

表48 問4 外食や食品購入の際栄養成分表示を参考にしていますか

		総数	人数(%)								(再掲)	
			15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	20歳以上	70歳以上
男性	総数	747 (100.0%)	52 (100.0%)	50 (100.0%)	104 (100.0%)	113 (100.0%)	155 (100.0%)	134 (100.0%)	97 (100.0%)	42 (100.0%)	695 (100.0%)	139 (100.0%)
	参考にしている	137 (18.3%)	6 (11.5%)	12 (24.0%)	21 (20.2%)	36 (31.9%)	22 (14.2%)	18 (13.4%)	14 (14.4%)	8 (19.0%)	131 (18.8%)	22 (15.8%)
	参考にしていない	395 (52.9%)	24 (46.2%)	28 (56.0%)	69 (66.3%)	64 (56.6%)	89 (57.4%)	69 (51.5%)	37 (38.1%)	15 (35.7%)	371 (53.4%)	52 (37.4%)
	見たことがない	215 (28.8%)	22 (42.3%)	10 (20.0%)	14 (13.5%)	13 (11.5%)	44 (28.4%)	47 (35.1%)	46 (47.4%)	19 (45.2%)	193 (27.8%)	65 (46.8%)
女性	総数	840 (100.0%)	37 (100.0%)	78 (100.0%)	132 (100.0%)	107 (100.0%)	152 (100.0%)	149 (100.0%)	115 (100.0%)	70 (100.0%)	803 (100.0%)	185 (100.0%)
	参考にしている	326 (38.8%)	21 (56.8%)	37 (47.4%)	79 (59.8%)	52 (48.6%)	53 (34.9%)	44 (29.5%)	29 (25.2%)	11 (15.7%)	305 (38.0%)	40 (21.6%)
	参考にしていない	383 (45.6%)	14 (37.8%)	36 (46.2%)	50 (37.9%)	49 (45.8%)	82 (53.9%)	81 (54.4%)	51 (44.3%)	20 (28.6%)	369 (46.0%)	71 (38.4%)
	見たことがない	131 (15.6%)	2 (5.4%)	5 (6.4%)	3 (2.3%)	6 (5.6%)	17 (11.2%)	24 (16.1%)	35 (30.4%)	39 (55.7%)	129 (16.1%)	74 (40.0%)

表49 問5 今までに減量のために食事の量を半分以下にしたことがありますか

		総数	人数(%)								(再掲)	
			15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	20歳以上	70歳以上
男性	総数	757 (100.0%)	53 (100.0%)	52 (100.0%)	104 (100.0%)	114 (100.0%)	157 (100.0%)	134 (100.0%)	101 (100.0%)	42 (100.0%)	704 (100.0%)	143 (100.0%)
	ある	109 (14.4%)	2 (3.8%)	7 (13.5%)	16 (15.4%)	28 (24.6%)	21 (13.4%)	20 (14.9%)	13 (12.9%)	2 (4.8%)	107 (15.2%)	15 (10.5%)
	ない	648 (85.6%)	51 (96.2%)	45 (86.5%)	88 (84.6%)	86 (75.4%)	136 (86.6%)	114 (85.1%)	88 (87.1%)	40 (95.2%)	597 (84.8%)	128 (89.5%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	132 (100.0%)	110 (100.0%)	153 (100.0%)	149 (100.0%)	117 (100.0%)	71 (100.0%)	810 (100.0%)	188 (100.0%)
	ある	223 (26.3%)	8 (21.6%)	38 (48.7%)	58 (43.9%)	33 (30.0%)	41 (26.8%)	23 (15.4%)	13 (11.1%)	9 (12.7%)	215 (26.5%)	22 (11.7%)
	ない	624 (73.7%)	29 (78.4%)	40 (51.3%)	74 (56.1%)	77 (70.0%)	112 (73.2%)	126 (84.6%)	104 (88.9%)	62 (87.3%)	595 (73.5%)	166 (88.3%)

表50 問6 ふだん栄養補助食品(錠剤、カプセル、顆粒、ドリンク状のビタミンやミネラル)を常用していますか 人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	756 (100.0%)	53 (100.0%)	52 (100.0%)	104 (100.0%)	114 (100.0%)	157 (100.0%)	133 (100.0%)	101 (100.0%)	42 (100.0%)	703 (100.0%)	143 (100.0%)
	飲んでいる	139 (18.4%)	10 (18.9%)	7 (13.5%)	12 (11.5%)	20 (17.5%)	26 (16.6%)	34 (25.6%)	22 (21.8%)	8 (19.0%)	129 (18.3%)	30 (21.0%)
	飲んでいない	617 (81.6%)	43 (81.1%)	45 (86.5%)	92 (88.5%)	94 (82.5%)	131 (83.4%)	99 (74.4%)	79 (78.2%)	34 (81.0%)	574 (81.7%)	113 (79.0%)
女性	総数	842 (100.0%)	37 (100.0%)	77 (100.0%)	131 (100.0%)	109 (100.0%)	153 (100.0%)	148 (100.0%)	117 (100.0%)	70 (100.0%)	805 (100.0%)	187 (100.0%)
	飲んでいる	207 (24.6%)	2 (5.4%)	19 (24.7%)	33 (25.2%)	28 (25.7%)	33 (21.6%)	44 (29.7%)	32 (27.4%)	16 (22.9%)	205 (25.5%)	48 (25.7%)
	飲んでいない	635 (75.4%)	35 (94.6%)	58 (75.3%)	98 (74.8%)	81 (74.3%)	120 (78.4%)	104 (70.3%)	85 (72.6%)	54 (77.1%)	600 (74.5%)	139 (74.3%)

表51 問6-2 何種類飲んでいますか 人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	1種類	66 (8.7%)	4 (7.5%)	4 (7.7%)	9 (8.7%)	8 (7.0%)	11 (7.0%)	16 (12.0%)	8 (7.9%)	6 (14.3%)	62 (8.8%)	14 (9.8%)
	2種類	43 (5.7%)	3 (5.7%)	3 (5.8%)	2 (1.9%)	8 (7.0%)	10 (6.4%)	6 (4.5%)	10 (9.9%)	1 (2.4%)	40 (5.7%)	11 (7.7%)
	3種類	19 (2.5%)	3 (5.7%)	0 (0.0%)	1 (1.0%)	1 (0.9%)	4 (2.5%)	7 (5.3%)	2 (2.0%)	1 (2.4%)	16 (2.3%)	3 (2.1%)
	4種類	3 (0.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (1.5%)	1 (1.0%)	0 (0.0%)	3 (0.4%)	1 (0.7%)
	5種類以上	8 (1.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	3 (2.6%)	1 (0.6%)	3 (2.3%)	1 (1.0%)	0 (0.0%)	8 (1.1%)	1 (0.7%)
女性	1種類	86 (10.2%)	1 (2.7%)	9 (11.7%)	17 (13.0%)	13 (11.9%)	9 (5.9%)	21 (14.2%)	10 (8.5%)	6 (8.6%)	85 (10.6%)	16 (8.6%)
	2種類	61 (7.2%)	0 (0.0%)	6 (7.8%)	7 (5.3%)	6 (5.5%)	10 (6.5%)	15 (10.1%)	14 (12.0%)	3 (4.3%)	61 (7.6%)	17 (9.1%)
	3種類	33 (3.9%)	0 (0.0%)	1 (1.3%)	7 (5.3%)	3 (2.8%)	9 (5.9%)	2 (1.4%)	6 (5.1%)	5 (7.1%)	33 (4.1%)	11 (5.9%)
	4種類	11 (1.3%)	1 (2.7%)	3 (3.9%)	0 (0.0%)	1 (0.9%)	3 (2.0%)	3 (2.0%)	0 (0.0%)	0 (0.0%)	10 (1.2%)	0 (0.0%)
	5種類以上	11 (1.3%)	0 (0.0%)	0 (0.0%)	1 (0.8%)	5 (4.6%)	1 (0.7%)	3 (2.0%)	1 (0.9%)	0 (0.0%)	11 (1.4%)	1 (0.5%)

* 母数は「ふだん栄養補助食品を常用していますか」の質問に未記入がなかった者

表52 問7 おいしく食事ができますか 人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	757 (100.0%)	53 (100.0%)	52 (100.0%)	104 (100.0%)	114 (100.0%)	157 (100.0%)	134 (100.0%)	101 (100.0%)	42 (100.0%)	704 (100.0%)	143 (100.0%)
	はい	689 (91.0%)	45 (84.9%)	46 (88.5%)	96 (92.3%)	103 (90.4%)	141 (89.8%)	128 (95.5%)	89 (88.1%)	41 (97.6%)	644 (91.5%)	130 (90.9%)
	いいえ	8 (1.1%)	1 (1.9%)	0 (0.0%)	1 (1.0%)	2 (1.8%)	2 (1.3%)	2 (1.5%)	0 (0.0%)	0 (0.0%)	7 (1.0%)	0 (0.0%)
	どちらともいえない	60 (7.9%)	7 (13.2%)	6 (11.5%)	7 (6.7%)	9 (7.9%)	14 (8.9%)	4 (3.0%)	12 (11.9%)	1 (2.4%)	53 (7.5%)	13 (9.1%)
女性	総数	846 (100.0%)	37 (100.0%)	78 (100.0%)	132 (100.0%)	110 (100.0%)	152 (100.0%)	149 (100.0%)	117 (100.0%)	71 (100.0%)	809 (100.0%)	188 (100.0%)
	はい	780 (92.2%)	35 (94.6%)	73 (93.6%)	126 (95.5%)	96 (87.3%)	140 (92.1%)	141 (94.6%)	108 (92.3%)	61 (85.9%)	745 (92.1%)	169 (89.9%)
	いいえ	3 (0.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.9%)	0 (0.0%)	0 (0.0%)	1 (0.9%)	1 (1.4%)	3 (0.4%)	2 (1.1%)
	どちらともいえない	63 (7.4%)	2 (5.4%)	5 (6.4%)	6 (4.5%)	13 (11.8%)	12 (7.9%)	8 (5.4%)	8 (6.8%)	9 (12.7%)	61 (7.5%)	17 (9.0%)

(再掲)おいしく食事ができる者の割合(15歳以上)

総数	1603
はい	1469 (91.6%)

表53 問8 栄養のバランスに気をつけていますか

		人数(%)										
		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	756	53	52	104	114	157	134	100	42	703	142
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	気をつけている	165	7	4	17	21	28	40	28	20	158	48
		(21.8%)	(13.2%)	(7.7%)	(16.3%)	(18.4%)	(17.8%)	(29.9%)	(28.0%)	(47.6%)	(22.5%)	(33.8%)
	少し気をつけている	410	29	22	57	75	94	69	46	18	381	64
		(54.2%)	(54.7%)	(42.3%)	(54.8%)	(65.8%)	(59.9%)	(51.5%)	(46.0%)	(42.9%)	(54.2%)	(45.1%)
	気をつけていない	181	17	26	30	18	35	25	26	4	164	30
		(23.9%)	(32.1%)	(50.0%)	(28.8%)	(15.8%)	(22.3%)	(18.7%)	(26.0%)	(9.5%)	(23.3%)	(21.1%)
女性	総数	845	37	78	131	110	153	148	117	71	808	188
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	気をつけている	310	8	17	55	35	57	68	42	28	302	70
		(36.7%)	(21.6%)	(21.8%)	(42.0%)	(31.8%)	(37.3%)	(45.9%)	(35.9%)	(39.4%)	(37.4%)	(37.2%)
	少し気をつけている	462	20	50	70	66	89	78	66	23	442	89
		(54.7%)	(54.1%)	(64.1%)	(53.4%)	(60.0%)	(58.2%)	(52.7%)	(56.4%)	(32.4%)	(54.7%)	(47.3%)
	気をつけていない	73	9	11	6	9	7	2	9	20	64	29
		(8.6%)	(24.3%)	(14.1%)	(4.6%)	(8.2%)	(4.6%)	(1.4%)	(7.7%)	(28.2%)	(7.9%)	(15.4%)

表54 問9 ふだん塩分のとりすぎに気をつけていますか

		人数(%)										
		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	756	53	52	104	114	157	133	101	42	703	143
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	気をつけている	306	10	8	25	46	59	66	60	32	296	92
		(40.5%)	(18.9%)	(15.4%)	(24.0%)	(40.4%)	(37.6%)	(49.6%)	(59.4%)	(76.2%)	(42.1%)	(64.3%)
	気をつけていない	450	43	44	79	68	98	67	41	10	407	51
		(59.5%)	(81.1%)	(84.6%)	(76.0%)	(59.6%)	(62.4%)	(50.4%)	(40.6%)	(23.8%)	(57.9%)	(35.7%)
女性	総数	842	37	77	131	110	153	148	115	71	805	186
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	気をつけている	564	14	35	87	67	100	123	88	50	550	138
		(67.0%)	(37.8%)	(45.5%)	(66.4%)	(60.9%)	(65.4%)	(83.1%)	(76.5%)	(70.4%)	(68.3%)	(74.2%)
	気をつけていない	278	23	42	44	43	53	25	27	21	255	48
		(33.0%)	(62.2%)	(54.5%)	(33.6%)	(39.1%)	(34.6%)	(16.9%)	(23.5%)	(29.6%)	(31.7%)	(25.8%)

表55 問9-2 塩分の取りすぎに気をつけている者の内容(複数回答)

		人数(%)										
		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	「気をつけている」者	756	53	52	104	114	157	133	101	42	703	143
	めん類の汁を残すようにしている	185	4	5	14	29	40	42	31	20	181	51
		(24.5%)	(7.5%)	(9.6%)	(13.5%)	(25.4%)	(25.5%)	(31.6%)	(30.7%)	(47.6%)	(25.7%)	(35.7%)
	味のついていないおかず、しょう油、ソースまたは塩などをかけないようにしている	184	7	4	14	26	33	45	32	23	177	55
		(24.3%)	(13.2%)	(7.7%)	(13.5%)	(22.8%)	(21.0%)	(33.8%)	(31.7%)	(54.8%)	(25.2%)	(38.5%)
	料理の時、薄味に調味するようにしている	161	6	2	15	18	26	39	35	20	155	55
		(21.3%)	(11.3%)	(3.8%)	(14.4%)	(15.8%)	(16.6%)	(29.3%)	(34.7%)	(47.6%)	(22.0%)	(38.5%)
	しょう油の代わりに、ポン酢、レモン、コショウ等の香辛料をよく使う	91	2	3	8	11	20	21	18	8	89	26
		(12.0%)	(3.8%)	(5.8%)	(7.7%)	(9.6%)	(12.7%)	(15.8%)	(17.8%)	(19.0%)	(12.7%)	(18.2%)
干物やちりめんじゃこなどをとりすぎないようにしている	67	3	1	5	6	14	16	12	10	64	22	
	(8.9%)	(5.7%)	(1.9%)	(4.8%)	(5.3%)	(8.9%)	(12.0%)	(11.9%)	(23.8%)	(9.1%)	(15.4%)	
塩分の多いものをとりすぎないようにしている	189	4	5	13	23	36	53	36	19	185	55	
	(25.0%)	(7.5%)	(9.6%)	(12.5%)	(20.2%)	(22.9%)	(39.8%)	(35.6%)	(45.2%)	(26.3%)	(38.5%)	
塩分その他	7	0	0	0	1	1	2	2	1	7	3	
	(0.9%)	(0.0%)	(0.0%)	(0.0%)	(0.9%)	(0.6%)	(1.5%)	(2.0%)	(2.4%)	(1.0%)	(2.1%)	
女性	「気をつけている」者	564	14	35	87	67	100	123	88	50	550	138
	めん類の汁を残すようにしている	417	9	27	63	51	70	100	66	31	408	97
		(49.5%)	(24.3%)	(35.1%)	(48.1%)	(46.4%)	(45.8%)	(67.6%)	(57.4%)	(43.7%)	(50.7%)	(52.2%)
	味のついていないおかず、しょう油、ソースまたは塩などをかけないようにしている	426	8	23	58	47	80	102	69	39	418	108
		(50.6%)	(21.6%)	(29.9%)	(44.3%)	(42.7%)	(52.3%)	(68.9%)	(60.0%)	(54.9%)	(51.9%)	(58.1%)
	料理の時、薄味に調味するようにしている	371	3	21	51	39	67	91	65	34	368	99
		(44.1%)	(8.1%)	(27.3%)	(38.9%)	(35.5%)	(43.8%)	(61.5%)	(56.5%)	(47.9%)	(45.7%)	(53.2%)
	しょう油の代わりに、ポン酢、レモン、コショウ等の香辛料をよく使う	190	5	7	22	24	35	49	36	12	185	48
		(22.6%)	(13.5%)	(9.1%)	(16.8%)	(21.8%)	(22.9%)	(33.1%)	(31.3%)	(16.9%)	(23.0%)	(25.8%)
干物やちりめんじゃこなどをとりすぎないようにしている	157	3	8	14	13	24	42	30	23	154	53	
	(18.6%)	(8.1%)	(10.4%)	(10.7%)	(11.8%)	(15.7%)	(28.4%)	(26.1%)	(32.4%)	(19.1%)	(28.5%)	
塩分の多いものをとりすぎないようにしている	401	8	20	60	41	74	95	66	37	393	103	
	(47.6%)	(21.6%)	(26.0%)	(45.8%)	(37.3%)	(48.4%)	(64.2%)	(57.4%)	(52.1%)	(48.8%)	(55.4%)	
塩分その他	25	0	0	4	2	6	7	4	2	25	6	
	(3.0%)	(0.0%)	(0.0%)	(3.1%)	(1.8%)	(3.9%)	(4.7%)	(3.5%)	(2.8%)	(3.1%)	(3.2%)	

*母数は「気をつけている」と回答した者

表56 問10 ふだん脂質のとりすぎに気をつけていますか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	757	53	52	104	114	157	134	101	42	704	143
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	気をつけている	308	9	11	24	45	59	75	58	27	299	85
	(40.7%)	(17.0%)	(21.2%)	(23.1%)	(39.5%)	(37.6%)	(56.0%)	(57.4%)	(64.3%)	(64.3%)	(42.5%)	(59.4%)
	気をつけていない	449	44	41	80	69	98	59	43	15	405	58
	(59.3%)	(83.0%)	(78.8%)	(76.9%)	(60.5%)	(62.4%)	(44.0%)	(42.6%)	(35.7%)	(35.7%)	(57.5%)	(40.6%)
女性	総数	843	37	77	132	110	152	148	116	71	806	187
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	気をつけている	539	19	36	75	73	97	117	77	45	520	122
	(63.9%)	(51.4%)	(46.8%)	(56.8%)	(66.4%)	(63.8%)	(79.1%)	(66.4%)	(63.4%)	(63.4%)	(64.5%)	(65.2%)
	気をつけていない	304	18	41	57	37	55	31	39	26	286	65
	(36.1%)	(48.6%)	(53.2%)	(43.2%)	(33.6%)	(36.2%)	(20.9%)	(33.6%)	(36.6%)	(36.6%)	(35.5%)	(34.8%)

表57 問10-2 脂質の取りすぎに気をつけている者の内容(複数回答)

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	「気をつけている」者	308	9	11	24	45	59	75	58	27	299	85
	肉の脂身をあまり食べない	188	1	7	9	20	33	54	43	21	187	64
		(61.0%)	(11.1%)	(63.6%)	(37.5%)	(44.4%)	(55.9%)	(72.0%)	(74.1%)	(77.8%)	(62.5%)	(75.3%)
	脂肪を多く含むお菓子を控える	177	7	8	12	17	33	50	33	17	170	50
		(57.5%)	(77.8%)	(72.7%)	(50.0%)	(37.8%)	(55.9%)	(66.7%)	(56.9%)	(63.0%)	(56.9%)	(58.8%)
	バター、マーガリン、マヨネーズ、ドレッシングを使わない	162	5	5	11	15	30	42	33	21	157	54
		(52.6%)	(55.6%)	(45.5%)	(45.8%)	(33.3%)	(50.8%)	(56.0%)	(56.9%)	(77.8%)	(52.5%)	(63.5%)
油を多く使った料理を控える	149	1	1	8	24	27	39	31	18	148	49	
	(48.4%)	(11.1%)	(9.1%)	(33.3%)	(53.3%)	(45.8%)	(52.0%)	(53.4%)	(66.7%)	(49.5%)	(57.6%)	
脂肪その他	12	0	1	1	1	1	4	3	1	12	4	
	(3.9%)	(0.0%)	(9.1%)	(4.2%)	(2.2%)	(1.7%)	(5.3%)	(5.2%)	(3.7%)	(4.0%)	(4.7%)	
女性	「気をつけている」者	539	19	36	75	73	97	117	77	45	520	122
	肉の脂身をあまり食べない	371	8	18	46	47	71	91	54	36	363	90
		(68.8%)	(42.1%)	(50.0%)	(61.3%)	(64.4%)	(73.2%)	(77.8%)	(70.1%)	(80.0%)	(69.8%)	(73.8%)
	脂肪を多く含むお菓子を控える	345	13	18	41	40	61	87	55	30	332	85
		(64.0%)	(68.4%)	(50.0%)	(54.7%)	(54.8%)	(62.9%)	(74.4%)	(71.4%)	(66.7%)	(63.8%)	(69.7%)
	バター、マーガリン、マヨネーズ、ドレッシングを使わない	297	10	13	35	32	59	72	48	28	287	76
		(55.1%)	(52.6%)	(36.1%)	(46.7%)	(43.8%)	(60.8%)	(61.5%)	(62.3%)	(62.2%)	(55.2%)	(62.3%)
油を多く使った料理を控える	309	7	16	36	30	59	81	51	29	302	80	
	(57.3%)	(36.8%)	(44.4%)	(48.0%)	(41.1%)	(60.8%)	(69.2%)	(66.2%)	(64.4%)	(58.1%)	(65.6%)	
脂肪その他	25	0	3	2	3	7	4	5	1	25	6	
	(4.6%)	(0.0%)	(8.3%)	(2.7%)	(4.1%)	(7.2%)	(3.4%)	(6.5%)	(2.2%)	(4.8%)	(4.9%)	

*母数は「気をつけている」と回答した者

表58 問11 今の自分の食事についてどのように思いますか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	756	53	52	104	114	157	134	100	42	703	142
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	とても良い	62	3	3	8	6	9	18	11	4	59	15
		(8.2%)	(5.7%)	(5.8%)	(7.7%)	(5.3%)	(5.7%)	(13.4%)	(11.0%)	(9.5%)	(8.4%)	(10.6%)
	ほぼ良い	493	37	25	53	67	102	96	77	36	456	113
	(65.2%)	(69.8%)	(48.1%)	(51.0%)	(58.8%)	(65.0%)	(71.6%)	(77.0%)	(85.7%)	(64.9%)	(79.6%)	
あまり良くない	184	11	23	40	37	42	18	11	2	173	13	
	(24.3%)	(20.8%)	(44.2%)	(38.5%)	(32.5%)	(26.8%)	(13.4%)	(11.0%)	(4.8%)	(24.6%)	(9.2%)	
まったく良くない	17	2	1	3	4	4	2	1	0	15	1	
	(2.2%)	(3.8%)	(1.9%)	(2.9%)	(3.5%)	(2.5%)	(1.5%)	(1.0%)	(0.0%)	(2.1%)	(0.7%)	
女性	総数	847	37	78	132	110	153	149	117	71	810	188
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	とても良い	39	3	3	2	4	5	7	7	8	36	15
		(4.6%)	(8.1%)	(3.8%)	(1.5%)	(3.6%)	(3.3%)	(4.7%)	(6.0%)	(11.3%)	(4.4%)	(8.0%)
	ほぼ良い	581	27	37	88	64	102	122	88	53	554	141
	(68.6%)	(73.0%)	(47.4%)	(66.7%)	(58.2%)	(66.7%)	(81.9%)	(75.2%)	(74.6%)	(68.4%)	(75.0%)	
あまり良くない	215	7	35	39	42	44	19	20	9	208	29	
	(25.4%)	(18.9%)	(44.9%)	(29.5%)	(38.2%)	(28.8%)	(12.8%)	(17.1%)	(12.7%)	(25.7%)	(15.4%)	
まったく良くない	12	0	3	3	0	2	1	2	1	12	3	
	(1.4%)	(0.0%)	(3.8%)	(2.3%)	(0.0%)	(1.3%)	(0.7%)	(1.7%)	(1.4%)	(1.5%)	(1.6%)	

表59 問12 自分の食事について、今後どのようにしたいと思っていますか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	756	53	52	104	113	157	134	101	42	703	143
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	今より良くしたい	203	14	10	39	48	45	25	19	3	189	22
		(26.9%)	(26.4%)	(19.2%)	(37.5%)	(42.5%)	(28.7%)	(18.7%)	(18.8%)	(7.1%)	(26.9%)	(15.4%)
	今のみままでよい	380	22	20	33	41	82	85	64	33	358	97
		(50.3%)	(41.5%)	(38.5%)	(31.7%)	(36.3%)	(52.2%)	(63.4%)	(63.4%)	(78.6%)	(50.9%)	(67.8%)
	特に考えていない	173	17	22	32	24	30	24	18	6	156	24
		(22.9%)	(32.1%)	(42.3%)	(30.8%)	(21.2%)	(19.1%)	(17.9%)	(17.8%)	(14.3%)	(22.2%)	(16.8%)
女性	総数	848	37	78	132	111	153	149	117	71	811	188
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	今より良くしたい	373	17	43	93	56	76	47	32	9	356	41
		(44.0%)	(45.9%)	(55.1%)	(70.5%)	(50.5%)	(49.7%)	(31.5%)	(27.4%)	(12.7%)	(43.9%)	(21.8%)
	今のみままでよい	345	12	24	29	29	56	85	63	47	333	110
		(40.7%)	(32.4%)	(30.8%)	(22.0%)	(26.1%)	(36.6%)	(57.0%)	(53.8%)	(66.2%)	(41.1%)	(58.5%)
	特に考えていない	130	8	11	10	26	21	17	22	15	122	37
		(15.3%)	(21.6%)	(14.1%)	(7.6%)	(23.4%)	(13.7%)	(11.4%)	(18.8%)	(21.1%)	(15.0%)	(19.7%)

表60 問13 食事バランスガイドを知っていますか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	756	53	52	104	114	156	134	101	42	703	143
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	内容を含めて知っている	67	5	5	4	21	10	11	11	0	62	11
		(8.9%)	(9.4%)	(9.6%)	(3.8%)	(18.4%)	(6.4%)	(8.2%)	(10.9%)	(0.0%)	(8.8%)	(7.7%)
	名前程度は聞いたことがある	256	18	16	46	36	51	48	27	14	238	41
		(33.9%)	(34.0%)	(30.8%)	(44.2%)	(31.6%)	(32.7%)	(35.8%)	(26.7%)	(33.3%)	(33.9%)	(28.7%)
	知らなかった	433	30	31	54	57	95	75	63	28	403	91
		(57.3%)	(56.6%)	(59.6%)	(51.9%)	(50.0%)	(60.9%)	(56.0%)	(62.4%)	(66.7%)	(57.3%)	(63.6%)
女性	総数	848	37	78	132	111	153	149	117	71	811	188
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	内容を含めて知っている	164	15	15	29	31	29	30	12	3	149	15
		(19.3%)	(40.5%)	(19.2%)	(22.0%)	(27.9%)	(19.0%)	(20.1%)	(10.3%)	(4.2%)	(18.4%)	(8.0%)
	名前程度は聞いたことがある	409	16	39	78	61	76	76	50	13	393	63
		(48.2%)	(43.2%)	(50.0%)	(59.1%)	(55.0%)	(49.7%)	(51.0%)	(42.7%)	(18.3%)	(48.5%)	(33.5%)
	知らなかった	275	6	24	25	19	48	43	55	55	269	110
		(32.4%)	(16.2%)	(30.8%)	(18.9%)	(17.1%)	(31.4%)	(28.9%)	(47.0%)	(77.5%)	(33.2%)	(58.5%)

(再掲)食事バランスガイドの認知割合(20歳以上)

総数	1514
はい	842
	(55.6%)

表61 問14 食育に関心がありますか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上	
男性	総数	755	53	52	104	114	156	134	101	41	702	142	
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	
	関心がある	127	4	9	19	21	24	29	14	7	123	21	
		(16.8%)	(7.5%)	(17.3%)	(18.3%)	(18.4%)	(15.4%)	(21.6%)	(13.9%)	(17.1%)	(17.5%)	(14.8%)	
		どちらかといえば関心がある	210	8	6	29	39	46	42	30	10	202	40
			(27.8%)	(15.1%)	(11.5%)	(27.9%)	(34.2%)	(29.5%)	(31.3%)	(29.7%)	(24.4%)	(28.8%)	(28.2%)
	どちらかといえば関心がない	211	13	17	36	35	48	35	22	5	198	27	
		(27.9%)	(24.5%)	(32.7%)	(34.6%)	(30.7%)	(30.8%)	(26.1%)	(21.8%)	(12.2%)	(28.2%)	(19.0%)	
	関心がない	86	12	9	6	9	21	10	15	4	74	19	
		(11.4%)	(22.6%)	(17.3%)	(5.8%)	(7.9%)	(13.5%)	(7.5%)	(14.9%)	(9.8%)	(10.5%)	(13.4%)	
	わからない	121	16	11	14	10	17	18	20	15	105	35	
		(16.0%)	(30.2%)	(21.2%)	(13.5%)	(8.8%)	(10.9%)	(13.4%)	(19.8%)	(36.6%)	(15.0%)	(24.6%)	
女性	総数	845	37	78	132	111	153	149	116	69	808	185	
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	
	関心がある	244	6	18	54	26	39	57	29	15	238	44	
		(28.9%)	(16.2%)	(23.1%)	(40.9%)	(23.4%)	(25.5%)	(38.3%)	(25.0%)	(21.7%)	(29.5%)	(23.8%)	
		どちらかといえば関心がある	348	11	29	53	56	72	65	41	21	337	62
			(41.2%)	(29.7%)	(37.2%)	(40.2%)	(50.5%)	(47.1%)	(43.6%)	(35.3%)	(30.4%)	(41.7%)	(33.5%)
	どちらかといえば関心がない	137	11	14	22	24	28	15	16	7	126	23	
		(16.2%)	(29.7%)	(17.9%)	(16.7%)	(21.6%)	(18.3%)	(10.1%)	(13.8%)	(10.1%)	(15.6%)	(12.4%)	
	関心がない	35	2	9	1	2	2	3	9	7	33	16	
		(4.1%)	(5.4%)	(11.5%)	(0.8%)	(1.8%)	(1.3%)	(2.0%)	(7.8%)	(10.1%)	(4.1%)	(8.6%)	
	わからない	81	7	8	2	3	12	9	21	19	74	40	
		(9.6%)	(18.9%)	(10.3%)	(1.5%)	(2.7%)	(7.8%)	(6.0%)	(18.1%)	(27.5%)	(9.2%)	(21.6%)	

表62 問14-2 食育に「関心がある」「どちらかといえば関心がある」者の関心がある理由(3つまで) 人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	「関心がある」「どちらかといえば関心がある」と回答した者	337	12	15	48	60	70	71	44	17	325	61
	子どもの心身の健全な発育のために食育が必要だから	137 (40.7%)	3 (25.0%)	6 (40.0%)	39 (81.3%)	28 (46.7%)	28 (40.0%)	20 (28.2%)	7 (15.9%)	6 (35.3%)	134 (41.2%)	13 (21.3%)
	食生活の乱れ(栄養のバランスが崩れている・不規則な食事等)が問題になっているから	131 (38.9%)	5 (41.7%)	4 (26.7%)	21 (43.8%)	29 (48.3%)	28 (40.0%)	29 (40.8%)	10 (22.7%)	5 (29.4%)	126 (38.8%)	15 (24.6%)
	肥満ややせすぎが問題になっているから	105 (31.2%)	2 (16.7%)	5 (33.3%)	17 (35.4%)	18 (30.0%)	24 (34.3%)	20 (28.2%)	16 (36.4%)	3 (17.6%)	103 (31.7%)	19 (31.1%)
	生活習慣病(糖尿病、がん等)の増加が問題になっているか	198 (58.8%)	8 (66.7%)	5 (33.3%)	22 (45.8%)	32 (53.3%)	45 (64.3%)	52 (73.2%)	26 (59.1%)	8 (47.1%)	190 (58.5%)	34 (55.7%)
	BSEの発生など食品の安全確保が重要だから	41 (12.2%)	2 (16.7%)	1 (6.7%)	2 (4.2%)	4 (6.7%)	11 (15.7%)	13 (18.3%)	5 (11.4%)	3 (17.6%)	39 (12.0%)	8 (13.1%)
	食にまつわる地域の文化や伝統を守ることが重要だから	21 (6.2%)	1 (8.3%)	2 (13.3%)	3 (6.3%)	6 (10.0%)	2 (2.9%)	3 (4.2%)	2 (4.5%)	2 (11.8%)	20 (6.2%)	4 (6.6%)
	食料を海外からの輸入に依存しすぎているから	120 (35.6%)	2 (16.7%)	7 (46.7%)	6 (12.5%)	14 (23.3%)	28 (40.0%)	35 (49.3%)	22 (50.0%)	6 (35.3%)	118 (36.3%)	28 (45.9%)
	消費者と生産者間の交流や信頼が足りないと思うから	17 (5.0%)	1 (8.3%)	0 (0.0%)	3 (6.3%)	2 (3.3%)	3 (4.3%)	3 (4.2%)	4 (9.1%)	1 (5.9%)	16 (4.9%)	5 (8.2%)
	有機農業など自然環境と調和した食料生産が重要だから	33 (9.8%)	0 (0.0%)	2 (13.3%)	2 (4.2%)	5 (8.3%)	6 (8.6%)	10 (14.1%)	7 (15.9%)	1 (5.9%)	33 (10.2%)	8 (13.1%)
	大量の食べ残しなど食品廃棄物が問題だから	67 (19.9%)	1 (8.3%)	3 (20.0%)	12 (25.0%)	12 (20.0%)	11 (15.7%)	14 (19.7%)	9 (20.5%)	5 (29.4%)	66 (20.3%)	14 (23.0%)
	自然の恩恵や食に対する感謝の念が薄れているから	46 (13.6%)	2 (16.7%)	0 (0.0%)	5 (10.4%)	12 (20.0%)	9 (12.9%)	8 (11.3%)	8 (18.2%)	2 (11.8%)	44 (13.5%)	10 (16.4%)
	その他	5 (1.5%)	1 (8.3%)	0 (0.0%)	0 (0.0%)	3 (5.0%)	0 (0.0%)	1 (1.4%)	0 (0.0%)	0 (0.0%)	4 (1.2%)	0 (0.0%)
	特になし	6 (1.8%)	1 (8.3%)	0 (0.0%)	0 (0.0%)	3 (5.0%)	1 (1.4%)	1 (1.4%)	0 (0.0%)	0 (0.0%)	5 (1.5%)	0 (0.0%)
	わからない	6 (1.8%)	0 (0.0%)	0 (0.0%)	1 (2.1%)	0 (0.0%)	0 (0.0%)	1 (1.4%)	3 (6.8%)	1 (5.9%)	6 (1.8%)	4 (6.6%)
女性	「関心がある」「どちらかといえば関心がある」と回答した者	592	17	47	107	82	111	122	70	36	575	106
	子どもの心身の健全な発育のために食育が必要だから	286 (48.3%)	6 (35.3%)	23 (48.9%)	83 (77.6%)	59 (72.0%)	45 (40.5%)	43 (35.2%)	16 (22.9%)	11 (30.6%)	280 (48.7%)	27 (25.5%)
	食生活の乱れ(栄養のバランスが崩れている・不規則な食事等)が問題になっているから	256 (43.2%)	10 (58.8%)	28 (59.6%)	43 (40.2%)	34 (41.5%)	55 (49.5%)	50 (41.0%)	26 (37.1%)	10 (27.8%)	246 (42.8%)	36 (34.0%)
	肥満ややせすぎが問題になっているから	158 (26.7%)	7 (41.2%)	17 (36.2%)	22 (20.6%)	18 (22.0%)	30 (27.0%)	37 (30.3%)	15 (21.4%)	12 (33.3%)	151 (26.3%)	27 (25.5%)
	生活習慣病(糖尿病、がん等)の増加が問題になっているか	380 (64.2%)	6 (35.3%)	24 (51.1%)	65 (60.7%)	52 (63.4%)	77 (69.4%)	86 (70.5%)	47 (67.1%)	23 (63.9%)	374 (65.0%)	70 (66.0%)
	BSEの発生など食品の安全確保が重要だから	97 (16.4%)	1 (5.9%)	9 (19.1%)	14 (13.1%)	11 (13.4%)	22 (19.8%)	26 (21.3%)	9 (12.9%)	5 (13.9%)	96 (16.7%)	14 (13.2%)
	食にまつわる地域の文化や伝統を守ることが重要だから	31 (5.2%)	2 (11.8%)	3 (6.4%)	6 (5.6%)	5 (6.1%)	3 (2.7%)	5 (4.1%)	3 (4.3%)	4 (11.1%)	29 (5.0%)	7 (6.6%)
	食料を海外からの輸入に依存しすぎているから	177 (29.9%)	3 (17.6%)	8 (17.0%)	19 (17.8%)	16 (19.5%)	34 (30.6%)	55 (45.1%)	30 (42.9%)	12 (33.3%)	174 (30.3%)	42 (39.6%)
	消費者と生産者間の交流や信頼が足りないと思うから	10 (1.7%)	1 (5.9%)	0 (0.0%)	2 (1.9%)	0 (0.0%)	4 (3.6%)	1 (0.8%)	0 (0.0%)	2 (5.6%)	9 (1.6%)	2 (1.9%)
	有機農業など自然環境と調和した食料生産が重要だから	83 (14.0%)	0 (0.0%)	2 (4.3%)	10 (9.3%)	10 (12.2%)	9 (8.1%)	24 (19.7%)	18 (25.7%)	10 (27.8%)	83 (14.4%)	28 (26.4%)
	大量の食べ残しなど食品廃棄物が問題だから	73 (12.3%)	1 (5.9%)	6 (12.8%)	7 (6.5%)	8 (9.8%)	19 (17.1%)	14 (11.5%)	11 (15.7%)	7 (19.4%)	72 (12.5%)	18 (17.0%)
	自然の恩恵や食に対する感謝の念が薄れているから	102 (17.2%)	2 (11.8%)	7 (14.9%)	25 (23.4%)	12 (14.6%)	19 (17.1%)	21 (17.2%)	12 (17.1%)	4 (11.1%)	100 (17.4%)	16 (15.1%)
	その他	8 (1.4%)	0 (0.0%)	2 (4.3%)	1 (0.9%)	1 (1.2%)	1 (0.9%)	2 (1.6%)	0 (0.0%)	1 (2.8%)	8 (1.4%)	1 (0.9%)
	特になし	8 (1.4%)	0 (0.0%)	2 (4.3%)	1 (0.9%)	1 (1.2%)	1 (0.9%)	2 (1.6%)	0 (0.0%)	1 (2.8%)	8 (1.4%)	1 (0.9%)
	わからない	5 (0.8%)	1 (5.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.9%)	1 (0.8%)	2 (2.9%)	0 (0.0%)	4 (0.7%)	2 (1.9%)

* 母数は食育に「関心がある」「どちらかといえば関心がある」と回答した者

表63 問15 運動を週に何日くらい行っていますか

		総数	人数(%)								(再掲)	
			15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	20歳以上	70歳以上
男性	総数	756 (100.0%)	53 (100.0%)	52 (100.0%)	104 (100.0%)	114 (100.0%)	157 (100.0%)	133 (100.0%)	101 (100.0%)	42 (100.0%)	703 (100.0%)	143 (100.0%)
	週に1日以上	334 (44.2%)	41 (77.4%)	13 (25.0%)	30 (28.8%)	50 (43.9%)	64 (40.8%)	69 (51.9%)	46 (45.5%)	21 (50.0%)	293 (41.7%)	67 (46.9%)
	週に1日未満	49 (6.5%)	4 (7.5%)	9 (17.3%)	11 (10.6%)	7 (6.1%)	6 (3.8%)	6 (4.5%)	3 (3.0%)	3 (7.1%)	45 (6.4%)	6 (4.2%)
	行っていない	373 (49.3%)	8 (15.1%)	30 (57.7%)	63 (60.6%)	57 (50.0%)	87 (55.4%)	58 (43.6%)	52 (51.5%)	18 (42.9%)	365 (51.9%)	70 (49.0%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	132 (100.0%)	111 (100.0%)	153 (100.0%)	148 (100.0%)	117 (100.0%)	71 (100.0%)	810 (100.0%)	188 (100.0%)
	週に1日以上	326 (38.5%)	30 (81.1%)	10 (12.8%)	34 (25.8%)	38 (34.2%)	49 (32.0%)	81 (54.7%)	61 (52.1%)	23 (32.4%)	296 (36.5%)	84 (44.7%)
	週に1日未満	58 (6.8%)	0 (0.0%)	9 (11.5%)	12 (9.1%)	13 (11.7%)	9 (5.9%)	10 (6.8%)	3 (2.6%)	2 (2.8%)	58 (7.2%)	5 (2.7%)
	行っていない	463 (54.7%)	7 (18.9%)	59 (75.6%)	86 (65.2%)	60 (54.1%)	95 (62.1%)	57 (38.5%)	53 (45.3%)	46 (64.8%)	456 (56.3%)	99 (52.7%)

表64 週に運動する日

		総数	人数(%)								(再掲)	
			15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	20歳以上	70歳以上
男性	週1回	43 (5.7%)	3 (5.7%)	4 (7.7%)	6 (5.8%)	10 (8.8%)	14 (8.9%)	4 (3.0%)	2 (2.0%)	0 (0.0%)	40 (5.7%)	2 (1.4%)
	週2回	54 (7.1%)	3 (5.7%)	4 (7.7%)	8 (7.7%)	8 (7.0%)	11 (7.0%)	14 (10.5%)	5 (5.0%)	1 (2.4%)	51 (7.3%)	6 (4.2%)
	週3回	49 (6.5%)	8 (15.1%)	1 (1.9%)	6 (5.8%)	9 (7.9%)	8 (5.1%)	6 (4.5%)	6 (5.9%)	5 (11.9%)	41 (5.8%)	11 (7.7%)
	週4回	32 (4.2%)	1 (1.9%)	2 (3.8%)	3 (2.9%)	6 (5.3%)	4 (2.5%)	11 (8.3%)	4 (4.0%)	1 (2.4%)	31 (4.4%)	5 (3.5%)
	週5回	54 (7.1%)	8 (15.1%)	1 (1.9%)	4 (3.8%)	6 (5.3%)	13 (8.3%)	13 (9.8%)	7 (6.9%)	2 (4.8%)	46 (6.5%)	9 (6.3%)
	週6回	36 (4.8%)	8 (15.1%)	0 (0.0%)	1 (1.0%)	4 (3.5%)	4 (2.5%)	3 (2.3%)	12 (11.9%)	4 (9.5%)	28 (4.0%)	16 (11.2%)
	週7回	65 (8.6%)	10 (18.9%)	1 (1.9%)	2 (1.9%)	7 (6.1%)	10 (6.4%)	17 (12.8%)	10 (9.9%)	8 (19.0%)	55 (7.8%)	18 (12.6%)
	不明	1 (0.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.8%)	0 (0.0%)	0 (0.0%)	1 (0.1%)	0 (0.0%)
	女性	週1回	36 (4.3%)	0 (0.0%)	0 (0.0%)	4 (3.0%)	7 (6.3%)	11 (7.2%)	9 (6.1%)	3 (2.6%)	2 (2.8%)	36 (4.4%)
週2回		59 (7.0%)	7 (18.9%)	1 (1.3%)	12 (9.1%)	10 (9.0%)	4 (2.6%)	11 (7.4%)	10 (8.5%)	4 (5.6%)	52 (6.4%)	14 (7.4%)
週3回		54 (6.4%)	6 (16.2%)	2 (2.6%)	5 (3.8%)	5 (4.5%)	11 (7.2%)	12 (8.1%)	9 (7.7%)	4 (5.6%)	48 (5.9%)	13 (6.9%)
週4回		44 (5.2%)	4 (10.8%)	1 (1.3%)	5 (3.8%)	5 (4.5%)	4 (2.6%)	11 (7.4%)	10 (8.5%)	4 (5.6%)	40 (4.9%)	14 (7.4%)
週5回		51 (6.0%)	3 (8.1%)	2 (2.6%)	5 (3.8%)	5 (4.5%)	6 (3.9%)	15 (10.1%)	12 (10.3%)	3 (4.2%)	48 (5.9%)	15 (8.0%)
週6回		27 (3.2%)	5 (13.5%)	1 (1.3%)	1 (0.8%)	1 (0.9%)	3 (2.0%)	10 (6.8%)	5 (4.3%)	1 (1.4%)	22 (2.7%)	6 (3.2%)
週7回		55 (6.5%)	5 (13.5%)	3 (3.8%)	2 (1.5%)	5 (4.5%)	10 (6.5%)	13 (8.8%)	12 (10.3%)	5 (7.0%)	50 (6.2%)	17 (9.0%)
不明		0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)

表65 問15-2 運動する日の1日当たりの運動時間を教えてください

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	383 (100.0%)	45 (100.0%)	22 (100.0%)	41 (100.0%)	57 (100.0%)	70 (100.0%)	75 (100.0%)	49 (100.0%)	24 (100.0%)	338 (100.0%)	73 (100.0%)
	10分未満	11 (2.9%)	1 (2.2%)	0 (0.0%)	1 (2.4%)	2 (3.5%)	2 (2.9%)	1 (1.3%)	2 (4.1%)	2 (8.3%)	10 (3.0%)	4 (5.5%)
	10~20分未満	18 (4.7%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (3.5%)	5 (7.1%)	4 (5.3%)	2 (4.1%)	5 (20.8%)	18 (5.3%)	7 (9.6%)
	20~30分未満	20 (5.2%)	1 (2.2%)	1 (4.5%)	0 (0.0%)	5 (8.8%)	2 (2.9%)	6 (8.0%)	4 (8.2%)	1 (4.2%)	19 (5.6%)	5 (6.8%)
	30~60分未満	110 (28.7%)	11 (24.4%)	3 (13.6%)	10 (24.4%)	18 (31.6%)	16 (22.9%)	25 (33.3%)	21 (42.9%)	6 (25.0%)	99 (29.3%)	27 (37.0%)
	60~120分未満	137 (35.8%)	11 (24.4%)	6 (27.3%)	20 (48.8%)	21 (36.8%)	32 (45.7%)	21 (28.0%)	18 (36.7%)	8 (33.3%)	126 (37.3%)	26 (35.6%)
	120分以上	87 (22.7%)	21 (46.7%)	12 (54.5%)	10 (24.4%)	9 (15.8%)	13 (18.6%)	18 (24.0%)	2 (4.1%)	2 (8.3%)	66 (19.5%)	4 (5.5%)
女性	総数	384 (100.0%)	30 (100.0%)	19 (100.0%)	46 (100.0%)	51 (100.0%)	58 (100.0%)	91 (100.0%)	64 (100.0%)	25 (100.0%)	354 (100.0%)	89 (100.0%)
	10分未満	12 (3.1%)	1 (3.3%)	1 (5.3%)	2 (4.3%)	2 (3.9%)	0 (0.0%)	1 (1.1%)	3 (4.7%)	2 (8.0%)	11 (3.1%)	5 (5.6%)
	10~20分未満	29 (7.6%)	0 (0.0%)	3 (15.8%)	3 (6.5%)	6 (11.8%)	4 (6.9%)	6 (6.6%)	3 (4.7%)	4 (16.0%)	29 (8.2%)	7 (7.9%)
	20~30分未満	34 (8.9%)	0 (0.0%)	1 (5.3%)	4 (8.7%)	4 (7.8%)	7 (12.1%)	8 (8.8%)	8 (12.5%)	2 (8.0%)	34 (9.6%)	10 (11.2%)
	30~60分未満	137 (35.7%)	11 (36.7%)	3 (15.8%)	14 (30.4%)	19 (37.3%)	21 (36.2%)	46 (50.5%)	16 (25.0%)	7 (28.0%)	126 (35.6%)	23 (25.8%)
	60~120分未満	119 (31.0%)	9 (30.0%)	6 (31.6%)	13 (28.3%)	15 (29.4%)	24 (41.4%)	23 (25.3%)	22 (34.4%)	7 (28.0%)	110 (31.1%)	29 (32.6%)
	120分以上	53 (13.8%)	9 (30.0%)	5 (26.3%)	10 (21.7%)	5 (9.8%)	2 (3.4%)	7 (7.7%)	12 (18.8%)	3 (12.0%)	44 (12.4%)	15 (16.9%)

*母数は「週1回以上」「週1回未満」と回答した者

表66 問15-3 その運動はどのくらいの期間続けていますか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	383 (100.0%)	45 (100.0%)	22 (100.0%)	41 (100.0%)	57 (100.0%)	70 (100.0%)	75 (100.0%)	49 (100.0%)	24 (100.0%)	338 (100.0%)	73 (100.0%)
	ここ1ヶ月以内	27 (7.0%)	0 (0.0%)	1 (4.5%)	3 (7.3%)	7 (12.3%)	6 (8.6%)	8 (10.7%)	1 (2.0%)	1 (4.2%)	27 (8.0%)	2 (2.7%)
	1ヶ月~3ヶ月未満	21 (5.5%)	4 (8.9%)	3 (13.6%)	1 (2.4%)	2 (3.5%)	2 (2.9%)	3 (4.0%)	5 (10.2%)	1 (4.2%)	17 (5.0%)	6 (8.2%)
	3ヶ月~半年未満	19 (5.0%)	2 (4.4%)	1 (4.5%)	3 (7.3%)	6 (10.5%)	1 (1.4%)	4 (5.3%)	1 (2.0%)	1 (4.2%)	17 (5.0%)	2 (2.7%)
	半年~1年未満	36 (9.4%)	6 (13.3%)	3 (13.6%)	4 (9.8%)	1 (1.8%)	7 (10.0%)	8 (10.7%)	5 (10.2%)	2 (8.3%)	30 (8.9%)	7 (9.6%)
	1年以上	276 (72.1%)	31 (68.9%)	14 (63.6%)	30 (73.2%)	41 (71.9%)	53 (75.7%)	52 (69.3%)	36 (73.5%)	19 (79.2%)	245 (72.5%)	55 (75.3%)
	未記入	4 (1.0%)	2 (4.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (1.4%)	0 (0.0%)	1 (2.0%)	0 (0.0%)	2 (0.6%)	1 (1.4%)
女性	総数	384 (100.0%)	30 (100.0%)	19 (100.0%)	46 (100.0%)	51 (100.0%)	58 (100.0%)	91 (100.0%)	64 (100.0%)	25 (100.0%)	354 (100.0%)	89 (100.0%)
	ここ1ヶ月以内	32 (8.3%)	0 (0.0%)	2 (10.5%)	5 (10.9%)	8 (15.7%)	8 (13.8%)	5 (5.5%)	1 (1.6%)	3 (12.0%)	32 (9.0%)	4 (4.5%)
	1ヶ月~3ヶ月未満	41 (10.7%)	3 (10.0%)	3 (15.8%)	6 (13.0%)	5 (9.8%)	8 (13.8%)	12 (13.2%)	3 (4.7%)	1 (4.0%)	38 (10.7%)	4 (4.5%)
	3ヶ月~半年未満	23 (6.0%)	1 (3.3%)	0 (0.0%)	3 (6.5%)	7 (13.7%)	4 (6.9%)	6 (6.6%)	2 (3.1%)	0 (0.0%)	22 (6.2%)	2 (2.2%)
	半年~1年未満	51 (13.3%)	2 (6.7%)	3 (15.8%)	8 (17.4%)	5 (9.8%)	7 (12.1%)	11 (12.1%)	10 (15.6%)	5 (20.0%)	49 (13.8%)	15 (16.9%)
	1年以上	236 (61.5%)	24 (80.0%)	11 (57.9%)	24 (52.2%)	26 (51.0%)	31 (53.4%)	56 (61.5%)	48 (75.0%)	16 (64.0%)	212 (59.9%)	64 (71.9%)
	未記入	1 (0.3%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (1.1%)	0 (0.0%)	0 (0.0%)	1 (0.3%)	0 (0.0%)

*母数は「週1回以上」「週1回未満」と回答した者

表67 問15-4 どのような運動をしていますか(2つまで回答)

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	「週1回以上」「週1回未満」の者	383	45	22	41	57	70	75	49	24	338	73
	普通の歩行	124 (32.4%)	2 (4.4%)	2 (9.1%)	5 (12.2%)	11 (19.3%)	31 (44.3%)	33 (44.0%)	29 (59.2%)	11 (45.8%)	122 (36.1%)	40 (54.8%)
	急ぎ足	57 (14.9%)	0 (0.0%)	1 (4.5%)	2 (4.9%)	12 (21.1%)	15 (21.4%)	18 (24.0%)	6 (12.2%)	3 (12.5%)	57 (16.9%)	9 (12.3%)
	ジョギング	55 (14.4%)	12 (26.7%)	4 (18.2%)	15 (36.6%)	14 (24.6%)	5 (7.1%)	3 (4.0%)	1 (2.0%)	1 (4.2%)	43 (12.7%)	2 (2.7%)
	軽い体操	60 (15.7%)	4 (8.9%)	1 (4.5%)	2 (4.9%)	4 (7.0%)	11 (15.7%)	17 (22.7%)	12 (24.5%)	9 (37.5%)	56 (16.6%)	21 (28.8%)
	筋カトレーニング	58 (15.1%)	11 (24.4%)	3 (13.6%)	9 (22.0%)	11 (19.3%)	8 (11.4%)	10 (13.3%)	5 (10.2%)	1 (4.2%)	47 (13.9%)	6 (8.2%)
	エアロビクス	1 (0.3%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (1.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.3%)	0 (0.0%)
	ゴルフ	53 (13.8%)	0 (0.0%)	5 (22.7%)	8 (19.5%)	7 (12.3%)	12 (17.1%)	12 (16.0%)	8 (16.3%)	1 (4.2%)	53 (15.7%)	9 (12.3%)
	水泳	14 (3.7%)	0 (0.0%)	0 (0.0%)	5 (12.2%)	5 (8.8%)	2 (2.9%)	2 (2.7%)	0 (0.0%)	0 (0.0%)	14 (4.1%)	0 (0.0%)
	運動その他	140 (36.6%)	36 (80.0%)	14 (63.6%)	16 (39.0%)	21 (36.8%)	17 (24.3%)	17 (22.7%)	14 (28.6%)	5 (20.8%)	104 (30.8%)	19 (26.0%)
	女性	「週1回以上」「週1回未満」の者	384	30	19	46	51	58	91	64	25	354
普通の歩行		145 (37.8%)	5 (16.7%)	3 (15.8%)	9 (19.6%)	19 (37.3%)	16 (27.6%)	43 (47.3%)	36 (56.3%)	14 (56.0%)	140 (39.5%)	50 (56.2%)
急ぎ足		50 (13.0%)	1 (3.3%)	3 (15.8%)	8 (17.4%)	8 (15.7%)	11 (19.0%)	15 (16.5%)	2 (3.1%)	2 (8.0%)	49 (13.8%)	4 (4.5%)
ジョギング		30 (7.8%)	7 (23.3%)	1 (5.3%)	3 (6.5%)	4 (7.8%)	4 (6.9%)	8 (8.8%)	2 (3.1%)	1 (4.0%)	23 (6.5%)	3 (3.4%)
軽い体操		138 (35.9%)	8 (26.7%)	7 (36.8%)	11 (23.9%)	18 (35.3%)	23 (39.7%)	37 (40.7%)	24 (37.5%)	10 (40.0%)	130 (36.7%)	34 (38.2%)
筋カトレーニング		45 (11.7%)	6 (20.0%)	4 (21.1%)	6 (13.0%)	7 (13.7%)	5 (8.6%)	8 (8.8%)	7 (10.9%)	2 (8.0%)	39 (11.0%)	9 (10.1%)
エアロビクス		15 (3.9%)	0 (0.0%)	2 (10.5%)	4 (8.7%)	4 (7.8%)	4 (6.9%)	0 (0.0%)	1 (1.6%)	0 (0.0%)	15 (4.2%)	1 (1.1%)
ゴルフ		5 (1.3%)	0 (0.0%)	0 (0.0%)	2 (4.3%)	0 (0.0%)	0 (0.0%)	1 (1.1%)	1 (1.6%)	1 (4.0%)	5 (1.4%)	2 (2.2%)
水泳		19 (4.9%)	0 (0.0%)	4 (21.1%)	2 (4.3%)	2 (3.9%)	8 (13.8%)	2 (2.2%)	1 (1.6%)	0 (0.0%)	19 (5.4%)	1 (1.1%)
運動その他		107 (27.9%)	21 (70.0%)	7 (36.8%)	21 (45.7%)	11 (21.6%)	10 (17.2%)	17 (18.7%)	14 (21.9%)	6 (24.0%)	86 (24.3%)	20 (22.5%)

*母数は「週1回以上」「週1回未満」と回答した者

表68 問15-5 これから運動を始めようと思いますか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	373	8	30	63	57	87	58	52	18	365	70
	1ヶ月以内に始めようと思っ ている	22 (5.9%)	0 (0.0%)	1 (3.3%)	6 (9.5%)	5 (8.8%)	4 (4.6%)	3 (5.2%)	2 (3.8%)	1 (5.6%)	22 (6.0%)	3 (4.3%)
	1ヶ月以内ではないが始めよう と思っている	140 (37.5%)	4 (50.0%)	7 (23.3%)	25 (39.7%)	27 (47.4%)	41 (47.1%)	20 (34.5%)	14 (26.9%)	2 (11.1%)	136 (37.3%)	16 (22.9%)
	始める気はない	207 (55.5%)	4 (50.0%)	22 (73.3%)	32 (50.8%)	25 (43.9%)	41 (47.1%)	35 (60.3%)	34 (65.4%)	14 (77.8%)	203 (55.6%)	48 (68.6%)
	未記入	4 (1.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (1.1%)	0 (0.0%)	2 (3.8%)	1 (5.6%)	4 (1.1%)	3 (4.3%)
	女性	総数	463	7	59	86	60	95	57	53	46	456
1ヶ月以内に始めようと思っ ている		20 (4.3%)	0 (0.0%)	0 (0.0%)	4 (4.7%)	2 (3.3%)	4 (4.2%)	5 (8.8%)	4 (7.5%)	1 (2.2%)	20 (4.4%)	5 (5.1%)
1ヶ月以内ではないが始めよう と思っている		228 (49.2%)	5 (71.4%)	35 (59.3%)	52 (60.5%)	31 (51.7%)	56 (58.9%)	30 (52.6%)	14 (26.4%)	5 (10.9%)	223 (48.9%)	19 (19.2%)
始める気はない		211 (45.6%)	2 (28.6%)	22 (37.3%)	30 (34.9%)	27 (45.0%)	34 (35.8%)	22 (38.6%)	34 (64.2%)	40 (87.0%)	209 (45.8%)	74 (74.7%)
未記入		4 (0.9%)	0 (0.0%)	2 (3.4%)	0 (0.0%)	0 (0.0%)	1 (1.1%)	0 (0.0%)	1 (1.9%)	0 (0.0%)	4 (0.9%)	1 (1.0%)

*母数は「行っていない」と回答した者

表69 運動習慣のある者の割合

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	756 (100.0%)	53 (100.0%)	52 (100.0%)	104 (100.0%)	114 (100.0%)	157 (100.0%)	133 (100.0%)	101 (100.0%)	42 (100.0%)	703 (100.0%)	143 (100.0%)
	なし	559 (73.9%)	26 (49.1%)	45 (86.5%)	88 (84.6%)	86 (75.4%)	122 (77.7%)	93 (69.9%)	68 (67.3%)	31 (73.8%)	533 (75.8%)	99 (69.2%)
	あり	197 (26.1%)	27 (50.9%)	7 (13.5%)	16 (15.4%)	28 (24.6%)	35 (22.3%)	40 (30.1%)	33 (32.7%)	11 (26.2%)	170 (24.2%)	44 (30.8%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	132 (100.0%)	111 (100.0%)	153 (100.0%)	148 (100.0%)	117 (100.0%)	71 (100.0%)	810 (100.0%)	188 (100.0%)
	なし	692 (81.7%)	13 (35.1%)	72 (92.3%)	121 (91.7%)	98 (88.3%)	136 (88.9%)	107 (72.3%)	84 (71.8%)	61 (85.9%)	679 (83.8%)	145 (77.1%)
	あり	155 (18.3%)	24 (64.9%)	6 (7.7%)	11 (8.3%)	13 (11.7%)	17 (11.1%)	41 (27.7%)	33 (28.2%)	10 (14.1%)	131 (16.2%)	43 (22.9%)

* 運動習慣のある者とは、運動を週2回以上、1回30分以上、1年以上継続している者
* 母数は問15を回答した者

表70 問16 日常生活の中で意識的に体を動かすようにしていますか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	751 (100.0%)	53 (100.0%)	52 (100.0%)	103 (100.0%)	114 (100.0%)	156 (100.0%)	132 (100.0%)	99 (100.0%)	42 (100.0%)	698 (100.0%)	141 (100.0%)
	いつもしている	179 (23.8%)	17 (32.1%)	3 (5.8%)	15 (14.6%)	20 (17.5%)	29 (18.6%)	38 (28.8%)	36 (36.4%)	21 (50.0%)	162 (23.2%)	57 (40.4%)
	時々している	241 (32.1%)	14 (26.4%)	21 (40.4%)	33 (32.0%)	42 (36.8%)	50 (32.1%)	47 (35.6%)	24 (24.2%)	10 (23.8%)	227 (32.5%)	34 (24.1%)
	以前はしていたが、現在はしていない	113 (15.0%)	7 (13.2%)	5 (9.6%)	23 (22.3%)	19 (16.7%)	29 (18.6%)	18 (13.6%)	11 (11.1%)	1 (2.4%)	106 (15.2%)	12 (8.5%)
	していない	218 (29.0%)	15 (28.3%)	23 (44.2%)	32 (31.1%)	33 (28.9%)	48 (30.8%)	29 (22.0%)	28 (28.3%)	10 (23.8%)	203 (29.1%)	38 (27.0%)
女性	総数	844 (100.0%)	37 (100.0%)	78 (100.0%)	130 (100.0%)	111 (100.0%)	153 (100.0%)	147 (100.0%)	117 (100.0%)	71 (100.0%)	807 (100.0%)	188 (100.0%)
	いつもしている	162 (19.2%)	9 (24.3%)	4 (5.1%)	16 (12.3%)	11 (9.9%)	22 (14.4%)	44 (29.9%)	36 (30.8%)	20 (28.2%)	153 (19.0%)	56 (29.8%)
	時々している	310 (36.7%)	13 (35.1%)	22 (28.2%)	48 (36.9%)	46 (41.4%)	63 (41.2%)	65 (44.2%)	36 (30.8%)	17 (23.9%)	297 (36.8%)	53 (28.2%)
	以前はしていたが、現在はしていない	126 (14.9%)	5 (13.5%)	17 (21.8%)	26 (20.0%)	18 (16.2%)	24 (15.7%)	14 (9.5%)	15 (12.8%)	7 (9.9%)	121 (15.0%)	22 (11.7%)
	していない	246 (29.1%)	10 (27.0%)	35 (44.9%)	40 (30.8%)	36 (32.4%)	44 (28.8%)	24 (16.3%)	30 (25.6%)	27 (38.0%)	236 (29.2%)	57 (30.3%)

表71 問17 運動することで気持ちよく感じますか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	754 (100.0%)	53 (100.0%)	52 (100.0%)	103 (100.0%)	114 (100.0%)	156 (100.0%)	133 (100.0%)	101 (100.0%)	42 (100.0%)	701 (100.0%)	143 (100.0%)
	はい	511 (67.8%)	38 (71.7%)	35 (67.3%)	72 (69.9%)	76 (66.7%)	103 (66.0%)	94 (70.7%)	66 (65.3%)	27 (64.3%)	473 (67.5%)	93 (65.0%)
	いいえ	39 (5.2%)	3 (5.7%)	2 (3.8%)	5 (4.9%)	7 (6.1%)	9 (5.8%)	5 (3.8%)	5 (5.0%)	3 (7.1%)	36 (5.1%)	8 (5.6%)
	どちらともいえない	204 (27.1%)	12 (22.6%)	15 (28.8%)	26 (25.2%)	31 (27.2%)	44 (28.2%)	34 (25.6%)	30 (29.7%)	12 (28.6%)	192 (27.4%)	42 (29.4%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	132 (100.0%)	111 (100.0%)	153 (100.0%)	148 (100.0%)	117 (100.0%)	71 (100.0%)	810 (100.0%)	188 (100.0%)
	はい	578 (68.2%)	20 (54.1%)	56 (71.8%)	92 (69.7%)	70 (63.1%)	113 (73.9%)	117 (79.1%)	74 (63.2%)	36 (50.7%)	558 (68.9%)	110 (58.5%)
	いいえ	37 (4.4%)	1 (2.7%)	4 (5.1%)	9 (6.8%)	4 (3.6%)	6 (3.9%)	1 (0.7%)	7 (6.0%)	5 (7.0%)	36 (4.4%)	12 (6.4%)
	どちらともいえない	232 (27.4%)	16 (43.2%)	18 (23.1%)	31 (23.5%)	37 (33.3%)	34 (22.2%)	30 (20.3%)	36 (30.8%)	30 (42.3%)	216 (26.7%)	66 (35.1%)

(再掲) 気持ちよく身体を動かせる者の割合(15歳以上)

総数	1601
はい	1089 (68.0%)

表72 問18 エクササイズガイドを知っていますか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	753 (100.0%)	53 (100.0%)	52 (100.0%)	103 (100.0%)	114 (100.0%)	155 (100.0%)	133 (100.0%)	101 (100.0%)	42 (100.0%)	700 (100.0%)	143 (100.0%)
	内容を含めて知っている	16 (2.1%)	2 (3.8%)	1 (1.9%)	2 (1.9%)	4 (3.5%)	3 (1.9%)	2 (1.5%)	2 (2.0%)	0 (0.0%)	14 (2.0%)	2 (1.4%)
	名前程度は聞いたことがある	153 (20.3%)	7 (13.2%)	9 (17.3%)	10 (9.7%)	21 (18.4%)	31 (20.0%)	45 (33.8%)	21 (20.8%)	9 (21.4%)	146 (20.9%)	30 (21.0%)
	知らなかった	584 (77.6%)	44 (83.0%)	42 (80.8%)	91 (88.3%)	89 (78.1%)	121 (78.1%)	86 (64.7%)	78 (77.2%)	33 (78.6%)	540 (77.1%)	111 (77.6%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	132 (100.0%)	111 (100.0%)	153 (100.0%)	148 (100.0%)	117 (100.0%)	71 (100.0%)	810 (100.0%)	188 (100.0%)
	内容を含めて知っている	22 (2.6%)	0 (0.0%)	3 (3.8%)	0 (0.0%)	0 (0.0%)	4 (2.6%)	8 (5.4%)	5 (4.3%)	2 (2.8%)	22 (2.7%)	7 (3.7%)
	名前程度は聞いたことがある	203 (24.0%)	7 (18.9%)	7 (9.0%)	16 (12.1%)	19 (17.1%)	42 (27.5%)	60 (40.5%)	38 (32.5%)	14 (19.7%)	196 (24.2%)	52 (27.7%)
	知らなかった	622 (73.4%)	30 (81.1%)	68 (87.2%)	116 (87.9%)	92 (82.9%)	107 (69.9%)	80 (54.1%)	74 (63.2%)	55 (77.5%)	592 (73.1%)	129 (68.6%)

表73 問19 この1ヶ月間に自分以外の人吸っていたタバコを吸う機会がありましたか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	752 (100.0%)	52 (100.0%)	52 (100.0%)	103 (100.0%)	113 (100.0%)	157 (100.0%)	134 (100.0%)	99 (100.0%)	42 (100.0%)	700 (100.0%)	141 (100.0%)
	あった	514 (68.4%)	21 (40.4%)	44 (84.6%)	92 (89.3%)	94 (83.2%)	117 (74.5%)	80 (59.7%)	50 (50.5%)	16 (38.1%)	493 (70.4%)	66 (46.8%)
	なかった	181 (24.1%)	22 (42.3%)	8 (15.4%)	4 (3.9%)	13 (11.5%)	25 (15.9%)	44 (32.8%)	40 (40.4%)	25 (59.5%)	159 (22.7%)	65 (46.1%)
	覚えていない	57 (7.6%)	9 (17.3%)	0 (0.0%)	7 (6.8%)	6 (5.3%)	15 (9.6%)	10 (7.5%)	9 (9.1%)	1 (2.4%)	48 (6.9%)	10 (7.1%)
女性	総数	843 (100.0%)	37 (100.0%)	78 (100.0%)	132 (100.0%)	109 (100.0%)	152 (100.0%)	147 (100.0%)	117 (100.0%)	71 (100.0%)	806 (100.0%)	188 (100.0%)
	あった	457 (54.2%)	23 (62.2%)	64 (82.1%)	86 (65.2%)	70 (64.2%)	89 (58.6%)	74 (50.3%)	34 (29.1%)	17 (23.9%)	434 (53.8%)	51 (27.1%)
	なかった	325 (38.6%)	11 (29.7%)	11 (14.1%)	38 (28.8%)	29 (26.6%)	53 (34.9%)	61 (41.5%)	73 (62.4%)	49 (69.0%)	314 (39.0%)	122 (64.9%)
	覚えていない	61 (7.2%)	3 (8.1%)	3 (3.8%)	8 (6.1%)	10 (9.2%)	10 (6.6%)	12 (8.2%)	10 (8.5%)	5 (7.0%)	58 (7.2%)	15 (8.0%)

問20 タバコが健康に与える影響について、どのように思いますか

表74 肺がん

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	746 (100.0%)	51 (100.0%)	52 (100.0%)	103 (100.0%)	113 (100.0%)	156 (100.0%)	131 (100.0%)	99 (100.0%)	41 (100.0%)	695 (100.0%)	140 (100.0%)
	かかりやすくなると思う	652 (87.4%)	44 (86.3%)	47 (90.4%)	96 (93.2%)	99 (87.6%)	131 (84.0%)	114 (87.0%)	86 (86.9%)	35 (85.4%)	608 (87.5%)	121 (86.4%)
	どちらともいえない	71 (9.5%)	5 (9.8%)	3 (5.8%)	6 (5.8%)	11 (9.7%)	20 (12.8%)	14 (10.7%)	8 (8.1%)	4 (9.8%)	66 (9.5%)	12 (8.6%)
	たばこ関係ない	19 (2.5%)	1 (2.0%)	2 (3.8%)	1 (1.0%)	3 (2.7%)	4 (2.6%)	2 (1.5%)	4 (4.0%)	2 (4.9%)	18 (2.6%)	6 (4.3%)
	病気を知らない	4 (0.5%)	1 (2.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	1 (0.8%)	1 (1.0%)	0 (0.0%)	3 (0.4%)	1 (0.7%)
女性	総数	837 (100.0%)	36 (100.0%)	78 (100.0%)	132 (100.0%)	110 (100.0%)	152 (100.0%)	147 (100.0%)	115 (100.0%)	67 (100.0%)	801 (100.0%)	182 (100.0%)
	かかりやすくなると思う	761 (90.9%)	33 (91.7%)	74 (94.9%)	128 (97.0%)	97 (88.2%)	143 (94.1%)	132 (89.8%)	98 (85.2%)	56 (83.6%)	728 (90.9%)	154 (84.6%)
	どちらともいえない	58 (6.9%)	2 (5.6%)	3 (3.8%)	3 (2.3%)	10 (9.1%)	8 (5.3%)	13 (8.8%)	12 (10.4%)	7 (10.4%)	56 (7.0%)	19 (10.4%)
	たばこ関係ない	15 (1.8%)	0 (0.0%)	1 (1.3%)	1 (0.8%)	3 (2.7%)	1 (0.7%)	2 (1.4%)	3 (2.6%)	4 (6.0%)	15 (1.9%)	7 (3.8%)
	病気を知らない	3 (0.4%)	1 (2.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (1.7%)	2 (0.0%)	2 (0.2%)	2 (1.1%)

(再掲)喫煙が健康に及ぼす悪影響について知っている者の割合(肺がん)(20歳以上)

総数	1496
かかりやすくなると思う	1336 (89.3%)

表75 喉頭がん

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	741	51	52	103	111	155	131	98	40	690	138
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	458	31	35	69	79	96	71	55	22	427	77
		(61.8%)	(60.8%)	(67.3%)	(67.0%)	(71.2%)	(61.9%)	(54.2%)	(56.1%)	(55.0%)	(61.9%)	(55.8%)
	どちらともいえない	202	9	8	28	25	48	46	26	12	193	38
	(27.3%)	(17.6%)	(15.4%)	(27.2%)	(22.5%)	(31.0%)	(35.1%)	(26.5%)	(30.0%)	(28.0%)	(27.5%)	
たばこ関係ない	46	1	4	3	6	7	8	13	4	45	17	
	(6.2%)	(2.0%)	(7.7%)	(2.9%)	(5.4%)	(4.5%)	(6.1%)	(13.3%)	(10.0%)	(6.5%)	(12.3%)	
病気を知らない	35	10	5	3	1	4	6	4	2	25	6	
	(4.7%)	(19.6%)	(9.6%)	(2.9%)	(0.9%)	(2.6%)	(4.6%)	(4.1%)	(5.0%)	(3.6%)	(4.3%)	
女性	総数	837	36	78	131	110	152	147	116	67	801	183
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	571	25	51	106	76	102	96	70	45	546	115
		(68.2%)	(69.4%)	(65.4%)	(80.9%)	(69.1%)	(67.1%)	(65.3%)	(60.3%)	(67.2%)	(68.2%)	(62.8%)
	どちらともいえない	191	3	21	22	31	39	39	26	10	188	36
	(22.8%)	(8.3%)	(26.9%)	(16.8%)	(28.2%)	(25.7%)	(26.5%)	(22.4%)	(14.9%)	(23.5%)	(19.7%)	
たばこ関係ない	40	0	3	1	3	6	9	11	7	40	18	
	(4.8%)	(0.0%)	(3.8%)	(0.8%)	(2.7%)	(3.9%)	(6.1%)	(9.5%)	(10.4%)	(5.0%)	(9.8%)	
病気を知らない	35	8	3	2	0	5	3	9	5	27	14	
	(4.2%)	(22.2%)	(3.8%)	(1.5%)	(0.0%)	(3.3%)	(2.0%)	(7.8%)	(7.5%)	(3.4%)	(7.7%)	

表76 ぜんそく

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	744	51	52	103	112	156	131	98	41	693	139
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	473	37	36	57	66	101	83	66	27	436	93
		(63.6%)	(72.5%)	(69.2%)	(55.3%)	(58.9%)	(64.7%)	(63.4%)	(67.3%)	(65.9%)	(62.9%)	(66.9%)
	どちらともいえない	198	10	8	38	35	42	39	17	9	188	26
	(26.6%)	(19.6%)	(15.4%)	(36.9%)	(31.3%)	(26.9%)	(29.8%)	(17.3%)	(22.0%)	(27.1%)	(18.7%)	
たばこ関係ない	64	3	7	8	11	11	8	12	4	61	16	
	(8.6%)	(5.9%)	(13.5%)	(7.8%)	(9.8%)	(7.1%)	(6.1%)	(12.2%)	(9.8%)	(8.8%)	(11.5%)	
病気を知らない	9	1	1	0	0	2	1	3	1	8	4	
	(1.2%)	(2.0%)	(1.9%)	(0.0%)	(0.0%)	(1.3%)	(0.8%)	(3.1%)	(2.4%)	(1.2%)	(2.9%)	
女性	総数	835	36	78	132	110	152	145	115	67	799	182
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	548	22	45	89	69	102	95	78	48	526	126
		(65.6%)	(61.1%)	(57.7%)	(67.4%)	(62.7%)	(67.1%)	(65.5%)	(67.8%)	(71.6%)	(65.8%)	(69.2%)
	どちらともいえない	205	9	24	34	32	38	35	23	10	196	33
	(24.6%)	(25.0%)	(30.8%)	(25.8%)	(29.1%)	(25.0%)	(24.1%)	(20.0%)	(14.9%)	(24.5%)	(18.1%)	
たばこ関係ない	76	4	9	9	9	12	15	11	7	72	18	
	(9.1%)	(11.1%)	(11.5%)	(6.8%)	(8.2%)	(7.9%)	(10.3%)	(9.6%)	(10.4%)	(9.0%)	(9.9%)	
病気を知らない	6	1	0	0	0	0	0	3	2	5	5	
	(0.7%)	(2.8%)	(0.0%)	(0.0%)	(0.0%)	(0.0%)	(0.0%)	(2.6%)	(3.0%)	(0.6%)	(2.7%)	

表77 気管支炎

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	744	51	52	102	112	156	132	98	41	693	139
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	499	37	35	62	73	106	90	68	28	462	96
		(67.1%)	(72.5%)	(67.3%)	(60.8%)	(65.2%)	(67.9%)	(68.2%)	(69.4%)	(68.3%)	(66.7%)	(69.1%)
	どちらともいえない	189	9	12	34	33	40	34	17	10	180	27
	(25.4%)	(17.6%)	(23.1%)	(33.3%)	(29.5%)	(25.6%)	(25.8%)	(17.3%)	(24.4%)	(26.0%)	(19.4%)	
たばこ関係ない	43	1	3	6	6	9	5	10	3	42	13	
	(5.8%)	(2.0%)	(5.8%)	(5.9%)	(5.4%)	(5.8%)	(3.8%)	(10.2%)	(7.3%)	(6.1%)	(9.4%)	
病気を知らない	13	4	2	0	0	1	3	3	0	9	3	
	(1.7%)	(7.8%)	(3.8%)	(0.0%)	(0.0%)	(0.6%)	(2.3%)	(3.1%)	(0.0%)	(1.3%)	(2.2%)	
女性	総数	836	36	78	132	110	152	146	115	67	800	182
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	562	25	50	90	74	108	99	70	46	537	116
		(67.2%)	(69.4%)	(64.1%)	(68.2%)	(67.3%)	(71.1%)	(67.8%)	(60.9%)	(68.7%)	(67.1%)	(63.7%)
	どちらともいえない	193	6	20	34	30	34	28	29	12	187	41
	(23.1%)	(16.7%)	(25.6%)	(25.8%)	(27.3%)	(22.4%)	(19.2%)	(25.2%)	(17.9%)	(23.4%)	(22.5%)	
たばこ関係ない	68	2	8	6	6	10	18	12	6	66	18	
	(8.1%)	(5.6%)	(10.3%)	(4.5%)	(5.5%)	(6.6%)	(12.3%)	(10.4%)	(9.0%)	(8.3%)	(9.9%)	
病気を知らない	13	3	0	2	0	0	1	4	3	10	7	
	(1.6%)	(8.3%)	(0.0%)	(1.5%)	(0.0%)	(0.0%)	(0.7%)	(3.5%)	(4.5%)	(1.3%)	(3.8%)	

表78 肺気腫

		人数(%)										
		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	741	51	51	102	111	156	132	98	40	690	138
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	471	32	33	60	80	96	84	64	22	439	86
		(63.6%)	(62.7%)	(64.7%)	(58.8%)	(72.1%)	(61.5%)	(63.6%)	(65.3%)	(55.0%)	(63.6%)	(62.3%)
	どちらともいえない	173	7	10	29	21	41	35	21	9	166	30
	(23.3%)	(13.7%)	(19.6%)	(28.4%)	(18.9%)	(26.3%)	(26.5%)	(21.4%)	(22.5%)	(24.1%)	(21.7%)	
	たばこ関係ない	42	1	4	5	5	10	6	7	4	41	11
		(5.7%)	(2.0%)	(7.8%)	(4.9%)	(4.5%)	(6.4%)	(4.5%)	(7.1%)	(10.0%)	(5.9%)	(8.0%)
	病気を知らない	55	11	4	8	5	9	7	6	5	44	11
		(7.4%)	(21.6%)	(7.8%)	(7.8%)	(4.5%)	(5.8%)	(5.3%)	(6.1%)	(12.5%)	(6.4%)	(8.0%)
女性	総数	836	36	78	132	110	152	146	115	67	800	182
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	582	24	57	103	77	111	96	73	41	558	114
		(69.6%)	(66.7%)	(73.1%)	(78.0%)	(70.0%)	(73.0%)	(65.8%)	(63.5%)	(61.2%)	(69.8%)	(62.6%)
	どちらともいえない	165	5	15	19	29	31	31	23	12	160	35
	(19.7%)	(13.9%)	(19.2%)	(14.4%)	(26.4%)	(20.4%)	(21.2%)	(20.0%)	(17.9%)	(20.0%)	(19.2%)	
	たばこ関係ない	35	0	1	5	3	3	9	7	7	35	14
		(4.2%)	(0.0%)	(1.3%)	(3.8%)	(2.7%)	(2.0%)	(6.2%)	(6.1%)	(10.4%)	(4.4%)	(7.7%)
	病気を知らない	54	7	5	5	1	7	10	12	7	47	19
		(6.5%)	(19.4%)	(6.4%)	(3.8%)	(0.9%)	(4.6%)	(6.8%)	(10.4%)	(10.4%)	(5.9%)	(10.4%)

表79 心臓病

		人数(%)										
		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	741	51	49	103	112	156	132	98	40	690	138
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	375	26	26	51	56	85	66	47	18	349	65
		(50.6%)	(51.0%)	(53.1%)	(49.5%)	(50.0%)	(54.5%)	(50.0%)	(48.0%)	(45.0%)	(50.6%)	(47.1%)
	どちらともいえない	257	15	15	41	44	50	46	33	13	242	46
	(34.7%)	(29.4%)	(30.6%)	(39.8%)	(39.3%)	(32.1%)	(34.8%)	(33.7%)	(32.5%)	(35.1%)	(33.3%)	
	たばこ関係ない	92	9	6	11	11	18	15	14	8	83	22
		(12.4%)	(17.6%)	(12.2%)	(10.7%)	(9.8%)	(11.5%)	(11.4%)	(14.3%)	(20.0%)	(12.0%)	(15.9%)
	病気を知らない	17	1	2	0	1	3	5	4	1	16	5
		(2.3%)	(2.0%)	(4.1%)	(0.0%)	(0.9%)	(1.9%)	(3.8%)	(4.1%)	(2.5%)	(2.3%)	(3.6%)
女性	総数	836	36	77	132	110	152	146	116	67	800	183
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	398	17	40	67	59	73	56	55	31	381	86
		(47.6%)	(47.2%)	(51.9%)	(50.8%)	(53.6%)	(48.0%)	(38.4%)	(47.4%)	(46.3%)	(47.6%)	(47.0%)
	どちらともいえない	300	13	27	49	38	60	57	34	22	287	56
	(35.9%)	(36.1%)	(35.1%)	(37.1%)	(34.5%)	(39.5%)	(39.0%)	(29.3%)	(32.8%)	(35.9%)	(30.6%)	
	たばこ関係ない	121	5	9	15	12	18	29	21	12	116	33
		(14.5%)	(13.9%)	(11.7%)	(11.4%)	(10.9%)	(11.8%)	(19.9%)	(18.1%)	(17.9%)	(14.5%)	(18.0%)
	病気を知らない	17	1	1	1	1	1	4	6	2	16	8
		(2.0%)	(2.8%)	(1.3%)	(0.8%)	(0.9%)	(0.7%)	(2.7%)	(5.2%)	(3.0%)	(2.0%)	(4.4%)

表80 脳卒中

		人数(%)										
		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	740	51	50	103	111	156	131	98	40	689	138
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	378	29	26	59	63	82	57	46	16	349	62
		(51.1%)	(56.9%)	(52.0%)	(57.3%)	(58.8%)	(52.6%)	(43.5%)	(46.9%)	(40.0%)	(50.7%)	(44.9%)
	どちらともいえない	254	11	18	36	36	54	51	33	15	243	48
	(34.3%)	(21.6%)	(36.0%)	(35.0%)	(32.4%)	(34.6%)	(38.9%)	(33.7%)	(37.5%)	(35.3%)	(34.8%)	
	たばこ関係ない	95	8	5	8	12	18	21	15	8	87	23
		(12.8%)	(15.7%)	(10.0%)	(7.8%)	(10.8%)	(11.5%)	(16.0%)	(15.3%)	(20.0%)	(12.6%)	(16.7%)
	病気を知らない	13	3	1	0	0	2	2	4	1	10	5
		(1.8%)	(5.9%)	(2.0%)	(0.0%)	(0.0%)	(1.3%)	(1.5%)	(4.1%)	(2.5%)	(1.5%)	(3.6%)
女性	総数	838	36	78	132	110	152	147	116	67	802	183
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	404	22	50	78	55	80	47	45	27	382	72
		(48.2%)	(61.1%)	(64.1%)	(59.1%)	(50.0%)	(52.6%)	(32.0%)	(38.8%)	(40.3%)	(47.6%)	(39.3%)
	どちらともいえない	309	9	23	45	47	50	67	43	25	300	68
	(36.9%)	(25.0%)	(29.5%)	(34.1%)	(42.7%)	(32.9%)	(45.6%)	(37.1%)	(37.3%)	(37.4%)	(37.2%)	
	たばこ関係ない	105	3	5	8	7	21	27	22	12	102	34
		(12.5%)	(8.3%)	(6.4%)	(6.1%)	(6.4%)	(13.8%)	(18.4%)	(19.0%)	(17.9%)	(12.7%)	(18.6%)
	病気を知らない	20	2	0	1	1	1	6	6	3	18	9
		(2.4%)	(5.6%)	(0.0%)	(0.8%)	(0.9%)	(0.7%)	(4.1%)	(5.2%)	(4.5%)	(2.2%)	(4.9%)

表81 胃かいよう

		人数(%)										
		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	739	51	50	103	111	156	130	99	39	688	138
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	250	22	15	25	39	63	34	36	16	228	52
		(33.8%)	(43.1%)	(30.0%)	(24.3%)	(35.1%)	(40.4%)	(26.2%)	(36.4%)	(41.0%)	(33.1%)	(37.7%)
	どちらともいえない	318	14	22	54	52	64	60	38	14	304	52
	(43.0%)	(27.5%)	(44.0%)	(52.4%)	(46.8%)	(41.0%)	(46.2%)	(38.4%)	(35.9%)	(44.2%)	(37.7%)	
たばこ関係ない	157	13	12	24	20	26	31	22	9	144	31	
	(21.2%)	(25.5%)	(24.0%)	(23.3%)	(18.0%)	(16.7%)	(23.8%)	(22.2%)	(23.1%)	(20.9%)	(22.5%)	
病気を知らない	14	2	1	0	0	3	5	3	0	12	3	
	(1.9%)	(3.9%)	(2.0%)	(0.0%)	(0.0%)	(1.9%)	(3.8%)	(3.0%)	(0.0%)	(1.7%)	(2.2%)	
女性	総数	836	36	78	131	110	152	146	116	67	800	183
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	274	10	28	49	39	45	40	38	25	264	63
		(32.8%)	(27.8%)	(35.9%)	(37.4%)	(35.5%)	(29.6%)	(27.4%)	(32.8%)	(37.3%)	(33.0%)	(34.4%)
	どちらともいえない	365	12	35	54	51	76	66	46	25	353	71
	(43.7%)	(33.3%)	(44.9%)	(41.2%)	(46.4%)	(50.0%)	(45.2%)	(39.7%)	(37.3%)	(44.1%)	(38.8%)	
たばこ関係ない	181	11	14	27	18	29	38	29	15	170	44	
	(21.7%)	(30.6%)	(17.9%)	(20.6%)	(16.4%)	(19.1%)	(26.0%)	(25.0%)	(22.4%)	(21.3%)	(24.0%)	
病気を知らない	16	3	1	1	2	2	2	3	2	13	5	
	(1.9%)	(8.3%)	(1.3%)	(0.8%)	(1.8%)	(1.3%)	(1.4%)	(2.6%)	(3.0%)	(1.6%)	(2.7%)	

表82 妊娠への影響(未熟児など)

		人数(%)										
		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	740	51	50	103	111	156	131	98	40	689	138
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	588	45	43	93	95	123	97	67	25	543	92
		(79.5%)	(88.2%)	(86.0%)	(90.3%)	(85.6%)	(78.8%)	(74.0%)	(68.4%)	(62.5%)	(78.8%)	(66.7%)
	どちらともいえない	110	2	5	10	13	23	27	20	10	108	30
	(14.9%)	(3.9%)	(10.0%)	(9.7%)	(11.7%)	(14.7%)	(20.6%)	(20.4%)	(25.0%)	(15.7%)	(21.7%)	
たばこ関係ない	28	1	1	0	3	8	4	7	4	27	11	
	(3.8%)	(2.0%)	(2.0%)	(0.0%)	(2.7%)	(5.1%)	(3.1%)	(7.1%)	(10.0%)	(3.9%)	(8.0%)	
病気を知らない	14	3	1	0	0	2	3	4	1	11	5	
	(1.9%)	(5.9%)	(2.0%)	(0.0%)	(0.0%)	(1.3%)	(2.3%)	(4.1%)	(2.5%)	(1.6%)	(3.6%)	
女性	総数	838	36	78	132	110	152	147	116	67	802	183
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	729	35	77	124	97	141	119	87	49	694	136
		(87.0%)	(97.2%)	(98.7%)	(93.9%)	(88.2%)	(92.8%)	(81.0%)	(75.0%)	(73.1%)	(86.5%)	(74.3%)
	どちらともいえない	83	0	0	7	12	10	21	21	12	83	33
	(9.9%)	(0.0%)	(0.0%)	(5.3%)	(10.9%)	(6.6%)	(14.3%)	(18.1%)	(17.9%)	(10.3%)	(18.0%)	
たばこ関係ない	18	0	1	1	1	0	6	6	3	18	9	
	(2.1%)	(0.0%)	(1.3%)	(0.8%)	(0.9%)	(0.0%)	(4.1%)	(5.2%)	(4.5%)	(2.2%)	(4.9%)	
病気を知らない	8	1	0	0	0	1	1	2	3	7	5	
	(1.0%)	(2.8%)	(0.0%)	(0.0%)	(0.0%)	(0.7%)	(0.7%)	(1.7%)	(4.5%)	(0.9%)	(2.7%)	

表83 歯周病(歯槽膿漏など)

		人数(%)										
		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	740	51	50	103	111	156	130	98	41	689	139
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	283	33	20	48	47	63	33	28	11	250	39
		(38.2%)	(64.7%)	(40.0%)	(46.6%)	(42.3%)	(40.4%)	(25.4%)	(28.6%)	(26.8%)	(36.3%)	(28.1%)
	どちらともいえない	295	9	18	44	47	64	63	33	17	286	50
	(39.9%)	(17.6%)	(36.0%)	(42.7%)	(42.3%)	(41.0%)	(48.5%)	(33.7%)	(41.5%)	(41.5%)	(36.0%)	
たばこ関係ない	144	6	9	11	17	25	31	33	12	138	45	
	(19.5%)	(11.8%)	(18.0%)	(10.7%)	(15.3%)	(16.0%)	(23.8%)	(33.7%)	(29.3%)	(20.0%)	(32.4%)	
病気を知らない	18	3	3	0	0	4	3	4	1	15	5	
	(2.4%)	(5.9%)	(6.0%)	(0.0%)	(0.0%)	(2.6%)	(2.3%)	(4.1%)	(2.4%)	(2.2%)	(3.6%)	
女性	総数	837	36	78	132	110	152	146	116	67	801	183
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	かかりやすくなると思う	365	19	45	77	60	58	44	39	23	346	62
		(43.6%)	(52.8%)	(57.7%)	(58.3%)	(54.5%)	(38.2%)	(30.1%)	(33.6%)	(34.3%)	(43.2%)	(33.9%)
	どちらともいえない	317	12	26	45	41	64	63	38	28	305	66
	(37.9%)	(33.3%)	(33.3%)	(34.1%)	(37.3%)	(42.1%)	(43.2%)	(32.8%)	(41.8%)	(38.1%)	(36.1%)	
たばこ関係ない	131	3	7	10	8	28	33	32	10	128	42	
	(15.7%)	(8.3%)	(9.0%)	(7.6%)	(7.3%)	(18.4%)	(22.6%)	(27.6%)	(14.9%)	(16.0%)	(23.0%)	
病気を知らない	24	2	0	0	1	2	6	7	6	22	13	
	(2.9%)	(5.6%)	(0.0%)	(0.0%)	(0.9%)	(1.3%)	(4.1%)	(6.0%)	(9.0%)	(2.7%)	(7.1%)	

表84 問21 禁煙するための治療法があることを知っていますか

人数(%)

		総数	15～19歳	20～29歳	30～39歳	40～49歳	50～59歳	60～69歳	70～79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	750 (100.0%)	51 (100.0%)	52 (100.0%)	103 (100.0%)	113 (100.0%)	156 (100.0%)	134 (100.0%)	100 (100.0%)	41 (100.0%)	699 (100.0%)	141 (100.0%)
	知っている	500 (66.7%)	26 (51.0%)	32 (61.5%)	75 (72.8%)	85 (75.2%)	120 (76.9%)	89 (66.4%)	53 (53.0%)	20 (48.8%)	474 (67.8%)	73 (51.8%)
	知らない	250 (33.3%)	25 (49.0%)	20 (38.5%)	28 (27.2%)	28 (24.8%)	36 (23.1%)	45 (33.6%)	47 (47.0%)	21 (51.2%)	225 (32.2%)	68 (48.2%)
女性	総数	841 (100.0%)	36 (100.0%)	78 (100.0%)	132 (100.0%)	110 (100.0%)	153 (100.0%)	147 (100.0%)	116 (100.0%)	69 (100.0%)	805 (100.0%)	185 (100.0%)
	知っている	534 (63.5%)	21 (58.3%)	47 (60.3%)	99 (75.0%)	79 (71.8%)	101 (66.0%)	102 (69.4%)	59 (50.9%)	26 (37.7%)	513 (63.7%)	85 (45.9%)
	知らない	307 (36.5%)	15 (41.7%)	31 (39.7%)	33 (25.0%)	31 (28.2%)	52 (34.0%)	45 (30.6%)	57 (49.1%)	43 (62.3%)	292 (36.3%)	100 (54.1%)

表85 問22 治療以外で、1年に1回以上、定期的な歯の健診を受けていますか

人数(%)

		総数	15～19歳	20～29歳	30～39歳	40～49歳	50～59歳	60～69歳	70～79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	752 (100.0%)	52 (100.0%)	52 (100.0%)	103 (100.0%)	113 (100.0%)	156 (100.0%)	134 (100.0%)	101 (100.0%)	41 (100.0%)	700 (100.0%)	142 (100.0%)
	受けている	192 (25.5%)	19 (36.5%)	7 (13.5%)	29 (28.2%)	29 (25.7%)	34 (21.8%)	36 (26.9%)	29 (28.7%)	9 (22.0%)	173 (24.7%)	38 (26.8%)
	受けていない	560 (74.5%)	33 (63.5%)	45 (86.5%)	74 (71.8%)	84 (74.3%)	122 (78.2%)	98 (73.1%)	72 (71.3%)	32 (78.0%)	527 (75.3%)	104 (73.2%)
女性	総数	842 (100.0%)	36 (100.0%)	78 (100.0%)	132 (100.0%)	110 (100.0%)	153 (100.0%)	147 (100.0%)	116 (100.0%)	70 (100.0%)	806 (100.0%)	186 (100.0%)
	受けている	220 (26.1%)	16 (44.4%)	14 (17.9%)	32 (24.2%)	32 (29.1%)	37 (24.2%)	46 (31.3%)	28 (24.1%)	15 (21.4%)	204 (25.3%)	43 (23.1%)
	受けていない	622 (73.9%)	20 (55.6%)	64 (82.1%)	100 (75.8%)	78 (70.9%)	116 (75.8%)	101 (68.7%)	88 (75.9%)	55 (78.6%)	602 (74.7%)	143 (76.9%)

(再掲) 予防のために歯科診療所を受診する人の割合(20歳以上)

総数	1506
受けている	377 (25.0%)

表86 問23 歯科医師・歯科衛生士による口のクリーニング(PTC)の経験がありますか

人数(%)

		総数	15～19歳	20～29歳	30～39歳	40～49歳	50～59歳	60～69歳	70～79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	753 (100.0%)	52 (100.0%)	52 (100.0%)	103 (100.0%)	113 (100.0%)	156 (100.0%)	134 (100.0%)	101 (100.0%)	42 (100.0%)	701 (100.0%)	143 (100.0%)
	定期的に受ける	61 (8.1%)	2 (3.8%)	1 (1.9%)	4 (3.9%)	8 (7.1%)	19 (12.2%)	12 (9.0%)	12 (11.9%)	3 (7.1%)	59 (8.4%)	15 (10.5%)
	時々受ける	207 (27.5%)	10 (19.2%)	10 (19.2%)	33 (32.0%)	45 (39.8%)	46 (29.5%)	30 (22.4%)	25 (24.8%)	8 (19.0%)	197 (28.1%)	33 (23.1%)
	受けたことがない	379 (50.3%)	21 (40.4%)	27 (51.9%)	58 (56.3%)	45 (39.8%)	72 (46.2%)	77 (57.5%)	55 (54.5%)	24 (57.1%)	358 (51.1%)	79 (55.2%)
	わからない	106 (14.1%)	19 (36.5%)	14 (26.9%)	8 (7.8%)	15 (13.3%)	19 (12.2%)	15 (11.2%)	9 (8.9%)	7 (16.7%)	87 (12.4%)	16 (11.2%)
女性	総数	843 (100.0%)	36 (100.0%)	78 (100.0%)	132 (100.0%)	110 (100.0%)	153 (100.0%)	147 (100.0%)	116 (100.0%)	71 (100.0%)	807 (100.0%)	187 (100.0%)
	定期的に受ける	87 (10.3%)	2 (5.6%)	2 (2.6%)	12 (9.1%)	12 (10.9%)	16 (10.5%)	26 (17.7%)	12 (10.3%)	5 (7.0%)	85 (10.5%)	17 (9.1%)
	時々受ける	256 (30.6%)	4 (11.1%)	27 (34.6%)	44 (33.3%)	45 (40.9%)	59 (38.6%)	40 (27.2%)	27 (23.3%)	12 (16.9%)	254 (31.5%)	39 (20.9%)
	受けたことがない	381 (45.2%)	17 (47.2%)	34 (43.6%)	59 (44.7%)	33 (30.0%)	67 (43.8%)	72 (49.0%)	63 (54.3%)	36 (50.7%)	364 (45.1%)	99 (52.9%)
	わからない	117 (13.9%)	13 (36.1%)	15 (19.2%)	17 (12.9%)	20 (18.2%)	11 (7.2%)	9 (6.1%)	14 (12.1%)	18 (25.4%)	104 (12.9%)	32 (17.1%)

(再掲) 専門家による歯や口のクリーニング(PTC) 経験者の割合(20歳以上)

総数	1508
受けている	595 (39.5%)

* 専門家による歯や口のクリーニング(PTC) 経験者とは「定期的に受けている」「ときどき受ける」と回答した者

表87 問24 1日何回歯を磨きますか

		人数(%)										
		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	750 (100.0%)	52 (100.0%)	52 (100.0%)	103 (100.0%)	113 (100.0%)	156 (100.0%)	132 (100.0%)	101 (100.0%)	41 (100.0%)	698 (100.0%)	142 (100.0%)
	磨いていない	19 (2.5%)	3 (5.8%)	1 (1.9%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	2 (1.5%)	9 (8.9%)	3 (7.3%)	16 (2.3%)	12 (8.5%)
	磨かない日がある	24 (3.2%)	3 (5.8%)	4 (7.7%)	0 (0.0%)	2 (1.8%)	6 (3.8%)	4 (3.0%)	4 (4.0%)	1 (2.4%)	21 (3.0%)	5 (3.5%)
	1日1回	292 (38.9%)	17 (32.7%)	17 (32.7%)	36 (35.0%)	40 (35.4%)	65 (41.7%)	44 (33.3%)	51 (50.5%)	22 (53.7%)	275 (39.4%)	73 (51.4%)
	1日2回	312 (41.6%)	28 (53.8%)	26 (50.0%)	48 (46.6%)	52 (46.0%)	63 (40.4%)	61 (46.2%)	25 (24.8%)	9 (22.0%)	284 (40.7%)	34 (23.9%)
	1日3回以上	103 (13.7%)	1 (1.9%)	4 (7.7%)	19 (18.4%)	19 (16.8%)	21 (13.5%)	21 (15.9%)	12 (11.9%)	6 (14.6%)	102 (14.6%)	18 (12.7%)
女性	総数	840 (100.0%)	37 (100.0%)	78 (100.0%)	132 (100.0%)	110 (100.0%)	153 (100.0%)	147 (100.0%)	113 (100.0%)	70 (100.0%)	803 (100.0%)	183 (100.0%)
	磨いていない	12 (1.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (1.4%)	5 (4.4%)	5 (7.1%)	12 (1.5%)	10 (5.5%)
	磨かない日がある	7 (0.8%)	0 (0.0%)	1 (1.3%)	0 (0.0%)	0 (0.0%)	1 (0.7%)	0 (0.0%)	1 (0.9%)	4 (5.7%)	7 (0.9%)	5 (2.7%)
	1日1回	135 (16.1%)	5 (13.5%)	6 (7.7%)	9 (6.8%)	8 (7.3%)	22 (14.4%)	28 (19.0%)	32 (28.3%)	25 (35.7%)	130 (16.2%)	57 (31.1%)
	1日2回	438 (52.1%)	24 (64.9%)	48 (61.5%)	69 (52.3%)	60 (54.5%)	91 (59.5%)	73 (49.7%)	49 (43.4%)	24 (34.3%)	414 (51.6%)	73 (39.9%)
	1日3回以上	248 (29.5%)	8 (21.6%)	23 (29.5%)	54 (40.9%)	42 (38.2%)	39 (25.5%)	44 (29.9%)	26 (23.0%)	12 (17.1%)	240 (29.9%)	38 (20.8%)

(再掲)1日に歯磨き回数が2回以上の者の割合(20歳以上)

総数	1501
1日2回以上	1040 (69.3%)

表88 問24-2 1日のうち、一番ていねいに歯を磨く時間

		人数(%)										
		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	731 (100.0%)	49 (100.0%)	51 (100.0%)	103 (100.0%)	113 (100.0%)	155 (100.0%)	130 (100.0%)	92 (100.0%)	38 (100.0%)	682 (100.0%)	130 (100.0%)
	1分未満	81 (11.1%)	4 (8.2%)	5 (9.8%)	2 (1.9%)	10 (8.8%)	17 (11.0%)	15 (11.5%)	18 (19.6%)	10 (26.3%)	77 (11.3%)	28 (21.5%)
	1~3分未満	386 (52.8%)	31 (63.3%)	28 (54.9%)	47 (45.6%)	64 (56.6%)	85 (54.8%)	69 (53.1%)	46 (50.0%)	16 (42.1%)	355 (52.1%)	62 (47.7%)
	3~6分未満	196 (26.8%)	11 (22.4%)	10 (19.6%)	44 (42.7%)	27 (23.9%)	43 (27.7%)	37 (28.5%)	16 (17.4%)	8 (21.1%)	185 (27.1%)	24 (18.5%)
	6~10分未満	53 (7.3%)	2 (4.1%)	3 (5.9%)	9 (8.7%)	11 (9.7%)	5 (3.2%)	8 (6.2%)	11 (12.0%)	4 (10.5%)	51 (7.5%)	15 (11.5%)
	10分以上	10 (1.4%)	1 (2.0%)	3 (5.9%)	1 (1.0%)	1 (0.9%)	3 (1.9%)	1 (0.8%)	0 (0.0%)	0 (0.0%)	9 (1.3%)	0 (0.0%)
	未記入	5 (0.7%)	0 (0.0%)	2 (3.9%)	0 (0.0%)	0 (0.0%)	2 (1.3%)	0 (0.0%)	1 (1.1%)	0 (0.0%)	5 (0.7%)	1 (0.8%)
女性	総数	828 (100.0%)	37 (100.0%)	78 (100.0%)	132 (100.0%)	110 (100.0%)	153 (100.0%)	145 (100.0%)	108 (100.0%)	65 (100.0%)	791 (100.0%)	173 (100.0%)
	1分未満	62 (7.5%)	1 (2.7%)	4 (5.1%)	4 (3.0%)	4 (3.6%)	9 (5.9%)	8 (5.5%)	15 (13.9%)	17 (26.2%)	61 (7.7%)	32 (18.5%)
	1~3分未満	411 (49.6%)	13 (35.1%)	36 (46.2%)	55 (41.7%)	47 (42.7%)	83 (54.2%)	88 (60.7%)	60 (55.6%)	29 (44.6%)	398 (50.3%)	89 (51.4%)
	3~6分未満	275 (33.2%)	19 (51.4%)	23 (29.5%)	62 (47.0%)	49 (44.5%)	44 (28.8%)	37 (25.5%)	26 (24.1%)	15 (23.1%)	256 (32.4%)	41 (23.7%)
	6~10分未満	53 (6.4%)	2 (5.4%)	12 (15.4%)	8 (6.1%)	7 (6.4%)	12 (7.8%)	7 (4.8%)	3 (2.8%)	2 (3.1%)	51 (6.4%)	5 (2.9%)
	10分以上	15 (1.8%)	1 (2.7%)	3 (3.8%)	2 (1.5%)	2 (1.8%)	2 (1.3%)	4 (2.8%)	1 (0.9%)	0 (0.0%)	14 (1.8%)	1 (0.6%)
	未記入	12 (1.4%)	1 (2.7%)	0 (0.0%)	1 (0.8%)	1 (0.9%)	3 (2.0%)	1 (0.7%)	3 (2.8%)	2 (3.1%)	11 (1.4%)	5 (2.9%)

*母数は「磨かない日がある」「1日1回」「1日2回」「1日3回以上」と回答した者

表89 問24-3 歯磨きの時、歯ブラシ以外で使っているもの(複数回答)

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	「磨かない日がある」「1日1回」「1日2回」「1日3回以上」の者	731	49	51	103	113	155	130	92	38	682	130
	デンタルフロス・糸ようじ	92 (12.6%)	4 (8.2%)	6 (11.8%)	18 (17.5%)	24 (21.2%)	18 (11.6%)	13 (10.0%)	8 (8.7%)	1 (2.6%)	88 (12.9%)	9 (6.9%)
	歯間ブラシ	142 (19.4%)	6 (12.2%)	4 (7.8%)	10 (9.7%)	24 (21.2%)	34 (21.9%)	35 (26.9%)	23 (25.0%)	6 (15.8%)	136 (19.9%)	29 (22.3%)
	その他	19 (2.6%)	1 (2.0%)	0 (0.0%)	3 (2.9%)	3 (2.7%)	3 (1.9%)	6 (4.6%)	2 (2.2%)	1 (2.6%)	18 (2.6%)	3 (2.3%)
	使用しない	499 (68.3%)	38 (77.6%)	39 (76.5%)	78 (75.7%)	70 (61.9%)	104 (67.1%)	81 (62.3%)	58 (63.0%)	31 (81.6%)	461 (67.6%)	89 (68.5%)
女性	「磨かない日がある」「1日1回」「1日2回」「1日3回以上」の者	828	37	78	132	110	153	145	108	65	791	173
	デンタルフロス・糸ようじ	144 (17.4%)	6 (16.2%)	12 (15.4%)	37 (28.0%)	31 (28.2%)	28 (18.3%)	19 (13.1%)	7 (6.5%)	4 (6.2%)	138 (17.4%)	11 (6.4%)
	歯間ブラシ	199 (24.0%)	2 (5.4%)	6 (7.7%)	18 (13.6%)	32 (29.1%)	50 (32.7%)	53 (36.6%)	28 (25.9%)	10 (15.4%)	197 (24.9%)	38 (22.0%)
	その他	35 (4.2%)	2 (5.4%)	2 (2.6%)	8 (6.1%)	5 (4.5%)	4 (2.6%)	6 (4.1%)	4 (3.7%)	4 (6.2%)	33 (4.2%)	8 (4.6%)
	使用しない	497 (60.0%)	27 (73.0%)	60 (76.9%)	73 (55.3%)	56 (50.9%)	85 (55.6%)	79 (54.5%)	71 (65.7%)	46 (70.8%)	470 (59.4%)	117 (67.6%)

*母数は「磨かない日がある」「1日1回」「1日2回」「1日3回以上」と回答した者

表90 問25 入れ歯などを除いた自分の歯は何本ありますか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	735	52	52	100	109	152	134	95	41	683	136
	0本	49 (6.7%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (1.3%)	10 (7.5%)	21 (22.1%)	16 (39.0%)	49 (7.2%)	37 (27.2%)
	30本以上	3 (0.4%)	0 (0.0%)	0 (0.0%)	1 (1.0%)	1 (0.9%)	1 (0.7%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	3 (0.4%)	0 (0.0%)
	25~29本	440 (59.9%)	52 (100.0%)	52 (100.0%)	92 (92.0%)	82 (75.2%)	92 (60.5%)	56 (41.8%)	12 (12.6%)	2 (4.9%)	388 (56.8%)	14 (10.3%)
	20~24本	110 (15.0%)	0 (0.0%)	0 (0.0%)	4 (4.0%)	21 (19.3%)	26 (17.1%)	34 (25.4%)	22 (23.2%)	3 (7.3%)	110 (16.1%)	25 (18.4%)
	15~19本	48 (6.5%)	0 (0.0%)	0 (0.0%)	3 (3.0%)	3 (2.8%)	19 (12.5%)	9 (6.7%)	10 (10.5%)	4 (9.8%)	48 (7.0%)	14 (10.3%)
	10~14本	35 (4.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.9%)	8 (5.3%)	14 (10.4%)	6 (6.3%)	6 (14.6%)	35 (5.1%)	12 (8.8%)
	5~9本	24 (3.3%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	3 (2.0%)	5 (3.7%)	11 (11.6%)	5 (12.2%)	24 (3.5%)	16 (11.8%)
	1~4本	26 (3.5%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.9%)	1 (0.7%)	6 (4.5%)	13 (13.7%)	5 (12.2%)	26 (3.8%)	18 (13.2%)
女性	総数	823	36	77	128	109	147	144	114	68	787	182
	0本	64 (7.8%)	0 (0.0%)	0 (0.0%)	1 (0.8%)	0 (0.0%)	1 (0.7%)	10 (6.9%)	32 (28.1%)	20 (29.4%)	64 (8.1%)	52 (28.6%)
	30本以上	3 (0.4%)	0 (0.0%)	1 (1.3%)	1 (0.8%)	1 (0.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	3 (0.4%)	0 (0.0%)
	25~29本	482 (58.6%)	35 (97.2%)	72 (93.5%)	118 (92.2%)	88 (80.7%)	94 (63.9%)	52 (36.1%)	18 (15.8%)	5 (7.4%)	447 (56.8%)	23 (12.6%)
	20~24本	127 (15.4%)	1 (2.8%)	4 (5.2%)	8 (6.3%)	16 (14.7%)	30 (20.4%)	39 (27.1%)	18 (15.8%)	11 (16.2%)	126 (16.0%)	29 (15.9%)
	15~19本	54 (6.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	3 (2.8%)	10 (6.8%)	20 (13.9%)	14 (12.3%)	7 (10.3%)	54 (6.9%)	21 (11.5%)
	10~14本	46 (5.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.9%)	6 (4.1%)	16 (11.1%)	14 (12.3%)	9 (13.2%)	46 (5.8%)	23 (12.6%)
	5~9本	32 (3.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	5 (3.4%)	6 (4.2%)	12 (10.5%)	9 (13.2%)	32 (4.1%)	21 (11.5%)
	1~4本	15 (1.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.7%)	1 (0.7%)	6 (5.3%)	7 (10.3%)	15 (1.9%)	13 (7.1%)

(再掲)60歳で20本以上自分の歯がある者の割合(60~69歳以上)

総数	278
20本以上	181 (65.1%)

表91 問26 歯周病(歯槽膿漏)にかかると、すぐに歯ぐきが痛くなると思いますか 人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	749	52	51	103	113	155	134	99	42	697	141
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	ほとんど痛まない	215	5	12	25	40	49	51	27	6	210	33
		(28.7%)	(9.6%)	(23.5%)	(24.3%)	(35.4%)	(31.6%)	(38.1%)	(27.3%)	(14.3%)	(30.1%)	(23.4%)
	痛くなる	197	12	9	33	28	40	39	27	9	185	36
		(26.3%)	(23.1%)	(17.6%)	(32.0%)	(24.8%)	(25.8%)	(29.1%)	(27.3%)	(21.4%)	(26.5%)	(25.5%)
	わからない	337	35	30	45	45	66	44	45	27	302	72
		(45.0%)	(67.3%)	(58.8%)	(43.7%)	(39.8%)	(42.6%)	(32.8%)	(45.5%)	(64.3%)	(43.3%)	(51.1%)
女性	総数	841	36	78	132	110	152	147	115	71	805	186
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	ほとんど痛まない	276	5	25	51	41	55	57	27	15	271	42
		(32.8%)	(13.9%)	(32.1%)	(38.6%)	(37.3%)	(36.2%)	(38.8%)	(23.5%)	(21.1%)	(33.7%)	(22.6%)
	痛くなる	204	9	9	27	34	36	36	31	22	195	53
		(24.3%)	(25.0%)	(11.5%)	(20.5%)	(30.9%)	(23.7%)	(24.5%)	(27.0%)	(31.0%)	(24.2%)	(28.5%)
	わからない	361	22	44	54	35	61	54	57	34	339	91
		(42.9%)	(61.1%)	(56.4%)	(40.9%)	(31.8%)	(40.1%)	(36.7%)	(49.6%)	(47.9%)	(42.1%)	(48.9%)

(再掲)歯周病に関する知識を持つ者の割合(15歳以上)

総数	1502
ある	481
	(32.0%)

表92 問27 この1ヶ月間に、不満、悩み、苦勞などによるストレスなどがありましたか 人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	752	52	52	103	113	157	133	100	42	700	142
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	大いにあった	143	9	7	27	38	30	23	8	1	134	9
		(19.0%)	(17.3%)	(13.5%)	(26.2%)	(33.6%)	(19.1%)	(17.3%)	(8.0%)	(2.4%)	(19.1%)	(6.3%)
	多少あった	370	28	30	56	50	83	64	40	19	342	59
	(49.2%)	(53.8%)	(57.7%)	(54.4%)	(44.2%)	(52.9%)	(48.1%)	(40.0%)	(45.2%)	(48.9%)	(41.5%)	
あまりなかった	163	7	10	15	17	33	34	35	12	156	47	
	(21.7%)	(13.5%)	(19.2%)	(14.6%)	(15.0%)	(21.0%)	(25.6%)	(35.0%)	(28.6%)	(22.3%)	(33.1%)	
まったくなかった	76	8	5	5	8	11	12	17	10	68	27	
	(10.1%)	(15.4%)	(9.6%)	(4.9%)	(7.1%)	(7.0%)	(9.0%)	(17.0%)	(23.8%)	(9.7%)	(19.0%)	
女性	総数	843	36	78	132	110	153	147	116	71	807	187
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	大いにあった	187	8	28	25	34	39	26	21	6	179	27
		(22.2%)	(22.2%)	(35.9%)	(18.9%)	(30.9%)	(25.5%)	(17.7%)	(18.1%)	(8.5%)	(22.2%)	(14.4%)
	多少あった	428	17	39	82	55	86	74	43	32	411	75
	(50.8%)	(47.2%)	(50.0%)	(62.1%)	(50.0%)	(56.2%)	(50.3%)	(37.1%)	(45.1%)	(50.9%)	(40.1%)	
あまりなかった	140	5	10	20	17	17	34	32	14	144	46	
	(17.7%)	(13.9%)	(12.8%)	(15.2%)	(15.5%)	(11.1%)	(23.1%)	(27.6%)	(19.7%)	(17.8%)	(24.6%)	
まったくなかった	79	6	1	5	4	11	13	20	19	73	39	
	(9.4%)	(16.7%)	(1.3%)	(3.8%)	(3.6%)	(7.2%)	(8.8%)	(17.2%)	(26.8%)	(9.0%)	(20.9%)	

表93 問28 あなたは自分なりのストレス解消法がありますか 人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	750	52	52	103	113	156	134	99	41	698	140
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	ある	510	41	39	80	81	98	99	48	24	469	72
	(68.0%)	(78.8%)	(75.0%)	(77.7%)	(71.7%)	(62.8%)	(73.9%)	(48.5%)	(58.5%)	(67.2%)	(51.4%)	
	ない	240	11	13	23	32	58	35	51	17	229	68
		(32.0%)	(21.2%)	(25.0%)	(22.3%)	(28.3%)	(37.2%)	(26.1%)	(51.5%)	(41.5%)	(32.8%)	(48.6%)
女性	総数	842	36	78	132	110	153	147	115	71	806	186
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	ある	577	23	65	102	72	107	109	60	39	554	99
	(68.5%)	(63.9%)	(83.3%)	(77.3%)	(65.5%)	(69.9%)	(74.1%)	(52.2%)	(54.9%)	(68.7%)	(53.2%)	
	ない	265	13	13	30	38	46	38	55	32	252	87
		(31.5%)	(36.1%)	(16.7%)	(22.7%)	(34.5%)	(30.1%)	(25.9%)	(47.8%)	(45.1%)	(31.3%)	(46.8%)

(再掲)自分なりのストレス解消を持っている者の割合(15歳以上)

総数	1592
ある	1087
	(68.3%)

表94 問29 自分が「心の健康」状態に不安を感じたとき、医療機関で受診しますか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	751 (100.0%)	52 (100.0%)	52 (100.0%)	103 (100.0%)	113 (100.0%)	156 (100.0%)	134 (100.0%)	99 (100.0%)	42 (100.0%)	699 (100.0%)	141 (100.0%)
	する	148 (19.7%)	3 (5.8%)	4 (7.7%)	16 (15.5%)	22 (19.5%)	31 (19.9%)	28 (20.9%)	29 (29.3%)	15 (35.7%)	145 (20.7%)	44 (31.2%)
	しない	296 (39.4%)	12 (23.1%)	21 (40.4%)	41 (39.8%)	52 (46.0%)	66 (42.3%)	56 (41.8%)	34 (34.3%)	14 (33.3%)	284 (40.6%)	48 (34.0%)
	わからない	307 (40.9%)	37 (71.2%)	27 (51.9%)	46 (44.7%)	39 (34.5%)	59 (37.8%)	50 (41.8%)	36 (36.4%)	13 (31.0%)	270 (38.6%)	49 (34.8%)
女性	総数	843 (100.0%)	36 (100.0%)	78 (100.0%)	132 (100.0%)	110 (100.0%)	153 (100.0%)	147 (100.0%)	116 (100.0%)	71 (100.0%)	807 (100.0%)	187 (100.0%)
	する	207 (24.6%)	4 (11.1%)	11 (14.1%)	23 (17.4%)	28 (25.5%)	40 (26.1%)	43 (29.3%)	36 (31.0%)	22 (31.0%)	203 (25.2%)	58 (31.0%)
	しない	254 (30.1%)	15 (41.7%)	32 (41.0%)	35 (26.5%)	34 (30.9%)	46 (30.1%)	40 (27.2%)	36 (31.0%)	16 (22.5%)	239 (29.6%)	52 (27.8%)
	わからない	382 (45.3%)	17 (47.2%)	35 (44.9%)	74 (56.1%)	48 (43.6%)	67 (43.8%)	64 (43.5%)	44 (37.9%)	33 (46.5%)	365 (45.2%)	77 (41.2%)

(再掲)「こころの健康」に不安を感じた時、受診しようと思う者の割合(15歳以上)

総数	1594
する	355 (22.3%)

表95 問30 ここの1ヶ月間の平均的な就寝時刻

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	604 (100.0%)	37 (100.0%)	43 (100.0%)	79 (100.0%)	95 (100.0%)	122 (100.0%)	116 (100.0%)	80 (100.0%)	32 (100.0%)	567 (100.0%)	112 (100.0%)
	21時前	29 (4.8%)	0 (0.0%)	0 (0.0%)	2 (2.5%)	1 (1.1%)	0 (0.0%)	7 (6.0%)	12 (15.0%)	7 (21.9%)	29 (5.1%)	19 (17.0%)
	21~22時前	65 (10.8%)	1 (2.7%)	0 (0.0%)	2 (2.5%)	3 (3.2%)	13 (10.7%)	19 (16.4%)	18 (22.5%)	9 (28.1%)	64 (11.3%)	27 (24.1%)
	22~23時前	128 (21.2%)	0 (0.0%)	3 (7.0%)	5 (6.3%)	15 (15.8%)	28 (23.0%)	44 (37.9%)	24 (30.0%)	9 (28.1%)	128 (22.6%)	33 (29.5%)
	23~24時前	146 (24.2%)	15 (40.5%)	12 (27.9%)	16 (20.3%)	27 (28.4%)	39 (32.0%)	27 (23.3%)	9 (11.3%)	1 (3.1%)	131 (23.1%)	10 (8.9%)
	1~2時前	104 (17.2%)	13 (35.1%)	14 (32.6%)	25 (31.6%)	27 (28.4%)	15 (12.3%)	8 (6.9%)	1 (1.3%)	1 (3.1%)	91 (16.0%)	2 (1.8%)
	2時以降	7 (1.2%)	0 (0.0%)	0 (0.0%)	3 (3.8%)	1 (1.1%)	2 (1.6%)	0 (0.0%)	1 (1.3%)	0 (0.0%)	7 (1.2%)	1 (0.9%)
	決まっていない	125 (20.7%)	8 (21.6%)	14 (32.6%)	26 (32.9%)	21 (22.1%)	25 (20.5%)	11 (9.5%)	15 (18.8%)	5 (15.6%)	117 (20.6%)	20 (17.9%)
女性	総数	677 (100.0%)	24 (100.0%)	63 (100.0%)	108 (100.0%)	87 (100.0%)	113 (100.0%)	126 (100.0%)	95 (100.0%)	61 (100.0%)	653 (100.0%)	156 (100.0%)
	21時前	19 (2.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (1.1%)	0 (0.0%)	2 (1.6%)	5 (5.3%)	11 (18.0%)	19 (2.9%)	16 (10.3%)
	21~22時前	64 (9.5%)	0 (0.0%)	1 (1.6%)	5 (4.6%)	3 (3.4%)	1 (0.9%)	9 (7.1%)	20 (21.1%)	25 (41.0%)	64 (9.8%)	45 (28.8%)
	22~23時前	162 (23.9%)	4 (16.7%)	9 (14.3%)	19 (17.6%)	15 (17.2%)	18 (15.9%)	44 (34.9%)	38 (40.0%)	15 (24.6%)	158 (24.2%)	53 (34.0%)
	23~24時前	199 (29.4%)	7 (29.2%)	13 (20.6%)	31 (28.7%)	31 (35.6%)	55 (48.7%)	48 (38.1%)	13 (13.7%)	1 (1.6%)	192 (29.4%)	14 (9.0%)
	1~2時前	116 (17.1%)	7 (29.2%)	26 (41.3%)	28 (25.9%)	22 (25.3%)	21 (18.6%)	7 (5.6%)	5 (5.3%)	0 (0.0%)	109 (16.7%)	5 (3.2%)
	2時以降	4 (0.6%)	0 (0.0%)	1 (1.6%)	1 (0.9%)	1 (1.1%)	0 (0.0%)	0 (0.0%)	1 (1.1%)	0 (0.0%)	4 (0.6%)	1 (0.6%)
	決まっていない	113 (16.7%)	6 (25.0%)	13 (20.6%)	24 (22.2%)	14 (16.1%)	18 (15.9%)	16 (12.7%)	13 (13.7%)	9 (14.8%)	107 (16.4%)	22 (14.1%)

表96 問31 この1ヶ月の平均的な睡眠時間

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	749	51	50	103	113	156	134	101	41	698	142
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	10時間以上	21	0	0	0	0	1	4	10	6	21	16
		(2.8%)	(0.0%)	(0.0%)	(0.0%)	(0.0%)	(0.6%)	(3.0%)	(9.9%)	(14.6%)	(3.0%)	(11.3%)
	9~10時間未満	34	2	1	4	0	3	3	14	7	32	21
		(4.5%)	(3.9%)	(2.0%)	(3.9%)	(0.0%)	(1.9%)	(2.2%)	(13.9%)	(17.1%)	(4.6%)	(14.8%)
	8~9時間未満	135	8	9	11	16	16	39	24	12	127	36
		(18.0%)	(15.7%)	(18.0%)	(10.7%)	(14.2%)	(10.3%)	(29.1%)	(23.8%)	(29.3%)	(18.2%)	(25.4%)
	7~8時間未満	229	14	13	26	31	71	37	30	7	215	37
	(30.6%)	(27.5%)	(26.0%)	(25.2%)	(27.4%)	(45.5%)	(27.6%)	(29.7%)	(17.1%)	(30.8%)	(26.1%)	
6~7時間未満	239	19	23	43	49	45	36	18	6	220	24	
	(31.9%)	(37.3%)	(46.0%)	(41.7%)	(43.4%)	(28.8%)	(26.9%)	(17.8%)	(14.6%)	(31.5%)	(16.9%)	
5~6時間未満	75	6	3	17	13	16	13	4	3	69	7	
	(10.0%)	(11.8%)	(6.0%)	(16.5%)	(11.5%)	(10.3%)	(9.7%)	(4.0%)	(7.3%)	(9.9%)	(4.9%)	
5時間未満	16	2	1	2	4	4	2	1	0	14	1	
	(2.1%)	(3.9%)	(2.0%)	(1.9%)	(3.5%)	(2.6%)	(1.5%)	(1.0%)	(0.0%)	(2.0%)	(0.7%)	
女性	総数	840	36	78	132	111	150	146	116	71	804	187
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	10時間以上	28	0	0	2	0	0	1	8	17	28	25
		(3.3%)	(0.0%)	(0.0%)	(1.5%)	(0.0%)	(0.0%)	(0.7%)	(6.9%)	(23.9%)	(3.5%)	(13.4%)
	9~10時間未満	30	1	1	2	0	3	4	8	11	29	19
		(3.6%)	(2.8%)	(1.3%)	(1.5%)	(0.0%)	(2.0%)	(2.7%)	(6.9%)	(15.5%)	(3.6%)	(10.2%)
	8~9時間未満	122	4	17	20	8	7	17	31	18	118	49
		(14.5%)	(11.1%)	(21.8%)	(15.2%)	(7.2%)	(4.7%)	(11.6%)	(26.7%)	(25.4%)	(14.7%)	(26.2%)
	7~8時間未満	258	12	28	44	27	45	52	35	15	246	50
	(30.7%)	(33.3%)	(35.9%)	(33.3%)	(24.3%)	(30.0%)	(35.6%)	(30.2%)	(21.1%)	(30.6%)	(26.7%)	
6~7時間未満	289	10	22	48	51	64	60	27	7	279	34	
	(34.4%)	(27.8%)	(28.2%)	(36.4%)	(45.9%)	(42.7%)	(41.1%)	(23.3%)	(9.9%)	(34.7%)	(18.2%)	
5~6時間未満	91	8	8	11	23	23	10	5	3	83	8	
	(10.8%)	(22.2%)	(10.3%)	(8.3%)	(20.7%)	(15.3%)	(6.8%)	(4.3%)	(4.2%)	(10.3%)	(4.3%)	
5時間未満	22	1	2	5	2	8	2	2	0	21	2	
	(2.6%)	(2.8%)	(2.6%)	(3.8%)	(1.8%)	(5.3%)	(1.4%)	(1.7%)	(0.0%)	(2.6%)	(1.1%)	

表97 問32 この1ヶ月間、睡眠によって休養が十分とれていますか

人数(%)

		総数	15~19歳	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上	(再掲) 20歳以上	(再掲) 70歳以上
男性	総数	753	52	51	103	113	157	134	101	42	701	143
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	十分とれている	198	13	7	11	17	32	50	45	23	185	68
		(26.3%)	(25.0%)	(13.7%)	(10.7%)	(15.0%)	(20.4%)	(37.3%)	(44.6%)	(54.8%)	(26.4%)	(47.6%)
	まあまあとれている	407	26	31	62	61	93	73	45	16	381	61
	(54.1%)	(50.0%)	(60.8%)	(60.2%)	(54.0%)	(59.2%)	(54.5%)	(44.6%)	(38.1%)	(54.4%)	(42.7%)	
あまりとれていない	138	13	13	27	31	30	10	11	3	125	14	
	(18.3%)	(25.0%)	(25.5%)	(26.2%)	(27.4%)	(19.1%)	(7.5%)	(10.9%)	(7.1%)	(17.8%)	(9.8%)	
まったくとれていない	10	0	0	3	4	2	1	0	0	10	0	
	(1.3%)	(0.0%)	(0.0%)	(2.9%)	(3.5%)	(1.3%)	(0.7%)	(0.0%)	(0.0%)	(1.4%)	(0.0%)	
女性	総数	843	36	78	132	111	151	146	117	72	807	189
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	十分とれている	191	6	15	28	12	21	29	39	41	185	80
		(22.7%)	(16.7%)	(19.2%)	(21.2%)	(10.8%)	(13.9%)	(19.9%)	(33.3%)	(56.9%)	(22.9%)	(42.3%)
	まあまあとれている	474	18	44	63	69	91	98	65	26	456	91
	(56.2%)	(50.0%)	(56.4%)	(47.7%)	(62.2%)	(60.3%)	(67.1%)	(55.6%)	(36.1%)	(56.5%)	(48.1%)	
あまりとれていない	172	11	19	40	27	38	19	13	5	161	18	
	(20.4%)	(30.6%)	(24.4%)	(30.3%)	(24.3%)	(25.2%)	(13.0%)	(11.1%)	(6.9%)	(20.0%)	(9.5%)	
まったくとれていない	6	1	0	1	3	1	0	0	0	5	0	
	(0.7%)	(2.8%)	(0.0%)	(0.8%)	(2.7%)	(0.7%)	(0.0%)	(0.0%)	(0.0%)	(0.6%)	(0.0%)	

(再掲)睡眠によって休養が十分とれている者の割合(15歳以上)

総数	1596
いる	1270
	(79.6%)

*睡眠による休養が十分とれている者とは「十分とれている」「まあまあとれている」と回答した者

表154 味噌汁の摂取頻度

人数(%)

		総数	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上
男性	総数	700 (100.0%)	50 (100.0%)	105 (100.0%)	115 (100.0%)	156 (100.0%)	132 (100.0%)	100 (100.0%)	42 (100.0%)
	ほとんど食べない	31 (4.4%)	4 (8.0%)	7 (6.7%)	4 (3.5%)	6 (3.8%)	8 (6.1%)	2 (2.0%)	0 (0.0%)
	週に1~3回	158 (22.6%)	14 (28.0%)	20 (19.0%)	38 (33.0%)	45 (28.8%)	18 (13.6%)	17 (17.0%)	6 (14.3%)
	週に4~5回	156 (22.3%)	15 (30.0%)	34 (32.4%)	26 (22.6%)	29 (18.6%)	26 (19.7%)	20 (20.0%)	6 (14.3%)
	1日1回ぐらい	257 (36.7%)	14 (28.0%)	32 (30.5%)	37 (32.2%)	56 (35.9%)	62 (47.0%)	37 (37.0%)	19 (45.2%)
	1日に2回以上	98 (14.0%)	3 (6.0%)	12 (11.4%)	10 (8.7%)	20 (12.8%)	18 (13.6%)	24 (24.0%)	11 (26.2%)
	総数	805 (100.0%)	77 (100.0%)	132 (100.0%)	110 (100.0%)	152 (100.0%)	148 (100.0%)	115 (100.0%)	71 (100.0%)
女性	ほとんど食べない	26 (3.2%)	5 (6.5%)	4 (3.0%)	3 (2.7%)	5 (3.3%)	2 (1.4%)	4 (3.5%)	3 (4.2%)
	週に1~3回	223 (27.7%)	27 (35.1%)	42 (31.8%)	36 (32.7%)	49 (32.2%)	33 (22.3%)	22 (19.1%)	14 (19.7%)
	週に4~5回	172 (21.4%)	20 (26.0%)	33 (25.0%)	26 (23.6%)	28 (18.4%)	31 (20.9%)	22 (19.1%)	12 (16.9%)
	1日1回ぐらい	301 (37.4%)	23 (29.9%)	46 (34.8%)	40 (36.4%)	52 (34.2%)	63 (42.6%)	45 (39.1%)	32 (45.1%)
	1日に2回以上	83 (10.3%)	2 (2.6%)	7 (5.3%)	5 (4.5%)	18 (11.8%)	19 (12.8%)	22 (19.1%)	10 (14.1%)

表155 漬物の摂取頻度

人数(%)

		総数	20~29歳	30~39歳	40~49歳	50~59歳	60~69歳	70~79歳	80歳以上
男性	総数	700 (100.0%)	50 (100.0%)	105 (100.0%)	115 (100.0%)	156 (100.0%)	132 (100.0%)	100 (100.0%)	42 (100.0%)
	ほとんど食べない	120 (17.1%)	14 (28.0%)	23 (21.9%)	21 (18.3%)	26 (16.7%)	16 (12.1%)	13 (13.0%)	7 (16.7%)
	週に1~3回	221 (31.6%)	18 (36.0%)	46 (43.8%)	41 (35.7%)	52 (33.3%)	35 (26.5%)	18 (18.0%)	11 (26.2%)
	週に4~5回	126 (18.0%)	8 (16.0%)	23 (21.9%)	21 (18.3%)	25 (16.0%)	25 (18.9%)	20 (20.0%)	4 (9.5%)
	1日1回ぐらい	123 (17.6%)	9 (18.0%)	12 (11.4%)	23 (20.0%)	36 (23.1%)	22 (16.7%)	13 (13.0%)	8 (19.0%)
	1日に2回以上	110 (15.7%)	1 (2.0%)	1 (1.0%)	9 (7.8%)	17 (10.9%)	34 (25.8%)	36 (36.0%)	12 (28.6%)
	総数	805 (100.0%)	77 (100.0%)	132 (100.0%)	110 (100.0%)	152 (100.0%)	148 (100.0%)	115 (100.0%)	71 (100.0%)
女性	ほとんど食べない	126 (15.7%)	21 (27.3%)	32 (24.2%)	15 (13.6%)	17 (11.2%)	19 (12.8%)	13 (11.3%)	9 (12.7%)
	週に1~3回	290 (36.0%)	37 (48.1%)	75 (56.8%)	46 (41.8%)	62 (40.8%)	33 (22.3%)	24 (20.9%)	13 (18.3%)
	週に4~5回	117 (14.5%)	10 (13.0%)	11 (8.3%)	19 (17.3%)	26 (17.1%)	24 (16.2%)	14 (12.2%)	13 (18.3%)
	1日1回ぐらい	135 (16.8%)	7 (9.1%)	12 (9.1%)	18 (16.4%)	29 (19.1%)	26 (17.6%)	31 (27.0%)	12 (16.9%)
	1日に2回以上	137 (17.0%)	2 (2.6%)	2 (1.5%)	12 (10.9%)	18 (11.8%)	46 (31.1%)	33 (28.7%)	24 (33.8%)