男 性 | 490   | 67.3%          | 18.8%        | 4.7%                  | 9.2%         |
| 西 部 女 性 | 569   | 60.5%          | 21.4%        | 6.5%                  | 11.6%        |
| 運動習慣あり  | 625   | 65.4%          | 19.5%        | 2.4%                  | 12.6%        |
| 運動習慣なし  | 2,017 | 63.2%          | 21.4%        | 6.0%                  | 9.3%         |
| 運動してない  | 1,250 | 62.9%          | 21.2%        | 6.6%                  | 9.4%         |
| 週1日の運動  | 122   | 72.1%          | 11.5%        | 6.6%                  | 9.8%         |
| 週2日の運動  | 206   | 68.9%          | 18.4%        | 3.9%                  | 8.7%         |
| 週3~4日運動 | 365   | 62.2%          | 22.2%        | 2.7%                  | 12.9%        |
| 週5日以上   | 446   | 61.7%          | 22.2%        | 2.5%                  | 13.7%        |

イ. ウォーキングができる場所

|         | 回答数   | あ<br>る         | な<br>い      | い<br>わ<br>か<br>ら<br>な | 無<br>回<br>答  |
|---------|-------|----------------|-------------|-----------------------|--------------|
| 合 計     | 2,779 | 2,156<br>77.6% | 228<br>8.2% | 97<br>3.5%            | 298<br>10.7% |
| 男 性 合 計 | 1,283 | 77.9%          | 8.2%        | 2.9%                  | 11.1%        |
| 男性20歳代  | 95    | 87.4%          | 8.4%        | 3.2%                  | 1.1%         |
| 男性30歳代  | 166   | 81.3%          | 11.4%       | 1.8%                  | 5.4%         |
| 男性40歳代  | 172   | 79.7%          | 8.1%        | 4.7%                  | 7.6%         |
| 男性50歳代  | 218   | 81.7%          | 6.4%        | 2.3%                  | 9.6%         |
| 男性60歳代  | 332   | 81.0%          | 5.7%        | 2.7%                  | 10.5%        |
| 男性70歳上  | 300   | 65.7%          | 10.3%       | 3.0%                  | 21.0%        |
| 女 性 合 計 | 1,496 | 77.3%          | 8.2%        | 4.0%                  | 10.4%        |
| 女性20歳代  | 117   | 76.9%          | 11.1%       | 5.1%                  | 6.8%         |
| 女性30歳代  | 184   | 81.5%          | 7.6%        | 6.0%                  | 4.9%         |
| 女性40歳代  | 210   | 83.3%          | 8.6%        | 4.3%                  | 3.8%         |
| 女性50歳代  | 275   | 80.7%          | 9.5%        | 2.9%                  | 6.9%         |
| 女性60歳代  | 353   | 79.3%          | 5.9%        | 4.2%                  | 10.5%        |
| 女性70歳上  | 357   | 67.2%          | 8.7%        | 3.1%                  | 21.0%        |
| 東 部 合 計 | 809   | 78.9%          | 6.7%        | 3.8%                  | 10.6%        |
| 東 部 男 性 | 381   | 80.8%          | 5.2%        | 3.4%                  | 10.5%        |
| 東 部 女 性 | 428   | 77.1%          | 7.9%        | 4.2%                  | 10.7%        |
| 中 部 合 計 | 909   | 77.6%          | 8.1%        | 3.2%                  | 11.1%        |
| 中 部 男 性 | 410   | 75.6%          | 10.0%       | 2.2%                  | 12.2%        |
| 中 部 女 性 | 499   | 79.2%          | 6.6%        | 4.0%                  | 10.2%        |
| 西 部 合 計 | 1,059 | 76.8%          | 9.4%        | 3.4%                  | 10.4%        |
| 西 部 男 性 | 490   | 77.8%          | 9.0%        | 2.9%                  | 10.4%        |
| 西 部 女 性 | 569   | 75.9%          | 9.8%        | 3.9%                  | 10.4%        |
| 運動習慣あり  | 625   | 84.0%          | 6.2%        | 1.3%                  | 8.5%         |
| 運動習慣なし  | 2,017 | 78.0%          | 9.1%        | 4.4%                  | 8.5%         |
| 運動してない  | 1,250 | 76.4%          | 10.2%       | 4.8%                  | 8.6%         |
| 週1日の運動  | 122   | 80.3%          | 7.4%        | 0.8%                  | 11.5%        |
| 週2日の運動  | 206   | 84.5%          | 5.3%        | 3.9%                  | 6.3%         |
| 週3~4日運動 | 365   | 79.7%          | 5.8%        | 3.3%                  | 11.2%        |
| 週5日以上   | 446   | 82.5%          | 6.7%        | 1.6%                  | 9.2%         |

ウ. 海岸、河原、山など

|         | 回答数   | あ<br>る         | な<br>い       | い<br>わ<br>か<br>ら<br>な | 無<br>回<br>答  |
|---------|-------|----------------|--------------|-----------------------|--------------|
| 合 計     | 2,779 | 1,368<br>49.2% | 875<br>31.5% | 90<br>3.2%            | 446<br>16.0% |
| 男 性 合 計 | 1,283 | 53.2%          | 29.8%        | 2.4%                  | 14.7%        |
| 男性20歳代  | 95    | 55.8%          | 36.8%        | 6.3%                  | 1.1%         |
| 男性30歳代  | 166   | 60.8%          | 31.9%        | 2.4%                  | 4.8%         |
| 男性40歳代  | 172   | 53.5%          | 34.3%        | 2.9%                  | 9.3%         |
| 男性50歳代  | 218   | 51.4%          | 33.5%        | 1.8%                  | 13.3%        |
| 男性60歳代  | 332   | 56.0%          | 25.3%        | 2.1%                  | 16.6%        |
| 男性70歳上  | 300   | 46.0%          | 26.0%        | 1.7%                  | 26.3%        |
| 女 性 合 計 | 1,496 | 45.9%          | 33.0%        | 3.9%                  | 17.2%        |
| 女性20歳代  | 117   | 39.3%          | 47.0%        | 5.1%                  | 8.5%         |
| 女性30歳代  | 184   | 49.5%          | 36.4%        | 4.3%                  | 9.8%         |
| 女性40歳代  | 210   | 53.3%          | 35.2%        | 4.8%                  | 6.7%         |
| 女性50歳代  | 275   | 56.7%          | 29.5%        | 3.3%                  | 10.5%        |
| 女性60歳代  | 353   | 46.2%          | 30.3%        | 5.1%                  | 18.4%        |
| 女性70歳上  | 357   | 33.1%          | 30.5%        | 2.2%                  | 34.2%        |
| 東 部 合 計 | 809   | 52.5%          | 27.1%        | 3.7%                  | 16.7%        |
| 東 部 男 性 | 381   | 56.4%          | 25.5%        | 2.4%                  | 15.7%        |
| 東 部 女 性 | 428   | 49.1%          | 28.5%        | 4.9%                  | 17.5%        |
| 中 部 合 計 | 909   | 51.9%          | 28.8%        | 2.9%                  | 16.4%        |
| 中 部 男 性 | 410   | 56.1%          | 27.1%        | 2.0%                  | 14.9%        |
| 中 部 女 性 | 499   | 48.5%          | 30.3%        | 3.6%                  | 17.6%        |
| 西 部 合 計 | 1,059 | 44.5%          | 37.2%        | 3.1%                  | 15.2%        |
| 西 部 男 性 | 490   | 48.4%          | 35.5%        | 2.7%                  | 13.5%        |
| 西 部 女 性 | 569   | 41.1%          | 38.7%        | 3.5%                  | 16.7%        |
| 運動習慣あり  | 625   | 53.8%          | 28.6%        | 1.8%                  | 15.8%        |
| 運動習慣なし  | 2,017 | 49.6%          | 33.8%        | 3.7%                  | 12.9%        |
| 運動してない  | 1,250 | 50.1%          | 33.5%        | 3.8%                  | 12.6%        |
| 週1日の運動  | 122   | 45.9%          | 32.0%        | 5.7%                  | 16.4%        |
| 週2日の運動  | 206   | 58.7%          | 29.1%        | 1.5%                  | 10.7%        |
| 週3~4日運動 | 365   | 45.8%          | 34.8%        | 3.0%                  | 16.4%        |
| 週5日以上   | 446   | 50.7%          | 27.1%        | 1.8%                  | 20.4%        |

## 工. 体育館

|         | 回答数   | あ<br>る         | な<br>い       | い<br>わ<br>か<br>ら<br>な | 無<br>回<br>答  |
|---------|-------|----------------|--------------|-----------------------|--------------|
| 合 計     | 2,779 | 1,313<br>47.2% | 823<br>29.6% | 176<br>6.3%           | 467<br>16.8% |
| 男 性 合 計 | 1,283 | 46.7%          | 30.2%        | 7.0%                  | 16.1%        |
| 男性20歳代  | 95    | 60.0%          | 25.3%        | 12.6%                 | 2.1%         |
| 男性30歳代  | 166   | 56.0%          | 30.7%        | 7.8%                  | 5.4%         |
| 男性40歳代  | 172   | 50.0%          | 33.7%        | 6.4%                  | 9.9%         |
| 男性50歳代  | 218   | 45.0%          | 34.9%        | 6.4%                  | 13.8%        |
| 男性60歳代  | 332   | 47.6%          | 27.1%        | 7.2%                  | 18.1%        |
| 男性70歳上  | 300   | 35.7%          | 29.3%        | 5.3%                  | 29.7%        |
| 女 性 合 計 | 1,496 | 47.7%          | 29.1%        | 5.7%                  | 17.4%        |
| 女性20歳代  | 117   | 47.9%          | 31.6%        | 10.3%                 | 10.3%        |
| 女性30歳代  | 184   | 57.6%          | 24.5%        | 9.2%                  | 8.7%         |
| 女性40歳代  | 210   | 57.1%          | 31.4%        | 5.7%                  | 5.7%         |
| 女性50歳代  | 275   | 53.8%          | 31.6%        | 4.0%                  | 10.5%        |
| 女性60歳代  | 353   | 46.5%          | 29.5%        | 5.4%                  | 18.7%        |
| 女性70歳上  | 357   | 33.6%          | 27.2%        | 4.2%                  | 35.0%        |
| 東 部 合 計 | 809   | 50.7%          | 27.2%        | 4.7%                  | 17.4%        |
| 東 部 男 性 | 381   | 50.9%          | 27.6%        | 5.5%                  | 16.0%        |
| 東 部 女 性 | 428   | 50.5%          | 26.9%        | 4.0%                  | 18.7%        |
| 中 部 合 計 | 909   | 45.3%          | 29.4%        | 7.6%                  | 17.7%        |
| 中 部 男 性 | 410   | 42.7%          | 30.5%        | 9.0%                  | 17.8%        |
| 中 部 女 性 | 499   | 47.5%          | 28.5%        | 6.4%                  | 17.6%        |
| 西 部 合 計 | 1,059 | 46.4%          | 31.7%        | 6.4%                  | 15.5%        |
| 西 部 男 性 | 490   | 46.9%          | 32.0%        | 6.3%                  | 14.7%        |
| 西 部 女 性 | 569   | 45.9%          | 31.5%        | 6.5%                  | 16.2%        |
| 運動習慣あり  | 625   | 49.9%          | 28.8%        | 2.7%                  | 18.6%        |
| 運動習慣なし  | 2,017 | 48.0%          | 30.8%        | 7.7%                  | 13.4%        |
| 運動してない  | 1,250 | 46.2%          | 32.3%        | 8.2%                  | 13.4%        |
| 週1日の運動  | 122   | 72.1%          | 15.6%        | 2.5%                  | 9.8%         |
| 週2日の運動  | 206   | 50.0%          | 29.6%        | 7.3%                  | 13.1%        |
| 週3~4日運動 | 365   | 45.2%          | 30.1%        | 4.9%                  | 19.7%        |
| 週5日以上   | 446   | 46.4%          | 30.0%        | 2.9%                  | 20.6%        |



オ. プール

|         | 回答数   | あ<br>る         | な<br>い       | い<br>わ<br>か<br>ら<br>な | 無<br>回<br>答  |
|---------|-------|----------------|--------------|-----------------------|--------------|
| 合 計     | 2,779 | 1,171<br>42.1% | 996<br>35.8% | 140<br>5.0%           | 472<br>17.0% |
| 男 性 合 計 | 1,283 | 42.2%          | 36.1%        | 5.4%                  | 16.4%        |
| 男性20歳代  | 95    | 49.5%          | 42.1%        | 6.3%                  | 2.1%         |
| 男性30歳代  | 166   | 52.4%          | 34.3%        | 7.8%                  | 5.4%         |
| 男性40歳代  | 172   | 43.6%          | 41.3%        | 2.9%                  | 12.2%        |
| 男性50歳代  | 218   | 46.3%          | 36.2%        | 3.2%                  | 14.2%        |
| 男性60歳代  | 332   | 41.6%          | 34.3%        | 6.3%                  | 17.8%        |
| 男性70歳上  | 300   | 31.0%          | 34.0%        | 5.7%                  | 29.3%        |
| 女 性 合 計 | 1,496 | 42.1%          | 35.6%        | 4.7%                  | 17.5%        |
| 女性20歳代  | 117   | 44.4%          | 35.0%        | 9.4%                  | 11.1%        |
| 女性30歳代  | 184   | 51.6%          | 34.8%        | 6.0%                  | 7.6%         |
| 女性40歳代  | 210   | 47.6%          | 41.4%        | 5.2%                  | 5.7%         |
| 女性50歳代  | 275   | 48.7%          | 38.2%        | 3.3%                  | 9.8%         |
| 女性60歳代  | 353   | 42.5%          | 35.1%        | 4.0%                  | 18.4%        |
| 女性70歳上  | 357   | 27.7%          | 31.4%        | 4.2%                  | 36.7%        |
| 東 部 合 計 | 809   | 46.1%          | 32.8%        | 4.2%                  | 16.9%        |
| 東 部 男 性 | 381   | 45.4%          | 33.3%        | 5.0%                  | 16.3%        |
| 東 部 女 性 | 428   | 46.7%          | 32.2%        | 3.5%                  | 17.5%        |
| 中 部 合 計 | 909   | 37.1%          | 38.0%        | 6.9%                  | 18.0%        |
| 中 部 男 性 | 410   | 36.6%          | 38.5%        | 7.3%                  | 17.6%        |
| 中 部 女 性 | 499   | 37.5%          | 37.5%        | 6.6%                  | 18.4%        |
| 西 部 合 計 | 1,059 | 43.5%          | 36.4%        | 4.0%                  | 16.1%        |
| 西 部 男 性 | 490   | 44.5%          | 36.3%        | 3.9%                  | 15.3%        |
| 西 部 女 性 | 569   | 42.7%          | 36.6%        | 4.0%                  | 16.7%        |
| 運動習慣あり  | 625   | 45.9%          | 32.6%        | 2.9%                  | 18.6%        |
| 運動習慣なし  | 2,017 | 42.6%          | 37.9%        | 6.0%                  | 13.5%        |
| 運動してない  | 1,250 | 41.8%          | 38.7%        | 6.2%                  | 13.3%        |
| 週1日の運動  | 122   | 59.0%          | 25.4%        | 0.8%                  | 14.8%        |
| 週2日の運動  | 206   | 49.0%          | 32.0%        | 5.8%                  | 13.1%        |
| 週3~4日運動 | 365   | 41.6%          | 35.3%        | 3.8%                  | 19.2%        |
| 週5日以上   | 446   | 38.8%          | 35.7%        | 4.0%                  | 21.5%        |

カ. グランド

|         | 回答数   | あ<br>る         | な<br>い       | い<br>わ<br>か<br>ら<br>な | 無<br>回<br>答  |
|---------|-------|----------------|--------------|-----------------------|--------------|
| 合 計     | 2,779 | 1,468<br>52.8% | 660<br>23.7% | 170<br>6.1%           | 481<br>17.3% |
| 男 性 合 計 | 1,283 | 54.9%          | 23.8%        | 5.5%                  | 15.9%        |
| 男性20歳代  | 95    | 69.5%          | 22.1%        | 5.3%                  | 3.2%         |
| 男性30歳代  | 166   | 55.4%          | 28.9%        | 9.0%                  | 6.6%         |
| 男性40歳代  | 172   | 58.7%          | 26.2%        | 4.7%                  | 10.5%        |
| 男性50歳代  | 218   | 55.0%          | 27.1%        | 4.6%                  | 13.3%        |
| 男性60歳代  | 332   | 57.8%          | 20.5%        | 5.4%                  | 16.3%        |
| 男性70歳上  | 300   | 44.3%          | 21.3%        | 4.7%                  | 29.7%        |
| 女 性 合 計 | 1,496 | 51.1%          | 23.7%        | 6.7%                  | 18.5%        |
| 女性20歳代  | 117   | 48.7%          | 29.1%        | 11.1%                 | 11.1%        |
| 女性30歳代  | 184   | 59.2%          | 24.5%        | 7.6%                  | 8.7%         |
| 女性40歳代  | 210   | 61.9%          | 25.7%        | 5.7%                  | 6.7%         |
| 女性50歳代  | 275   | 59.6%          | 23.3%        | 6.2%                  | 10.9%        |
| 女性60歳代  | 353   | 51.0%          | 21.5%        | 7.4%                  | 20.1%        |
| 女性70歳上  | 357   | 34.7%          | 23.0%        | 5.0%                  | 37.3%        |
| 東 部 合 計 | 809   | 57.8%          | 19.3%        | 4.4%                  | 18.4%        |
| 東 部 男 性 | 381   | 59.6%          | 19.2%        | 3.9%                  | 17.3%        |
| 東 部 女 性 | 428   | 56.3%          | 19.4%        | 4.9%                  | 19.4%        |
| 中 部 合 計 | 909   | 48.1%          | 25.9%        | 7.9%                  | 18.2%        |
| 中 部 男 性 | 410   | 50.5%          | 25.9%        | 7.1%                  | 16.6%        |
| 中 部 女 性 | 499   | 46.1%          | 25.9%        | 8.6%                  | 19.4%        |
| 西 部 合 計 | 1,059 | 53.2%          | 25.4%        | 5.8%                  | 15.7%        |
| 西 部 男 性 | 490   | 55.1%          | 25.7%        | 5.1%                  | 14.1%        |
| 西 部 女 性 | 569   | 51.5%          | 25.1%        | 6.3%                  | 17.0%        |
| 運動習慣あり  | 625   | 55.8%          | 21.4%        | 4.0%                  | 18.7%        |
| 運動習慣なし  | 2,017 | 54.0%          | 25.2%        | 6.9%                  | 13.9%        |
| 運動してない  | 1,250 | 52.6%          | 26.1%        | 7.4%                  | 13.9%        |
| 週1日の運動  | 122   | 63.1%          | 17.2%        | 5.7%                  | 13.9%        |
| 週2日の運動  | 206   | 56.3%          | 24.8%        | 5.8%                  | 13.1%        |
| 週3~4日運動 | 365   | 52.9%          | 24.1%        | 3.8%                  | 19.2%        |
| 週5日以上   | 446   | 52.5%          | 21.5%        | 4.5%                  | 21.5%        |

キ. スポーツジム

|         | 回答数   | あ<br>る         | な<br>い       | い<br>わ<br>か<br>ら<br>な | 無<br>回<br>答  |
|---------|-------|----------------|--------------|-----------------------|--------------|
| 合 計     | 2,779 | 1,046<br>37.6% | 944<br>34.0% | 280<br>10.1%          | 509<br>18.3% |
| 男 性 合 計 | 1,283 | 35.7%          | 36.5%        | 10.4%                 | 17.5%        |
| 男性20歳代  | 95    | 53.7%          | 32.6%        | 10.5%                 | 3.2%         |
| 男性30歳代  | 166   | 45.8%          | 34.9%        | 13.3%                 | 6.0%         |
| 男性40歳代  | 172   | 41.3%          | 39.5%        | 8.7%                  | 10.5%        |
| 男性50歳代  | 218   | 34.9%          | 40.4%        | 8.3%                  | 16.5%        |
| 男性60歳代  | 332   | 33.1%          | 34.9%        | 12.3%                 | 19.6%        |
| 男性70歳上  | 300   | 24.7%          | 35.7%        | 9.0%                  | 30.7%        |
| 女 性 合 計 | 1,496 | 39.3%          | 31.8%        | 9.8%                  | 19.1%        |
| 女性20歳代  | 117   | 51.3%          | 27.4%        | 11.1%                 | 10.3%        |
| 女性30歳代  | 184   | 47.3%          | 29.3%        | 14.1%                 | 9.2%         |
| 女性40歳代  | 210   | 51.0%          | 34.8%        | 7.6%                  | 6.7%         |
| 女性50歳代  | 275   | 43.6%          | 35.3%        | 9.5%                  | 11.6%        |
| 女性60歳代  | 353   | 36.3%          | 33.1%        | 9.9%                  | 20.7%        |
| 女性70歳上  | 357   | 24.1%          | 28.9%        | 8.7%                  | 38.4%        |
| 東 部 合 計 | 809   | 37.5%          | 32.3%        | 10.8%                 | 19.5%        |
| 東 部 男 性 | 381   | 36.0%          | 36.5%        | 10.0%                 | 17.6%        |
| 東 部 女 性 | 428   | 38.8%          | 28.5%        | 11.4%                 | 21.3%        |
| 中 部 合 計 | 909   | 39.2%          | 33.1%        | 9.2%                  | 18.5%        |
| 中 部 男 性 | 410   | 33.9%          | 38.3%        | 9.8%                  | 18.0%        |
| 中 部 女 性 | 499   | 43.5%          | 28.9%        | 8.8%                  | 18.8%        |
| 西 部 合 計 | 1,059 | 36.5%          | 36.1%        | 10.2%                 | 17.2%        |
| 西 部 男 性 | 490   | 37.1%          | 35.1%        | 11.0%                 | 16.7%        |
| 西 部 女 性 | 569   | 36.0%          | 36.9%        | 9.5%                  | 17.6%        |
| 運動習慣あり  | 625   | 42.1%          | 29.9%        | 7.2%                  | 20.8%        |
| 運動習慣なし  | 2,017 | 37.8%          | 36.2%        | 11.5%                 | 14.5%        |
| 運動してない  | 1,250 | 36.2%          | 36.9%        | 12.2%                 | 14.7%        |
| 週1日の運動  | 122   | 55.7%          | 23.0%        | 7.4%                  | 13.9%        |
| 週2日の運動  | 206   | 46.1%          | 32.0%        | 8.3%                  | 13.6%        |
| 週3~4日運動 | 365   | 39.2%          | 32.3%        | 7.7%                  | 20.8%        |
| 週5日以上   | 446   | 34.8%          | 33.2%        | 8.5%                  | 23.5%        |

ク. 地域センター等の公共施設

|         | 回答数   | あ<br>る         | な<br>い       | い<br>わ<br>か<br>ら<br>な | 無<br>回<br>答  |
|---------|-------|----------------|--------------|-----------------------|--------------|
| 合 計     | 2,779 | 1,250<br>45.0% | 653<br>23.5% | 410<br>14.8%          | 466<br>16.8% |
| 男 性 合 計 | 1,283 | 43.3%          | 25.3%        | 15.6%                 | 15.7%        |
| 男性20歳代  | 95    | 55.8%          | 23.2%        | 18.9%                 | 2.1%         |
| 男性30歳代  | 166   | 47.6%          | 27.1%        | 19.3%                 | 6.0%         |
| 男性40歳代  | 172   | 42.4%          | 30.8%        | 16.3%                 | 10.5%        |
| 男性50歳代  | 218   | 44.5%          | 22.5%        | 17.4%                 | 15.6%        |
| 男性60歳代  | 332   | 45.2%          | 22.9%        | 15.4%                 | 16.6%        |
| 男性70歳上  | 300   | 34.7%          | 26.7%        | 11.0%                 | 27.7%        |
| 女 性 合 計 | 1,496 | 46.4%          | 21.9%        | 14.0%                 | 17.6%        |
| 女性20歳代  | 117   | 40.2%          | 23.1%        | 26.5%                 | 10.3%        |
| 女性30歳代  | 184   | 54.3%          | 17.4%        | 19.6%                 | 8.7%         |
| 女性40歳代  | 210   | 50.5%          | 25.7%        | 17.1%                 | 6.7%         |
| 女性50歳代  | 275   | 55.6%          | 22.5%        | 10.9%                 | 10.9%        |
| 女性60歳代  | 353   | 46.7%          | 20.7%        | 13.6%                 | 19.0%        |
| 女性70歳上  | 357   | 34.5%          | 22.4%        | 8.1%                  | 35.0%        |
| 東 部 合 計 | 809   | 47.2%          | 21.8%        | 13.1%                 | 17.9%        |
| 東 部 男 性 | 381   | 46.2%          | 24.4%        | 13.1%                 | 16.3%        |
| 東 部 女 性 | 428   | 48.1%          | 19.4%        | 13.1%                 | 19.4%        |
| 中 部 合 計 | 909   | 39.9%          | 24.9%        | 17.6%                 | 17.6%        |
| 中 部 男 性 | 410   | 35.9%          | 28.0%        | 19.3%                 | 16.8%        |
| 中 部 女 性 | 499   | 43.3%          | 22.2%        | 16.2%                 | 18.2%        |
| 西 部 合 計 | 1,059 | 47.7%          | 23.7%        | 13.5%                 | 15.1%        |
| 西 部 男 性 | 490   | 47.6%          | 23.9%        | 14.3%                 | 14.3%        |
| 西 部 女 性 | 569   | 47.8%          | 23.6%        | 12.8%                 | 15.8%        |
| 運動習慣あり  | 625   | 52.0%          | 21.1%        | 9.8%                  | 17.1%        |
| 運動習慣なし  | 2,017 | 44.7%          | 25.0%        | 16.8%                 | 13.5%        |
| 運動してない  | 1,250 | 42.5%          | 26.0%        | 17.2%                 | 14.3%        |
| 週1日の運動  | 122   | 64.8%          | 10.7%        | 13.9%                 | 10.7%        |
| 週2日の運動  | 206   | 55.3%          | 22.3%        | 10.2%                 | 12.1%        |
| 週3~4日運動 | 365   | 46.3%          | 22.7%        | 12.9%                 | 18.1%        |
| 週5日以上   | 446   | 45.1%          | 23.3%        | 11.7%                 | 20.0%        |

問8 運動ができる場所「はい」の一覧。

|         | 回答数   | ア<br>公園<br>運動が<br>行える | イ<br>がウオ<br>ーキン<br>グ<br>できる<br>場所 | ウ<br>山海<br>岸、<br>河原、<br>など | エ<br>体育<br>館   | オ<br>プ<br>ール   | カ<br>グラ<br>ンド  | キ<br>スポ<br>ー<br>ツ<br>ジ<br>ム | ク<br>等<br>地<br>域<br>の<br>公<br>共<br>施<br>設 | 一つもない       | 平均場所数 |
|---------|-------|-----------------------|-----------------------------------|----------------------------|----------------|----------------|----------------|-----------------------------|---|-------------|-------|
| 合計      | 2,779 | 1,735<br>62.4%        | 2,156<br>77.6%                    | 1,368<br>49.2%             | 1,313<br>47.2% | 1,171<br>42.1% | 1,468<br>52.8% | 1,046<br>37.6%              | 1,250<br>45.0%                            | 221<br>8.0% | 4.5ヶ所 |
| 男性合計    | 1,283 | 65.0%                 | 77.9%                             | 53.2%                      | 46.7%          | 42.2%          | 54.9%          | 35.7%                       | 43.3%                                     | 7.2%        | 4.5ヶ所 |
| 男性20歳代  | 95    | 75.8%                 | 87.4%                             | 55.8%                      | 60.0%          | 49.5%          | 69.5%          | 53.7%                       | 55.8%                                     | 4.2%        | 5.3ヶ所 |
| 男性30歳代  | 166   | 63.3%                 | 81.3%                             | 60.8%                      | 56.0%          | 52.4%          | 55.4%          | 45.8%                       | 47.6%                                     | 6.6%        | 5.0ヶ所 |
| 男性40歳代  | 172   | 70.9%                 | 79.7%                             | 53.5%                      | 50.0%          | 43.6%          | 58.7%          | 41.3%                       | 42.4%                                     | 4.1%        | 4.6ヶ所 |
| 男性50歳代  | 218   | 63.8%                 | 81.7%                             | 51.4%                      | 45.0%          | 46.3%          | 55.0%          | 34.9%                       | 44.5%                                     | 6.0%        | 4.5ヶ所 |
| 男性60歳代  | 332   | 66.6%                 | 81.0%                             | 56.0%                      | 47.6%          | 41.6%          | 57.8%          | 33.1%                       | 45.2%                                     | 6.3%        | 4.6ヶ所 |
| 男性70歳上  | 300   | 58.3%                 | 65.7%                             | 46.0%                      | 35.7%          | 31.0%          | 44.3%          | 24.7%                       | 34.7%                                     | 12.0%       | 3.9ヶ所 |
| 女性合計    | 1,496 | 60.2%                 | 77.3%                             | 45.9%                      | 47.7%          | 42.1%          | 51.1%          | 39.3%                       | 46.4%                                     | 8.6%        | 4.5ヶ所 |
| 女性20歳代  | 117   | 72.6%                 | 76.9%                             | 39.3%                      | 47.9%          | 44.4%          | 48.7%          | 51.3%                       | 40.2%                                     | 8.5%        | 4.6ヶ所 |
| 女性30歳代  | 184   | 62.0%                 | 81.5%                             | 49.5%                      | 57.6%          | 51.6%          | 59.2%          | 47.3%                       | 54.3%                                     | 4.9%        | 4.9ヶ所 |
| 女性40歳代  | 210   | 62.9%                 | 83.3%                             | 53.3%                      | 57.1%          | 47.6%          | 61.9%          | 51.0%                       | 50.5%                                     | 5.2%        | 4.9ヶ所 |
| 女性50歳代  | 275   | 67.6%                 | 80.7%                             | 56.7%                      | 53.8%          | 48.7%          | 59.6%          | 43.6%                       | 55.6%                                     | 6.2%        | 5.0ヶ所 |
| 女性60歳代  | 353   | 58.9%                 | 79.3%                             | 46.2%                      | 46.5%          | 42.5%          | 51.0%          | 36.3%                       | 46.7%                                     | 7.4%        | 4.4ヶ所 |
| 女性70歳上  | 357   | 49.3%                 | 67.2%                             | 33.1%                      | 33.6%          | 27.7%          | 34.7%          | 24.1%                       | 34.5%                                     | 15.7%       | 3.6ヶ所 |
| 東部合計    | 809   | 61.1%                 | 78.9%                             | 52.5%                      | 50.7%          | 46.1%          | 57.8%          | 37.5%                       | 47.2%                                     | 8.5%        | 4.7ヶ所 |
| 東部男性    | 381   | 62.7%                 | 80.8%                             | 56.4%                      | 50.9%          | 45.4%          | 59.6%          | 36.0%                       | 46.2%                                     | 7.1%        | 4.7ヶ所 |
| 東部女性    | 428   | 59.6%                 | 77.1%                             | 49.1%                      | 50.5%          | 46.7%          | 56.3%          | 38.8%                       | 48.1%                                     | 9.8%        | 4.7ヶ所 |
| 中部合計    | 909   | 62.4%                 | 77.6%                             | 51.9%                      | 45.3%          | 37.1%          | 48.1%          | 39.2%                       | 39.9%                                     | 7.2%        | 4.3ヶ所 |
| 中部男性    | 410   | 64.6%                 | 75.6%                             | 56.1%                      | 42.7%          | 36.6%          | 50.5%          | 33.9%                       | 35.9%                                     | 7.1%        | 4.3ヶ所 |
| 中部女性    | 499   | 60.5%                 | 79.2%                             | 48.5%                      | 47.5%          | 37.5%          | 46.1%          | 43.5%                       | 43.3%                                     | 7.2%        | 4.4ヶ所 |
| 西部合計    | 1,059 | 63.6%                 | 76.8%                             | 44.5%                      | 46.4%          | 43.5%          | 53.2%          | 36.5%                       | 47.7%                                     | 8.0%        | 4.5ヶ所 |
| 西部男性    | 490   | 67.3%                 | 77.8%                             | 48.4%                      | 46.9%          | 44.5%          | 55.1%          | 37.1%                       | 47.6%                                     | 6.9%        | 4.6ヶ所 |
| 西部女性    | 569   | 60.5%                 | 75.9%                             | 41.1%                      | 45.9%          | 42.7%          | 51.5%          | 36.0%                       | 47.8%                                     | 9.0%        | 4.4ヶ所 |
| 運動習慣あり  | 625   | 65.4%                 | 84.0%                             | 53.8%                      | 49.9%          | 45.9%          | 55.8%          | 42.1%                       | 52.0%                                     | 4.2%        | 4.7ヶ所 |
| 運動習慣なし  | 2,017 | 63.2%                 | 78.0%                             | 49.6%                      | 48.0%          | 42.6%          | 54.0%          | 37.8%                       | 44.7%                                     | 6.7%        | 4.5ヶ所 |
| 運動してない  | 1,250 | 62.9%                 | 76.4%                             | 50.1%                      | 46.2%          | 41.8%          | 52.6%          | 36.2%                       | 42.5%                                     | 7.5%        | 4.4ヶ所 |
| 週1日の運動  | 122   | 72.1%                 | 80.3%                             | 45.9%                      | 72.1%          | 59.0%          | 63.1%          | 55.7%                       | 64.8%                                     | 3.3%        | 5.3ヶ所 |
| 週2日の運動  | 206   | 68.9%                 | 84.5%                             | 58.7%                      | 50.0%          | 49.0%          | 56.3%          | 46.1%                       | 55.3%                                     | 4.9%        | 4.9ヶ所 |
| 週3~4日運動 | 365   | 62.2%                 | 79.7%                             | 45.8%                      | 45.2%          | 41.6%          | 52.9%          | 39.2%                       | 46.3%                                     | 6.0%        | 4.4ヶ所 |
| 週5日以上   | 446   | 61.7%                 | 82.5%                             | 50.7%                      | 46.4%          | 38.8%          | 52.5%          | 34.8%                       | 45.1%                                     | 5.6%        | 4.4ヶ所 |

問8 運動ができる場所の数。

|         | 回答数   | 1ヶ所          | 2ヶ所         | 3ヶ所          | 4ヶ所          | 5ヶ所          | 6ヶ所          | 7ヶ所          | 8ヶ所          | 一つもない       | 平均場所数 |
|---------|-------|--------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|-------|
| 合計      | 2,779 | 352<br>12.7% | 272<br>9.8% | 334<br>12.0% | 310<br>11.2% | 325<br>11.7% | 318<br>11.4% | 340<br>12.2% | 307<br>11.0% | 221<br>8.0% | 4.5ヶ所 |
| 男性合計    | 1,283 | 12.9%        | 10.1%       | 11.9%        | 10.2%        | 12.4%        | 11.7%        | 12.5%        | 11.2%        | 7.2%        | 4.5ヶ所 |
| 男性20歳代  | 95    | 6.3%         | 7.4%        | 3.2%         | 12.6%        | 15.8%        | 18.9%        | 18.9%        | 12.6%        | 4.2%        | 5.3ヶ所 |
| 男性30歳代  | 166   | 6.0%         | 12.7%       | 10.8%        | 9.0%         | 10.8%        | 13.3%        | 16.9%        | 13.9%        | 6.6%        | 5.0ヶ所 |
| 男性40歳代  | 172   | 11.0%        | 7.6%        | 19.2%        | 7.6%         | 14.0%        | 11.6%        | 13.4%        | 11.6%        | 4.1%        | 4.6ヶ所 |
| 男性50歳代  | 218   | 13.3%        | 8.7%        | 12.8%        | 8.7%         | 15.1%        | 13.3%        | 13.3%        | 8.7%         | 6.0%        | 4.5ヶ所 |
| 男性60歳代  | 332   | 12.0%        | 8.7%        | 12.7%        | 13.6%        | 12.0%        | 9.9%         | 10.2%        | 14.5%        | 6.3%        | 4.6ヶ所 |
| 男性70歳上  | 300   | 20.3%        | 13.3%       | 9.7%         | 9.0%         | 9.7%         | 9.3%         | 9.3%         | 7.3%         | 12.0%       | 3.9ヶ所 |
| 女性合計    | 1,496 | 12.5%        | 9.6%        | 12.1%        | 12.0%        | 11.1%        | 11.2%        | 12.0%        | 10.9%        | 8.6%        | 4.5ヶ所 |
| 女性20歳代  | 117   | 12.0%        | 7.7%        | 12.8%        | 11.1%        | 11.1%        | 9.4%         | 19.7%        | 7.7%         | 8.5%        | 4.6ヶ所 |
| 女性30歳代  | 184   | 8.2%         | 8.2%        | 12.5%        | 12.5%        | 11.4%        | 16.3%        | 12.5%        | 13.6%        | 4.9%        | 4.9ヶ所 |
| 女性40歳代  | 210   | 4.8%         | 8.6%        | 12.9%        | 16.7%        | 11.9%        | 11.4%        | 16.2%        | 12.4%        | 5.2%        | 4.9ヶ所 |
| 女性50歳代  | 275   | 6.9%         | 5.8%        | 13.8%        | 13.1%        | 13.5%        | 13.1%        | 12.7%        | 14.9%        | 6.2%        | 5.0ヶ所 |
| 女性60歳代  | 353   | 14.4%        | 10.8%       | 12.5%        | 9.6%         | 11.3%        | 10.2%        | 12.7%        | 11.0%        | 7.4%        | 4.4ヶ所 |
| 女性70歳上  | 357   | 21.8%        | 13.2%       | 9.5%         | 10.6%        | 8.4%         | 8.7%         | 5.6%         | 6.4%         | 15.7%       | 3.6ヶ所 |
| 東部合計    | 809   | 12.2%        | 7.4%        | 10.0%        | 10.9%        | 11.2%        | 14.6%        | 13.3%        | 11.7%        | 8.5%        | 4.7ヶ所 |
| 東部男性    | 381   | 13.4%        | 6.6%        | 11.0%        | 9.4%         | 11.3%        | 15.7%        | 13.9%        | 11.5%        | 7.1%        | 4.7ヶ所 |
| 東部女性    | 428   | 11.2%        | 8.2%        | 9.1%         | 12.1%        | 11.2%        | 13.6%        | 12.9%        | 11.9%        | 9.8%        | 4.7ヶ所 |
| 中部合計    | 909   | 12.1%        | 12.1%       | 14.3%        | 12.2%        | 11.3%        | 10.0%        | 9.7%         | 11.1%        | 7.2%        | 4.3ヶ所 |
| 中部男性    | 410   | 11.7%        | 13.9%       | 13.9%        | 11.5%        | 12.7%        | 9.5%         | 9.8%         | 10.0%        | 7.1%        | 4.3ヶ所 |
| 中部女性    | 499   | 12.4%        | 10.6%       | 14.6%        | 12.8%        | 10.2%        | 10.4%        | 9.6%         | 12.0%        | 7.2%        | 4.4ヶ所 |
| 西部合計    | 1,059 | 13.5%        | 9.6%        | 11.6%        | 10.5%        | 12.4%        | 10.3%        | 13.6%        | 10.5%        | 8.0%        | 4.5ヶ所 |
| 西部男性    | 490   | 13.5%        | 9.6%        | 11.0%        | 9.8%         | 13.1%        | 10.4%        | 13.7%        | 12.0%        | 6.9%        | 4.6ヶ所 |
| 西部女性    | 569   | 13.5%        | 9.7%        | 12.1%        | 11.1%        | 11.8%        | 10.2%        | 13.5%        | 9.1%         | 9.0%        | 4.4ヶ所 |
| 運動習慣あり  | 625   | 14.1%        | 9.1%        | 9.4%         | 11.7%        | 11.0%        | 11.8%        | 13.8%        | 14.9%        | 4.2%        | 4.7ヶ所 |
| 運動習慣なし  | 2,017 | 11.9%        | 10.3%       | 13.2%        | 11.1%        | 12.3%        | 11.7%        | 12.4%        | 10.4%        | 6.7%        | 4.5ヶ所 |
| 運動してない  | 1,250 | 11.4%        | 11.3%       | 13.4%        | 11.9%        | 12.2%        | 10.6%        | 11.4%        | 10.3%        | 7.5%        | 4.4ヶ所 |
| 週1日の運動  | 122   | 10.7%        | 5.7%        | 6.6%         | 4.1%         | 13.9%        | 20.5%        | 19.7%        | 15.6%        | 3.3%        | 5.3ヶ所 |
| 週2日の運動  | 206   | 8.7%         | 7.8%        | 10.2%        | 13.1%        | 12.6%        | 12.6%        | 18.0%        | 12.1%        | 4.9%        | 4.9ヶ所 |
| 週3~4日運動 | 365   | 14.0%        | 10.7%       | 11.5%        | 11.5%        | 13.4%        | 11.2%        | 10.7%        | 11.0%        | 6.0%        | 4.4ヶ所 |
| 週5日以上   | 446   | 16.4%        | 10.1%       | 11.7%        | 11.2%        | 10.1%        | 11.9%        | 10.5%        | 12.6%        | 5.6%        | 4.4ヶ所 |

問9 お風呂(湯船の湯につかる・シャワーのみ)に週何日入りますか。入らない場合は「0」とご記入ください。

夏(7-9月) 湯船の湯につかる

|        | 回答数   | 0日           | 1日          | 2日          | 3日          | 4日         | 5日         | 6日         | 7日             | 無回答        | 除週平均無回答数 | 除週平均無回答数と0日 |
|--------|-------|--------------|-------------|-------------|-------------|------------|------------|------------|----------------|------------|----------|-------------|
| 合計     | 2,779 | 548<br>19.7% | 110<br>4.0% | 160<br>5.8% | 150<br>5.4% | 94<br>3.4% | 91<br>3.3% | 62<br>2.2% | 1,467<br>52.8% | 97<br>3.5% | 4.6日     | 5.8日        |
| 男性合計   | 1,283 | 19.6%        | 3.7%        | 5.2%        | 5.6%        | 3.4%       | 4.3%       | 3.1%       | 50.9%          | 4.1%       | 4.6日     | 5.8日        |
| 男性20歳代 | 95    | 25.3%        | 2.1%        | 6.3%        | 5.3%        | 2.1%       | 4.2%       | 3.2%       | 49.5%          | 2.1%       | 4.3日     | 5.9日        |
| 男性30歳代 | 166   | 31.3%        | 4.8%        | 6.6%        | 6.6%        | 1.8%       | 5.4%       | 1.8%       | 39.2%          | 2.4%       | 3.7日     | 5.4日        |
| 男性40歳代 | 172   | 18.0%        | 4.7%        | 5.8%        | 5.2%        | 4.1%       | 1.7%       | 1.2%       | 57.0%          | 2.3%       | 4.7日     | 5.8日        |
| 男性50歳代 | 218   | 16.5%        | 4.1%        | 4.6%        | 4.6%        | 3.2%       | 3.7%       | 3.7%       | 54.6%          | 5.0%       | 4.9日     | 5.9日        |
| 男性60歳代 | 332   | 18.1%        | 3.9%        | 5.4%        | 4.2%        | 3.9%       | 4.2%       | 3.0%       | 52.4%          | 4.8%       | 4.7日     | 5.8日        |
| 男性70歳上 | 300   | 16.3%        | 2.7%        | 4.0%        | 7.7%        | 4.0%       | 5.7%       | 4.7%       | 50.0%          | 5.0%       | 4.8日     | 5.8日        |
| 女性合計   | 1,496 | 19.8%        | 4.1%        | 6.2%        | 5.2%        | 3.3%       | 2.4%       | 1.5%       | 54.4%          | 3.0%       | 4.6日     | 5.8日        |
| 女性20歳代 | 117   | 24.8%        | 6.0%        | 7.7%        | 7.7%        | 3.4%       | 2.6%       | 1.7%       | 44.4%          | 1.7%       | 4.0日     | 5.3日        |
| 女性30歳代 | 184   | 19.6%        | 4.3%        | 6.5%        | 5.4%        | 3.3%       | 1.6%       | 2.2%       | 51.6%          | 5.4%       | 4.5日     | 5.7日        |
| 女性40歳代 | 210   | 23.8%        | 5.7%        | 6.2%        | 5.2%        | 3.8%       | 1.9%       | 1.0%       | 51.9%          | 0.5%       | 4.3日     | 5.6日        |
| 女性50歳代 | 275   | 21.1%        | 4.4%        | 4.0%        | 2.9%        | 2.2%       | 2.5%       | 1.1%       | 60.7%          | 1.1%       | 4.8日     | 6.1日        |
| 女性60歳代 | 353   | 19.0%        | 4.0%        | 7.1%        | 4.2%        | 3.1%       | 2.5%       | 1.1%       | 56.1%          | 2.8%       | 4.7日     | 5.8日        |
| 女性70歳上 | 357   | 15.7%        | 2.5%        | 6.4%        | 7.0%        | 4.2%       | 2.8%       | 2.0%       | 54.1%          | 5.3%       | 4.8日     | 5.8日        |
| 東部合計   | 809   | 18.2%        | 4.3%        | 6.2%        | 6.3%        | 2.3%       | 3.1%       | 2.6%       | 53.4%          | 3.6%       | 4.7日     | 5.8日        |
| 東部男性   | 381   | 16.8%        | 5.0%        | 6.0%        | 5.8%        | 2.1%       | 3.7%       | 3.4%       | 53.5%          | 3.7%       | 4.7日     | 5.7日        |
| 東部女性   | 428   | 19.4%        | 3.7%        | 6.3%        | 6.8%        | 2.6%       | 2.6%       | 1.9%       | 53.3%          | 3.5%       | 4.6日     | 5.8日        |
| 中部合計   | 909   | 19.6%        | 3.5%        | 6.5%        | 6.2%        | 3.3%       | 3.7%       | 1.5%       | 51.9%          | 3.7%       | 4.6日     | 5.7日        |
| 中部男性   | 410   | 21.5%        | 2.7%        | 6.1%        | 6.1%        | 4.1%       | 5.4%       | 2.4%       | 47.6%          | 4.1%       | 4.4日     | 5.7日        |
| 中部女性   | 499   | 18.0%        | 4.2%        | 6.8%        | 6.2%        | 2.6%       | 2.4%       | 0.8%       | 55.5%          | 3.4%       | 4.7日     | 5.8日        |
| 西部合計   | 1,059 | 21.0%        | 4.1%        | 4.8%        | 4.1%        | 4.2%       | 3.0%       | 2.5%       | 53.2%          | 3.2%       | 4.6日     | 5.9日        |
| 西部男性   | 490   | 20.2%        | 3.7%        | 3.9%        | 5.1%        | 3.7%       | 3.9%       | 3.5%       | 51.8%          | 4.3%       | 4.6日     | 5.9日        |
| 西部女性   | 569   | 21.6%        | 4.4%        | 5.6%        | 3.2%        | 4.6%       | 2.3%       | 1.8%       | 54.3%          | 2.3%       | 4.6日     | 5.9日        |

夏(7-9月) シャワーのみ

|        | 回答数   | 0日             | 1日         | 2日         | 3日          | 4日          | 5日          | 6日         | 7日           | 無回答         | 除週平均無回答数 | 除週平均無回答数と0日 |
|--------|-------|----------------|------------|------------|-------------|-------------|-------------|------------|--------------|-------------|----------|-------------|
| 合計     | 2,779 | 1,484<br>53.4% | 35<br>1.3% | 79<br>2.8% | 101<br>3.6% | 105<br>3.8% | 146<br>5.3% | 93<br>3.3% | 550<br>19.8% | 186<br>6.7% | 2.3日     | 5.5日        |
| 男性合計   | 1,283 | 51.8%          | 1.6%       | 3.4%       | 3.4%        | 3.8%        | 5.2%        | 3.0%       | 19.7%        | 7.9%        | 2.4日     | 5.4日        |
| 男性20歳代 | 95    | 46.3%          | 2.1%       | 4.2%       | 1.1%        | 6.3%        | 7.4%        | 2.1%       | 28.4%        | 2.1%        | 2.9日     | 5.6日        |
| 男性30歳代 | 166   | 39.8%          | 0.0%       | 4.2%       | 3.0%        | 5.4%        | 7.2%        | 6.0%       | 30.1%        | 4.2%        | 3.4日     | 5.8日        |
| 男性40歳代 | 172   | 55.2%          | 1.2%       | 2.9%       | 4.1%        | 3.5%        | 5.2%        | 4.1%       | 19.8%        | 4.1%        | 2.3日     | 5.5日        |
| 男性50歳代 | 218   | 54.1%          | 3.2%       | 4.1%       | 1.8%        | 2.8%        | 6.0%        | 2.8%       | 18.3%        | 6.9%        | 2.2日     | 5.2日        |
| 男性60歳代 | 332   | 53.0%          | 2.1%       | 2.7%       | 4.8%        | 3.6%        | 5.4%        | 2.1%       | 17.2%        | 9.0%        | 2.2日     | 5.2日        |
| 男性70歳上 | 300   | 55.3%          | 1.0%       | 3.3%       | 3.7%        | 3.3%        | 2.7%        | 2.3%       | 15.0%        | 13.3%       | 1.9日     | 5.2日        |
| 女性合計   | 1,496 | 54.7%          | 0.9%       | 2.3%       | 3.8%        | 3.7%        | 5.3%        | 3.6%       | 19.9%        | 5.7%        | 2.3日     | 5.5日        |
| 女性20歳代 | 117   | 45.3%          | 1.7%       | 2.6%       | 5.1%        | 5.1%        | 8.5%        | 3.4%       | 25.6%        | 2.6%        | 2.9日     | 5.5日        |
| 女性30歳代 | 184   | 52.7%          | 0.5%       | 2.2%       | 3.8%        | 6.5%        | 6.5%        | 5.4%       | 19.0%        | 3.3%        | 2.5日     | 5.5日        |
| 女性40歳代 | 210   | 51.4%          | 0.5%       | 1.9%       | 3.8%        | 4.3%        | 4.8%        | 4.8%       | 24.8%        | 3.8%        | 2.7日     | 5.8日        |
| 女性50歳代 | 275   | 60.7%          | 0.7%       | 2.2%       | 4.7%        | 2.2%        | 3.6%        | 4.0%       | 19.3%        | 2.5%        | 2.1日     | 5.6日        |
| 女性60歳代 | 353   | 56.4%          | 0.8%       | 1.4%       | 3.1%        | 3.1%        | 6.8%        | 2.8%       | 19.8%        | 5.7%        | 2.3日     | 5.7日        |
| 女性70歳上 | 357   | 54.6%          | 1.4%       | 3.6%       | 3.4%        | 3.4%        | 3.6%        | 2.5%       | 16.0%        | 11.5%       | 2.0日     | 5.2日        |
| 東部合計   | 809   | 54.8%          | 1.2%       | 2.6%       | 3.0%        | 4.4%        | 5.4%        | 3.7%       | 17.4%        | 7.4%        | 2.2日     | 5.4日        |
| 東部男性   | 381   | 55.6%          | 1.6%       | 2.9%       | 2.1%        | 3.9%        | 5.8%        | 4.5%       | 15.7%        | 7.9%        | 2.1日     | 5.4日        |
| 東部女性   | 428   | 54.0%          | 0.9%       | 2.3%       | 3.7%        | 4.9%        | 5.1%        | 3.0%       | 18.9%        | 7.0%        | 2.3日     | 5.5日        |
| 中部合計   | 909   | 52.3%          | 1.3%       | 3.4%       | 3.9%        | 4.0%        | 5.7%        | 3.1%       | 20.0%        | 6.4%        | 2.4日     | 5.4日        |
| 中部男性   | 410   | 48.3%          | 1.7%       | 4.1%       | 4.4%        | 4.4%        | 5.9%        | 2.2%       | 21.0%        | 8.0%        | 2.5日     | 5.3日        |
| 中部女性   | 499   | 55.5%          | 1.0%       | 2.8%       | 3.4%        | 3.6%        | 5.6%        | 3.8%       | 19.2%        | 5.0%        | 2.3日     | 5.5日        |
| 西部合計   | 1,059 | 53.4%          | 1.2%       | 2.5%       | 4.0%        | 3.1%        | 4.7%        | 3.3%       | 21.3%        | 6.3%        | 2.4日     | 5.6日        |
| 西部男性   | 490   | 52.0%          | 1.6%       | 3.3%       | 3.7%        | 3.3%        | 4.3%        | 2.7%       | 21.6%        | 7.6%        | 2.4日     | 5.5日        |
| 西部女性   | 569   | 54.7%          | 0.9%       | 1.9%       | 4.2%        | 3.0%        | 5.1%        | 3.9%       | 21.1%        | 5.3%        | 2.4日     | 5.6日        |

冬（12-2月） 湯船の湯につかる

|        | 回答数   | 0日          | 1日         | 2日         | 3日          | 4日          | 5日          | 6日          | 7日             | 無回答         | 除週平均無回答日数 | 除週平均回答日数 |
|--------|-------|-------------|------------|------------|-------------|-------------|-------------|-------------|----------------|-------------|-----------|----------|
| 合計     | 2,779 | 138<br>5.0% | 63<br>2.3% | 99<br>3.6% | 155<br>5.6% | 125<br>4.5% | 143<br>5.1% | 112<br>4.0% | 1,840<br>66.2% | 104<br>3.7% | 5.8日      | 6.1日     |
| 男性合計   | 1,283 | 6.2%        | 2.4%       | 4.1%       | 6.0%        | 4.8%        | 5.2%        | 4.2%        | 63.1%          | 4.0%        | 5.6日      | 6.0日     |
| 男性20歳代 | 95    | 7.4%        | 1.1%       | 3.2%       | 8.4%        | 8.4%        | 5.3%        | 3.2%        | 63.2%          | 0.0%        | 5.5日      | 6.0日     |
| 男性30歳代 | 166   | 10.8%       | 1.8%       | 6.6%       | 8.4%        | 2.4%        | 7.2%        | 3.0%        | 56.6%          | 3.0%        | 5.2日      | 5.8日     |
| 男性40歳代 | 172   | 3.5%        | 2.9%       | 4.1%       | 3.5%        | 4.1%        | 3.5%        | 2.3%        | 73.8%          | 2.3%        | 6.0日      | 6.2日     |
| 男性50歳代 | 218   | 6.0%        | 1.8%       | 2.8%       | 4.1%        | 3.2%        | 2.8%        | 6.9%        | 67.4%          | 5.0%        | 5.9日      | 6.3日     |
| 男性60歳代 | 332   | 4.5%        | 3.6%       | 3.6%       | 5.1%        | 5.1%        | 6.3%        | 3.6%        | 63.6%          | 4.5%        | 5.7日      | 6.0日     |
| 男性70歳上 | 300   | 6.7%        | 2.0%       | 4.7%       | 7.7%        | 6.0%        | 5.7%        | 5.0%        | 57.0%          | 5.3%        | 5.5日      | 5.9日     |
| 女性合計   | 1,496 | 3.9%        | 2.1%       | 3.1%       | 5.2%        | 4.3%        | 5.1%        | 3.9%        | 68.9%          | 3.5%        | 5.9日      | 6.2日     |
| 女性20歳代 | 117   | 9.4%        | 6.8%       | 8.5%       | 2.6%        | 2.6%        | 3.4%        | 4.3%        | 59.8%          | 2.6%        | 5.2日      | 5.7日     |
| 女性30歳代 | 184   | 4.9%        | 1.1%       | 2.7%       | 2.7%        | 3.3%        | 4.3%        | 6.0%        | 72.3%          | 2.7%        | 6.1日      | 6.4日     |
| 女性40歳代 | 210   | 6.2%        | 2.4%       | 1.9%       | 3.3%        | 3.3%        | 3.8%        | 2.4%        | 76.2%          | 0.5%        | 6.0日      | 6.4日     |
| 女性50歳代 | 275   | 4.4%        | 1.1%       | 2.2%       | 4.0%        | 3.6%        | 5.5%        | 1.1%        | 77.5%          | 0.7%        | 6.1日      | 6.4日     |
| 女性60歳代 | 353   | 2.0%        | 2.8%       | 2.5%       | 4.8%        | 5.1%        | 5.9%        | 4.2%        | 66.3%          | 6.2%        | 6.0日      | 6.1日     |
| 女性70歳上 | 357   | 2.0%        | 1.1%       | 3.4%       | 9.8%        | 5.6%        | 5.6%        | 5.3%        | 61.6%          | 5.6%        | 5.8日      | 6.0日     |
| 東部合計   | 809   | 5.4%        | 2.1%       | 3.6%       | 6.6%        | 4.0%        | 5.3%        | 4.0%        | 64.5%          | 4.6%        | 5.7日      | 6.1日     |
| 東部男性   | 381   | 7.1%        | 2.1%       | 3.9%       | 7.3%        | 3.1%        | 4.7%        | 4.2%        | 62.7%          | 4.7%        | 5.6日      | 6.0日     |
| 東部女性   | 428   | 4.0%        | 2.1%       | 3.3%       | 5.8%        | 4.7%        | 5.8%        | 3.7%        | 66.1%          | 4.4%        | 5.9日      | 6.1日     |
| 中部合計   | 909   | 4.7%        | 1.9%       | 5.0%       | 6.2%        | 4.6%        | 5.0%        | 4.1%        | 64.9%          | 3.7%        | 5.7日      | 6.0日     |
| 中部男性   | 410   | 7.1%        | 2.0%       | 5.6%       | 6.6%        | 5.9%        | 5.4%        | 4.4%        | 59.3%          | 3.9%        | 5.5日      | 5.9日     |
| 中部女性   | 499   | 2.8%        | 1.8%       | 4.4%       | 5.8%        | 3.6%        | 4.6%        | 3.8%        | 69.5%          | 3.6%        | 6.0日      | 6.1日     |
| 西部合計   | 1,059 | 4.8%        | 2.7%       | 2.3%       | 4.3%        | 4.7%        | 5.2%        | 4.1%        | 68.7%          | 3.1%        | 5.9日      | 6.2日     |
| 西部男性   | 490   | 4.7%        | 3.1%       | 2.9%       | 4.5%        | 4.9%        | 5.5%        | 4.1%        | 66.9%          | 3.5%        | 5.8日      | 6.1日     |
| 西部女性   | 569   | 4.9%        | 2.5%       | 1.8%       | 4.2%        | 4.6%        | 4.9%        | 4.0%        | 70.3%          | 2.8%        | 6.0日      | 6.3日     |

冬（12-2月） シャワーのみ

|        | 回答数   | 0日             | 1日         | 2日         | 3日         | 4日         | 5日         | 6日         | 7日          | 無回答          | 除週平均無回答日数 | 除週平均回答日数 |
|--------|-------|----------------|------------|------------|------------|------------|------------|------------|-------------|--------------|-----------|----------|
| 合計     | 2,779 | 1,949<br>70.1% | 49<br>1.8% | 66<br>2.4% | 69<br>2.5% | 54<br>1.9% | 48<br>1.7% | 36<br>1.3% | 129<br>4.6% | 379<br>13.6% | 0.8日      | 4.4日     |
| 男性合計   | 1,283 | 67.3%          | 1.9%       | 2.9%       | 3.0%       | 2.6%       | 2.2%       | 1.2%       | 5.5%        | 13.6%        | 1.0日      | 4.3日     |
| 男性20歳代 | 95    | 60.0%          | 2.1%       | 4.2%       | 6.3%       | 6.3%       | 3.2%       | 1.1%       | 12.6%       | 4.2%         | 1.7日      | 4.6日     |
| 男性30歳代 | 166   | 57.8%          | 0.6%       | 3.0%       | 2.4%       | 6.0%       | 6.6%       | 1.2%       | 12.0%       | 10.2%        | 1.8日      | 5.1日     |
| 男性40歳代 | 172   | 74.4%          | 2.3%       | 3.5%       | 2.9%       | 1.7%       | 1.2%       | 2.3%       | 4.7%        | 7.0%         | 0.8日      | 4.2日     |
| 男性50歳代 | 218   | 71.6%          | 2.3%       | 1.4%       | 2.8%       | 0.9%       | 1.8%       | 1.4%       | 5.0%        | 12.8%        | 0.8日      | 4.5日     |
| 男性60歳代 | 332   | 68.7%          | 2.1%       | 3.6%       | 3.0%       | 1.8%       | 1.5%       | 1.2%       | 2.7%        | 15.4%        | 0.7日      | 3.7日     |
| 男性70歳上 | 300   | 66.0%          | 1.7%       | 2.3%       | 2.3%       | 2.0%       | 1.0%       | 0.3%       | 3.3%        | 21.0%        | 0.7日      | 4.0日     |
| 女性合計   | 1,496 | 72.6%          | 1.7%       | 1.9%       | 2.1%       | 1.4%       | 1.3%       | 1.4%       | 3.9%        | 13.6%        | 0.7日      | 4.4日     |
| 女性20歳代 | 117   | 64.1%          | 2.6%       | 0.9%       | 3.4%       | 0.9%       | 5.1%       | 5.1%       | 12.0%       | 6.0%         | 1.7日      | 5.3日     |
| 女性30歳代 | 184   | 75.5%          | 3.3%       | 3.3%       | 1.6%       | 1.6%       | 2.7%       | 0.5%       | 4.3%        | 7.1%         | 0.7日      | 3.9日     |
| 女性40歳代 | 210   | 77.1%          | 1.9%       | 1.4%       | 1.9%       | 2.4%       | 1.0%       | 1.9%       | 6.2%        | 6.2%         | 0.8日      | 4.8日     |
| 女性50歳代 | 275   | 81.5%          | 0.7%       | 1.1%       | 1.1%       | 1.8%       | 1.1%       | 0.7%       | 4.0%        | 8.0%         | 0.6日      | 4.9日     |
| 女性60歳代 | 353   | 70.0%          | 1.7%       | 1.1%       | 3.1%       | 0.6%       | 0.3%       | 2.3%       | 2.3%        | 18.7%        | 0.6日      | 4.1日     |
| 女性70歳上 | 357   | 66.9%          | 1.1%       | 3.4%       | 1.7%       | 1.4%       | 0.8%       | 0.0%       | 1.4%        | 23.2%        | 0.4日      | 3.3日     |
| 東部合計   | 809   | 70.1%          | 1.2%       | 1.7%       | 1.7%       | 2.6%       | 1.4%       | 1.1%       | 4.8%        | 15.3%        | 0.8日      | 4.6日     |
| 東部男性   | 381   | 69.3%          | 1.6%       | 2.4%       | 1.6%       | 3.1%       | 1.8%       | 1.0%       | 5.5%        | 13.6%        | 0.9日      | 4.6日     |
| 東部女性   | 428   | 70.8%          | 0.9%       | 1.2%       | 1.9%       | 2.1%       | 0.9%       | 1.2%       | 4.2%        | 16.8%        | 0.7日      | 4.7日     |
| 中部合計   | 909   | 68.1%          | 2.3%       | 2.6%       | 3.3%       | 2.2%       | 2.6%       | 1.0%       | 4.3%        | 13.5%        | 0.9日      | 4.1日     |
| 中部男性   | 410   | 63.2%          | 2.7%       | 2.9%       | 4.4%       | 2.9%       | 2.9%       | 1.2%       | 5.4%        | 14.4%        | 1.1日      | 4.1日     |
| 中部女性   | 499   | 72.1%          | 2.0%       | 2.4%       | 2.4%       | 1.6%       | 2.4%       | 0.8%       | 3.4%        | 12.8%        | 0.7日      | 4.1日     |
| 西部合計   | 1,059 | 72.0%          | 1.7%       | 2.6%       | 2.4%       | 1.2%       | 1.2%       | 1.7%       | 4.7%        | 12.4%        | 0.8日      | 4.4日     |
| 西部男性   | 490   | 69.4%          | 1.4%       | 3.3%       | 2.9%       | 1.8%       | 1.8%       | 1.2%       | 5.3%        | 12.9%        | 0.9日      | 4.4日     |
| 西部女性   | 569   | 74.3%          | 1.9%       | 2.1%       | 1.9%       | 0.7%       | 0.7%       | 2.1%       | 4.2%        | 12.0%        | 0.7日      | 4.4日     |



問10 温泉施設には、夏（7-9月）、冬（12-2月）それぞれ平均するとひと月に何回行きますか。  
 入らない場合は「0」とご記入ください。

夏（7-9月）

|        | 回答数   | 0回             | 1回未満       | 1回以上<br>2回未満 | 2回以上<br>3回未満 | 3回以上<br>4回未満 | 4回以上<br>6回未満 | 6回以上<br>10回未満 | 10回以上      | 無回答        | 除月<br>平均<br>無回<br>答数 | 除月<br>平均<br>無回<br>答数<br>と0日 |
|--------|-------|----------------|------------|--------------|--------------|--------------|--------------|---------------|------------|------------|----------------------|-----------------------------|
| 合計     | 2,779 | 1,907<br>68.6% | 34<br>1.2% | 409<br>14.7% | 153<br>5.5%  | 62<br>2.2%   | 66<br>2.4%   | 27<br>1.0%    | 33<br>1.2% | 88<br>3.2% | 0.8回                 | 2.6回                        |
| 男性合計   | 1,283 | 67.5%          | 1.1%       | 14.8%        | 5.5%         | 2.4%         | 2.9%         | 1.0%          | 1.5%       | 3.4%       | 0.9回                 | 2.8回                        |
| 男性20歳代 | 95    | 70.5%          | 0.0%       | 17.9%        | 5.3%         | 2.1%         | 2.1%         | 0.0%          | 1.1%       | 1.1%       | 0.5回                 | 1.9回                        |
| 男性30歳代 | 166   | 70.5%          | 1.2%       | 15.7%        | 3.0%         | 4.2%         | 1.8%         | 0.0%          | 1.8%       | 1.8%       | 0.7回                 | 2.4回                        |
| 男性40歳代 | 172   | 66.3%          | 0.6%       | 17.4%        | 7.0%         | 2.9%         | 2.3%         | 0.0%          | 0.0%       | 3.5%       | 0.5回                 | 1.7回                        |
| 男性50歳代 | 218   | 69.7%          | 1.8%       | 12.8%        | 4.1%         | 2.8%         | 3.7%         | 1.8%          | 0.5%       | 2.8%       | 0.7回                 | 2.5回                        |
| 男性60歳代 | 332   | 65.7%          | 1.2%       | 14.5%        | 6.9%         | 0.6%         | 4.2%         | 1.2%          | 2.7%       | 3.0%       | 1.2回                 | 3.8回                        |
| 男性70歳上 | 300   | 66.0%          | 1.0%       | 13.7%        | 5.3%         | 3.0%         | 2.0%         | 1.7%          | 1.7%       | 5.7%       | 0.9回                 | 3.1回                        |
| 女性合計   | 1,496 | 69.6%          | 1.3%       | 14.6%        | 5.5%         | 2.1%         | 1.9%         | 0.9%          | 0.9%       | 3.0%       | 0.7回                 | 2.3回                        |
| 女性20歳代 | 117   | 71.8%          | 1.7%       | 12.8%        | 7.7%         | 0.0%         | 2.6%         | 0.9%          | 0.9%       | 1.7%       | 0.6回                 | 2.1回                        |
| 女性30歳代 | 184   | 73.9%          | 1.6%       | 14.7%        | 3.3%         | 1.6%         | 2.7%         | 0.5%          | 0.5%       | 1.1%       | 0.6回                 | 2.4回                        |
| 女性40歳代 | 210   | 72.9%          | 1.4%       | 14.3%        | 4.3%         | 2.9%         | 1.0%         | 1.0%          | 0.5%       | 1.9%       | 0.5回                 | 2.0回                        |
| 女性50歳代 | 275   | 70.5%          | 2.5%       | 14.9%        | 5.8%         | 1.8%         | 1.5%         | 1.1%          | 0.0%       | 1.8%       | 0.5回                 | 1.7回                        |
| 女性60歳代 | 353   | 68.3%          | 1.4%       | 16.4%        | 4.8%         | 2.3%         | 1.4%         | 0.0%          | 2.0%       | 3.4%       | 0.8回                 | 2.7回                        |
| 女性70歳上 | 357   | 65.3%          | 0.0%       | 13.4%        | 7.3%         | 2.5%         | 2.8%         | 2.0%          | 1.1%       | 5.6%       | 0.8回                 | 2.6回                        |
| 東部合計   | 809   | 65.9%          | 1.4%       | 15.7%        | 5.9%         | 2.2%         | 2.5%         | 1.2%          | 1.6%       | 3.6%       | 0.9回                 | 2.8回                        |
| 東部男性   | 381   | 65.1%          | 1.0%       | 17.1%        | 5.2%         | 2.4%         | 2.4%         | 0.5%          | 2.9%       | 3.4%       | 1.0回                 | 3.2回                        |
| 東部女性   | 428   | 66.6%          | 1.6%       | 14.5%        | 6.5%         | 2.1%         | 2.6%         | 1.9%          | 0.5%       | 3.7%       | 0.7回                 | 2.3回                        |
| 中部合計   | 909   | 67.2%          | 1.3%       | 16.5%        | 5.7%         | 2.0%         | 1.9%         | 1.4%          | 0.9%       | 3.1%       | 0.7回                 | 2.4回                        |
| 中部男性   | 410   | 69.0%          | 1.2%       | 13.9%        | 6.1%         | 1.2%         | 2.4%         | 2.2%          | 0.5%       | 3.4%       | 0.7回                 | 2.5回                        |
| 中部女性   | 499   | 65.7%          | 1.4%       | 18.6%        | 5.4%         | 2.6%         | 1.4%         | 0.8%          | 1.2%       | 2.8%       | 0.7回                 | 2.3回                        |
| 西部合計   | 1,059 | 72.0%          | 1.0%       | 12.5%        | 5.0%         | 2.5%         | 2.6%         | 0.4%          | 1.1%       | 2.9%       | 0.7回                 | 2.6回                        |
| 西部男性   | 490   | 68.2%          | 1.0%       | 13.9%        | 5.1%         | 3.5%         | 3.5%         | 0.4%          | 1.2%       | 3.3%       | 0.8回                 | 2.8回                        |
| 西部女性   | 569   | 75.2%          | 1.1%       | 11.2%        | 4.9%         | 1.6%         | 1.9%         | 0.4%          | 1.1%       | 2.6%       | 0.6回                 | 2.4回                        |

冬（12-2月）

|        | 回答数   | 0回             | 1回未満       | 1回以上<br>2回未満 | 2回以上<br>3回未満 | 3回以上<br>4回未満 | 4回以上<br>6回未満 | 6回以上<br>10回未満 | 10回以上      | 無回答         | 除月<br>平均<br>無回<br>答数 | 除月<br>平均<br>無回<br>答数<br>と0日 |
|--------|-------|----------------|------------|--------------|--------------|--------------|--------------|---------------|------------|-------------|----------------------|-----------------------------|
| 合計     | 2,779 | 1,815<br>65.3% | 32<br>1.2% | 439<br>15.8% | 164<br>5.9%  | 65<br>2.3%   | 84<br>3.0%   | 37<br>1.3%    | 35<br>1.3% | 108<br>3.9% | 0.8回                 | 2.6回                        |
| 男性合計   | 1,283 | 64.2%          | 1.1%       | 15.4%        | 5.8%         | 2.7%         | 3.7%         | 1.2%          | 1.7%       | 4.1%        | 1.0回                 | 2.9回                        |
| 男性20歳代 | 95    | 66.3%          | 0.0%       | 21.1%        | 7.4%         | 2.1%         | 2.1%         | 0.0%          | 1.1%       | 0.0%        | 0.6回                 | 1.8回                        |
| 男性30歳代 | 166   | 67.5%          | 1.2%       | 14.5%        | 5.4%         | 3.0%         | 3.0%         | 0.0%          | 2.4%       | 3.0%        | 0.8回                 | 2.8回                        |
| 男性40歳代 | 172   | 61.6%          | 1.2%       | 18.6%        | 5.8%         | 2.9%         | 4.1%         | 0.0%          | 1.2%       | 4.7%        | 0.8回                 | 2.3回                        |
| 男性50歳代 | 218   | 65.1%          | 0.9%       | 14.7%        | 7.3%         | 1.4%         | 3.7%         | 2.8%          | 0.9%       | 3.2%        | 0.9回                 | 2.6回                        |
| 男性60歳代 | 332   | 62.7%          | 1.2%       | 14.8%        | 5.7%         | 2.1%         | 5.1%         | 1.5%          | 3.0%       | 3.9%        | 1.3回                 | 3.9回                        |
| 男性70歳上 | 300   | 64.3%          | 1.3%       | 13.7%        | 4.7%         | 4.0%         | 3.0%         | 1.7%          | 1.0%       | 6.3%        | 0.8回                 | 2.6回                        |
| 女性合計   | 1,496 | 66.2%          | 1.2%       | 16.1%        | 5.9%         | 2.1%         | 2.4%         | 1.4%          | 0.9%       | 3.7%        | 0.8回                 | 2.4回                        |
| 女性20歳代 | 117   | 67.5%          | 1.7%       | 17.9%        | 6.0%         | 1.7%         | 1.7%         | 1.7%          | 0.9%       | 0.9%        | 0.7回                 | 2.1回                        |
| 女性30歳代 | 184   | 67.9%          | 1.1%       | 16.8%        | 6.0%         | 2.2%         | 1.6%         | 0.5%          | 0.5%       | 3.3%        | 0.6回                 | 2.2回                        |
| 女性40歳代 | 210   | 69.5%          | 1.9%       | 17.1%        | 4.3%         | 3.3%         | 1.0%         | 1.4%          | 0.5%       | 1.0%        | 0.6回                 | 2.0回                        |
| 女性50歳代 | 275   | 68.7%          | 1.8%       | 15.6%        | 6.2%         | 2.2%         | 1.5%         | 1.8%          | 0.0%       | 2.2%        | 0.6回                 | 1.9回                        |
| 女性60歳代 | 353   | 64.6%          | 1.4%       | 16.4%        | 5.7%         | 2.0%         | 2.5%         | 0.8%          | 2.0%       | 4.5%        | 0.9回                 | 2.9回                        |
| 女性70歳上 | 357   | 62.7%          | 0.0%       | 14.6%        | 7.0%         | 1.4%         | 4.5%         | 2.0%          | 0.8%       | 7.0%        | 0.9回                 | 2.7回                        |
| 東部合計   | 809   | 61.3%          | 1.5%       | 17.1%        | 7.8%         | 1.1%         | 3.3%         | 2.3%          | 1.7%       | 3.8%        | 1.0回                 | 2.8回                        |
| 東部男性   | 381   | 61.2%          | 1.3%       | 17.1%        | 7.3%         | 1.6%         | 3.4%         | 1.3%          | 3.1%       | 3.7%        | 1.2回                 | 3.2回                        |
| 東部女性   | 428   | 61.4%          | 1.6%       | 17.1%        | 8.2%         | 0.7%         | 3.3%         | 3.3%          | 0.5%       | 4.0%        | 0.9回                 | 2.4回                        |
| 中部合計   | 909   | 64.9%          | 1.3%       | 16.3%        | 6.1%         | 2.8%         | 2.6%         | 1.2%          | 0.9%       | 4.0%        | 0.8回                 | 2.5回                        |
| 中部男性   | 410   | 64.9%          | 1.2%       | 14.9%        | 5.9%         | 2.4%         | 3.2%         | 2.0%          | 0.5%       | 5.1%        | 0.8回                 | 2.4回                        |
| 中部女性   | 499   | 64.9%          | 1.4%       | 17.4%        | 6.2%         | 3.0%         | 2.2%         | 0.6%          | 1.2%       | 3.0%        | 0.8回                 | 2.5回                        |
| 西部合計   | 1,059 | 68.7%          | 0.8%       | 14.4%        | 4.3%         | 2.9%         | 3.0%         | 0.7%          | 1.2%       | 3.9%        | 0.8回                 | 2.6回                        |
| 西部男性   | 490   | 66.1%          | 0.8%       | 14.7%        | 4.7%         | 3.7%         | 4.3%         | 0.6%          | 1.6%       | 3.5%        | 0.9回                 | 2.9回                        |
| 西部女性   | 569   | 71.0%          | 0.7%       | 14.2%        | 4.0%         | 2.3%         | 1.9%         | 0.7%          | 0.9%       | 4.2%        | 0.6回                 | 2.3回                        |

問11 ここ1ヶ月間、あなたの1日の平均睡眠時間はどれくらいでしたか。

|        | 回答数   | 5時間未満       | 6時間未満以上      | 7時間未満以上      | 8時間未満以上      | 9時間未満以上     | 9時間以上      | 無回答        |
|--------|-------|-------------|--------------|--------------|--------------|-------------|------------|------------|
| 合計     | 2,779 | 197<br>7.1% | 813<br>29.3% | 927<br>33.4% | 538<br>19.4% | 190<br>6.8% | 67<br>2.4% | 47<br>1.7% |
| 男性合計   | 1,283 | 6.1%        | 27.7%        | 34.1%        | 19.1%        | 8.0%        | 2.7%       | 2.3%       |
| 男性20歳代 | 95    | 8.4%        | 25.3%        | 43.2%        | 16.8%        | 4.2%        | 2.1%       | 0.0%       |
| 男性30歳代 | 166   | 6.6%        | 40.4%        | 36.1%        | 10.2%        | 3.6%        | 1.2%       | 1.8%       |
| 男性40歳代 | 172   | 8.1%        | 29.7%        | 33.1%        | 20.9%        | 5.2%        | 2.3%       | 0.6%       |
| 男性50歳代 | 218   | 6.0%        | 29.4%        | 32.6%        | 19.7%        | 9.2%        | 0.9%       | 2.3%       |
| 男性60歳代 | 332   | 6.3%        | 23.8%        | 33.7%        | 20.5%        | 9.3%        | 2.4%       | 3.9%       |
| 男性70歳上 | 300   | 3.7%        | 23.3%        | 32.0%        | 21.7%        | 11.0%       | 5.7%       | 2.7%       |
| 女性合計   | 1,496 | 8.0%        | 30.6%        | 32.8%        | 19.6%        | 5.8%        | 2.1%       | 1.1%       |
| 女性20歳代 | 117   | 8.5%        | 33.3%        | 33.3%        | 17.1%        | 6.8%        | 0.0%       | 0.9%       |
| 女性30歳代 | 184   | 9.2%        | 17.9%        | 43.5%        | 25.5%        | 2.7%        | 1.1%       | 0.0%       |
| 女性40歳代 | 210   | 6.7%        | 41.9%        | 28.6%        | 18.6%        | 2.4%        | 1.4%       | 0.5%       |
| 女性50歳代 | 275   | 8.4%        | 37.5%        | 31.6%        | 15.3%        | 4.7%        | 1.8%       | 0.7%       |
| 女性60歳代 | 353   | 8.2%        | 33.1%        | 32.6%        | 17.8%        | 6.2%        | 1.1%       | 0.8%       |
| 女性70歳上 | 357   | 7.3%        | 21.8%        | 30.5%        | 23.0%        | 9.5%        | 5.0%       | 2.8%       |
| 東部合計   | 809   | 7.5%        | 28.4%        | 32.3%        | 19.3%        | 7.7%        | 3.1%       | 1.7%       |
| 東部男性   | 381   | 6.3%        | 27.6%        | 31.0%        | 20.7%        | 8.9%        | 3.1%       | 2.4%       |
| 東部女性   | 428   | 8.6%        | 29.2%        | 33.4%        | 18.0%        | 6.5%        | 3.0%       | 1.2%       |
| 中部合計   | 909   | 8.0%        | 30.4%        | 32.6%        | 18.4%        | 6.6%        | 2.4%       | 1.7%       |
| 中部男性   | 410   | 7.1%        | 27.3%        | 34.6%        | 16.6%        | 8.5%        | 3.4%       | 2.4%       |
| 中部女性   | 499   | 8.8%        | 32.9%        | 30.9%        | 19.8%        | 5.0%        | 1.6%       | 1.0%       |
| 西部合計   | 1,059 | 5.9%        | 28.9%        | 34.8%        | 20.3%        | 6.4%        | 1.9%       | 1.7%       |
| 西部男性   | 490   | 5.1%        | 28.0%        | 35.9%        | 20.0%        | 6.9%        | 1.8%       | 2.2%       |
| 西部女性   | 569   | 6.7%        | 29.7%        | 33.9%        | 20.6%        | 6.0%        | 1.9%       | 1.2%       |

問12 あなたはこの1ヶ月間、睡眠によって休養が充分とれていますか。

|        | 回答数   | い充分とれて       | れまあいまるあと       | てあいなると       | れまあいたなくいと  | 無回答        |
|--------|-------|--------------|----------------|--------------|------------|------------|
| 合計     | 2,779 | 711<br>25.6% | 1,528<br>55.0% | 453<br>16.3% | 32<br>1.2% | 55<br>2.0% |
| 男性合計   | 1,283 | 27.3%        | 54.1%          | 15.4%        | 1.0%       | 2.3%       |
| 男性20歳代 | 95    | 21.1%        | 53.7%          | 23.2%        | 2.1%       | 0.0%       |
| 男性30歳代 | 166   | 15.7%        | 55.4%          | 24.1%        | 3.6%       | 1.2%       |
| 男性40歳代 | 172   | 23.3%        | 57.0%          | 16.9%        | 1.7%       | 1.2%       |
| 男性50歳代 | 218   | 23.9%        | 55.5%          | 17.9%        | 0.5%       | 2.3%       |
| 男性60歳代 | 332   | 35.8%        | 50.6%          | 9.9%         | 0.3%       | 3.3%       |
| 男性70歳上 | 300   | 31.0%        | 54.7%          | 11.3%        | 0.0%       | 3.0%       |
| 女性合計   | 1,496 | 24.1%        | 55.7%          | 17.1%        | 1.3%       | 1.7%       |
| 女性20歳代 | 117   | 24.8%        | 50.4%          | 23.1%        | 0.9%       | 0.9%       |
| 女性30歳代 | 184   | 20.1%        | 54.3%          | 22.3%        | 1.6%       | 1.6%       |
| 女性40歳代 | 210   | 17.1%        | 57.6%          | 22.4%        | 1.9%       | 1.0%       |
| 女性50歳代 | 275   | 22.5%        | 57.1%          | 18.2%        | 1.1%       | 1.1%       |
| 女性60歳代 | 353   | 24.6%        | 59.2%          | 12.7%        | 2.0%       | 1.4%       |
| 女性70歳上 | 357   | 30.8%        | 52.7%          | 12.9%        | 0.3%       | 3.4%       |
| 東部合計   | 809   | 26.5%        | 53.3%          | 16.9%        | 0.7%       | 2.6%       |
| 東部男性   | 381   | 28.3%        | 52.2%          | 16.5%        | 0.3%       | 2.6%       |
| 東部女性   | 428   | 24.8%        | 54.2%          | 17.3%        | 1.2%       | 2.6%       |
| 中部合計   | 909   | 24.6%        | 54.9%          | 16.7%        | 1.9%       | 1.9%       |
| 中部男性   | 410   | 26.1%        | 54.6%          | 15.4%        | 1.5%       | 2.4%       |
| 中部女性   | 499   | 23.4%        | 55.1%          | 17.8%        | 2.2%       | 1.4%       |
| 西部合計   | 1,059 | 25.8%        | 56.4%          | 15.4%        | 0.8%       | 1.6%       |
| 西部男性   | 490   | 27.6%        | 55.1%          | 14.3%        | 1.2%       | 1.8%       |
| 西部女性   | 569   | 24.3%        | 57.5%          | 16.3%        | 0.5%       | 1.4%       |

問13 ここ1ヶ月間、あなたは睡眠に関して次のように感じたことがありますか。それぞれの項目について、あてはまる番号を1つ選んで○印をつけてください。

ア. 夜、眠りにつきにくい

|         | 回答数   | 全くない         | いめったにな       | 時々ある         | るしばしばあ      | 常にある        | 無回答         |
|---------|-------|--------------|--------------|--------------|-------------|-------------|-------------|
| 合計      | 2,779 | 823<br>29.6% | 763<br>27.5% | 758<br>27.3% | 152<br>5.5% | 123<br>4.4% | 160<br>5.8% |
| 男性合計    | 1,283 | 32.3%        | 30.3%        | 22.8%        | 4.8%        | 3.2%        | 6.5%        |
| 男性20歳代  | 95    | 30.5%        | 32.6%        | 26.3%        | 6.3%        | 3.2%        | 1.1%        |
| 男性30歳代  | 166   | 32.5%        | 34.9%        | 24.1%        | 4.8%        | 1.2%        | 2.4%        |
| 男性40歳代  | 172   | 28.5%        | 33.7%        | 25.6%        | 4.7%        | 4.7%        | 2.9%        |
| 男性50歳代  | 218   | 31.7%        | 32.1%        | 21.6%        | 5.5%        | 3.7%        | 5.5%        |
| 男性60歳代  | 332   | 36.7%        | 29.8%        | 18.1%        | 5.1%        | 3.0%        | 7.2%        |
| 男性70歳上  | 300   | 30.7%        | 24.3%        | 25.7%        | 3.3%        | 3.3%        | 12.7%       |
| 女性合計    | 1,496 | 27.3%        | 25.0%        | 31.1%        | 6.1%        | 5.5%        | 5.1%        |
| 女性20歳代  | 117   | 28.2%        | 31.6%        | 26.5%        | 7.7%        | 5.1%        | 0.9%        |
| 女性30歳代  | 184   | 28.3%        | 33.2%        | 26.6%        | 7.6%        | 2.2%        | 2.2%        |
| 女性40歳代  | 210   | 36.2%        | 25.7%        | 29.5%        | 3.3%        | 2.4%        | 2.9%        |
| 女性50歳代  | 275   | 29.8%        | 26.2%        | 29.5%        | 5.5%        | 6.2%        | 2.9%        |
| 女性60歳代  | 353   | 22.7%        | 24.4%        | 35.1%        | 5.7%        | 6.2%        | 5.9%        |
| 女性70歳上  | 357   | 23.8%        | 17.9%        | 33.1%        | 7.3%        | 7.8%        | 10.1%       |
| 東部合計    | 809   | 29.7%        | 26.2%        | 27.7%        | 6.2%        | 4.4%        | 5.8%        |
| 東部男性    | 381   | 31.2%        | 31.2%        | 22.6%        | 6.0%        | 2.4%        | 6.6%        |
| 東部女性    | 428   | 28.3%        | 21.7%        | 32.2%        | 6.3%        | 6.3%        | 5.1%        |
| 中部合計    | 909   | 31.7%        | 27.5%        | 25.2%        | 4.8%        | 5.5%        | 5.3%        |
| 中部男性    | 410   | 35.6%        | 30.5%        | 20.0%        | 3.7%        | 3.9%        | 6.3%        |
| 中部女性    | 499   | 28.5%        | 25.1%        | 29.5%        | 5.8%        | 6.8%        | 4.4%        |
| 西部合計    | 1,059 | 27.9%        | 28.4%        | 28.7%        | 5.5%        | 3.5%        | 6.0%        |
| 西部男性    | 490   | 30.6%        | 29.6%        | 25.3%        | 4.7%        | 3.3%        | 6.5%        |
| 西部女性    | 569   | 25.5%        | 27.4%        | 31.6%        | 6.2%        | 3.7%        | 5.6%        |
| ストレスあり  | 458   | 21.6%        | 21.6%        | 32.8%        | 10.5%       | 11.1%       | 2.4%        |
| それ以外    | 2,276 | 31.7%        | 29.1%        | 26.7%        | 4.6%        | 3.2%        | 4.7%        |
| 大いにあった  | 458   | 21.6%        | 21.6%        | 32.8%        | 10.5%       | 11.1%       | 2.4%        |
| 多少あった   | 1,278 | 27.1%        | 29.5%        | 29.9%        | 5.6%        | 4.2%        | 3.8%        |
| あまりなかった | 660   | 31.8%        | 32.7%        | 25.3%        | 4.1%        | 0.9%        | 5.2%        |
| 全くなかった  | 338   | 49.1%        | 20.7%        | 17.2%        | 1.8%        | 3.6%        | 7.7%        |

問15 ストレス 大いにあり

問15 ストレス 多少～全くなかった

イ. 夜中に何度も目が覚める

|         | 回答数   | 全くない         | いめったにな       | 時々ある         | るしばしばあ      | 常にある        | 無回答         |
|---------|-------|--------------|--------------|--------------|-------------|-------------|-------------|
| 合計      | 2,779 | 565<br>20.3% | 745<br>26.8% | 855<br>30.8% | 265<br>9.5% | 173<br>6.2% | 176<br>6.3% |
| 男性合計    | 1,283 | 18.4%        | 27.9%        | 30.0%        | 10.8%       | 5.9%        | 6.9%        |
| 男性20歳代  | 95    | 30.5%        | 31.6%        | 27.4%        | 7.4%        | 2.1%        | 1.1%        |
| 男性30歳代  | 166   | 25.9%        | 34.3%        | 28.3%        | 8.4%        | 1.2%        | 1.8%        |
| 男性40歳代  | 172   | 20.9%        | 32.0%        | 30.8%        | 9.3%        | 5.2%        | 1.7%        |
| 男性50歳代  | 218   | 17.4%        | 27.5%        | 31.7%        | 11.9%       | 6.4%        | 5.0%        |
| 男性60歳代  | 332   | 15.1%        | 27.4%        | 28.3%        | 13.3%       | 7.8%        | 8.1%        |
| 男性70歳上  | 300   | 13.3%        | 21.7%        | 32.0%        | 10.7%       | 7.7%        | 14.7%       |
| 女性合計    | 1,496 | 22.0%        | 25.9%        | 31.4%        | 8.4%        | 6.5%        | 5.8%        |
| 女性20歳代  | 117   | 28.2%        | 24.8%        | 29.9%        | 10.3%       | 3.4%        | 3.4%        |
| 女性30歳代  | 184   | 22.8%        | 28.8%        | 31.5%        | 6.0%        | 8.2%        | 2.7%        |
| 女性40歳代  | 210   | 31.9%        | 26.7%        | 28.6%        | 6.7%        | 4.8%        | 1.4%        |
| 女性50歳代  | 275   | 20.0%        | 32.4%        | 30.9%        | 8.4%        | 5.8%        | 2.5%        |
| 女性60歳代  | 353   | 20.7%        | 22.7%        | 34.6%        | 7.9%        | 8.2%        | 5.9%        |
| 女性70歳上  | 357   | 16.5%        | 22.4%        | 30.8%        | 10.6%       | 6.4%        | 13.2%       |
| 東部合計    | 809   | 18.9%        | 26.9%        | 31.9%        | 9.8%        | 6.3%        | 6.2%        |
| 東部男性    | 381   | 16.0%        | 29.7%        | 29.4%        | 12.3%       | 6.0%        | 6.6%        |
| 東部女性    | 428   | 21.5%        | 24.5%        | 34.1%        | 7.5%        | 6.5%        | 5.8%        |
| 中部合計    | 909   | 20.0%        | 27.6%        | 29.2%        | 9.2%        | 7.6%        | 6.4%        |
| 中部男性    | 410   | 19.5%        | 28.8%        | 28.3%        | 9.5%        | 6.1%        | 7.8%        |
| 中部女性    | 499   | 20.4%        | 26.7%        | 29.9%        | 9.0%        | 8.8%        | 5.2%        |
| 西部合計    | 1,059 | 21.6%        | 26.1%        | 31.4%        | 9.6%        | 5.0%        | 6.3%        |
| 西部男性    | 490   | 19.2%        | 25.9%        | 32.0%        | 10.8%       | 5.7%        | 6.3%        |
| 西部女性    | 569   | 23.7%        | 26.2%        | 30.8%        | 8.6%        | 4.4%        | 6.3%        |
| ストレスあり  | 458   | 19.4%        | 20.7%        | 32.8%        | 12.0%       | 12.9%       | 2.2%        |
| それ以外    | 2,276 | 20.9%        | 28.5%        | 30.8%        | 9.2%        | 5.0%        | 5.5%        |
| 大いにあった  | 458   | 19.4%        | 20.7%        | 32.8%        | 12.0%       | 12.9%       | 2.2%        |
| 多少あった   | 1,278 | 19.8%        | 27.6%        | 32.1%        | 10.6%       | 5.5%        | 4.5%        |
| あまりなかった | 660   | 18.6%        | 30.9%        | 32.6%        | 8.3%        | 3.9%        | 5.6%        |
| 全くなかった  | 338   | 29.3%        | 27.2%        | 22.8%        | 5.9%        | 5.3%        | 9.5%        |

問15 ストレス 大いにあり  
問15 ストレス 多少～全くなかった

ウ. 朝早く目覚めてしまう

|         | 回答数   | 全くない         | いめつたにな       | 時々ある         | るしばしばあ      | 常にある        | 無回答         |
|---------|-------|--------------|--------------|--------------|-------------|-------------|-------------|
| 合計      | 2,779 | 591<br>21.3% | 745<br>26.8% | 737<br>26.5% | 260<br>9.4% | 263<br>9.5% | 183<br>6.6% |
| 男性合計    | 1,283 | 18.0%        | 23.4%        | 28.2%        | 11.9%       | 11.7%       | 6.8%        |
| 男性20歳代  | 95    | 30.5%        | 31.6%        | 24.2%        | 5.3%        | 6.3%        | 2.1%        |
| 男性30歳代  | 166   | 25.9%        | 29.5%        | 25.3%        | 9.6%        | 7.8%        | 1.8%        |
| 男性40歳代  | 172   | 19.8%        | 26.2%        | 32.6%        | 9.9%        | 9.9%        | 1.7%        |
| 男性50歳代  | 218   | 17.4%        | 22.0%        | 26.6%        | 18.3%       | 9.6%        | 6.0%        |
| 男性60歳代  | 332   | 12.3%        | 21.1%        | 30.4%        | 11.1%       | 16.3%       | 8.7%        |
| 男性70歳上  | 300   | 15.3%        | 19.3%        | 27.3%        | 12.7%       | 13.0%       | 12.3%       |
| 女性合計    | 1,496 | 24.1%        | 29.7%        | 25.1%        | 7.2%        | 7.6%        | 6.4%        |
| 女性20歳代  | 117   | 26.5%        | 33.3%        | 23.1%        | 6.8%        | 6.0%        | 4.3%        |
| 女性30歳代  | 184   | 28.8%        | 26.1%        | 29.3%        | 6.5%        | 7.6%        | 1.6%        |
| 女性40歳代  | 210   | 30.5%        | 37.1%        | 23.3%        | 3.8%        | 2.9%        | 2.4%        |
| 女性50歳代  | 275   | 22.5%        | 35.6%        | 21.1%        | 9.5%        | 8.7%        | 2.5%        |
| 女性60歳代  | 353   | 22.7%        | 27.2%        | 26.1%        | 7.9%        | 9.3%        | 6.8%        |
| 女性70歳上  | 357   | 19.6%        | 24.1%        | 26.6%        | 7.0%        | 8.1%        | 14.6%       |
| 東部合計    | 809   | 19.4%        | 27.8%        | 25.7%        | 10.5%       | 9.5%        | 7.0%        |
| 東部男性    | 381   | 15.0%        | 26.2%        | 26.8%        | 13.6%       | 11.3%       | 7.1%        |
| 東部女性    | 428   | 23.4%        | 29.2%        | 24.8%        | 7.7%        | 7.9%        | 7.0%        |
| 中部合計    | 909   | 22.0%        | 25.4%        | 26.2%        | 9.2%        | 10.8%       | 6.4%        |
| 中部男性    | 410   | 19.8%        | 21.0%        | 29.0%        | 11.0%       | 12.7%       | 6.6%        |
| 中部女性    | 499   | 23.8%        | 29.1%        | 23.8%        | 7.8%        | 9.2%        | 6.2%        |
| 西部合計    | 1,059 | 22.0%        | 27.3%        | 27.5%        | 8.6%        | 8.3%        | 6.3%        |
| 西部男性    | 490   | 18.8%        | 23.3%        | 28.8%        | 11.4%       | 11.2%       | 6.5%        |
| 西部女性    | 569   | 24.8%        | 30.8%        | 26.4%        | 6.2%        | 5.8%        | 6.2%        |
| ストレスあり  | 458   | 21.6%        | 24.7%        | 26.4%        | 10.5%       | 14.2%       | 2.6%        |
| それ以外    | 2,276 | 21.6%        | 27.7%        | 26.8%        | 9.3%        | 8.6%        | 5.9%        |
| 大いにあった  | 458   | 21.6%        | 24.7%        | 26.4%        | 10.5%       | 14.2%       | 2.6%        |
| 多少あった   | 1,278 | 20.1%        | 28.8%        | 28.2%        | 10.2%       | 7.9%        | 4.8%        |
| あまりなかった | 660   | 20.3%        | 29.1%        | 28.2%        | 8.5%        | 7.6%        | 6.4%        |
| 全くなかった  | 338   | 29.9%        | 21.0%        | 18.9%        | 7.7%        | 13.3%       | 9.2%        |

問15 ストレス 大いにあり  
問15 ストレス 多少～全くなかった

エ. 夜、悪夢を見る

|         | 回答数   | 全くない           | いめつたにな       | 時々ある         | るしばしばあ     | 常にある       | 無回答         |
|---------|-------|----------------|--------------|--------------|------------|------------|-------------|
| 合計      | 2,779 | 1,166<br>42.0% | 913<br>32.9% | 371<br>13.4% | 74<br>2.7% | 29<br>1.0% | 226<br>8.1% |
| 男性合計    | 1,283 | 38.9%          | 34.5%        | 14.6%        | 3.0%       | 0.9%       | 8.2%        |
| 男性20歳代  | 95    | 40.0%          | 37.9%        | 14.7%        | 5.3%       | 0.0%       | 2.1%        |
| 男性30歳代  | 166   | 42.2%          | 38.6%        | 13.9%        | 3.0%       | 0.6%       | 1.8%        |
| 男性40歳代  | 172   | 39.5%          | 40.7%        | 13.4%        | 1.2%       | 1.7%       | 3.5%        |
| 男性50歳代  | 218   | 37.6%          | 36.7%        | 14.7%        | 2.8%       | 0.9%       | 7.3%        |
| 男性60歳代  | 332   | 40.7%          | 32.2%        | 14.8%        | 3.0%       | 1.2%       | 8.1%        |
| 男性70歳上  | 300   | 35.3%          | 28.7%        | 15.3%        | 3.3%       | 0.3%       | 17.0%       |
| 女性合計    | 1,496 | 44.6%          | 31.4%        | 12.3%        | 2.4%       | 1.2%       | 8.1%        |
| 女性20歳代  | 117   | 35.0%          | 34.2%        | 19.7%        | 3.4%       | 0.9%       | 6.8%        |
| 女性30歳代  | 184   | 44.6%          | 38.0%        | 10.3%        | 2.7%       | 0.5%       | 3.8%        |
| 女性40歳代  | 210   | 52.4%          | 25.2%        | 14.8%        | 3.3%       | 1.4%       | 2.9%        |
| 女性50歳代  | 275   | 49.1%          | 33.8%        | 9.8%         | 1.8%       | 1.1%       | 4.4%        |
| 女性60歳代  | 353   | 44.8%          | 32.6%        | 11.6%        | 1.7%       | 0.6%       | 8.8%        |
| 女性70歳上  | 357   | 39.5%          | 27.7%        | 12.0%        | 2.5%       | 2.2%       | 16.0%       |
| 東部合計    | 809   | 40.8%          | 31.3%        | 15.3%        | 3.0%       | 1.0%       | 8.7%        |
| 東部男性    | 381   | 36.2%          | 33.9%        | 17.1%        | 2.9%       | 1.0%       | 8.9%        |
| 東部女性    | 428   | 44.9%          | 29.0%        | 13.8%        | 3.0%       | 0.9%       | 8.4%        |
| 中部合計    | 909   | 42.7%          | 33.1%        | 12.1%        | 2.5%       | 1.3%       | 8.3%        |
| 中部男性    | 410   | 41.2%          | 34.9%        | 11.5%        | 3.2%       | 0.7%       | 8.5%        |
| 中部女性    | 499   | 43.9%          | 31.7%        | 12.6%        | 2.0%       | 1.8%       | 8.0%        |
| 西部合計    | 1,059 | 42.2%          | 33.9%        | 12.9%        | 2.5%       | 0.8%       | 7.6%        |
| 西部男性    | 490   | 39.0%          | 34.9%        | 15.3%        | 2.9%       | 0.8%       | 7.1%        |
| 西部女性    | 569   | 45.0%          | 33.0%        | 10.9%        | 2.3%       | 0.9%       | 7.9%        |
| ストレスあり  | 458   | 31.7%          | 34.5%        | 21.4%        | 3.9%       | 3.3%       | 5.2%        |
| それ以外    | 2,276 | 44.8%          | 33.1%        | 12.0%        | 2.5%       | 0.6%       | 7.0%        |
| 大いにあった  | 458   | 31.7%          | 34.5%        | 21.4%        | 3.9%       | 3.3%       | 5.2%        |
| 多少あった   | 1,278 | 40.6%          | 36.2%        | 14.2%        | 3.0%       | 0.5%       | 5.5%        |
| あまりなかった | 660   | 45.5%          | 32.4%        | 11.2%        | 2.1%       | 0.9%       | 7.9%        |
| 全くなかった  | 338   | 59.2%          | 22.8%        | 5.0%         | 1.2%       | 0.6%       | 11.2%       |

問15 ストレス 大いにあり  
問15 ストレス 多少～全くなかった

オ. よく眠れないせいで昼間に（倦怠感、食欲不振、頭痛など）を感じる

|         | 回答数   | 全くない           | いめったにな       | 時々ある         | るしばしばあ      | 常にある       | 無回答         |
|---------|-------|----------------|--------------|--------------|-------------|------------|-------------|
| 合計      | 2,779 | 1,052<br>37.9% | 926<br>33.3% | 435<br>15.7% | 117<br>4.2% | 50<br>1.8% | 199<br>7.2% |
| 男性合計    | 1,283 | 36.5%          | 36.2%        | 15.0%        | 3.7%        | 1.1%       | 7.5%        |
| 男性20歳代  | 95    | 30.5%          | 35.8%        | 23.2%        | 7.4%        | 1.1%       | 2.1%        |
| 男性30歳代  | 166   | 33.7%          | 39.2%        | 18.1%        | 6.6%        | 0.6%       | 1.8%        |
| 男性40歳代  | 172   | 36.6%          | 34.9%        | 19.8%        | 3.5%        | 2.3%       | 2.9%        |
| 男性50歳代  | 218   | 36.7%          | 37.6%        | 16.1%        | 3.7%        | 0.9%       | 5.0%        |
| 男性60歳代  | 332   | 36.7%          | 39.8%        | 11.4%        | 3.0%        | 1.2%       | 7.8%        |
| 男性70歳上  | 300   | 39.3%          | 30.7%        | 11.3%        | 1.7%        | 0.7%       | 16.3%       |
| 女性合計    | 1,496 | 39.0%          | 30.8%        | 16.2%        | 4.7%        | 2.4%       | 6.9%        |
| 女性20歳代  | 117   | 25.6%          | 36.8%        | 23.1%        | 6.8%        | 2.6%       | 5.1%        |
| 女性30歳代  | 184   | 38.6%          | 31.5%        | 19.0%        | 5.4%        | 2.7%       | 2.7%        |
| 女性40歳代  | 210   | 36.7%          | 32.9%        | 19.5%        | 6.7%        | 1.9%       | 2.4%        |
| 女性50歳代  | 275   | 38.9%          | 34.9%        | 14.2%        | 5.5%        | 3.3%       | 3.3%        |
| 女性60歳代  | 353   | 44.2%          | 28.0%        | 15.6%        | 3.4%        | 2.0%       | 6.8%        |
| 女性70歳上  | 357   | 40.1%          | 26.9%        | 12.6%        | 3.1%        | 2.2%       | 15.1%       |
| 東部合計    | 809   | 37.6%          | 33.1%        | 16.7%        | 4.2%        | 1.5%       | 6.9%        |
| 東部男性    | 381   | 35.4%          | 34.1%        | 19.2%        | 3.1%        | 0.8%       | 7.3%        |
| 東部女性    | 428   | 39.5%          | 32.2%        | 14.5%        | 5.1%        | 2.1%       | 6.5%        |
| 中部合計    | 909   | 37.3%          | 31.6%        | 15.7%        | 4.7%        | 2.8%       | 7.9%        |
| 中部男性    | 410   | 37.3%          | 35.1%        | 13.4%        | 3.9%        | 1.5%       | 8.8%        |
| 中部女性    | 499   | 37.3%          | 28.7%        | 17.6%        | 5.4%        | 3.8%       | 7.2%        |
| 西部合計    | 1,059 | 38.6%          | 35.0%        | 14.7%        | 3.8%        | 1.2%       | 6.6%        |
| 西部男性    | 490   | 36.7%          | 39.0%        | 13.1%        | 3.9%        | 1.0%       | 6.3%        |
| 西部女性    | 569   | 40.2%          | 31.6%        | 16.2%        | 3.7%        | 1.4%       | 6.9%        |
| ストレスあり  | 458   | 22.5%          | 25.3%        | 31.4%        | 11.1%       | 6.1%       | 3.5%        |
| それ以外    | 2,276 | 41.6%          | 35.5%        | 12.7%        | 2.9%        | 1.0%       | 6.2%        |
| 大いにあった  | 458   | 22.5%          | 25.3%        | 31.4%        | 11.1%       | 6.1%       | 3.5%        |
| 多少あった   | 1,278 | 34.7%          | 37.2%        | 17.5%        | 4.4%        | 1.5%       | 4.7%        |
| あまりなかった | 660   | 42.4%          | 40.5%        | 8.3%         | 1.4%        | 0.2%       | 7.3%        |
| 全くなかった  | 338   | 66.3%          | 19.5%        | 3.3%         | 0.3%        | 0.6%       | 10.1%       |

問15 ストレス 大いにあり  
問15 ストレス 多少～全くなかった

カ. 昼間、眠ってはいけないうきに起きていられない

|         | 回答数   | 全くない           | いめつたにな       | 時々ある         | るしばしばあ     | 常にある       | 無回答         |
|---------|-------|----------------|--------------|--------------|------------|------------|-------------|
| 合計      | 2,779 | 1,225<br>44.1% | 938<br>33.8% | 322<br>11.6% | 68<br>2.4% | 28<br>1.0% | 198<br>7.1% |
| 男性合計    | 1,283 | 42.3%          | 35.4%        | 11.7%        | 2.7%       | 0.6%       | 7.3%        |
| 男性20歳代  | 95    | 35.8%          | 40.0%        | 13.7%        | 5.3%       | 3.2%       | 2.1%        |
| 男性30歳代  | 166   | 41.6%          | 43.4%        | 9.0%         | 2.4%       | 1.8%       | 1.8%        |
| 男性40歳代  | 172   | 51.7%          | 32.6%        | 11.0%        | 2.3%       | 0.6%       | 1.7%        |
| 男性50歳代  | 218   | 42.7%          | 37.2%        | 12.8%        | 2.3%       | 0.0%       | 5.0%        |
| 男性60歳代  | 332   | 40.7%          | 36.1%        | 12.0%        | 2.7%       | 0.3%       | 8.1%        |
| 男性70歳上  | 300   | 41.0%          | 29.0%        | 11.7%        | 2.3%       | 0.0%       | 16.0%       |
| 女性合計    | 1,496 | 45.6%          | 32.4%        | 11.5%        | 2.3%       | 1.3%       | 7.0%        |
| 女性20歳代  | 117   | 39.3%          | 34.2%        | 18.8%        | 0.0%       | 1.7%       | 6.0%        |
| 女性30歳代  | 184   | 50.0%          | 31.5%        | 14.7%        | 1.1%       | 0.5%       | 2.2%        |
| 女性40歳代  | 210   | 43.3%          | 36.7%        | 15.2%        | 2.9%       | 0.5%       | 1.4%        |
| 女性50歳代  | 275   | 46.9%          | 36.4%        | 8.4%         | 2.9%       | 1.5%       | 4.0%        |
| 女性60歳代  | 353   | 47.6%          | 32.3%        | 9.3%         | 2.0%       | 2.0%       | 6.8%        |
| 女性70歳上  | 357   | 43.7%          | 26.6%        | 9.8%         | 3.1%       | 1.4%       | 15.4%       |
| 東部合計    | 809   | 41.8%          | 34.6%        | 12.4%        | 3.3%       | 0.7%       | 7.2%        |
| 東部男性    | 381   | 37.3%          | 37.8%        | 13.4%        | 3.4%       | 0.8%       | 7.3%        |
| 東部女性    | 428   | 45.8%          | 31.8%        | 11.4%        | 3.3%       | 0.7%       | 7.0%        |
| 中部合計    | 909   | 45.4%          | 32.2%        | 12.0%        | 1.8%       | 1.3%       | 7.3%        |
| 中部男性    | 410   | 46.1%          | 31.7%        | 11.5%        | 2.0%       | 0.7%       | 8.0%        |
| 中部女性    | 499   | 44.9%          | 32.7%        | 12.4%        | 1.6%       | 1.8%       | 6.6%        |
| 西部合計    | 1,059 | 44.8%          | 34.4%        | 10.7%        | 2.4%       | 0.9%       | 6.9%        |
| 西部男性    | 490   | 43.3%          | 36.5%        | 10.6%        | 2.7%       | 0.4%       | 6.5%        |
| 西部女性    | 569   | 46.0%          | 32.5%        | 10.7%        | 2.1%       | 1.4%       | 7.2%        |
| ストレスあり  | 458   | 34.1%          | 36.0%        | 16.6%        | 6.6%       | 2.6%       | 4.1%        |
| それ以外    | 2,276 | 46.8%          | 33.9%        | 10.8%        | 1.7%       | 0.7%       | 6.1%        |
| 大いにあった  | 458   | 34.1%          | 36.0%        | 16.6%        | 6.6%       | 2.6%       | 4.1%        |
| 多少あった   | 1,278 | 43.2%          | 36.7%        | 12.6%        | 2.0%       | 0.9%       | 4.6%        |
| あまりなかった | 660   | 46.5%          | 35.6%        | 9.7%         | 0.9%       | 0.5%       | 6.8%        |
| 全くなかった  | 338   | 61.2%          | 20.1%        | 6.2%         | 1.8%       | 0.6%       | 10.1%       |

問15 ストレス 大いにあり  
問15 ストレス 多少～全くなかった



問14 あなたは、ここ1ヶ月間、眠るために睡眠剤や安定剤などの薬や、お酒（清酒、焼酎、ビール、洋酒など）を使いましたか。

それぞれの項目について、あてはまる番号を1つ選んで○印をつけてください。

<睡眠剤や安定剤>

|         | 回答数   | 全くない           | いめったにな     | 時々ある       | るしばしばあ     | 常にある        | 無回答         |
|---------|-------|----------------|------------|------------|------------|-------------|-------------|
| 合計      | 2,779 | 2,292<br>82.5% | 73<br>2.6% | 97<br>3.5% | 39<br>1.4% | 152<br>5.5% | 126<br>4.5% |
| 男性合計    | 1,283 | 83.2%          | 2.5%       | 2.5%       | 1.5%       | 4.1%        | 6.2%        |
| 男性20歳代  | 95    | 92.6%          | 2.1%       | 1.1%       | 2.1%       | 1.1%        | 1.1%        |
| 男性30歳代  | 166   | 88.0%          | 2.4%       | 2.4%       | 0.6%       | 1.2%        | 5.4%        |
| 男性40歳代  | 172   | 86.0%          | 2.3%       | 3.5%       | 1.7%       | 2.9%        | 3.5%        |
| 男性50歳代  | 218   | 86.2%          | 1.8%       | 1.8%       | 1.4%       | 3.7%        | 5.0%        |
| 男性60歳代  | 332   | 82.8%          | 2.7%       | 1.8%       | 1.2%       | 3.3%        | 8.1%        |
| 男性70歳上  | 300   | 74.0%          | 3.0%       | 3.7%       | 2.0%       | 8.7%        | 8.7%        |
| 女性合計    | 1,496 | 81.9%          | 2.7%       | 4.3%       | 1.3%       | 6.6%        | 3.1%        |
| 女性20歳代  | 117   | 90.6%          | 2.6%       | 1.7%       | 0.0%       | 0.0%        | 5.1%        |
| 女性30歳代  | 184   | 86.4%          | 3.3%       | 3.3%       | 1.1%       | 3.8%        | 2.2%        |
| 女性40歳代  | 210   | 89.0%          | 2.4%       | 2.4%       | 0.5%       | 4.8%        | 1.0%        |
| 女性50歳代  | 275   | 88.0%          | 1.8%       | 2.9%       | 0.4%       | 4.7%        | 2.2%        |
| 女性60歳代  | 353   | 78.2%          | 2.8%       | 5.1%       | 1.4%       | 8.2%        | 4.2%        |
| 女性70歳上  | 357   | 71.4%          | 3.4%       | 7.3%       | 3.1%       | 11.2%       | 3.6%        |
| 東部合計    | 809   | 80.8%          | 2.6%       | 3.7%       | 1.6%       | 6.2%        | 5.1%        |
| 東部男性    | 381   | 83.2%          | 2.4%       | 2.1%       | 1.6%       | 4.2%        | 6.6%        |
| 東部女性    | 428   | 78.7%          | 2.8%       | 5.1%       | 1.6%       | 7.9%        | 3.7%        |
| 中部合計    | 909   | 82.2%          | 2.9%       | 3.4%       | 1.4%       | 5.9%        | 4.2%        |
| 中部男性    | 410   | 83.4%          | 2.2%       | 2.2%       | 1.5%       | 5.1%        | 5.6%        |
| 中部女性    | 499   | 81.2%          | 3.4%       | 4.4%       | 1.4%       | 6.6%        | 3.0%        |
| 西部合計    | 1,059 | 84.0%          | 2.4%       | 3.4%       | 1.2%       | 4.5%        | 4.4%        |
| 西部男性    | 490   | 83.1%          | 2.7%       | 3.1%       | 1.4%       | 3.3%        | 6.5%        |
| 西部女性    | 569   | 84.9%          | 2.1%       | 3.7%       | 1.1%       | 5.6%        | 2.6%        |
| ストレスあり  | 458   | 77.1%          | 2.2%       | 4.1%       | 3.3%       | 11.1%       | 2.2%        |
| それ以外    | 2,276 | 84.9%          | 2.7%       | 3.4%       | 1.1%       | 4.4%        | 3.4%        |
| 大いにあった  | 458   | 77.1%          | 2.2%       | 4.1%       | 3.3%       | 11.1%       | 2.2%        |
| 多少あった   | 1,278 | 83.7%          | 2.9%       | 3.8%       | 1.3%       | 4.4%        | 3.8%        |
| あまりなかった | 660   | 85.8%          | 2.4%       | 3.5%       | 0.9%       | 3.9%        | 3.5%        |
| 全くなかった  | 338   | 87.9%          | 2.7%       | 1.8%       | 0.3%       | 5.6%        | 1.8%        |

問15 ストレス 大いにあり  
問15 ストレス 多少～全くなかった

<お酒>

|         | 回答数   | 全くない           | いめったにな      | 時々ある        | るしばしばあ     | 常にある        | 無回答         |
|---------|-------|----------------|-------------|-------------|------------|-------------|-------------|
| 合計      | 2,779 | 1,978<br>71.2% | 204<br>7.3% | 181<br>6.5% | 65<br>2.3% | 145<br>5.2% | 206<br>7.4% |
| 男性合計    | 1,283 | 63.1%          | 9.9%        | 8.7%        | 3.4%       | 9.1%        | 5.8%        |
| 男性20歳代  | 95    | 68.4%          | 10.5%       | 10.5%       | 3.2%       | 5.3%        | 2.1%        |
| 男性30歳代  | 166   | 70.5%          | 9.0%        | 11.4%       | 0.6%       | 6.0%        | 2.4%        |
| 男性40歳代  | 172   | 60.5%          | 14.5%       | 8.7%        | 2.9%       | 10.5%       | 2.9%        |
| 男性50歳代  | 218   | 64.2%          | 9.6%        | 9.6%        | 3.7%       | 9.2%        | 3.7%        |
| 男性60歳代  | 332   | 60.5%          | 10.5%       | 7.2%        | 3.9%       | 11.1%       | 6.6%        |
| 男性70歳上  | 300   | 61.0%          | 7.0%        | 7.3%        | 4.3%       | 9.0%        | 11.3%       |
| 女性合計    | 1,496 | 78.1%          | 5.1%        | 4.7%        | 1.5%       | 1.9%        | 8.8%        |
| 女性20歳代  | 117   | 79.5%          | 7.7%        | 4.3%        | 2.6%       | 1.7%        | 4.3%        |
| 女性30歳代  | 184   | 81.5%          | 5.4%        | 6.5%        | 0.5%       | 1.6%        | 4.3%        |
| 女性40歳代  | 210   | 83.3%          | 5.2%        | 5.7%        | 1.0%       | 1.9%        | 2.9%        |
| 女性50歳代  | 275   | 81.8%          | 5.5%        | 4.7%        | 1.8%       | 2.5%        | 3.6%        |
| 女性60歳代  | 353   | 77.3%          | 5.7%        | 4.5%        | 1.7%       | 2.3%        | 8.5%        |
| 女性70歳上  | 357   | 70.6%          | 3.4%        | 3.4%        | 1.4%       | 1.1%        | 20.2%       |
| 東部合計    | 809   | 69.3%          | 8.0%        | 7.4%        | 2.3%       | 5.2%        | 7.7%        |
| 東部男性    | 381   | 59.3%          | 11.5%       | 10.0%       | 3.7%       | 9.4%        | 6.0%        |
| 東部女性    | 428   | 78.3%          | 4.9%        | 5.1%        | 1.2%       | 1.4%        | 9.1%        |
| 中部合計    | 909   | 71.2%          | 8.6%        | 5.7%        | 1.4%       | 5.2%        | 7.9%        |
| 中部男性    | 410   | 63.9%          | 11.2%       | 8.0%        | 1.5%       | 8.3%        | 7.1%        |
| 中部女性    | 499   | 77.2%          | 6.4%        | 3.8%        | 1.4%       | 2.6%        | 8.6%        |
| 西部合計    | 1,059 | 72.6%          | 5.8%        | 6.5%        | 3.1%       | 5.3%        | 6.7%        |
| 西部男性    | 490   | 65.5%          | 7.6%        | 8.2%        | 4.7%       | 9.6%        | 4.5%        |
| 西部女性    | 569   | 78.7%          | 4.2%        | 5.1%        | 1.8%       | 1.6%        | 8.6%        |
| ストレスあり  | 458   | 65.7%          | 9.2%        | 8.7%        | 3.1%       | 8.7%        | 4.6%        |
| それ以外    | 2,276 | 73.5%          | 7.1%        | 6.2%        | 2.2%       | 4.6%        | 6.3%        |
| 大いにあった  | 458   | 65.7%          | 9.2%        | 8.7%        | 3.1%       | 8.7%        | 4.6%        |
| 多少あった   | 1,278 | 72.8%          | 7.6%        | 7.0%        | 2.2%       | 4.4%        | 5.9%        |
| あまりなかった | 660   | 72.9%          | 7.7%        | 6.1%        | 2.4%       | 5.3%        | 5.6%        |
| 全くなかった  | 338   | 77.2%          | 4.1%        | 3.3%        | 2.1%       | 4.1%        | 9.2%        |

問15 ストレス 大いにあり  
問15 ストレス 多少～全くなかった

問15 あなたは、この1ヶ月間に、不満、悩み、苦労などによるストレスがありましたか。

|        | 回答数   | た大いにあつた      | 多少あつた          | かあつたりな       | た全くなかつた      | 無回答        |
|--------|-------|--------------|----------------|--------------|--------------|------------|
| 合計     | 2,779 | 458<br>16.5% | 1,278<br>46.0% | 660<br>23.7% | 338<br>12.2% | 45<br>1.6% |
| 男性合計   | 1,283 | 13.6%        | 42.6%          | 27.8%        | 13.8%        | 2.3%       |
| 男性20歳代 | 95    | 18.9%        | 56.8%          | 16.8%        | 7.4%         | 0.0%       |
| 男性30歳代 | 166   | 14.5%        | 52.4%          | 24.7%        | 7.2%         | 1.2%       |
| 男性40歳代 | 172   | 21.5%        | 39.5%          | 25.0%        | 13.4%        | 0.6%       |
| 男性50歳代 | 218   | 17.0%        | 47.7%          | 25.7%        | 7.8%         | 1.8%       |
| 男性60歳代 | 332   | 9.6%         | 34.0%          | 33.7%        | 19.3%        | 3.3%       |
| 男性70歳上 | 300   | 8.7%         | 40.0%          | 29.7%        | 18.0%        | 3.7%       |
| 女性合計   | 1,496 | 19.0%        | 48.9%          | 20.3%        | 10.8%        | 1.1%       |
| 女性20歳代 | 117   | 20.5%        | 55.6%          | 16.2%        | 7.7%         | 0.0%       |
| 女性30歳代 | 184   | 20.7%        | 58.2%          | 16.8%        | 3.8%         | 0.5%       |
| 女性40歳代 | 210   | 25.2%        | 46.7%          | 21.9%        | 5.2%         | 1.0%       |
| 女性50歳代 | 275   | 21.5%        | 52.0%          | 18.2%        | 8.0%         | 0.4%       |
| 女性60歳代 | 353   | 18.4%        | 47.0%          | 21.0%        | 12.5%        | 1.1%       |
| 女性70歳上 | 357   | 12.6%        | 42.9%          | 23.2%        | 19.0%        | 2.2%       |
| 東部合計   | 809   | 15.6%        | 47.8%          | 23.4%        | 11.4%        | 1.9%       |
| 東部男性   | 381   | 12.1%        | 45.4%          | 27.3%        | 12.6%        | 2.6%       |
| 東部女性   | 428   | 18.7%        | 50.0%          | 19.9%        | 10.3%        | 1.2%       |
| 中部合計   | 909   | 16.7%        | 44.8%          | 24.0%        | 12.8%        | 1.8%       |
| 中部男性   | 410   | 12.2%        | 41.7%          | 27.8%        | 15.9%        | 2.4%       |
| 中部女性   | 499   | 20.4%        | 47.3%          | 20.8%        | 10.2%        | 1.2%       |
| 西部合計   | 1,059 | 16.9%        | 45.7%          | 23.9%        | 12.3%        | 1.2%       |
| 西部男性   | 490   | 15.7%        | 41.2%          | 28.4%        | 13.1%        | 1.6%       |
| 西部女性   | 569   | 17.9%        | 49.6%          | 20.0%        | 11.6%        | 0.9%       |

問16 あなたは、自分なりのストレス解消法がありますか。

|        | 回答数   | あ              | な            | 無回答        |
|--------|-------|----------------|--------------|------------|
| 合計     | 2,779 | 1,862<br>67.0% | 845<br>30.4% | 72<br>2.6% |
| 男性合計   | 1,283 | 65.5%          | 31.4%        | 3.0%       |
| 男性20歳代 | 95    | 77.9%          | 22.1%        | 0.0%       |
| 男性30歳代 | 166   | 72.9%          | 25.3%        | 1.8%       |
| 男性40歳代 | 172   | 66.9%          | 32.6%        | 0.6%       |
| 男性50歳代 | 218   | 67.0%          | 30.7%        | 2.3%       |
| 男性60歳代 | 332   | 63.3%          | 32.2%        | 4.5%       |
| 男性70歳上 | 300   | 58.3%          | 36.7%        | 5.0%       |
| 女性合計   | 1,496 | 68.2%          | 29.5%        | 2.2%       |
| 女性20歳代 | 117   | 73.5%          | 26.5%        | 0.0%       |
| 女性30歳代 | 184   | 76.6%          | 22.8%        | 0.5%       |
| 女性40歳代 | 210   | 66.2%          | 32.4%        | 1.4%       |
| 女性50歳代 | 275   | 75.3%          | 24.0%        | 0.7%       |
| 女性60歳代 | 353   | 68.8%          | 28.6%        | 2.5%       |
| 女性70歳上 | 357   | 57.4%          | 37.5%        | 5.0%       |
| 東部合計   | 809   | 66.9%          | 29.9%        | 3.2%       |
| 東部男性   | 381   | 66.7%          | 29.9%        | 3.4%       |
| 東部女性   | 428   | 67.1%          | 29.9%        | 3.0%       |
| 中部合計   | 909   | 66.1%          | 31.6%        | 2.3%       |
| 中部男性   | 410   | 63.2%          | 33.4%        | 3.4%       |
| 中部女性   | 499   | 68.5%          | 30.1%        | 1.4%       |
| 西部合計   | 1,059 | 67.9%          | 29.8%        | 2.3%       |
| 西部男性   | 490   | 66.7%          | 31.0%        | 2.2%       |
| 西部女性   | 569   | 68.9%          | 28.8%        | 2.3%       |

問17 あなたは、悩みを抱えたときに相談できる人がいますか。

|        | 回答数   | いる             | いない          | わからない       | 無回答        |
|--------|-------|----------------|--------------|-------------|------------|
| 合計     | 2,779 | 2,137<br>76.9% | 367<br>13.2% | 244<br>8.8% | 31<br>1.1% |
| 男性合計   | 1,283 | 67.8%          | 19.6%        | 11.6%       | 0.9%       |
| 男性20歳代 | 95    | 73.7%          | 15.8%        | 10.5%       | 0.0%       |
| 男性30歳代 | 166   | 72.3%          | 12.0%        | 15.1%       | 0.6%       |
| 男性40歳代 | 172   | 66.3%          | 19.2%        | 13.4%       | 1.2%       |
| 男性50歳代 | 218   | 63.3%          | 22.9%        | 13.3%       | 0.5%       |
| 男性60歳代 | 332   | 66.9%          | 23.5%        | 9.0%        | 0.6%       |
| 男性70歳上 | 300   | 68.7%          | 18.7%        | 10.7%       | 2.0%       |
| 女性合計   | 1,496 | 84.7%          | 7.7%         | 6.4%        | 1.3%       |
| 女性20歳代 | 117   | 90.6%          | 5.1%         | 3.4%        | 0.9%       |
| 女性30歳代 | 184   | 89.7%          | 3.8%         | 5.4%        | 1.1%       |
| 女性40歳代 | 210   | 81.4%          | 8.6%         | 9.0%        | 1.0%       |
| 女性50歳代 | 275   | 84.7%          | 6.9%         | 7.6%        | 0.7%       |
| 女性60歳代 | 353   | 83.9%          | 10.2%        | 4.8%        | 1.1%       |
| 女性70歳上 | 357   | 82.9%          | 8.1%         | 6.7%        | 2.2%       |
| 東部合計   | 809   | 76.3%          | 13.1%        | 9.5%        | 1.1%       |
| 東部男性   | 381   | 68.0%          | 17.8%        | 13.6%       | 0.5%       |
| 東部女性   | 428   | 83.6%          | 8.9%         | 5.8%        | 1.6%       |
| 中部合計   | 909   | 76.2%          | 13.4%        | 9.0%        | 1.3%       |
| 中部男性   | 410   | 66.1%          | 21.2%        | 11.5%       | 1.2%       |
| 中部女性   | 499   | 84.6%          | 7.0%         | 7.0%        | 1.4%       |
| 西部合計   | 1,059 | 78.1%          | 13.0%        | 7.9%        | 0.9%       |
| 西部男性   | 490   | 69.4%          | 19.6%        | 10.0%       | 1.0%       |
| 西部女性   | 569   | 85.6%          | 7.4%         | 6.2%        | 0.9%       |

問17-2 どのような人・どのようなところに相談しますか。

最も、あてはまる番号を1つ選んで○印をつけてください。

|        | 回答数   | 家族             | 友人・知人        | 相談機関       | 医療機関       | その他        | 無回答       |
|--------|-------|----------------|--------------|------------|------------|------------|-----------|
| 合計     | 2,137 | 1,491<br>69.8% | 594<br>27.8% | 10<br>0.5% | 25<br>1.2% | 15<br>0.7% | 2<br>0.1% |
| 男性合計   | 870   | 73.6%          | 23.7%        | 0.2%       | 1.4%       | 1.0%       | 0.1%      |
| 男性20歳代 | 70    | 58.6%          | 41.4%        | 0.0%       | 0.0%       | 0.0%       | 0.0%      |
| 男性30歳代 | 120   | 68.3%          | 28.3%        | 0.8%       | 0.0%       | 2.5%       | 0.0%      |
| 男性40歳代 | 114   | 76.3%          | 21.9%        | 0.0%       | 0.9%       | 0.9%       | 0.0%      |
| 男性50歳代 | 138   | 72.5%          | 23.9%        | 0.0%       | 1.4%       | 2.2%       | 0.0%      |
| 男性60歳代 | 222   | 77.0%          | 21.6%        | 0.0%       | 0.9%       | 0.5%       | 0.0%      |
| 男性70歳上 | 206   | 77.2%          | 18.0%        | 0.5%       | 3.4%       | 0.5%       | 0.5%      |
| 女性合計   | 1,267 | 67.2%          | 30.6%        | 0.6%       | 1.0%       | 0.5%       | 0.1%      |
| 女性20歳代 | 106   | 64.2%          | 35.8%        | 0.0%       | 0.0%       | 0.0%       | 0.0%      |
| 女性30歳代 | 165   | 66.7%          | 29.7%        | 1.8%       | 1.8%       | 0.0%       | 0.0%      |
| 女性40歳代 | 171   | 68.4%          | 31.0%        | 0.0%       | 0.6%       | 0.0%       | 0.0%      |
| 女性50歳代 | 233   | 65.7%          | 31.8%        | 0.4%       | 1.3%       | 0.4%       | 0.4%      |
| 女性60歳代 | 296   | 67.6%          | 31.1%        | 0.3%       | 0.3%       | 0.7%       | 0.0%      |
| 女性70歳上 | 296   | 68.6%          | 27.7%        | 1.0%       | 1.7%       | 1.0%       | 0.0%      |
| 東部合計   | 617   | 70.3%          | 26.9%        | 0.6%       | 1.3%       | 0.8%       | 0.0%      |
| 東部男性   | 259   | 72.2%          | 24.7%        | 0.0%       | 1.2%       | 1.9%       | 0.0%      |
| 東部女性   | 358   | 69.0%          | 28.5%        | 1.1%       | 1.4%       | 0.0%       | 0.0%      |
| 中部合計   | 693   | 69.7%          | 27.7%        | 0.3%       | 1.2%       | 0.9%       | 0.3%      |
| 中部男性   | 271   | 73.8%          | 23.6%        | 0.0%       | 1.5%       | 0.7%       | 0.4%      |
| 中部女性   | 422   | 67.1%          | 30.3%        | 0.5%       | 0.9%       | 0.9%       | 0.2%      |
| 西部合計   | 827   | 69.4%          | 28.5%        | 0.5%       | 1.1%       | 0.5%       | 0.0%      |
| 西部男性   | 340   | 74.4%          | 22.9%        | 0.6%       | 1.5%       | 0.6%       | 0.0%      |
| 西部女性   | 487   | 65.9%          | 32.4%        | 0.4%       | 0.8%       | 0.4%       | 0.0%      |

- その他 (n=15)
- ・恋人 2件
  - ・宗教
  - ・講座
  - ・信頼する方
  - ・親類
  - ・無記入 9件

問18 現在（この1ヶ月間）、あなたはタバコを吸っていますか。

|        | 回答数   | 毎日吸う         | 吸とときどき吸う   | 吸っていない         | 無回答        |
|--------|-------|--------------|------------|----------------|------------|
| 合計     | 2,779 | 438<br>15.8% | 46<br>1.7% | 2,270<br>81.7% | 25<br>0.9% |
| 男性合計   | 1,283 | 26.0%        | 2.5%       | 71.1%          | 0.5%       |
| 男性20歳代 | 95    | 26.3%        | 1.1%       | 72.6%          | 0.0%       |
| 男性30歳代 | 166   | 31.9%        | 2.4%       | 65.7%          | 0.0%       |
| 男性40歳代 | 172   | 32.6%        | 1.7%       | 65.1%          | 0.6%       |
| 男性50歳代 | 218   | 27.5%        | 1.8%       | 70.2%          | 0.5%       |
| 男性60歳代 | 332   | 23.8%        | 4.8%       | 71.1%          | 0.3%       |
| 男性70歳上 | 300   | 20.0%        | 1.3%       | 77.7%          | 1.0%       |
| 女性合計   | 1,496 | 7.0%         | 0.9%       | 90.8%          | 1.3%       |
| 女性20歳代 | 117   | 7.7%         | 1.7%       | 89.7%          | 0.9%       |
| 女性30歳代 | 184   | 7.1%         | 1.6%       | 91.3%          | 0.0%       |
| 女性40歳代 | 210   | 8.1%         | 0.5%       | 91.4%          | 0.0%       |
| 女性50歳代 | 275   | 7.6%         | 0.4%       | 90.9%          | 1.1%       |
| 女性60歳代 | 353   | 8.8%         | 1.1%       | 89.0%          | 1.1%       |
| 女性70歳上 | 357   | 3.9%         | 0.8%       | 92.2%          | 3.1%       |
| 東部合計   | 809   | 16.6%        | 1.9%       | 80.7%          | 0.9%       |
| 東部男性   | 381   | 27.6%        | 2.4%       | 69.6%          | 0.5%       |
| 東部女性   | 428   | 6.8%         | 1.4%       | 90.7%          | 1.2%       |
| 中部合計   | 909   | 15.4%        | 1.8%       | 82.0%          | 0.9%       |
| 中部男性   | 410   | 25.4%        | 2.7%       | 71.7%          | 0.2%       |
| 中部女性   | 499   | 7.2%         | 1.0%       | 90.4%          | 1.4%       |
| 西部合計   | 1,059 | 15.5%        | 1.4%       | 82.2%          | 0.8%       |
| 西部男性   | 490   | 25.3%        | 2.4%       | 71.8%          | 0.4%       |
| 西部女性   | 569   | 7.0%         | 0.5%       | 91.2%          | 1.2%       |

問18-2 タバコをやめたいと思いますか。

|        | 回答数 | やめたい         | し本た数を減ら      | いやめたくな       | わからない      | 無回答       |
|--------|-----|--------------|--------------|--------------|------------|-----------|
| 合計     | 484 | 163<br>33.7% | 172<br>35.5% | 108<br>22.3% | 40<br>8.3% | 1<br>0.2% |
| 男性合計   | 365 | 31.2%        | 35.9%        | 25.2%        | 7.7%       | 0.0%      |
| 男性20歳代 | 26  | 38.5%        | 23.1%        | 23.1%        | 15.4%      | 0.0%      |
| 男性30歳代 | 57  | 28.1%        | 33.3%        | 21.1%        | 17.5%      | 0.0%      |
| 男性40歳代 | 59  | 33.9%        | 40.7%        | 18.6%        | 6.8%       | 0.0%      |
| 男性50歳代 | 64  | 23.4%        | 34.4%        | 34.4%        | 7.8%       | 0.0%      |
| 男性60歳代 | 95  | 28.4%        | 37.9%        | 29.5%        | 4.2%       | 0.0%      |
| 男性70歳上 | 64  | 40.6%        | 37.5%        | 20.3%        | 1.6%       | 0.0%      |
| 女性合計   | 119 | 41.2%        | 34.5%        | 13.4%        | 10.1%      | 0.8%      |
| 女性20歳代 | 11  | 36.4%        | 36.4%        | 9.1%         | 18.2%      | 0.0%      |
| 女性30歳代 | 16  | 25.0%        | 25.0%        | 18.8%        | 25.0%      | 6.3%      |
| 女性40歳代 | 18  | 50.0%        | 38.9%        | 11.1%        | 0.0%       | 0.0%      |
| 女性50歳代 | 22  | 22.7%        | 50.0%        | 13.6%        | 13.6%      | 0.0%      |
| 女性60歳代 | 35  | 40.0%        | 37.1%        | 17.1%        | 5.7%       | 0.0%      |
| 女性70歳上 | 17  | 76.5%        | 11.8%        | 5.9%         | 5.9%       | 0.0%      |
| 東部合計   | 149 | 38.3%        | 31.5%        | 20.8%        | 9.4%       | 0.0%      |
| 東部男性   | 114 | 38.6%        | 28.9%        | 24.6%        | 7.9%       | 0.0%      |
| 東部女性   | 35  | 37.1%        | 40.0%        | 8.6%         | 14.3%      | 0.0%      |
| 中部合計   | 156 | 32.1%        | 33.3%        | 24.4%        | 9.6%       | 0.6%      |
| 中部男性   | 115 | 27.8%        | 34.8%        | 28.7%        | 8.7%       | 0.0%      |
| 中部女性   | 41  | 43.9%        | 29.3%        | 12.2%        | 12.2%      | 2.4%      |
| 西部合計   | 179 | 31.3%        | 40.8%        | 21.8%        | 6.1%       | 0.0%      |
| 西部男性   | 136 | 27.9%        | 42.6%        | 22.8%        | 6.6%       | 0.0%      |
| 西部女性   | 43  | 41.9%        | 34.9%        | 18.6%        | 4.7%       | 0.0%      |

問19 あなたは、予防のために1年に1回以上、定期的な歯の健診を受けていますか。

|        | 回答数   | 受けている        | 受けていない         | 無回答        |
|--------|-------|--------------|----------------|------------|
| 合計     | 2,779 | 946<br>34.0% | 1,802<br>64.8% | 31<br>1.1% |
| 男性合計   | 1,283 | 32.5%        | 66.5%          | 1.0%       |
| 男性20歳代 | 95    | 21.1%        | 78.9%          | 0.0%       |
| 男性30歳代 | 166   | 22.3%        | 77.7%          | 0.0%       |
| 男性40歳代 | 172   | 32.0%        | 67.4%          | 0.6%       |
| 男性50歳代 | 218   | 33.5%        | 66.5%          | 0.0%       |
| 男性60歳代 | 332   | 35.2%        | 63.6%          | 1.2%       |
| 男性70歳上 | 300   | 38.3%        | 59.0%          | 2.7%       |
| 女性合計   | 1,496 | 35.4%        | 63.4%          | 1.2%       |
| 女性20歳代 | 117   | 27.4%        | 72.6%          | 0.0%       |
| 女性30歳代 | 184   | 32.6%        | 66.8%          | 0.5%       |
| 女性40歳代 | 210   | 29.5%        | 70.0%          | 0.5%       |
| 女性50歳代 | 275   | 31.6%        | 68.0%          | 0.4%       |
| 女性60歳代 | 353   | 41.4%        | 57.5%          | 1.1%       |
| 女性70歳上 | 357   | 39.8%        | 57.1%          | 3.1%       |
| 東部合計   | 809   | 31.6%        | 67.0%          | 1.4%       |
| 東部男性   | 381   | 29.1%        | 69.8%          | 1.0%       |
| 東部女性   | 428   | 33.9%        | 64.5%          | 1.6%       |
| 中部合計   | 909   | 36.5%        | 62.2%          | 1.3%       |
| 中部男性   | 410   | 35.6%        | 62.9%          | 1.5%       |
| 中部女性   | 499   | 37.3%        | 61.5%          | 1.2%       |
| 西部合計   | 1,059 | 33.7%        | 65.5%          | 0.8%       |
| 西部男性   | 490   | 32.4%        | 66.9%          | 0.6%       |
| 西部女性   | 569   | 34.8%        | 64.3%          | 0.9%       |

問20 あなたは、次の器具（歯間部清掃用器具など）を使用していますか。あてはまる番号をすべて選んで○印をつけてください。

|        | 回答数   | じ（ロデン付ス・タルフ）<br>よ系ルウ | 歯間ブラシ        | その他         | ない<br>使用<br>してい | 無回答        |
|--------|-------|----------------------|--------------|-------------|-----------------|------------|
| 合計     | 2,779 | 526<br>18.9%         | 954<br>34.3% | 120<br>4.3% | 1,306<br>47.0%  | 77<br>2.8% |
| 男性合計   | 1,283 | 15.7%                | 30.5%        | 5.6%        | 50.7%           | 2.6%       |
| 男性20歳代 | 95    | 11.6%                | 20.0%        | 6.3%        | 63.2%           | 2.1%       |
| 男性30歳代 | 166   | 20.5%                | 16.9%        | 1.2%        | 66.3%           | 0.0%       |
| 男性40歳代 | 172   | 21.5%                | 27.3%        | 5.2%        | 50.0%           | 1.2%       |
| 男性50歳代 | 218   | 20.6%                | 34.9%        | 6.4%        | 45.9%           | 0.9%       |
| 男性60歳代 | 332   | 13.3%                | 35.2%        | 6.9%        | 46.7%           | 2.4%       |
| 男性70歳上 | 300   | 10.3%                | 34.7%        | 6.0%        | 46.7%           | 6.3%       |
| 女性合計   | 1,496 | 21.7%                | 37.6%        | 3.2%        | 43.8%           | 2.9%       |
| 女性20歳代 | 117   | 19.7%                | 20.5%        | 1.7%        | 59.8%           | 2.6%       |
| 女性30歳代 | 184   | 27.2%                | 21.7%        | 2.2%        | 53.8%           | 1.6%       |
| 女性40歳代 | 210   | 28.6%                | 28.1%        | 1.4%        | 52.4%           | 1.0%       |
| 女性50歳代 | 275   | 25.5%                | 40.7%        | 2.9%        | 40.4%           | 1.8%       |
| 女性60歳代 | 353   | 20.7%                | 47.3%        | 2.3%        | 37.7%           | 2.8%       |
| 女性70歳上 | 357   | 13.4%                | 45.1%        | 6.4%        | 37.0%           | 5.9%       |
| 東部合計   | 809   | 19.5%                | 34.6%        | 3.8%        | 45.4%           | 3.2%       |
| 東部男性   | 381   | 17.1%                | 29.7%        | 5.5%        | 50.9%           | 2.6%       |
| 東部女性   | 428   | 21.7%                | 39.0%        | 2.3%        | 40.4%           | 3.7%       |
| 中部合計   | 909   | 20.5%                | 36.0%        | 5.3%        | 44.9%           | 2.6%       |
| 中部男性   | 410   | 17.1%                | 32.0%        | 6.3%        | 48.5%           | 2.2%       |
| 中部女性   | 499   | 23.2%                | 39.3%        | 4.4%        | 41.9%           | 3.0%       |
| 西部合計   | 1,059 | 17.2%                | 32.7%        | 3.9%        | 50.0%           | 2.5%       |
| 西部男性   | 490   | 13.7%                | 29.8%        | 5.1%        | 52.4%           | 2.9%       |
| 西部女性   | 569   | 20.2%                | 35.1%        | 2.8%        | 48.0%           | 2.3%       |

その他 (n=120)

- ・電動歯ブラシ 5件
- ・ようじ 5件
- ・歯ブラシ 3件
- ・入れ歯 3件
- ・入歯洗浄剤 3件
- ・うがい薬
- ・デンタルリンス

・無記入 99件

問21 あなたは、現在、自分の健康をどのように感じていますか。

|        | 回答数   | 健康である        | まあまあ健康       | ふつう          | あまり健康でない     | 健康ではない      | 無回答        |
|--------|-------|--------------|--------------|--------------|--------------|-------------|------------|
| 合計     | 2,779 | 374<br>13.5% | 949<br>34.1% | 933<br>33.6% | 394<br>14.2% | 115<br>4.1% | 14<br>0.5% |
| 男性合計   | 1,283 | 14.3%        | 33.1%        | 33.4%        | 15.0%        | 3.7%        | 0.4%       |
| 男性20歳代 | 95    | 14.7%        | 36.8%        | 30.5%        | 14.7%        | 3.2%        | 0.0%       |
| 男性30歳代 | 166   | 19.3%        | 25.9%        | 41.0%        | 12.0%        | 1.8%        | 0.0%       |
| 男性40歳代 | 172   | 12.8%        | 32.0%        | 36.6%        | 13.4%        | 4.7%        | 0.6%       |
| 男性50歳代 | 218   | 14.2%        | 34.4%        | 36.2%        | 11.9%        | 3.2%        | 0.0%       |
| 男性60歳代 | 332   | 13.0%        | 36.1%        | 31.0%        | 15.1%        | 4.2%        | 0.6%       |
| 男性70歳上 | 300   | 14.0%        | 32.3%        | 28.7%        | 20.0%        | 4.3%        | 0.7%       |
| 女性合計   | 1,496 | 12.7%        | 35.0%        | 33.8%        | 13.4%        | 4.5%        | 0.6%       |
| 女性20歳代 | 117   | 15.4%        | 33.3%        | 33.3%        | 13.7%        | 4.3%        | 0.0%       |
| 女性30歳代 | 184   | 16.8%        | 39.1%        | 32.1%        | 10.3%        | 1.1%        | 0.5%       |
| 女性40歳代 | 210   | 12.9%        | 34.8%        | 33.8%        | 14.8%        | 3.8%        | 0.0%       |
| 女性50歳代 | 275   | 12.7%        | 33.5%        | 36.7%        | 12.7%        | 4.0%        | 0.4%       |
| 女性60歳代 | 353   | 11.0%        | 37.1%        | 34.3%        | 11.3%        | 5.4%        | 0.8%       |
| 女性70歳上 | 357   | 11.2%        | 32.8%        | 31.9%        | 16.8%        | 6.2%        | 1.1%       |
| 東部合計   | 809   | 13.8%        | 34.4%        | 29.5%        | 17.4%        | 4.3%        | 0.5%       |
| 東部男性   | 381   | 14.4%        | 32.5%        | 29.7%        | 20.2%        | 2.9%        | 0.3%       |
| 東部女性   | 428   | 13.3%        | 36.0%        | 29.4%        | 15.0%        | 5.6%        | 0.7%       |
| 中部合計   | 909   | 13.5%        | 34.3%        | 33.1%        | 13.2%        | 5.2%        | 0.7%       |
| 中部男性   | 410   | 15.1%        | 32.9%        | 33.9%        | 12.0%        | 5.6%        | 0.5%       |
| 中部女性   | 499   | 12.2%        | 35.5%        | 32.5%        | 14.2%        | 4.8%        | 0.8%       |
| 西部合計   | 1,059 | 13.1%        | 33.8%        | 37.0%        | 12.6%        | 3.1%        | 0.4%       |
| 西部男性   | 490   | 13.7%        | 33.7%        | 35.7%        | 13.7%        | 2.9%        | 0.4%       |
| 西部女性   | 569   | 12.7%        | 33.9%        | 38.1%        | 11.6%        | 3.3%        | 0.4%       |

問22 あなたは過去1年間に、健診（健康診断や健康診査）や人間ドックを受けたことがありますか。

※がんのみの検診、妊産婦検診、歯の健康診査、病院や診療所で行う診療としての検査は、健診に含みません。

|        | 回答数   | あ<br>る         | な<br>い       | 無<br>回<br>答 |
|--------|-------|----------------|--------------|-------------|
| 合計     | 2,779 | 1,807<br>65.0% | 936<br>33.7% | 36<br>1.3%  |
| 男性合計   | 1,283 | 69.9%          | 29.0%        | 1.1%        |
| 男性20歳代 | 95    | 65.3%          | 34.7%        | 0.0%        |
| 男性30歳代 | 166   | 67.5%          | 32.5%        | 0.0%        |
| 男性40歳代 | 172   | 76.7%          | 22.1%        | 1.2%        |
| 男性50歳代 | 218   | 76.1%          | 23.9%        | 0.0%        |
| 男性60歳代 | 332   | 71.1%          | 28.3%        | 0.6%        |
| 男性70歳上 | 300   | 63.0%          | 33.7%        | 3.3%        |
| 女性合計   | 1,496 | 60.8%          | 37.7%        | 1.5%        |
| 女性20歳代 | 117   | 50.4%          | 47.9%        | 1.7%        |
| 女性30歳代 | 184   | 47.8%          | 51.1%        | 1.1%        |
| 女性40歳代 | 210   | 65.7%          | 34.3%        | 0.0%        |
| 女性50歳代 | 275   | 67.3%          | 32.4%        | 0.4%        |
| 女性60歳代 | 353   | 60.6%          | 37.7%        | 1.7%        |
| 女性70歳上 | 357   | 63.3%          | 33.6%        | 3.1%        |
| 東部合計   | 809   | 62.9%          | 35.8%        | 1.2%        |
| 東部男性   | 381   | 70.3%          | 29.1%        | 0.5%        |
| 東部女性   | 428   | 56.3%          | 41.8%        | 1.9%        |
| 中部合計   | 909   | 66.4%          | 32.6%        | 1.0%        |
| 中部男性   | 410   | 70.0%          | 29.0%        | 1.0%        |
| 中部女性   | 499   | 63.5%          | 35.5%        | 1.0%        |
| 西部合計   | 1,059 | 65.5%          | 33.0%        | 1.5%        |
| 西部男性   | 490   | 69.8%          | 28.8%        | 1.4%        |
| 西部女性   | 569   | 61.9%          | 36.6%        | 1.6%        |

問23 6ヶ月以上前から今まで持続する腰の痛み、ひざの痛みはありましたか。それぞれの項目について、あてはまる番号を1つ選んで○をつけてください。

ア. 腰の痛み

|        | 回答数   | なかった           | みか<br>がす<br>あか<br>つな<br>た痛 | あ軽<br>つい<br>た痛<br>みが | た痛中<br>みく<br>がら<br>あいつ | あ強<br>つい<br>た痛<br>みが | あい非<br>つ痛常<br>たみに<br>が激し | 無回答         |
|--------|-------|----------------|----------------------------|----------------------|------------------------|----------------------|--------------------------|-------------|
| 合計     | 2,779 | 1,180<br>42.5% | 313<br>11.3%               | 604<br>21.7%         | 397<br>14.3%           | 137<br>4.9%          | 34<br>1.2%               | 114<br>4.1% |
| 男性合計   | 1,283 | 44.0%          | 12.5%                      | 21.8%                | 13.5%                  | 4.4%                 | 0.8%                     | 3.1%        |
| 男性20歳代 | 95    | 56.8%          | 8.4%                       | 16.8%                | 12.6%                  | 3.2%                 | 1.1%                     | 1.1%        |
| 男性30歳代 | 166   | 49.4%          | 9.0%                       | 23.5%                | 10.2%                  | 6.0%                 | 0.0%                     | 1.8%        |
| 男性40歳代 | 172   | 47.1%          | 9.9%                       | 21.5%                | 13.4%                  | 6.4%                 | 0.0%                     | 1.7%        |
| 男性50歳代 | 218   | 42.2%          | 14.2%                      | 22.5%                | 15.1%                  | 3.7%                 | 0.9%                     | 1.4%        |
| 男性60歳代 | 332   | 43.1%          | 11.4%                      | 24.1%                | 14.2%                  | 3.0%                 | 1.5%                     | 2.7%        |
| 男性70歳上 | 300   | 37.3%          | 17.0%                      | 19.7%                | 13.7%                  | 4.7%                 | 0.7%                     | 7.0%        |
| 女性合計   | 1,496 | 41.2%          | 10.2%                      | 21.7%                | 15.0%                  | 5.4%                 | 1.6%                     | 4.9%        |
| 女性20歳代 | 117   | 53.8%          | 7.7%                       | 15.4%                | 12.8%                  | 6.0%                 | 1.7%                     | 2.6%        |
| 女性30歳代 | 184   | 45.7%          | 7.1%                       | 25.5%                | 14.7%                  | 2.7%                 | 2.2%                     | 2.2%        |
| 女性40歳代 | 210   | 51.0%          | 10.5%                      | 20.0%                | 11.9%                  | 4.3%                 | 1.0%                     | 1.4%        |
| 女性50歳代 | 275   | 40.7%          | 11.3%                      | 25.5%                | 13.5%                  | 4.4%                 | 1.5%                     | 3.3%        |
| 女性60歳代 | 353   | 38.0%          | 14.7%                      | 20.4%                | 14.7%                  | 6.2%                 | 0.8%                     | 5.1%        |
| 女性70歳上 | 357   | 32.5%          | 7.3%                       | 21.0%                | 19.0%                  | 7.3%                 | 2.5%                     | 10.4%       |
| 東部合計   | 809   | 42.0%          | 12.7%                      | 20.8%                | 14.7%                  | 5.1%                 | 1.2%                     | 3.5%        |
| 東部男性   | 381   | 47.8%          | 12.6%                      | 18.9%                | 12.9%                  | 5.5%                 | 0.5%                     | 1.8%        |
| 東部女性   | 428   | 36.9%          | 12.9%                      | 22.4%                | 16.4%                  | 4.7%                 | 1.9%                     | 4.9%        |
| 中部合計   | 909   | 43.0%          | 11.6%                      | 21.3%                | 14.1%                  | 5.2%                 | 1.0%                     | 3.9%        |
| 中部男性   | 410   | 42.4%          | 12.9%                      | 21.7%                | 14.4%                  | 4.4%                 | 0.5%                     | 3.7%        |
| 中部女性   | 499   | 43.5%          | 10.4%                      | 21.0%                | 13.8%                  | 5.8%                 | 1.4%                     | 4.0%        |
| 西部合計   | 1,059 | 42.3%          | 9.9%                       | 22.9%                | 14.2%                  | 4.6%                 | 1.4%                     | 4.7%        |
| 西部男性   | 490   | 42.2%          | 12.0%                      | 24.3%                | 13.3%                  | 3.5%                 | 1.2%                     | 3.5%        |
| 西部女性   | 569   | 42.4%          | 8.1%                       | 21.6%                | 14.9%                  | 5.6%                 | 1.6%                     | 5.8%        |

イ. ひざの痛み

|        | 回答数   | なかった           | みか<br>がす<br>あか<br>つな<br>た痛 | あ軽<br>つい<br>た痛<br>みが | た痛中<br>みく<br>がら<br>あいつ | あ強<br>つい<br>た痛<br>みが | あい非<br>つ痛常<br>たみに<br>が激し | 無回答         |
|--------|-------|----------------|----------------------------|----------------------|------------------------|----------------------|--------------------------|-------------|
| 合計     | 2,779 | 1,571<br>56.5% | 337<br>12.1%               | 386<br>13.9%         | 253<br>9.1%            | 84<br>3.0%           | 16<br>0.6%               | 132<br>4.7% |
| 男性合計   | 1,283 | 58.9%          | 12.0%                      | 13.8%                | 7.8%                   | 2.7%                 | 0.3%                     | 4.5%        |
| 男性20歳代 | 95    | 71.6%          | 8.4%                       | 11.6%                | 5.3%                   | 1.1%                 | 0.0%                     | 2.1%        |
| 男性30歳代 | 166   | 69.9%          | 10.2%                      | 10.2%                | 4.8%                   | 1.8%                 | 0.6%                     | 2.4%        |
| 男性40歳代 | 172   | 63.4%          | 9.9%                       | 14.5%                | 5.8%                   | 2.3%                 | 0.0%                     | 4.1%        |
| 男性50歳代 | 218   | 55.0%          | 15.6%                      | 16.1%                | 6.4%                   | 3.2%                 | 0.5%                     | 3.2%        |
| 男性60歳代 | 332   | 59.0%          | 11.1%                      | 14.8%                | 8.4%                   | 2.1%                 | 0.6%                     | 3.9%        |
| 男性70歳上 | 300   | 49.0%          | 13.7%                      | 13.3%                | 11.7%                  | 4.0%                 | 0.0%                     | 8.3%        |
| 女性合計   | 1,496 | 54.5%          | 12.2%                      | 14.0%                | 10.2%                  | 3.3%                 | 0.8%                     | 4.9%        |
| 女性20歳代 | 117   | 73.5%          | 11.1%                      | 5.1%                 | 4.3%                   | 1.7%                 | 0.0%                     | 4.3%        |
| 女性30歳代 | 184   | 70.1%          | 9.8%                       | 9.8%                 | 7.1%                   | 0.5%                 | 0.0%                     | 2.7%        |
| 女性40歳代 | 210   | 68.6%          | 11.0%                      | 9.0%                 | 6.2%                   | 2.9%                 | 0.5%                     | 1.9%        |
| 女性50歳代 | 275   | 52.0%          | 12.0%                      | 18.5%                | 10.5%                  | 3.6%                 | 0.4%                     | 2.9%        |
| 女性60歳代 | 353   | 49.6%          | 14.7%                      | 15.6%                | 11.6%                  | 3.1%                 | 0.8%                     | 4.5%        |
| 女性70歳上 | 357   | 38.7%          | 12.3%                      | 16.8%                | 14.6%                  | 5.6%                 | 2.0%                     | 10.1%       |
| 東部合計   | 809   | 54.3%          | 13.2%                      | 15.3%                | 9.0%                   | 2.7%                 | 0.6%                     | 4.8%        |
| 東部男性   | 381   | 59.1%          | 13.6%                      | 12.3%                | 8.1%                   | 1.8%                 | 0.0%                     | 5.0%        |
| 東部女性   | 428   | 50.0%          | 12.9%                      | 18.0%                | 9.8%                   | 3.5%                 | 1.2%                     | 4.7%        |
| 中部合計   | 909   | 58.7%          | 11.0%                      | 12.1%                | 9.9%                   | 2.9%                 | 0.9%                     | 4.5%        |
| 中部男性   | 410   | 61.2%          | 9.5%                       | 13.9%                | 7.1%                   | 2.9%                 | 0.7%                     | 4.6%        |
| 中部女性   | 499   | 56.7%          | 12.2%                      | 10.6%                | 12.2%                  | 2.8%                 | 1.0%                     | 4.4%        |
| 西部合計   | 1,059 | 56.5%          | 12.2%                      | 14.3%                | 8.5%                   | 3.4%                 | 0.3%                     | 4.9%        |
| 西部男性   | 490   | 57.1%          | 12.7%                      | 14.7%                | 8.2%                   | 3.1%                 | 0.2%                     | 4.1%        |
| 西部女性   | 569   | 55.9%          | 11.8%                      | 13.9%                | 8.8%                   | 3.7%                 | 0.4%                     | 5.6%        |



問23-2 持続する痛みがあった方にお尋ねします。その痛みのために日常生活に支障がありましたか。

|         | 回答数   | 全く<br>なかつた   | かめ<br>つた<br>たに<br>な | 時<br>々<br>あ<br>つ<br>た | あ<br>し<br>ば<br>た<br>し<br>ば | 常<br>に<br>あ<br>つ<br>た | 無<br>回<br>答  |
|---------|-------|--------------|---------------------|-----------------------|----------------------------|-----------------------|--------------|
| 合 計     | 1,713 | 296<br>17.3% | 517<br>30.2%        | 492<br>28.7%          | 140<br>8.2%                | 92<br>5.4%            | 176<br>10.3% |
| 男 性 合 計 | 778   | 19.5%        | 33.2%               | 27.5%                 | 5.7%                       | 4.1%                  | 10.0%        |
| 男性20歳代  | 45    | 26.7%        | 28.9%               | 26.7%                 | 2.2%                       | 11.1%                 | 4.4%         |
| 男性30歳代  | 90    | 25.6%        | 32.2%               | 26.7%                 | 7.8%                       | 3.3%                  | 4.4%         |
| 男性40歳代  | 101   | 17.8%        | 38.6%               | 27.7%                 | 5.0%                       | 0.0%                  | 10.9%        |
| 男性50歳代  | 146   | 13.7%        | 41.1%               | 26.0%                 | 3.4%                       | 4.8%                  | 11.0%        |
| 男性60歳代  | 201   | 18.9%        | 34.3%               | 29.4%                 | 6.0%                       | 3.0%                  | 8.5%         |
| 男性70歳上  | 195   | 21.0%        | 24.6%               | 27.2%                 | 7.2%                       | 5.6%                  | 14.4%        |
| 女 性 合 計 | 935   | 15.4%        | 27.7%               | 29.7%                 | 10.3%                      | 6.4%                  | 10.5%        |
| 女性20歳代  | 55    | 14.5%        | 32.7%               | 32.7%                 | 9.1%                       | 3.6%                  | 7.3%         |
| 女性30歳代  | 103   | 18.4%        | 33.0%               | 26.2%                 | 5.8%                       | 3.9%                  | 12.6%        |
| 女性40歳代  | 112   | 17.9%        | 28.6%               | 30.4%                 | 12.5%                      | 2.7%                  | 8.0%         |
| 女性50歳代  | 177   | 10.7%        | 29.4%               | 32.8%                 | 8.5%                       | 5.1%                  | 13.6%        |
| 女性60歳代  | 235   | 15.7%        | 29.8%               | 29.4%                 | 10.2%                      | 4.3%                  | 10.6%        |
| 女性70歳上  | 253   | 16.2%        | 20.9%               | 28.5%                 | 12.6%                      | 12.6%                 | 9.1%         |
| 東 部 合 計 | 510   | 17.5%        | 30.6%               | 30.0%                 | 7.5%                       | 4.5%                  | 10.0%        |
| 東 部 男 性 | 224   | 20.5%        | 36.2%               | 29.0%                 | 4.9%                       | 2.2%                  | 7.1%         |
| 東 部 女 性 | 286   | 15.0%        | 26.2%               | 30.8%                 | 9.4%                       | 6.3%                  | 12.2%        |
| 中 部 合 計 | 546   | 17.9%        | 27.1%               | 28.9%                 | 10.4%                      | 5.5%                  | 10.1%        |
| 中 部 男 性 | 248   | 20.6%        | 29.8%               | 26.2%                 | 8.1%                       | 4.8%                  | 10.5%        |
| 中 部 女 性 | 298   | 15.8%        | 24.8%               | 31.2%                 | 12.4%                      | 6.0%                  | 9.7%         |
| 西 部 合 計 | 655   | 16.5%        | 32.5%               | 27.6%                 | 6.9%                       | 6.0%                  | 10.5%        |
| 西 部 男 性 | 304   | 17.8%        | 33.9%               | 27.6%                 | 4.3%                       | 4.9%                  | 11.5%        |
| 西 部 女 性 | 351   | 15.4%        | 31.3%               | 27.6%                 | 9.1%                       | 6.8%                  | 9.7%         |

問24 あなたは、太っていると思いますか。やせていると思いますか。

|         | 回答数   | 太<br>つ<br>て<br>い<br>る | い<br>少<br>る<br>し<br>太<br>つ<br>て | ふ<br>つ<br>う    | い<br>少<br>し<br>や<br>せ<br>て | や<br>せ<br>て<br>い<br>る | 無<br>回<br>答 | 少<br>太<br>つ<br>て<br>い<br>る<br>+ | ふ<br>つ<br>う    | 少<br>や<br>せ<br>て<br>い<br>る<br>+ | 無<br>回<br>答 |
|---------|-------|-----------------------|---------------------------------|----------------|----------------------------|-----------------------|-------------|---------------------------------|----------------|---------------------------------|-------------|
| 合 計     | 2,779 | 405<br>14.6%          | 737<br>26.5%                    | 1,108<br>39.9% | 268<br>9.6%                | 247<br>8.9%           | 14<br>0.5%  | 1,142<br>41.1%                  | 1,108<br>39.9% | 515<br>18.5%                    | 14<br>0.5%  |
| 男 性 合 計 | 1,283 | 13.8%                 | 27.4%                           | 38.7%          | 9.7%                       | 9.8%                  | 0.6%        | 41.2%                           | 38.7%          | 19.5%                           | 0.6%        |
| 男性20歳代  | 95    | 14.7%                 | 26.3%                           | 34.7%          | 10.5%                      | 13.7%                 | 0.0%        | 41.1%                           | 34.7%          | 24.2%                           | 0.0%        |
| 男性30歳代  | 166   | 16.3%                 | 34.9%                           | 30.7%          | 10.8%                      | 7.2%                  | 0.0%        | 51.2%                           | 30.7%          | 18.1%                           | 0.0%        |
| 男性40歳代  | 172   | 19.8%                 | 26.7%                           | 40.7%          | 5.2%                       | 7.0%                  | 0.6%        | 46.5%                           | 40.7%          | 12.2%                           | 0.6%        |
| 男性50歳代  | 218   | 16.5%                 | 32.1%                           | 34.9%          | 7.8%                       | 8.7%                  | 0.0%        | 48.6%                           | 34.9%          | 16.5%                           | 0.0%        |
| 男性60歳代  | 332   | 10.5%                 | 23.8%                           | 43.7%          | 9.0%                       | 12.0%                 | 0.9%        | 34.3%                           | 43.7%          | 21.1%                           | 0.9%        |
| 男性70歳上  | 300   | 10.3%                 | 24.3%                           | 40.7%          | 13.3%                      | 10.0%                 | 1.3%        | 34.7%                           | 40.7%          | 23.3%                           | 1.3%        |
| 女 性 合 計 | 1,496 | 15.2%                 | 25.8%                           | 40.8%          | 9.6%                       | 8.1%                  | 0.4%        | 41.0%                           | 40.8%          | 17.7%                           | 0.4%        |
| 女性20歳代  | 117   | 9.4%                  | 22.2%                           | 51.3%          | 8.5%                       | 7.7%                  | 0.9%        | 31.6%                           | 51.3%          | 16.2%                           | 0.9%        |
| 女性30歳代  | 184   | 12.5%                 | 31.5%                           | 38.0%          | 10.3%                      | 7.6%                  | 0.0%        | 44.0%                           | 38.0%          | 17.9%                           | 0.0%        |
| 女性40歳代  | 210   | 20.0%                 | 25.2%                           | 38.6%          | 9.5%                       | 6.7%                  | 0.0%        | 45.2%                           | 38.6%          | 16.2%                           | 0.0%        |
| 女性50歳代  | 275   | 15.3%                 | 27.6%                           | 44.0%          | 6.5%                       | 6.2%                  | 0.4%        | 42.9%                           | 44.0%          | 12.7%                           | 0.4%        |
| 女性60歳代  | 353   | 19.3%                 | 23.8%                           | 38.2%          | 9.6%                       | 9.1%                  | 0.0%        | 43.1%                           | 38.2%          | 18.7%                           | 0.0%        |
| 女性70歳上  | 357   | 11.8%                 | 24.9%                           | 40.3%          | 12.0%                      | 9.8%                  | 1.1%        | 36.7%                           | 40.3%          | 21.8%                           | 1.1%        |
| 東 部 合 計 | 809   | 14.5%                 | 27.8%                           | 39.8%          | 10.5%                      | 7.0%                  | 0.4%        | 42.3%                           | 39.8%          | 17.6%                           | 0.4%        |
| 東 部 男 性 | 381   | 12.1%                 | 28.9%                           | 39.6%          | 9.7%                       | 8.9%                  | 0.8%        | 40.9%                           | 39.6%          | 18.6%                           | 0.8%        |
| 東 部 女 性 | 428   | 16.6%                 | 26.9%                           | 40.0%          | 11.2%                      | 5.4%                  | 0.0%        | 43.5%                           | 40.0%          | 16.6%                           | 0.0%        |
| 中 部 合 計 | 909   | 15.6%                 | 24.4%                           | 39.9%          | 9.2%                       | 10.2%                 | 0.6%        | 40.0%                           | 39.9%          | 19.5%                           | 0.6%        |
| 中 部 男 性 | 410   | 15.9%                 | 25.6%                           | 39.3%          | 8.5%                       | 10.2%                 | 0.5%        | 41.5%                           | 39.3%          | 18.8%                           | 0.5%        |
| 中 部 女 性 | 499   | 15.4%                 | 23.4%                           | 40.5%          | 9.8%                       | 10.2%                 | 0.6%        | 38.9%                           | 40.5%          | 20.0%                           | 0.6%        |
| 西 部 合 計 | 1,059 | 13.7%                 | 27.4%                           | 39.9%          | 9.3%                       | 9.1%                  | 0.6%        | 41.1%                           | 39.9%          | 18.4%                           | 0.6%        |
| 西 部 男 性 | 490   | 13.3%                 | 27.8%                           | 37.8%          | 10.6%                      | 10.0%                 | 0.6%        | 41.0%                           | 37.8%          | 20.6%                           | 0.6%        |
| 西 部 女 性 | 569   | 14.1%                 | 27.1%                           | 41.8%          | 8.3%                       | 8.3%                  | 0.5%        | 41.1%                           | 41.8%          | 16.5%                           | 0.5%        |

体格別ボディイメージ

|        | 回答数   | 太っている        | 少し太っている      | ふつう            | 少しやせている     | やせている       | 無回答       | 正しいボディイメージを持っている人の割合 |
|--------|-------|--------------|--------------|----------------|-------------|-------------|-----------|----------------------|
| 合計     | 2,725 | 400<br>14.7% | 726<br>26.6% | 1,085<br>39.8% | 268<br>9.8% | 242<br>8.9% | 4<br>0.1% | 1,753<br>64.3%       |
| 低体重計   | 247   | 0.0%         | 1.2%         | 14.2%          | 30.4%       | 53.4%       | 0.8%      | 83.8%                |
| 男性計    | 61    | 0.0%         | 1.6%         | 8.2%           | 14.8%       | 73.8%       | 1.6%      | 88.5%                |
| 女性計    | 186   | 0.0%         | 1.1%         | 16.1%          | 35.5%       | 46.8%       | 0.5%      | 82.3%                |
| 男性20歳代 | 5     | 0.0%         | 20.0%        | 0.0%           | 0.0%        | 80.0%       | 0.0%      | 80.0%                |
| 男性30歳代 | 6     | 0.0%         | 0.0%         | 0.0%           | 0.0%        | 100.0%      | 0.0%      | 100.0%               |
| 男性40歳代 | 9     | 0.0%         | 0.0%         | 22.2%          | 22.2%       | 55.6%       | 0.0%      | 77.8%                |
| 男性50歳代 | 14    | 0.0%         | 0.0%         | 0.0%           | 21.4%       | 78.6%       | 0.0%      | 100.0%               |
| 男性60歳代 | 15    | 0.0%         | 0.0%         | 13.3%          | 6.7%        | 73.3%       | 6.7%      | 80.0%                |
| 男性70歳上 | 12    | 0.0%         | 0.0%         | 8.3%           | 25.0%       | 66.7%       | 0.0%      | 91.7%                |
| 女性20歳代 | 22    | 0.0%         | 0.0%         | 31.8%          | 31.8%       | 36.4%       | 0.0%      | 68.2%                |
| 女性30歳代 | 27    | 0.0%         | 0.0%         | 18.5%          | 37.0%       | 44.4%       | 0.0%      | 81.5%                |
| 女性40歳代 | 29    | 0.0%         | 3.4%         | 17.2%          | 41.4%       | 37.9%       | 0.0%      | 79.3%                |
| 女性50歳代 | 26    | 0.0%         | 0.0%         | 7.7%           | 34.6%       | 57.7%       | 0.0%      | 92.3%                |
| 女性60歳代 | 45    | 0.0%         | 2.2%         | 15.6%          | 31.1%       | 51.1%       | 0.0%      | 82.2%                |
| 女性70歳上 | 37    | 0.0%         | 0.0%         | 10.8%          | 37.8%       | 48.6%       | 2.7%      | 86.5%                |
| 東部計    | 54    | 0.0%         | 1.9%         | 13.0%          | 35.2%       | 50.0%       | 0.0%      | 85.2%                |
| 中部計    | 81    | 0.0%         | 2.5%         | 13.6%          | 30.9%       | 53.1%       | 0.0%      | 84.0%                |
| 西部計    | 111   | 0.0%         | 0.0%         | 15.3%          | 27.9%       | 55.0%       | 1.8%      | 82.9%                |
| 普通計    | 1,931 | 5.0%         | 26.2%        | 53.1%          | 10.0%       | 5.7%        | 0.1%      | 53.1%                |
| 男性計    | 888   | 2.9%         | 22.2%        | 52.9%          | 13.0%       | 8.9%        | 0.1%      | 52.9%                |
| 女性計    | 1,043 | 6.7%         | 29.6%        | 53.2%          | 7.5%        | 3.0%        | 0.0%      | 53.2%                |
| 男性20歳代 | 70    | 4.3%         | 22.9%        | 45.7%          | 14.3%       | 12.9%       | 0.0%      | 45.7%                |
| 男性30歳代 | 106   | 0.9%         | 28.3%        | 48.1%          | 17.0%       | 5.7%        | 0.0%      | 48.1%                |
| 男性40歳代 | 108   | 3.7%         | 23.1%        | 60.2%          | 6.5%        | 6.5%        | 0.0%      | 60.2%                |
| 男性50歳代 | 136   | 3.7%         | 26.5%        | 53.7%          | 10.3%       | 5.9%        | 0.0%      | 53.7%                |
| 男性60歳代 | 250   | 1.6%         | 20.4%        | 54.8%          | 11.6%       | 11.6%       | 0.0%      | 54.8%                |
| 男性70歳上 | 218   | 4.1%         | 17.9%        | 51.4%          | 17.0%       | 9.2%        | 0.5%      | 51.4%                |
| 女性20歳代 | 80    | 5.0%         | 28.8%        | 61.3%          | 3.8%        | 1.3%        | 0.0%      | 61.3%                |
| 女性30歳代 | 134   | 7.5%         | 36.6%        | 47.8%          | 6.7%        | 1.5%        | 0.0%      | 47.8%                |
| 女性40歳代 | 142   | 9.9%         | 29.6%        | 52.8%          | 5.6%        | 2.1%        | 0.0%      | 52.8%                |
| 女性50歳代 | 202   | 7.4%         | 30.7%        | 56.4%          | 4.5%        | 1.0%        | 0.0%      | 56.4%                |
| 女性60歳代 | 232   | 6.9%         | 27.6%        | 53.0%          | 8.6%        | 3.9%        | 0.0%      | 53.0%                |
| 女性70歳上 | 253   | 4.3%         | 27.3%        | 51.4%          | 11.5%       | 5.5%        | 0.0%      | 51.4%                |
| 東部計    | 574   | 4.0%         | 26.3%        | 53.1%          | 11.5%       | 4.9%        | 0.2%      | 53.1%                |
| 中部計    | 625   | 5.0%         | 24.6%        | 53.3%          | 9.4%        | 7.7%        | 0.0%      | 53.3%                |
| 西部計    | 731   | 5.6%         | 27.5%        | 52.9%          | 9.3%        | 4.7%        | 0.0%      | 52.9%                |
| 肥満計    | 547   | 55.6%        | 39.7%        | 4.6%           | 0.0%        | 0.0%        | 0.2%      | 95.2%                |
| 男性計    | 321   | 46.7%        | 47.4%        | 5.6%           | 0.0%        | 0.0%        | 0.3%      | 94.1%                |
| 女性計    | 226   | 68.1%        | 28.8%        | 3.1%           | 0.0%        | 0.0%        | 0.0%      | 96.9%                |
| 男性20歳代 | 20    | 55.0%        | 40.0%        | 5.0%           | 0.0%        | 0.0%        | 0.0%      | 95.0%                |
| 男性30歳代 | 54    | 48.1%        | 51.9%        | 0.0%           | 0.0%        | 0.0%        | 0.0%      | 100.0%               |
| 男性40歳代 | 53    | 56.6%        | 37.7%        | 5.7%           | 0.0%        | 0.0%        | 0.0%      | 94.3%                |
| 男性50歳代 | 68    | 45.6%        | 50.0%        | 4.4%           | 0.0%        | 0.0%        | 0.0%      | 95.6%                |
| 男性60歳代 | 64    | 48.4%        | 43.8%        | 6.3%           | 0.0%        | 0.0%        | 1.6%      | 92.2%                |
| 男性70歳上 | 62    | 33.9%        | 54.8%        | 11.3%          | 0.0%        | 0.0%        | 0.0%      | 88.7%                |
| 女性20歳代 | 11    | 63.6%        | 18.2%        | 18.2%          | 0.0%        | 0.0%        | 0.0%      | 81.8%                |
| 女性30歳代 | 18    | 66.7%        | 33.3%        | 0.0%           | 0.0%        | 0.0%        | 0.0%      | 100.0%               |
| 女性40歳代 | 38    | 73.7%        | 26.3%        | 0.0%           | 0.0%        | 0.0%        | 0.0%      | 100.0%               |
| 女性50歳代 | 43    | 62.8%        | 32.6%        | 4.7%           | 0.0%        | 0.0%        | 0.0%      | 95.3%                |
| 女性60歳代 | 66    | 75.8%        | 24.2%        | 0.0%           | 0.0%        | 0.0%        | 0.0%      | 100.0%               |
| 女性70歳上 | 50    | 60.0%        | 34.0%        | 6.0%           | 0.0%        | 0.0%        | 0.0%      | 94.0%                |
| 東部計    | 162   | 56.2%        | 41.4%        | 2.5%           | 0.0%        | 0.0%        | 0.0%      | 97.5%                |
| 中部計    | 186   | 59.1%        | 34.4%        | 5.9%           | 0.0%        | 0.0%        | 0.5%      | 93.5%                |
| 西部計    | 199   | 51.8%        | 43.2%        | 5.0%           | 0.0%        | 0.0%        | 0.0%      | 95.0%                |

問25 あなたは、今後1年間程度で、体重を増やしたいと思いますか。減らしたいと思いますか。

|         | 回答数   | や今より<br>も増  | ら今より<br>も減     | よ今<br>のま<br>まで | 無<br>回<br>答 |
|---------|-------|-------------|----------------|----------------|-------------|
| 合 計     | 2,779 | 185<br>6.7% | 1,446<br>52.0% | 1,132<br>40.7% | 16<br>0.6%  |
| 男 性 合 計 | 1,283 | 8.3%        | 48.3%          | 42.7%          | 0.7%        |
| 男性20歳代  | 95    | 14.7%       | 50.5%          | 34.7%          | 0.0%        |
| 男性30歳代  | 166   | 9.0%        | 60.8%          | 30.1%          | 0.0%        |
| 男性40歳代  | 172   | 2.9%        | 55.2%          | 41.3%          | 0.6%        |
| 男性50歳代  | 218   | 6.9%        | 55.0%          | 38.1%          | 0.0%        |
| 男性60歳代  | 332   | 9.3%        | 42.2%          | 47.6%          | 0.9%        |
| 男性70歳上  | 300   | 8.7%        | 38.7%          | 51.0%          | 1.7%        |
| 女 性 合 計 | 1,496 | 5.3%        | 55.2%          | 39.0%          | 0.5%        |
| 女性20歳代  | 117   | 0.9%        | 69.2%          | 29.1%          | 0.9%        |
| 女性30歳代  | 184   | 6.0%        | 60.3%          | 33.7%          | 0.0%        |
| 女性40歳代  | 210   | 4.8%        | 62.9%          | 32.4%          | 0.0%        |
| 女性50歳代  | 275   | 2.5%        | 61.5%          | 35.3%          | 0.7%        |
| 女性60歳代  | 353   | 6.8%        | 53.3%          | 39.7%          | 0.3%        |
| 女性70歳上  | 357   | 7.3%        | 40.6%          | 51.3%          | 0.8%        |
| 東 部 合 計 | 809   | 5.9%        | 52.7%          | 40.9%          | 0.5%        |
| 東 部 男 性 | 381   | 7.1%        | 48.6%          | 43.3%          | 1.0%        |
| 東 部 女 性 | 428   | 4.9%        | 56.3%          | 38.8%          | 0.0%        |
| 中 部 合 計 | 909   | 7.4%        | 53.5%          | 38.6%          | 0.6%        |
| 中 部 男 性 | 410   | 9.3%        | 49.8%          | 40.5%          | 0.5%        |
| 中 部 女 性 | 499   | 5.8%        | 56.5%          | 37.1%          | 0.6%        |
| 西 部 合 計 | 1,059 | 6.6%        | 50.4%          | 42.3%          | 0.7%        |
| 西 部 男 性 | 490   | 8.4%        | 47.1%          | 43.9%          | 0.6%        |
| 西 部 女 性 | 569   | 5.1%        | 53.3%          | 40.9%          | 0.7%        |
| 男 太っている | 177   | 0.6%        | 93.8%          | 5.6%           | 0.0%        |
| 少し太い    | 351   | 0.0%        | 88.6%          | 11.4%          | 0.0%        |
| 合 っ っ っ | 497   | 2.0%        | 28.4%          | 69.4%          | 0.2%        |
| 少しやせ    | 124   | 24.2%       | 1.6%           | 74.2%          | 0.0%        |
| 計 やせている | 126   | 50.8%       | 0.0%           | 47.6%          | 1.6%        |
| 女 太っている | 228   | 0.4%        | 97.8%          | 1.8%           | 0.0%        |
| 少し太い    | 386   | 0.3%        | 89.9%          | 9.6%           | 0.3%        |
| 合 っ っ っ | 611   | 0.5%        | 39.4%          | 59.9%          | 0.2%        |
| 少しやせ    | 144   | 16.0%       | 9.7%           | 74.3%          | 0.0%        |
| 計 やせている | 121   | 42.1%       | 0.8%           | 57.0%          | 0.0%        |

体格別体重調整意識

|         | 回答数   | し今<br>たより<br>も増<br>や | し今<br>たより<br>も減<br>ら | い今<br>のま<br>まで<br>よ | 無<br>回<br>答 | 人 整<br>意 正<br>の 識<br>割 合<br>の 体<br>あ 重<br>る 調 |
|---------|-------|----------------------|----------------------|---------------------|-------------|---|
| 合 計     | 2,725 | 184<br>6.8%          | 1,425<br>52.3%       | 1,111<br>40.8%      | 5<br>0.2%   | 1,510<br>55.4%                                |
| 低 体 重 計 | 247   | 32.8%                | 6.9%                 | 59.9%               | 0.4%        | 32.8%   |
| 男 性 計   | 61    | 50.8%                | 1.6%                 | 45.9%               | 1.6%        | 50.8%   |
| 女 性 計   | 186   | 26.9%                | 8.6%                 | 64.5%               | 0.0%        | 26.9%   |
| 男性20歳代  | 5     | 20.0%                | 0.0%                 | 80.0%               | 0.0%        | 20.0%   |
| 男性30歳代  | 6     | 50.0%                | 0.0%                 | 50.0%               | 0.0%        | 50.0%   |
| 男性40歳代  | 9     | 22.2%                | 0.0%                 | 77.8%               | 0.0%        | 22.2%   |
| 男性50歳代  | 14    | 64.3%                | 0.0%                 | 35.7%               | 0.0%        | 64.3%   |
| 男性60歳代  | 15    | 60.0%                | 6.7%                 | 26.7%               | 6.7%        | 60.0%   |
| 男性70歳上  | 12    | 58.3%                | 0.0%                 | 41.7%               | 0.0%        | 58.3%   |
| 女性20歳代  | 22    | 4.5%                 | 27.3%                | 68.2%               | 0.0%        | 4.5%  |
| 女性30歳代  | 27    | 40.7%                | 11.1%                | 48.1%               | 0.0%        | 40.7%   |
| 女性40歳代  | 29    | 20.7%                | 3.4%                 | 75.9%               | 0.0%        | 20.7%   |
| 女性50歳代  | 26    | 26.9%                | 7.7%                 | 65.4%               | 0.0%        | 26.9%   |
| 女性60歳代  | 45    | 31.1%                | 8.9%                 | 60.0%               | 0.0%        | 31.1%   |
| 女性70歳上  | 37    | 29.7%                | 0.0%                 | 70.3%               | 0.0%        | 29.7%   |
| 東 部 計   | 54    | 35.2%                | 7.4%                 | 57.4%               | 0.0%        | 35.2%   |

|        |       |       |        |       |      |        |
|--------|-------|-------|--------|-------|------|--------|
| 中部計    | 81    | 38.3% | 7.4%   | 54.3% | 0.0% | 38.3%  |
| 西部計    | 111   | 27.9% | 6.3%   | 64.9% | 0.9% | 27.9%  |
| 普通計    | 1,931 | 5.3%  | 46.7%  | 47.8% | 0.2% | 47.8%  |
| 男性計    | 888   | 8.3%  | 36.4%  | 55.1% | 0.2% | 55.1%  |
| 女性計    | 1,043 | 2.7%  | 55.5%  | 41.6% | 0.2% | 41.6%  |
| 男性20歳代 | 70    | 18.6% | 40.0%  | 41.4% | 0.0% | 41.4%  |
| 男性30歳代 | 106   | 11.3% | 46.2%  | 42.5% | 0.0% | 42.5%  |
| 男性40歳代 | 108   | 2.8%  | 40.7%  | 56.5% | 0.0% | 56.5%  |
| 男性50歳代 | 136   | 4.4%  | 42.6%  | 52.9% | 0.0% | 52.9%  |
| 男性60歳代 | 250   | 8.8%  | 34.0%  | 57.2% | 0.0% | 57.2%  |
| 男性70歳上 | 218   | 8.3%  | 27.1%  | 63.8% | 0.9% | 63.8%  |
| 女性20歳代 | 80    | 0.0%  | 77.5%  | 22.5% | 0.0% | 22.5%  |
| 女性30歳代 | 134   | 0.0%  | 64.2%  | 35.8% | 0.0% | 35.8%  |
| 女性40歳代 | 142   | 2.8%  | 66.2%  | 31.0% | 0.0% | 31.0%  |
| 女性50歳代 | 202   | 0.0%  | 62.4%  | 37.1% | 0.5% | 37.1%  |
| 女性60歳代 | 232   | 3.9%  | 48.3%  | 47.4% | 0.4% | 47.4%  |
| 女性70歳上 | 253   | 5.9%  | 39.1%  | 54.9% | 0.0% | 54.9%  |
| 東部計    | 574   | 4.9%  | 46.0%  | 48.8% | 0.3% | 48.8%  |
| 中部計    | 625   | 5.8%  | 48.5%  | 45.8% | 0.0% | 45.8%  |
| 西部計    | 731   | 5.2%  | 45.8%  | 48.7% | 0.3% | 48.7%  |
| 肥満計    | 547   | 0.2%  | 92.5%  | 7.3%  | 0.0% | 92.5%  |
| 男性計    | 321   | 0.0%  | 91.6%  | 8.4%  | 0.0% | 91.6%  |
| 女性計    | 226   | 0.4%  | 93.8%  | 5.8%  | 0.0% | 93.8%  |
| 男性20歳代 | 20    | 0.0%  | 100.0% | 0.0%  | 0.0% | 100.0% |
| 男性30歳代 | 54    | 0.0%  | 96.3%  | 3.7%  | 0.0% | 96.3%  |
| 男性40歳代 | 53    | 0.0%  | 94.3%  | 5.7%  | 0.0% | 94.3%  |
| 男性50歳代 | 68    | 0.0%  | 91.2%  | 8.8%  | 0.0% | 91.2%  |
| 男性60歳代 | 64    | 0.0%  | 84.4%  | 15.6% | 0.0% | 84.4%  |
| 男性70歳上 | 62    | 0.0%  | 90.3%  | 9.7%  | 0.0% | 90.3%  |
| 女性20歳代 | 11    | 0.0%  | 90.9%  | 9.1%  | 0.0% | 90.9%  |
| 女性30歳代 | 18    | 0.0%  | 94.4%  | 5.6%  | 0.0% | 94.4%  |
| 女性40歳代 | 38    | 0.0%  | 94.7%  | 5.3%  | 0.0% | 94.7%  |
| 女性50歳代 | 43    | 0.0%  | 95.3%  | 4.7%  | 0.0% | 95.3%  |
| 女性60歳代 | 66    | 1.5%  | 98.5%  | 0.0%  | 0.0% | 98.5%  |
| 女性70歳上 | 50    | 0.0%  | 86.0%  | 14.0% | 0.0% | 86.0%  |
| 東部計    | 162   | 0.0%  | 91.4%  | 8.6%  | 0.0% | 91.4%  |
| 中部計    | 186   | 0.0%  | 92.5%  | 7.5%  | 0.0% | 92.5%  |
| 西部計    | 199   | 0.5%  | 93.5%  | 6.0%  | 0.0% | 93.5%  |

問26 身長と体重を教えてください。

|        | 身長    |         |          | 体重    |        |          | BMI = 体重kg / (身長m) <sup>2</sup> |                |              |            |
|--------|-------|---------|----------|-------|--------|----------|---------------------------------|----------------|--------------|------------|
|        | 回答数   | 平均身長    | (±) 標準偏差 | 回答数   | 平均体重   | (±) 標準偏差 | 低体重 <18.5                       | 普通体重 ≥18.5~25  | 肥満 ≥25       | 無回答        |
| 合計     | 2,741 | 160.6cm | 9.06cm   | 2,731 | 58.2kg | 11.65kg  | 247<br>8.9%                     | 1,931<br>69.5% | 547<br>19.7% | 54<br>1.9% |
| 男性合計   | 1,274 | 167.3cm | 6.68cm   | 1,270 | 65.0kg | 10.80kg  | 4.8%                            | 69.2%          | 25.0%        | 1.0%       |
| 男性20歳代 | 95    | 170.5cm | 6.07cm   | 95    | 65.9kg | 10.55kg  | 5.3%                            | 73.7%          | 21.1%        | 0.0%       |
| 男性30歳代 | 166   | 170.4cm | 6.58cm   | 166   | 68.8kg | 10.79kg  | 3.6%                            | 63.9%          | 32.5%        | 0.0%       |
| 男性40歳代 | 170   | 168.6cm | 7.51cm   | 170   | 67.4kg | 12.31kg  | 5.2%                            | 62.8%          | 30.8%        | 1.2%       |
| 男性50歳代 | 218   | 167.9cm | 5.62cm   | 218   | 66.8kg | 11.30kg  | 6.4%                            | 62.4%          | 31.2%        | 0.0%       |
| 男性60歳代 | 330   | 166.4cm | 5.55cm   | 329   | 63.2kg | 9.67kg   | 4.5%                            | 75.3%          | 19.3%        | 0.9%       |
| 男性70歳上 | 295   | 164.5cm | 6.96cm   | 292   | 61.8kg | 9.49kg   | 4.0%                            | 72.7%          | 20.7%        | 2.7%       |
| 女性合計   | 1,467 | 154.8cm | 6.44cm   | 1,461 | 52.3kg | 8.82kg   | 12.4%                           | 69.7%          | 15.1%        | 2.7%       |
| 女性20歳代 | 114   | 157.8cm | 5.36cm   | 113   | 51.7kg | 7.37kg   | 18.8%                           | 68.4%          | 9.4%         | 3.4%       |
| 女性30歳代 | 181   | 157.3cm | 6.45cm   | 179   | 52.8kg | 8.59kg   | 14.7%                           | 72.8%          | 9.8%         | 2.7%       |
| 女性40歳代 | 210   | 157.0cm | 5.72cm   | 209   | 53.8kg | 8.79kg   | 13.8%                           | 67.6%          | 18.1%        | 0.5%       |
| 女性50歳代 | 272   | 155.5cm | 5.58cm   | 272   | 53.5kg | 8.88kg   | 9.5%                            | 73.5%          | 15.6%        | 1.5%       |
| 女性60歳代 | 348   | 154.2cm | 5.61cm   | 344   | 52.7kg | 9.35kg   | 12.7%                           | 65.7%          | 18.7%        | 2.8%       |
| 女性70歳上 | 342   | 151.0cm | 6.75cm   | 344   | 50.0kg | 8.39kg   | 10.4%                           | 70.9%          | 14.0%        | 4.8%       |
| 東部合計   | 798   | 160.9cm | 9.11cm   | 790   | 58.9kg | 11.30kg  | 6.7%                            | 71.0%          | 20.0%        | 2.3%       |
| 東部男性   | 378   | 167.6cm | 6.71cm   | 375   | 65.2kg | 10.29kg  | 3.7%                            | 70.6%          | 24.1%        | 1.6%       |
| 東部女性   | 420   | 154.8cm | 6.29cm   | 415   | 53.2kg | 8.90kg   | 9.3%                            | 71.3%          | 16.4%        | 3.0%       |
| 中部合計   | 895   | 160.5cm | 9.11cm   | 893   | 58.0kg | 12.16kg  | 8.9%                            | 68.8%          | 20.5%        | 1.9%       |
| 中部男性   | 406   | 167.2cm | 7.02cm   | 405   | 65.3kg | 11.67kg  | 4.4%                            | 67.3%          | 27.1%        | 1.2%       |

|       |       |         |        |       |        |         |       |       |       |      |
|-------|-------|---------|--------|-------|--------|---------|-------|-------|-------|------|
| 中部 女性 | 489   | 154.9cm | 6.52cm | 488   | 52.0kg | 8.85kg  | 12.6% | 69.9% | 15.0% | 2.4% |
| 西部 合計 | 1,046 | 160.5cm | 8.95cm | 1,046 | 57.8kg | 11.47kg | 10.5% | 69.0% | 18.8% | 1.7% |
| 西部 男性 | 488   | 167.2cm | 6.30cm | 488   | 64.6kg | 10.47kg | 5.7%  | 69.8% | 24.1% | 0.4% |
| 西部 女性 | 558   | 154.7cm | 6.49cm | 558   | 51.9kg | 8.71kg  | 14.6% | 68.4% | 14.2% | 2.8% |

問26 BMIの内訳

|        | 回答数   | BMI = 体重kg / (身長m) <sup>2</sup> |                       |                     |                     |                     |             | 無回答        |
|--------|-------|---------------------------------|-----------------------|---------------------|---------------------|---------------------|-------------|------------|
|        |       | 低体重<br><18.5                    | 普通体重<br>≥18.5~<br>25> | 肥満1度<br>≥25~<br>30> | 肥満2度<br>≥30~<br>35> | 肥満3度<br>≥35~<br>40> | 肥満4度<br>≥40 |            |
| 合計     | 2,779 | 247<br>8.9%                     | 1,931<br>69.5%        | 471<br>16.9%        | 64<br>2.3%          | 11<br>0.4%          | 1<br>0.0%   | 54<br>1.9% |
| 男性合計   | 1,283 | 4.8%                            | 69.2%                 | 21.8%               | 2.7%                | 0.4%                | 0.1%        | 1.0%       |
| 男性20歳代 | 95    | 5.3%                            | 73.7%                 | 17.9%               | 3.2%                | 0.0%                | 0.0%        | 0.0%       |
| 男性30歳代 | 166   | 3.6%                            | 63.9%                 | 28.3%               | 3.0%                | 0.6%                | 0.6%        | 0.0%       |
| 男性40歳代 | 172   | 5.2%                            | 62.8%                 | 25.6%               | 4.7%                | 0.6%                | 0.0%        | 1.2%       |
| 男性50歳代 | 218   | 6.4%                            | 62.4%                 | 25.2%               | 5.0%                | 0.9%                | 0.0%        | 0.0%       |
| 男性60歳代 | 332   | 4.5%                            | 75.3%                 | 17.5%               | 1.5%                | 0.3%                | 0.0%        | 0.9%       |
| 男性70歳上 | 300   | 4.0%                            | 72.7%                 | 19.7%               | 1.0%                | 0.0%                | 0.0%        | 2.7%       |
| 女性合計   | 1,496 | 12.4%                           | 69.7%                 | 12.8%               | 1.9%                | 0.4%                | 0.0%        | 2.7%       |
| 女性20歳代 | 117   | 18.8%                           | 68.4%                 | 7.7%                | 1.7%                | 0.0%                | 0.0%        | 3.4%       |
| 女性30歳代 | 184   | 14.7%                           | 72.8%                 | 8.7%                | 1.1%                | 0.0%                | 0.0%        | 2.7%       |
| 女性40歳代 | 210   | 13.8%                           | 67.6%                 | 15.2%               | 2.4%                | 0.5%                | 0.0%        | 0.5%       |
| 女性50歳代 | 275   | 9.5%                            | 73.5%                 | 13.1%               | 1.8%                | 0.7%                | 0.0%        | 1.5%       |
| 女性60歳代 | 353   | 12.7%                           | 65.7%                 | 15.0%               | 3.1%                | 0.6%                | 0.0%        | 2.8%       |
| 女性70歳上 | 357   | 10.4%                           | 70.9%                 | 12.6%               | 1.1%                | 0.3%                | 0.0%        | 4.8%       |
| 東部合計   | 809   | 6.7%                            | 71.0%                 | 17.8%               | 1.9%                | 0.4%                | 0.0%        | 2.3%       |
| 東部男性   | 381   | 3.7%                            | 70.6%                 | 22.3%               | 1.6%                | 0.3%                | 0.0%        | 1.6%       |
| 東部女性   | 428   | 9.3%                            | 71.3%                 | 13.8%               | 2.1%                | 0.5%                | 0.0%        | 3.0%       |
| 中部合計   | 909   | 8.9%                            | 68.8%                 | 17.3%               | 2.6%                | 0.4%                | 0.1%        | 1.9%       |
| 中部男性   | 410   | 4.4%                            | 67.3%                 | 22.4%               | 3.9%                | 0.5%                | 0.2%        | 1.2%       |
| 中部女性   | 499   | 12.6%                           | 69.9%                 | 13.0%               | 1.6%                | 0.4%                | 0.0%        | 2.4%       |
| 西部合計   | 1,059 | 10.5%                           | 69.0%                 | 16.1%               | 2.4%                | 0.4%                | 0.0%        | 1.7%       |
| 西部男性   | 490   | 5.7%                            | 69.8%                 | 21.0%               | 2.7%                | 0.4%                | 0.0%        | 0.4%       |
| 西部女性   | 569   | 14.6%                           | 68.4%                 | 11.8%               | 2.1%                | 0.4%                | 0.0%        | 2.8%       |

問27 あなたのお宅の経済的な暮らしについて、どのように思いますか。あなたの感じ方に一番近いものに1つ○印をつけてください。

|         | 回答数   | 大変<br>苦しい   | やや<br>苦しい    | 普通             | がや<br>ある<br>やゆ<br>とり | が大<br>変ゆ<br>とり<br>ある | 無<br>回<br>答 |
|---------|-------|-------------|--------------|----------------|----------------------|----------------------|-------------|
| 合計      | 2,779 | 226<br>8.1% | 673<br>24.2% | 1,539<br>55.4% | 292<br>10.5%         | 33<br>1.2%           | 16<br>0.6%  |
| 男性合計    | 1,283 | 7.5%        | 23.3%        | 57.8%          | 9.7%                 | 1.2%                 | 0.5%        |
| 男性20歳代  | 95    | 12.6%       | 21.1%        | 53.7%          | 9.5%                 | 3.2%                 | 0.0%        |
| 男性30歳代  | 166   | 4.2%        | 29.5%        | 56.0%          | 7.8%                 | 1.8%                 | 0.6%        |
| 男性40歳代  | 172   | 11.6%       | 21.5%        | 56.4%          | 8.1%                 | 1.7%                 | 0.6%        |
| 男性50歳代  | 218   | 6.0%        | 28.4%        | 55.0%          | 10.1%                | 0.5%                 | 0.0%        |
| 男性60歳代  | 332   | 7.8%        | 22.3%        | 56.9%          | 11.4%                | 1.2%                 | 0.3%        |
| 男性70歳上  | 300   | 6.0%        | 19.0%        | 63.7%          | 9.3%                 | 0.7%                 | 1.3%        |
| 女性合計    | 1,496 | 8.7%        | 25.0%        | 53.3%          | 11.2%                | 1.1%                 | 0.6%        |
| 女性20歳代  | 117   | 6.8%        | 28.2%        | 53.0%          | 8.5%                 | 1.7%                 | 1.7%        |
| 女性30歳代  | 184   | 7.6%        | 32.1%        | 47.3%          | 12.0%                | 1.1%                 | 0.0%        |
| 女性40歳代  | 210   | 12.9%       | 31.9%        | 44.3%          | 9.5%                 | 1.4%                 | 0.0%        |
| 女性50歳代  | 275   | 9.1%        | 24.0%        | 53.8%          | 11.3%                | 1.1%                 | 0.7%        |
| 女性60歳代  | 353   | 6.8%        | 22.4%        | 54.7%          | 14.7%                | 0.8%                 | 0.6%        |
| 女性70歳上  | 357   | 9.0%        | 19.6%        | 60.2%          | 9.2%                 | 1.1%                 | 0.8%        |
| 東部合計    | 809   | 8.5%        | 26.1%        | 52.2%          | 11.2%                | 1.5%                 | 0.5%        |
| 東部男性    | 381   | 8.4%        | 24.7%        | 54.3%          | 10.5%                | 1.8%                 | 0.3%        |
| 東部女性    | 428   | 8.6%        | 27.3%        | 50.2%          | 11.9%                | 1.2%                 | 0.7%        |
| 中部合計    | 909   | 7.7%        | 23.0%        | 55.2%          | 12.0%                | 1.4%                 | 0.7%        |
| 中部男性    | 410   | 7.8%        | 22.4%        | 58.8%          | 9.8%                 | 0.7%                 | 0.5%        |
| 中部女性    | 499   | 7.6%        | 23.4%        | 52.3%          | 13.8%                | 2.0%                 | 0.8%        |
| 西部合計    | 1,059 | 8.2%        | 23.8%        | 58.0%          | 8.7%                 | 0.8%                 | 0.6%        |
| 西部男性    | 490   | 6.5%        | 22.9%        | 59.6%          | 9.0%                 | 1.2%                 | 0.8%        |
| 西部女性    | 569   | 9.7%        | 24.6%        | 56.6%          | 8.4%                 | 0.4%                 | 0.4%        |
| 運動習慣あり  | 625   | 5.8%        | 22.7%        | 57.4%          | 12.3%                | 1.4%                 | 0.3%        |
| 運動習慣なし  | 2,017 | 8.7%        | 25.2%        | 54.2%          | 10.1%                | 1.1%                 | 0.6%        |
| 運動してない  | 1,250 | 9.7%        | 26.6%        | 53.6%          | 8.6%                 | 1.0%                 | 0.5%        |
| 週1日の運動  | 122   | 7.4%        | 15.6%        | 65.6%          | 9.0%                 | 2.5%                 | 0.0%        |
| 週2日の運動  | 206   | 7.8%        | 21.8%        | 52.9%          | 15.0%                | 0.5%                 | 1.9%        |
| 週3~4日運動 | 365   | 4.9%        | 20.8%        | 60.3%          | 11.8%                | 1.9%                 | 0.3%        |
| 週5日以上   | 446   | 7.0%        | 23.1%        | 56.1%          | 12.3%                | 1.6%                 | 0.0%        |
| ストレスあり  | 458   | 18.1%       | 32.5%        | 38.0%          | 8.7%                 | 1.7%                 | 0.9%        |
| それ以外    | 2,276 | 6.2%        | 22.7%        | 58.5%          | 11.0%                | 1.1%                 | 0.5%        |
| 大いにあった  | 458   | 18.1%       | 32.5%        | 38.0%          | 8.7%                 | 1.7%                 | 0.9%        |
| 多少あった   | 1,278 | 7.9%        | 26.3%        | 55.2%          | 9.5%                 | 0.9%                 | 0.2%        |
| あまりなかった | 660   | 3.8%        | 20.9%        | 61.8%          | 11.8%                | 1.1%                 | 0.6%        |
| 全くなかった  | 338   | 4.1%        | 12.7%        | 64.8%          | 15.1%                | 2.1%                 | 1.2%        |

問28 あなたは、内臓脂肪症候群（メタボリックシンドローム）を知っていますか。あてはまる番号を1つ選んで○印をつけてください。

|         | 回答数   | 内容を<br>知っている   | 言葉が<br>内容を<br>聞いた<br>ことは | 知らない<br>（今回<br>の場<br>合を<br>含む） | 無<br>回<br>答 |
|---------|-------|----------------|--------------------------|--------------------------------|-------------|
| 合 計     | 2,779 | 1,818<br>65.4% | 836<br>30.1%             | 75<br>2.7%                     | 50<br>1.8%  |
| 男 性 合 計 | 1,283 | 64.4%          | 31.1%                    | 2.9%                           | 1.6%        |
| 男性20歳代  | 95    | 55.8%          | 43.2%                    | 1.1%                           | 0.0%        |
| 男性30歳代  | 166   | 60.2%          | 38.0%                    | 0.6%                           | 1.2%        |
| 男性40歳代  | 172   | 72.7%          | 26.2%                    | 0.6%                           | 0.6%        |
| 男性50歳代  | 218   | 73.9%          | 24.8%                    | 0.9%                           | 0.5%        |
| 男性60歳代  | 332   | 65.1%          | 31.3%                    | 1.5%                           | 2.1%        |
| 男性70歳上  | 300   | 57.0%          | 30.7%                    | 9.0%                           | 3.3%        |
| 女 性 合 計 | 1,496 | 66.3%          | 29.2%                    | 2.5%                           | 1.9%        |
| 女性20歳代  | 117   | 52.1%          | 43.6%                    | 3.4%                           | 0.9%        |
| 女性30歳代  | 184   | 61.4%          | 34.8%                    | 0.5%                           | 3.3%        |
| 女性40歳代  | 210   | 67.1%          | 31.0%                    | 1.0%                           | 1.0%        |
| 女性50歳代  | 275   | 75.3%          | 21.8%                    | 1.1%                           | 1.8%        |
| 女性60歳代  | 353   | 71.7%          | 25.8%                    | 0.8%                           | 1.7%        |
| 女性70歳上  | 357   | 60.8%          | 29.7%                    | 7.0%                           | 2.5%        |
| 東 部 合 計 | 809   | 65.4%          | 30.0%                    | 2.2%                           | 2.3%        |
| 東 部 男 性 | 381   | 64.6%          | 31.5%                    | 2.4%                           | 1.6%        |
| 東 部 女 性 | 428   | 66.1%          | 28.7%                    | 2.1%                           | 3.0%        |
| 中 部 合 計 | 909   | 67.7%          | 27.9%                    | 2.5%                           | 1.9%        |
| 中 部 男 性 | 410   | 64.9%          | 30.2%                    | 2.9%                           | 2.0%        |
| 中 部 女 性 | 499   | 69.9%          | 26.1%                    | 2.2%                           | 1.8%        |
| 西 部 合 計 | 1,059 | 63.6%          | 32.0%                    | 3.1%                           | 1.3%        |
| 西 部 男 性 | 490   | 63.9%          | 31.6%                    | 3.1%                           | 1.4%        |
| 西 部 女 性 | 569   | 63.3%          | 32.3%                    | 3.2%                           | 1.2%        |



問29 静岡県の大人の健康課題について、県の政策として優先的に取り組むべきことはどれですか。  
 あてはまる番号をすべて選んで○印をつけてください。

|        | 回答数   | メタボリックシンドローム対策 | 循環器（心臓病・高血圧等）対策 | 糖尿病対策        | がん対策           | 喫煙対策         | 策等）<br>（若い女性の健康づくりやせ対策） | 及望ましい食習慣の普及<br>（野菜摂取量の増やす対策等） | 運動習慣の普及のための    | その他         | 特にない      | 無回答        |
|--------|-------|----------------|-----------------|--------------|----------------|--------------|-------------------------|-------------------------------|----------------|-------------|-----------|------------|
| 合計     | 2,779 | 1,239<br>44.6% | 1,045<br>37.6%  | 975<br>35.1% | 1,277<br>46.0% | 722<br>26.0% | 405<br>14.6%            | 1,013<br>36.5%                | 1,223<br>44.0% | 148<br>5.3% | 0<br>0.0% | 82<br>3.0% |
| 男性合計   | 1,283 | 43.3%          | 40.8%           | 36.1%        | 48.9%          | 25.3%        | 10.4%                   | 30.3%                         | 40.0%          | 4.4%        | 0.0%      | 2.8%       |
| 男性20歳代 | 95    | 49.5%          | 32.6%           | 37.9%        | 51.6%          | 37.9%        | 16.8%                   | 34.7%                         | 40.0%          | 5.3%        | 0.0%      | 0.0%       |
| 男性30歳代 | 166   | 49.4%          | 33.1%           | 31.3%        | 45.8%          | 31.3%        | 13.9%                   | 31.9%                         | 43.4%          | 7.2%        | 0.0%      | 0.0%       |
| 男性40歳代 | 172   | 47.1%          | 37.2%           | 36.6%        | 48.8%          | 23.3%        | 9.9%                    | 26.7%                         | 38.4%          | 4.1%        | 0.0%      | 2.3%       |
| 男性50歳代 | 218   | 41.7%          | 36.7%           | 35.3%        | 44.0%          | 26.6%        | 7.3%                    | 26.6%                         | 38.5%          | 4.1%        | 0.0%      | 0.9%       |
| 男性60歳代 | 332   | 39.5%          | 49.4%           | 39.2%        | 55.4%          | 24.7%        | 10.2%                   | 30.4%                         | 40.7%          | 3.0%        | 0.0%      | 3.0%       |
| 男性70歳上 | 300   | 41.0%          | 43.0%           | 35.0%        | 46.0%          | 19.0%        | 9.3%                    | 32.7%                         | 39.3%          | 4.7%        | 0.0%      | 6.7%       |
| 女性合計   | 1,496 | 45.7%          | 34.9%           | 34.2%        | 43.4%          | 26.5%        | 18.1%                   | 41.7%                         | 47.5%          | 6.1%        | 0.0%      | 3.1%       |
| 女性20歳代 | 117   | 46.2%          | 33.3%           | 37.6%        | 49.6%          | 41.9%        | 30.8%                   | 40.2%                         | 42.7%          | 3.4%        | 0.0%      | 1.7%       |
| 女性30歳代 | 184   | 45.7%          | 33.2%           | 31.5%        | 44.0%          | 29.9%        | 19.0%                   | 35.3%                         | 49.5%          | 9.2%        | 0.0%      | 2.2%       |
| 女性40歳代 | 210   | 45.2%          | 31.0%           | 34.8%        | 44.3%          | 30.0%        | 19.5%                   | 42.9%                         | 53.8%          | 6.7%        | 0.0%      | 1.0%       |
| 女性50歳代 | 275   | 44.7%          | 27.3%           | 31.3%        | 41.5%          | 23.6%        | 15.6%                   | 38.5%                         | 44.7%          | 4.4%        | 0.0%      | 2.5%       |
| 女性60歳代 | 353   | 45.0%          | 38.5%           | 37.7%        | 44.8%          | 22.1%        | 14.4%                   | 40.8%                         | 47.9%          | 6.5%        | 0.0%      | 5.9%       |
| 女性70歳上 | 357   | 47.3%          | 40.9%           | 33.1%        | 40.9%          | 24.4%        | 18.2%                   | 48.2%                         | 45.9%          | 5.9%        | 0.0%      | 2.8%       |
| 東部合計   | 809   | 45.4%          | 41.3%           | 36.3%        | 48.1%          | 25.5%        | 14.3%                   | 36.1%                         | 42.8%          | 4.4%        | 0.0%      | 2.6%       |
| 東部男性   | 381   | 44.4%          | 45.1%           | 40.2%        | 55.1%          | 26.8%        | 11.0%                   | 30.4%                         | 38.3%          | 3.7%        | 0.0%      | 1.3%       |
| 東部女性   | 428   | 46.3%          | 37.9%           | 32.9%        | 41.8%          | 24.3%        | 17.3%                   | 41.1%                         | 46.7%          | 5.1%        | 0.0%      | 3.7%       |
| 中部合計   | 909   | 45.7%          | 37.7%           | 33.2%        | 45.1%          | 27.5%        | 16.2%                   | 37.3%                         | 46.6%          | 5.8%        | 0.0%      | 3.0%       |
| 中部男性   | 410   | 45.4%          | 42.4%           | 34.9%        | 47.3%          | 26.6%        | 10.5%                   | 32.4%                         | 42.0%          | 4.6%        | 0.0%      | 3.2%       |
| 中部女性   | 499   | 45.9%          | 33.9%           | 31.9%        | 43.3%          | 28.3%        | 20.8%                   | 41.3%                         | 50.5%          | 6.8%        | 0.0%      | 2.8%       |
| 西部合計   | 1,059 | 43.2%          | 34.7%           | 35.7%        | 45.1%          | 25.1%        | 13.4%                   | 36.1%                         | 42.8%          | 5.6%        | 0.0%      | 3.1%       |
| 西部男性   | 490   | 40.8%          | 36.1%           | 33.9%        | 45.5%          | 23.3%        | 10.0%                   | 28.6%                         | 39.8%          | 4.9%        | 0.0%      | 3.5%       |
| 西部女性   | 569   | 45.2%          | 33.6%           | 37.3%        | 44.8%          | 26.7%        | 16.3%                   | 42.5%                         | 45.3%          | 6.2%        | 0.0%      | 2.8%       |

問30 静岡県の未成年者（20歳未満）の健康課題について、県の政策として優先的に取り組むべきことはどれですか。あてはまる番号をすべて選んで○印をつけてください。

|         | 回答数   | 望ましい食習慣の普及<br>（朝食抜き・野菜ぎらい<br>など不規則な食事） | 運動・遊びの大切さの啓<br>発（子どもが外で遊ばな<br>い等） | 望ましい生活リズムの普<br>及（夜型生活による睡眠<br>不足等） | 正しいボディイメージの<br>普及（痩せ願望が強い） | 性感染症予防       | その他         | 特にな<br>い    | 無回<br>答     |
|---------|-------|--|-----------------------------------|------------------------------------|----------------------------|--------------|-------------|-------------|-------------|
| 合 計     | 2,779 | 1,864<br>67.1%                         | 1,596<br>57.4%                    | 1,423<br>51.2%                     | 456<br>16.4%               | 910<br>32.7% | 123<br>4.4% | 160<br>5.8% | 108<br>3.9% |
| 男 性 合 計 | 1,283 | 62.7%                                  | 58.5%                             | 47.0%                              | 16.4%                      | 30.0%        | 4.4%        | 6.5%        | 4.0%        |
| 男性20歳代  | 95    | 62.1%                                  | 64.2%                             | 46.3%                              | 20.0%                      | 32.6%        | 6.3%        | 4.2%        | 1.1%        |
| 男性30歳代  | 166   | 63.9%                                  | 68.1%                             | 47.0%                              | 17.5%                      | 30.7%        | 6.6%        | 3.6%        | 0.0%        |
| 男性40歳代  | 172   | 55.2%                                  | 55.2%                             | 47.1%                              | 14.0%                      | 30.8%        | 4.7%        | 9.3%        | 4.7%        |
| 男性50歳代  | 218   | 66.1%                                  | 56.9%                             | 46.8%                              | 17.0%                      | 31.2%        | 0.9%        | 6.4%        | 1.4%        |
| 男性60歳代  | 332   | 66.9%                                  | 63.3%                             | 48.8%                              | 15.1%                      | 26.5%        | 4.5%        | 6.3%        | 4.8%        |
| 男性70歳上  | 300   | 59.7%                                  | 49.3%                             | 45.3%                              | 17.3%                      | 31.3%        | 4.7%        | 7.7%        | 7.7%        |
| 女 性 合 計 | 1,496 | 70.8%                                  | 56.5%                             | 54.8%                              | 16.4%                      | 35.1%        | 4.5%        | 5.1%        | 3.8%        |
| 女性20歳代  | 117   | 68.4%                                  | 62.4%                             | 55.6%                              | 17.1%                      | 45.3%        | 5.1%        | 3.4%        | 2.6%        |
| 女性30歳代  | 184   | 66.8%                                  | 65.2%                             | 59.2%                              | 16.3%                      | 40.8%        | 3.3%        | 4.3%        | 2.7%        |
| 女性40歳代  | 210   | 71.4%                                  | 61.4%                             | 55.2%                              | 18.1%                      | 37.6%        | 7.6%        | 3.3%        | 1.0%        |
| 女性50歳代  | 275   | 74.9%                                  | 53.1%                             | 51.6%                              | 16.7%                      | 32.0%        | 2.9%        | 5.1%        | 2.9%        |
| 女性60歳代  | 353   | 70.8%                                  | 54.7%                             | 56.4%                              | 12.7%                      | 35.4%        | 4.2%        | 4.2%        | 4.5%        |
| 女性70歳上  | 357   | 70.0%                                  | 51.5%                             | 52.9%                              | 18.5%                      | 29.4%        | 4.5%        | 7.8%        | 6.4%        |
| 東 部 合 計 | 809   | 65.8%                                  | 58.0%                             | 51.4%                              | 16.3%                      | 32.8%        | 3.7%        | 5.4%        | 3.8%        |
| 東 部 男 性 | 381   | 61.9%                                  | 60.4%                             | 47.8%                              | 17.3%                      | 32.8%        | 3.1%        | 6.8%        | 3.4%        |
| 東 部 女 性 | 428   | 69.2%                                  | 55.8%                             | 54.7%                              | 15.4%                      | 32.7%        | 4.2%        | 4.2%        | 4.2%        |
| 中 部 合 計 | 909   | 66.3%                                  | 56.8%                             | 51.6%                              | 16.5%                      | 33.6%        | 5.1%        | 5.6%        | 4.0%        |
| 中 部 男 性 | 410   | 59.8%                                  | 56.8%                             | 45.4%                              | 16.1%                      | 29.5%        | 5.4%        | 7.1%        | 4.6%        |
| 中 部 女 性 | 499   | 71.7%                                  | 56.7%                             | 56.7%                              | 16.8%                      | 36.9%        | 4.8%        | 4.4%        | 3.4%        |
| 西 部 合 計 | 1,059 | 68.7%                                  | 57.7%                             | 50.8%                              | 16.4%                      | 32.1%        | 4.4%        | 6.1%        | 3.8%        |
| 西 部 男 性 | 490   | 65.9%                                  | 58.8%                             | 48.0%                              | 16.1%                      | 28.4%        | 4.5%        | 5.9%        | 3.7%        |
| 西 部 女 性 | 569   | 71.2%                                  | 56.8%                             | 53.3%                              | 16.7%                      | 35.3%        | 4.4%        | 6.3%        | 3.9%        |