

表185 問8 栄養のバランスに気を付けていますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	756 (100.0%)	53 (100.0%)	52 (100.0%)	168 (100.0%)	280 (100.0%)	111 (100.0%)	92 (100.0%)
	気を付けている	165 (21.8%)	7 (13.2%)	4 (7.7%)	32 (19.0%)	55 (19.6%)	34 (30.6%)	33 (35.9%)
	少し気を付けている	410 (54.2%)	29 (54.7%)	22 (42.3%)	95 (56.5%)	170 (60.7%)	53 (47.7%)	41 (44.6%)
	気を付けていない	181 (23.9%)	17 (32.1%)	26 (50.0%)	41 (24.4%)	55 (19.6%)	24 (21.6%)	18 (19.6%)
女性	総数	845 (100.0%)	37 (100.0%)	78 (100.0%)	181 (100.0%)	292 (100.0%)	129 (100.0%)	128 (100.0%)
	気を付けている	310 (36.7%)	8 (21.6%)	17 (21.8%)	72 (39.8%)	117 (40.1%)	45 (34.9%)	51 (39.8%)
	少し気を付けている	462 (54.7%)	20 (54.1%)	50 (64.1%)	101 (55.8%)	159 (54.5%)	80 (62.0%)	52 (40.6%)
	気を付けていない	73 (8.6%)	9 (24.3%)	11 (14.1%)	8 (4.4%)	16 (5.5%)	4 (3.1%)	25 (19.5%)

表186 問9 ふだん塩分のとりすぎに気を付けていますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	756 (100.0%)	53 (100.0%)	52 (100.0%)	168 (100.0%)	280 (100.0%)	110 (100.0%)	93 (100.0%)
	気を付けている	306 (40.5%)	10 (18.9%)	8 (15.4%)	54 (32.1%)	108 (38.6%)	64 (58.2%)	62 (66.7%)
	気を付けていない	450 (59.5%)	43 (81.1%)	44 (84.6%)	114 (67.9%)	172 (61.4%)	46 (41.8%)	31 (33.3%)
女性	総数	842 (100.0%)	37 (100.0%)	77 (100.0%)	181 (100.0%)	292 (100.0%)	128 (100.0%)	127 (100.0%)
	気を付けている	564 (67.0%)	14 (37.8%)	35 (45.5%)	117 (64.6%)	203 (69.5%)	106 (82.8%)	89 (70.1%)
	気を付けていない	278 (33.0%)	23 (62.2%)	42 (54.5%)	64 (35.4%)	89 (30.5%)	22 (17.2%)	38 (29.9%)

表187 問9-2 塩分の取りすぎに気を付けている者の内容(複数回答)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	「気を付けている」者	756	53	52	168	280	110	93
	めん類の汁を残すようにしている	185 (24.5%)	4 (7.5%)	5 (9.6%)	31 (18.5%)	76 (27.1%)	34 (30.9%)	35 (37.6%)
	味のついているおかず、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 (24.3%)	7 (13.2%)	4 (7.7%)	30 (17.9%)	63 (22.5%)	41 (37.3%)	39 (41.9%)
	料理の時、薄味に調味するようにしている	161 (21.3%)	6 (11.3%)	2 (3.8%)	26 (15.5%)	51 (18.2%)	37 (33.6%)	39 (41.9%)
	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 (12.0%)	2 (3.8%)	3 (5.8%)	16 (9.5%)	31 (11.1%)	25 (22.7%)	14 (15.1%)
	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 (8.9%)	3 (5.7%)	1 (1.9%)	8 (4.8%)	25 (8.9%)	12 (10.9%)	18 (19.4%)
	塩分の多いものをとりすぎないようにしている	189 (25.0%)	4 (7.5%)	5 (9.6%)	24 (14.3%)	73 (26.1%)	47 (42.7%)	36 (38.7%)
	塩分その他	7 (0.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (0.7%)	4 (3.6%)	1 (1.1%)
	女性	「気を付けている」者	564	14	35	117	203	106
めん類の汁を残すようにしている		417 (49.5%)	9 (24.3%)	27 (35.1%)	88 (48.6%)	149 (51.0%)	84 (65.6%)	60 (47.2%)
味のついているおかず、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 (50.6%)	8 (21.6%)	23 (29.9%)	79 (43.6%)	164 (56.2%)	81 (63.3%)	71 (55.9%)
料理の時、薄味に調味するようにしている		371 (44.1%)	3 (8.1%)	21 (27.3%)	65 (35.9%)	141 (48.3%)	78 (60.9%)	63 (49.6%)
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 (22.6%)	5 (13.5%)	7 (9.1%)	34 (18.8%)	74 (25.3%)	42 (32.8%)	28 (22.0%)
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 (18.6%)	3 (8.1%)	8 (10.4%)	22 (12.2%)	54 (18.5%)	34 (26.6%)	36 (28.3%)
塩分の多いものをとりすぎないようにしている		401 (47.6%)	8 (21.6%)	20 (26.0%)	78 (43.1%)	148 (50.7%)	81 (63.3%)	66 (52.0%)
塩分その他		25 (3.0%)	0 (0.0%)	0 (0.0%)	4 (2.2%)	12 (4.1%)	6 (4.7%)	3 (2.4%)

*母数は「気を付けている」と回答した者

表188 問10 ふだん脂質のとりすぎに気をつけていますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	757 (100.0%)	53 (100.0%)	52 (100.0%)	168 (100.0%)	280 (100.0%)	111 (100.0%)	93 (100.0%)
	気をつけている	308 (40.7%)	9 (17.0%)	11 (21.2%)	49 (29.2%)	120 (42.9%)	66 (59.5%)	53 (57.0%)
	気をつけていない	449 (59.3%)	44 (83.0%)	41 (78.8%)	119 (70.8%)	160 (57.1%)	45 (40.5%)	40 (43.0%)
女性	総数	843 (100.0%)	37 (100.0%)	77 (100.0%)	182 (100.0%)	290 (100.0%)	130 (100.0%)	127 (100.0%)
	気をつけている	539 (63.9%)	19 (51.4%)	36 (46.8%)	108 (59.3%)	199 (68.6%)	96 (73.8%)	81 (63.8%)
	気をつけていない	304 (36.1%)	18 (48.6%)	41 (53.2%)	74 (40.7%)	91 (31.4%)	34 (26.2%)	46 (36.2%)

表189 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)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	「気をつけている」者	308	9	11	49	120	66	53
	肉の脂身をあまり食べない	188 (61.0%)	1 (11.1%)	7 (63.6%)	18 (36.7%)	74 (61.7%)	44 (66.7%)	44 (83.0%)
	脂肪を多く含むお菓子を控える	177 (57.5%)	7 (77.8%)	8 (72.7%)	20 (40.8%)	67 (55.8%)	42 (63.6%)	33 (62.3%)
	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 (52.6%)	5 (55.6%)	5 (45.5%)	23 (46.9%)	57 (47.5%)	36 (54.5%)	36 (67.9%)
	油を多く使った料理を控える	149 (48.4%)	1 (11.1%)	1 (9.1%)	21 (42.9%)	60 (50.0%)	31 (47.0%)	35 (66.0%)
	脂肪その他	12 (3.9%)	0 (0.0%)	1 (9.1%)	1 (2.0%)	5 (4.2%)	3 (4.5%)	2 (3.8%)
	女性	「気をつけている」者	539	19	36	108	199	96
肉の脂身をあまり食べない		371 (68.8%)	8 (42.1%)	18 (50.0%)	71 (65.7%)	137 (68.8%)	77 (80.2%)	60 (74.1%)
脂肪を多く含むお菓子を控える		345 (64.0%)	13 (68.4%)	18 (50.0%)	58 (53.7%)	129 (64.8%)	70 (72.9%)	57 (70.4%)
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 (55.1%)	10 (52.6%)	13 (36.1%)	46 (42.6%)	120 (60.3%)	56 (58.3%)	52 (64.2%)
油を多く使った料理を控える		309 (57.3%)	7 (36.8%)	16 (44.4%)	51 (47.2%)	118 (59.3%)	63 (65.6%)	54 (66.7%)
脂肪その他		25 (4.6%)	0 (0.0%)	3 (8.3%)	3 (2.8%)	11 (5.5%)	5 (5.2%)	3 (3.7%)

* 母数は「気をつけている」と回答した者

表190 問11 今の自分の食事についてどのように思いますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	756 (100.0%)	53 (100.0%)	52 (100.0%)	168 (100.0%)	280 (100.0%)	111 (100.0%)	92 (100.0%)
	とても良い	62 (8.2%)	3 (5.7%)	3 (5.8%)	12 (7.1%)	20 (7.1%)	16 (14.4%)	8 (8.7%)
	ほぼ良い	493 (65.2%)	37 (69.8%)	25 (48.1%)	88 (52.4%)	187 (66.8%)	78 (70.3%)	78 (84.8%)
	あまり良くない	184 (24.3%)	11 (20.8%)	23 (44.2%)	62 (36.9%)	67 (23.9%)	15 (13.5%)	6 (6.5%)
	まったく良くない	17 (2.2%)	2 (3.8%)	1 (1.9%)	6 (3.6%)	6 (2.1%)	2 (1.8%)	0 (0.0%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	292 (100.0%)	130 (100.0%)	128 (100.0%)
	とても良い	39 (4.6%)	3 (8.1%)	3 (3.8%)	5 (2.7%)	8 (2.7%)	8 (6.2%)	12 (9.4%)
	ほぼ良い	581 (68.6%)	27 (73.0%)	37 (47.4%)	116 (63.7%)	203 (69.5%)	101 (77.7%)	97 (75.8%)
	あまり良くない	215 (25.4%)	7 (18.9%)	35 (44.9%)	58 (31.9%)	79 (27.1%)	20 (15.4%)	16 (12.5%)
	まったく良くない	12 (1.4%)	0 (0.0%)	3 (3.8%)	3 (1.6%)	2 (0.7%)	1 (0.8%)	3 (2.3%)

表191 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

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	756 (100.0%)	53 (100.0%)	52 (100.0%)	167 (100.0%)	280 (100.0%)	111 (100.0%)	93 (100.0%)
	今より良くしたい	203 (26.9%)	14 (26.4%)	10 (19.2%)	68 (40.7%)	79 (28.2%)	21 (18.9%)	11 (11.8%)
	今のままでよい	380 (50.3%)	22 (41.5%)	20 (38.5%)	54 (32.3%)	149 (53.2%)	70 (63.1%)	65 (69.9%)
	特に考えていない	173 (22.9%)	17 (32.1%)	22 (42.3%)	45 (26.9%)	52 (18.6%)	20 (18.0%)	17 (18.3%)
女性	総数	848 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	293 (100.0%)	130 (100.0%)	128 (100.0%)
	今より良くしたい	373 (44.0%)	17 (45.9%)	43 (55.1%)	120 (65.9%)	133 (45.4%)	36 (27.7%)	24 (18.8%)
	今のままでよい	345 (40.7%)	12 (32.4%)	24 (30.8%)	41 (22.5%)	115 (39.2%)	76 (58.5%)	77 (60.2%)
	特に考えていない	130 (15.3%)	8 (21.6%)	11 (14.1%)	21 (11.5%)	45 (15.4%)	18 (13.8%)	27 (21.1%)

表192 問13 食事バランスガイドを知っていますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	756 (100.0%)	53 (100.0%)	52 (100.0%)	168 (100.0%)	279 (100.0%)	111 (100.0%)	93 (100.0%)
	内容を含めて知っている	67 (8.9%)	5 (9.4%)	5 (9.6%)	15 (8.9%)	26 (9.3%)	13 (11.7%)	3 (3.2%)
	名前程度は聞いたことがある	256 (33.9%)	18 (34.0%)	16 (30.8%)	65 (38.7%)	96 (34.4%)	34 (30.6%)	27 (29.0%)
	知らなかった	433 (57.3%)	30 (56.6%)	31 (59.6%)	88 (52.4%)	157 (56.3%)	64 (57.7%)	63 (67.7%)
女性	総数	848 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	293 (100.0%)	130 (100.0%)	128 (100.0%)
	内容を含めて知っている	164 (19.3%)	15 (40.5%)	15 (19.2%)	45 (24.7%)	62 (21.2%)	19 (14.6%)	8 (6.3%)
	名前程度は聞いたことがある	409 (48.2%)	16 (43.2%)	39 (50.0%)	106 (58.2%)	152 (51.9%)	62 (47.7%)	34 (26.6%)
	知らなかった	275 (32.4%)	6 (16.2%)	24 (30.8%)	31 (17.0%)	79 (27.0%)	49 (37.7%)	86 (67.2%)

表193 問14 食育に関心がありますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	755 (100.0%)	53 (100.0%)	52 (100.0%)	168 (100.0%)	279 (100.0%)	111 (100.0%)	92 (100.0%)
	関心がある	127 (16.8%)	4 (7.5%)	9 (17.3%)	32 (19.0%)	44 (15.8%)	23 (20.7%)	15 (16.3%)
	どちらかといえば関心がある	210 (27.8%)	8 (15.1%)	6 (11.5%)	55 (32.7%)	85 (30.5%)	33 (29.7%)	23 (25.0%)
	どちらかといえば関心がない	211 (27.9%)	13 (24.5%)	17 (32.7%)	54 (32.1%)	83 (29.7%)	28 (25.2%)	16 (17.4%)
	関心がない	86 (11.4%)	12 (22.6%)	9 (17.3%)	10 (6.0%)	31 (11.1%)	12 (10.8%)	12 (13.0%)
	わからない	121 (16.0%)	16 (30.2%)	11 (21.2%)	17 (10.1%)	36 (12.9%)	15 (13.5%)	26 (28.3%)
女性	総数	845 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	293 (100.0%)	130 (100.0%)	125 (100.0%)
	関心がある	244 (28.9%)	6 (16.2%)	18 (23.1%)	68 (37.4%)	87 (29.7%)	36 (27.7%)	29 (23.2%)
	どちらかといえば関心がある	348 (41.2%)	11 (29.7%)	29 (37.2%)	78 (42.9%)	134 (45.7%)	57 (43.8%)	39 (31.2%)
	どちらかといえば関心がない	137 (16.2%)	11 (29.7%)	14 (17.9%)	32 (17.6%)	51 (17.4%)	15 (11.5%)	14 (11.2%)
	関心がない	35 (4.1%)	2 (5.4%)	9 (11.5%)	2 (1.1%)	4 (1.4%)	5 (3.8%)	13 (10.4%)
	わからない	81 (9.6%)	7 (18.9%)	8 (10.3%)	2 (1.1%)	17 (5.8%)	17 (13.1%)	30 (24.0%)

表194 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)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75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	87	129	56	38
	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%)	60 (69.0%)	47 (36.4%)	11 (19.6%)	10 (26.3%)
	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%)	38 (43.7%)	57 (44.2%)	16 (28.6%)	11 (28.9%)
	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%)	28 (32.2%)	44 (34.1%)	17 (30.4%)	9 (23.7%)
	生活習慣病(糖尿病、がん等)の増加が問題になっているから	198 (58.8%)	8 (66.7%)	5 (33.3%)	42 (48.3%)	84 (65.1%)	40 (71.4%)	19 (50.0%)
	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%)	5 (5.7%)	19 (14.7%)	9 (16.1%)	5 (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	21 (6.2%)	1 (8.3%)	2 (13.3%)	8 (9.2%)	6 (4.7%)	1 (1.8%)	3 (7.9%)
	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%)	14 (16.1%)	53 (41.1%)	28 (50.0%)	16 (42.1%)
	消費者と生産者の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%)	4 (4.6%)	6 (4.7%)	4 (7.1%)	2 (5.3%)
	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%)	3 (3.4%)	14 (10.9%)	8 (14.3%)	6 (15.8%)
	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%)	19 (21.8%)	25 (19.4%)	10 (17.9%)	9 (23.7%)
	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%)	16 (18.4%)	15 (11.6%)	7 (12.5%)	6 (15.8%)
	その他	6 (1.8%)	1 (8.3%)	0 (0.0%)	2 (2.3%)	2 (1.6%)	1 (1.8%)	0 (0.0%)
	特にない	5 (1.5%)	1 (8.3%)	0 (0.0%)	2 (2.3%)	1 (0.8%)	1 (1.8%)	0 (0.0%)
わからない	6 (1.8%)	0 (0.0%)	0 (0.0%)	1 (1.1%)	1 (0.8%)	1 (1.8%)	3 (7.9%)	
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	146	221	93	68
	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%)	113 (77.4%)	96 (43.4%)	30 (32.3%)	18 (26.5%)
	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%)	60 (41.1%)	100 (45.2%)	39 (41.9%)	19 (27.9%)
	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%)	35 (24.0%)	58 (26.2%)	24 (25.8%)	17 (25.0%)
	生活習慣病(糖尿病、がん等)の増加が問題になっているから	380 (64.2%)	6 (35.3%)	24 (51.1%)	88 (60.3%)	152 (68.8%)	68 (73.1%)	42 (61.8%)
	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%)	19 (13.0%)	45 (20.4%)	12 (12.9%)	11 (16.2%)
	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%)	7 (4.8%)	11 (5.0%)	3 (3.2%)	5 (7.4%)
	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%)	25 (17.1%)	75 (33.9%)	43 (46.2%)	23 (33.8%)
	消費者と生産者の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 (1.4%)	4 (1.8%)	1 (1.1%)	2 (2.9%)
	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%)	13 (8.9%)	33 (14.9%)	12 (12.9%)	23 (33.8%)
	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%)	10 (6.8%)	31 (14.0%)	14 (15.1%)	11 (16.2%)
	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%)	33 (22.6%)	32 (14.5%)	16 (17.2%)	12 (17.6%)
	その他	8 (1.4%)	0 (0.0%)	2 (4.3%)	1 (0.7%)	4 (1.8%)	0 (0.0%)	1 (1.5%)
	特にない	8 (1.4%)	0 (0.0%)	2 (4.3%)	1 (0.7%)	4 (1.8%)	0 (0.0%)	1 (1.5%)
わからない	5 (0.8%)	1 (5.9%)	0 (0.0%)	0 (0.0%)	1 (0.5%)	2 (2.2%)	1 (1.5%)	

* 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195 問15 運動を週に何日くらい行っていますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	756 (100.0%)	53 (100.0%)	52 (100.0%)	168 (100.0%)	279 (100.0%)	111 (100.0%)	93 (100.0%)
	週に1日以上	334 (44.2%)	41 (77.4%)	13 (25.0%)	61 (36.3%)	122 (43.7%)	54 (48.6%)	43 (46.2%)
	週に1日未満	49 (6.5%)	4 (7.5%)	9 (17.3%)	15 (8.9%)	11 (3.9%)	6 (5.4%)	4 (4.3%)
	行っていない	373 (49.3%)	8 (15.1%)	30 (57.7%)	92 (54.8%)	146 (52.3%)	51 (45.9%)	46 (49.5%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	293 (100.0%)	129 (100.0%)	128 (100.0%)
	週に1日以上	326 (38.5%)	30 (81.1%)	10 (12.8%)	48 (26.4%)	117 (39.9%)	72 (55.8%)	49 (38.3%)
	週に1日未満	58 (6.8%)	0 (0.0%)	9 (11.5%)	17 (9.3%)	24 (8.2%)	6 (4.7%)	2 (1.6%)
	行っていない	463 (54.7%)	7 (18.9%)	59 (75.6%)	117 (64.3%)	152 (51.9%)	51 (39.5%)	77 (60.2%)

表196 運動を週何回行っていますか(再掲)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	週1回	43 (5.7%)	3 (5.7%)	4 (7.7%)	11 (6.5%)	21 (7.5%)	3 (2.7%)	1 (1.1%)
	週2回	54 (7.1%)	3 (5.7%)	4 (7.7%)	14 (8.3%)	25 (9.0%)	3 (2.7%)	5 (5.4%)
	週3回	49 (6.5%)	8 (15.1%)	1 (1.9%)	15 (8.9%)	12 (4.3%)	5 (4.5%)	8 (8.6%)
	週4回	32 (4.2%)	1 (1.9%)	2 (3.8%)	6 (3.6%)	11 (3.9%)	8 (7.2%)	4 (4.3%)
	週5回	54 (7.1%)	8 (15.1%)	1 (1.9%)	8 (4.8%)	22 (7.9%)	10 (9.0%)	5 (5.4%)
	週6回	36 (4.8%)	8 (15.1%)	0 (0.0%)	2 (1.2%)	8 (2.9%)	10 (9.0%)	8 (8.6%)
	週7回	65 (8.6%)	10 (18.9%)	1 (1.9%)	5 (3.0%)	22 (7.9%)	15 (13.5%)	12 (12.9%)
	不明	1 (0.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.4%)	0 (0.0%)	0 (0.0%)
	女性	週1回	36 (4.3%)	0 (0.0%)	0 (0.0%)	8 (4.4%)	22 (7.5%)	3 (2.3%)
週2回		59 (7.0%)	7 (18.9%)	1 (1.3%)	15 (8.2%)	17 (5.8%)	14 (10.9%)	5 (3.9%)
週3回		54 (6.4%)	6 (16.2%)	2 (2.6%)	7 (3.8%)	19 (6.5%)	12 (9.3%)	8 (6.3%)
週4回		44 (5.2%)	4 (10.8%)	1 (1.3%)	6 (3.3%)	15 (5.1%)	11 (8.5%)	7 (5.5%)
週5回		51 (6.0%)	3 (8.1%)	2 (2.6%)	8 (4.4%)	19 (6.5%)	12 (9.3%)	7 (5.5%)
週6回		27 (3.2%)	5 (13.5%)	1 (1.3%)	1 (0.5%)	7 (2.4%)	11 (8.5%)	2 (1.6%)
週7回		55 (6.5%)	5 (13.5%)	3 (3.8%)	3 (1.6%)	18 (6.1%)	9 (7.0%)	17 (13.3%)
不明		0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)

表197 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

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	383 (100.0%)	45 (100.0%)	22 (100.0%)	76 (100.0%)	133 (100.0%)	60 (100.0%)	47 (100.0%)
	10分未満	11 (2.9%)	1 (2.2%)	0 (0.0%)	2 (2.6%)	4 (3.0%)	0 (0.0%)	4 (8.5%)
	10~20分未満	18 (4.7%)	0 (0.0%)	0 (0.0%)	1 (1.3%)	7 (5.3%)	4 (6.7%)	6 (12.8%)
	20~30分未満	20 (5.2%)	1 (2.2%)	1 (4.5%)	3 (3.9%)	7 (5.3%)	4 (6.7%)	4 (8.5%)
	30~60分未満	110 (28.7%)	11 (24.4%)	3 (13.6%)	20 (26.3%)	37 (27.8%)	22 (36.7%)	17 (36.2%)
	60~120分未満	137 (35.8%)	11 (24.4%)	6 (27.3%)	32 (42.1%)	53 (39.8%)	21 (35.0%)	14 (29.8%)
	120分以上	87 (22.7%)	21 (46.7%)	12 (54.5%)	18 (23.7%)	25 (18.8%)	9 (15.0%)	2 (4.3%)
	総数	384 (100.0%)	30 (100.0%)	19 (100.0%)	65 (100.0%)	141 (100.0%)	78 (100.0%)	51 (100.0%)
女性	10分未満	12 (3.1%)	1 (3.3%)	1 (5.3%)	3 (4.6%)	1 (0.7%)	3 (3.8%)	3 (5.9%)
	10~20分未満	29 (7.6%)	0 (0.0%)	3 (15.8%)	5 (7.7%)	12 (8.5%)	3 (3.8%)	6 (11.8%)
	20~30分未満	34 (8.9%)	0 (0.0%)	1 (5.3%)	4 (6.2%)	13 (9.2%)	13 (16.7%)	3 (5.9%)
	30~60分未満	137 (35.7%)	11 (36.7%)	3 (15.8%)	21 (32.3%)	60 (42.6%)	27 (34.6%)	15 (29.4%)
	60~120分未満	119 (31.0%)	9 (30.0%)	6 (31.6%)	20 (30.8%)	47 (33.3%)	20 (25.6%)	17 (33.3%)
	120分以上	53 (13.8%)	9 (30.0%)	5 (26.3%)	12 (18.5%)	8 (5.7%)	12 (15.4%)	7 (13.7%)

* 母数は「週1回以上」「週1回未満」と回答した者

表198 問15-3 その運動はどのくらいの期間続けていますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	383 (100.0%)	45 (100.0%)	22 (100.0%)	76 (100.0%)	133 (100.0%)	60 (100.0%)	47 (100.0%)
	ここ1ヶ月以内	27 (7.0%)	0 (0.0%)	1 (4.5%)	8 (10.5%)	11 (8.3%)	6 (10.0%)	1 (2.1%)
	1ヶ月~3ヶ月未満	21 (5.5%)	4 (8.9%)	3 (13.6%)	2 (2.6%)	3 (2.3%)	6 (10.0%)	3 (6.4%)
	3ヶ月~半年未満	19 (5.0%)	2 (4.4%)	1 (4.5%)	6 (7.9%)	8 (6.0%)	0 (0.0%)	2 (4.3%)
	半年~1年未満	36 (9.4%)	6 (13.3%)	3 (13.6%)	5 (6.6%)	11 (8.3%)	4 (6.7%)	7 (14.9%)
	1年以上	276 (72.1%)	31 (68.9%)	14 (63.6%)	55 (72.4%)	99 (74.4%)	44 (73.3%)	33 (70.2%)
	未記入	4 (1.0%)	2 (4.4%)	0 (0.0%)	0 (0.0%)	1 (0.8%)	0 (0.0%)	1 (2.1%)
	総数	384 (100.0%)	30 (100.0%)	19 (100.0%)	65 (100.0%)	141 (100.0%)	78 (100.0%)	51 (100.0%)
女性	ここ1ヶ月以内	32 (8.3%)	0 (0.0%)	2 (10.5%)	8 (12.3%)	17 (12.1%)	2 (2.6%)	3 (5.9%)
	1ヶ月~3ヶ月未満	41 (10.7%)	3 (10.0%)	3 (15.8%)	6 (9.2%)	20 (14.2%)	7 (9.0%)	2 (3.9%)
	3ヶ月~半年未満	23 (6.0%)	1 (3.3%)	0 (0.0%)	4 (6.2%)	13 (9.2%)	5 (6.4%)	0 (0.0%)
	半年~1年未満	51 (13.3%)	2 (6.7%)	3 (15.8%)	11 (16.9%)	15 (10.6%)	11 (14.1%)	9 (17.6%)
	1年以上	236 (61.5%)	24 (80.0%)	11 (57.9%)	36 (55.4%)	75 (53.2%)	53 (67.9%)	37 (72.5%)
	未記入	1 (0.3%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.7%)	0 (0.0%)	0 (0.0%)

* 母数は「週1回以上」「週1回未満」と回答した者

表199 問15-4 どのような運動をしていますか(2つまで回答)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	「週1回以上」「週1回未満」の者	383	45	22	76	133	60	47
	普通の歩行	124 (32.4%)	2 (4.4%)	2 (9.1%)	9 (11.8%)	52 (39.1%)	34 (56.7%)	25 (53.2%)
	急ぎ足	57 (14.9%)	0 (0.0%)	1 (4.5%)	9 (11.8%)	29 (21.8%)	15 (25.0%)	3 (6.4%)
	ジョギング	55 (14.4%)	12 (26.7%)	4 (18.2%)	24 (31.6%)	13 (9.8%)	0 (0.0%)	2 (4.3%)
	軽い体操	60 (15.7%)	4 (8.9%)	1 (4.5%)	3 (3.9%)	23 (17.3%)	13 (21.7%)	16 (34.0%)
	筋カトレーニング	58 (15.1%)	11 (24.4%)	3 (13.6%)	17 (22.4%)	17 (12.8%)	6 (10.0%)	4 (8.5%)
	エアロビクス	1 (0.3%)	0 (0.0%)	0 (0.0%)	1 (1.3%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	ゴルフ	53 (13.8%)	0 (0.0%)	5 (22.7%)	13 (17.1%)	21 (15.8%)	10 (16.7%)	4 (8.5%)
	水泳	14 (3.7%)	0 (0.0%)	0 (0.0%)	8 (10.5%)	5 (3.8%)	1 (1.7%)	0 (0.0%)
	運動その他	140 (36.6%)	36 (80.0%)	14 (63.6%)	32 (42.1%)	35 (26.3%)	13 (21.7%)	10 (21.3%)
	女性	「週1回以上」「週1回未満」の者	384	30	19	65	141	78
普通の歩行		145 (37.8%)	5 (16.7%)	3 (15.8%)	16 (24.6%)	50 (35.5%)	44 (56.4%)	27 (52.9%)
急ぎ足		50 (13.0%)	1 (3.3%)	3 (15.8%)	9 (13.8%)	26 (18.4%)	7 (9.0%)	4 (7.8%)
ジョギング		30 (7.8%)	7 (23.3%)	1 (5.3%)	4 (6.2%)	12 (8.5%)	4 (5.1%)	2 (3.9%)
軽い体操		138 (35.9%)	8 (26.7%)	7 (36.8%)	17 (26.2%)	56 (39.7%)	33 (42.3%)	17 (33.3%)
筋カトレーニング		45 (11.7%)	6 (20.0%)	4 (21.1%)	9 (13.8%)	15 (10.6%)	6 (7.7%)	5 (9.8%)
エアロビクス		15 (3.9%)	0 (0.0%)	2 (10.5%)	5 (7.7%)	7 (5.0%)	1 (1.3%)	0 (0.0%)
ゴルフ		5 (1.3%)	0 (0.0%)	0 (0.0%)	2 (3.1%)	1 (0.7%)	1 (1.3%)	1 (2.0%)
水泳		19 (4.9%)	0 (0.0%)	4 (21.1%)	3 (4.6%)	11 (7.8%)	1 (1.3%)	0 (0.0%)
運動その他		107 (27.9%)	21 (70.0%)	7 (36.8%)	27 (41.5%)	24 (17.0%)	15 (19.2%)	13 (25.5%)

* 母数は「週1回以上」「週1回未満」と回答した者

表200 問15-5 これから運動を始めようと思いますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	373	8	30	92	146	51	46
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	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%)	11 (12.0%)	4 (2.7%)	4 (7.8%)	2 (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%)	40 (43.5%)	62 (42.5%)	18 (35.3%)	9 (19.6%)
	始める気はない	207 (55.5%)	4 (50.0%)	22 (73.3%)	41 (44.6%)	79 (54.1%)	28 (54.9%)	33 (71.7%)
	未記入	4 (1.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.7%)	1 (2.0%)	2 (4.3%)
女性	総数	463	7	59	117	152	51	77
		(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)	(100.0%)
	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%)	6 (5.1%)	6 (3.9%)	5 (9.8%)	3 (3.9%)
	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%)	67 (57.3%)	85 (55.9%)	23 (45.1%)	13 (16.9%)
	始める気はない	211 (45.6%)	2 (28.6%)	22 (37.3%)	44 (37.6%)	60 (39.5%)	23 (45.1%)	60 (77.9%)
	未記入	4 (0.9%)	0 (0.0%)	2 (3.4%)	0 (0.0%)	1 (0.7%)	0 (0.0%)	1 (1.3%)

* 母数は「行っていない」と回答した者

表201 運動習慣のある者の割合

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	756 (100.0%)	53 (100.0%)	52 (100.0%)	168 (100.0%)	279 (100.0%)	111 (100.0%)	93 (100.0%)
	なし	559 (73.9%)	26 (49.1%)	45 (86.5%)	134 (79.8%)	210 (75.3%)	75 (67.6%)	69 (74.2%)
	あり	197 (26.1%)	27 (50.9%)	7 (13.5%)	34 (20.2%)	69 (24.7%)	36 (32.4%)	24 (25.8%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	293 (100.0%)	129 (100.0%)	128 (100.0%)
	なし	692 (81.7%)	13 (35.1%)	72 (92.3%)	166 (91.2%)	248 (84.6%)	91 (70.5%)	102 (79.7%)
	あり	155 (18.3%)	24 (64.9%)	6 (7.7%)	16 (8.8%)	45 (15.4%)	38 (29.5%)	26 (20.3%)

* 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202 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

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	751 (100.0%)	53 (100.0%)	52 (100.0%)	167 (100.0%)	279 (100.0%)	108 (100.0%)	92 (100.0%)
	いつもしている	179 (23.8%)	17 (32.1%)	3 (5.8%)	25 (15.0%)	57 (20.4%)	38 (35.2%)	39 (42.4%)
	時々している	241 (32.1%)	14 (26.4%)	21 (40.4%)	58 (34.7%)	93 (33.3%)	36 (33.3%)	19 (20.7%)
	以前はしていたが、現在はして ない	113 (15.0%)	7 (13.2%)	5 (9.6%)	34 (20.4%)	48 (17.2%)	12 (11.1%)	7 (7.6%)
	していない	218 (29.0%)	15 (28.3%)	23 (44.2%)	50 (29.9%)	81 (29.0%)	22 (20.4%)	27 (29.3%)
女性	総数	844 (100.0%)	37 (100.0%)	78 (100.0%)	180 (100.0%)	292 (100.0%)	129 (100.0%)	128 (100.0%)
	いつもしている	162 (19.2%)	9 (24.3%)	4 (5.1%)	17 (9.4%)	55 (18.8%)	38 (29.5%)	39 (30.5%)
	時々している	310 (36.7%)	13 (35.1%)	22 (28.2%)	70 (38.9%)	123 (42.1%)	51 (39.5%)	31 (24.2%)
	以前はしていたが、現在はして ない	126 (14.9%)	5 (13.5%)	17 (21.8%)	35 (19.4%)	39 (13.4%)	16 (12.4%)	14 (10.9%)
	していない	246 (29.1%)	10 (27.0%)	35 (44.9%)	58 (32.2%)	75 (25.7%)	24 (18.6%)	44 (34.4%)

表203 問17 運動することで気持ちよく感じますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	754 (100.0%)	53 (100.0%)	52 (100.0%)	167 (100.0%)	279 (100.0%)	110 (100.0%)	93 (100.0%)
	はい	511 (67.8%)	38 (71.7%)	35 (67.3%)	118 (70.7%)	187 (67.0%)	74 (67.3%)	59 (63.4%)
	いいえ	39 (5.2%)	3 (5.7%)	2 (3.8%)	7 (4.2%)	15 (5.4%)	5 (4.5%)	7 (7.5%)
	どちらともいえない	204 (27.1%)	12 (22.6%)	15 (28.8%)	42 (25.1%)	77 (27.6%)	31 (28.2%)	27 (29.0%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	293 (100.0%)	129 (100.0%)	128 (100.0%)
	はい	578 (68.2%)	20 (54.1%)	56 (71.8%)	123 (67.6%)	214 (73.0%)	93 (72.1%)	72 (56.3%)
	いいえ	37 (4.4%)	1 (2.7%)	4 (5.1%)	12 (6.6%)	8 (2.7%)	1 (0.8%)	11 (8.6%)
	どちらともいえない	232 (27.4%)	16 (43.2%)	18 (23.1%)	47 (25.8%)	71 (24.2%)	35 (27.1%)	45 (35.2%)

表204 問18 エクササイズガイドを知っていますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	753 (100.0%)	53 (100.0%)	52 (100.0%)	167 (100.0%)	278 (100.0%)	110 (100.0%)	93 (100.0%)
	内容を含めて知っている	16 (2.1%)	2 (3.8%)	1 (1.9%)	5 (3.0%)	4 (1.4%)	4 (3.6%)	0 (0.0%)
	名前程度は聞いたことがある	153 (20.3%)	7 (13.2%)	9 (17.3%)	24 (14.4%)	68 (24.5%)	26 (23.6%)	19 (20.4%)
	知らなかった	584 (77.6%)	44 (83.0%)	42 (80.8%)	138 (82.6%)	206 (74.1%)	80 (72.7%)	74 (79.6%)
女性	総数	847 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	293 (100.0%)	129 (100.0%)	128 (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%)	7 (2.4%)	9 (7.0%)	3 (2.3%)
	名前程度は聞いたことがある	203 (24.0%)	7 (18.9%)	7 (9.0%)	23 (12.6%)	91 (31.1%)	47 (36.4%)	28 (21.9%)
	知らなかった	622 (73.4%)	30 (81.1%)	68 (87.2%)	159 (87.4%)	195 (66.6%)	73 (56.6%)	97 (75.8%)

表205 問19 この1ヶ月間に自分以外の人が吸っていたたばこの煙を吸う機会がありましたか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	752 (100.0%)	52 (100.0%)	52 (100.0%)	166 (100.0%)	280 (100.0%)	110 (100.0%)	92 (100.0%)
	あった	514 (68.4%)	21 (40.4%)	44 (84.6%)	143 (86.1%)	205 (73.2%)	60 (54.5%)	41 (44.6%)
	なかった	181 (24.1%)	22 (42.3%)	8 (15.4%)	13 (7.8%)	52 (18.6%)	42 (38.2%)	44 (47.8%)
	覚えていない	57 (7.6%)	9 (17.3%)	0 (0.0%)	10 (6.0%)	23 (8.2%)	8 (7.3%)	7 (7.6%)
女性	総数	843 (100.0%)	37 (100.0%)	78 (100.0%)	181 (100.0%)	291 (100.0%)	128 (100.0%)	128 (100.0%)
	あった	457 (54.2%)	23 (62.2%)	64 (82.1%)	121 (66.9%)	168 (57.7%)	48 (37.5%)	33 (25.8%)
	なかった	325 (38.6%)	11 (29.7%)	11 (14.1%)	47 (26.0%)	101 (34.7%)	69 (53.9%)	86 (67.2%)
	覚えていない	61 (7.2%)	3 (8.1%)	3 (3.8%)	13 (7.2%)	22 (7.6%)	11 (8.6%)	9 (7.0%)

問20 たばこが健康に与える影響について、どのように思いますか

表206 肺がん

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	746 (100.0%)	51 (100.0%)	52 (100.0%)	166 (100.0%)	278 (100.0%)	109 (100.0%)	90 (100.0%)
	かかりやすくなると思う	652 (87.4%)	44 (86.3%)	47 (90.4%)	149 (89.8%)	241 (86.7%)	92 (84.4%)	79 (87.8%)
	どちらともいえない	71 (9.5%)	5 (9.8%)	3 (5.8%)	14 (8.4%)	29 (10.4%)	13 (11.9%)	7 (7.8%)
	たばこ関係ない	19 (2.5%)	1 (2.0%)	2 (3.8%)	3 (1.8%)	7 (2.5%)	3 (2.8%)	3 (3.3%)
	病気を知らない	4 (0.5%)	1 (2.0%)	0 (0.0%)	0 (0.0%)	1 (0.4%)	1 (0.9%)	1 (1.1%)
女性	総数	837 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	291 (100.0%)	126 (100.0%)	124 (100.0%)
	かかりやすくなると思う	761 (90.9%)	33 (91.7%)	74 (94.9%)	173 (95.1%)	264 (90.7%)	113 (89.7%)	104 (83.9%)
	どちらともいえない	58 (6.9%)	2 (5.6%)	3 (3.8%)	7 (3.8%)	23 (7.9%)	10 (7.9%)	13 (10.5%)
	たばこ関係ない	15 (1.8%)	0 (0.0%)	1 (1.3%)	2 (1.1%)	4 (1.4%)	2 (1.6%)	6 (4.8%)
	病気を知らない	3 (0.4%)	1 (2.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.8%)	1 (0.8%)

表207 喉頭がん

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	741 (100.0%)	51 (100.0%)	52 (100.0%)	166 (100.0%)	274 (100.0%)	110 (100.0%)	88 (100.0%)
	かかりやすくなると思う	458 (61.8%)	31 (60.8%)	35 (67.3%)	112 (67.5%)	170 (62.0%)	63 (57.3%)	47 (53.4%)
	どちらともいえない	202 (27.3%)	9 (17.6%)	8 (15.4%)	45 (27.1%)	80 (29.2%)	36 (32.7%)	24 (27.3%)
	たばこ関係ない	46 (6.2%)	1 (2.0%)	4 (7.7%)	6 (3.6%)	15 (5.5%)	7 (6.4%)	13 (14.8%)
	病気を知らない	35 (4.7%)	10 (19.6%)	5 (9.6%)	3 (1.8%)	9 (3.3%)	4 (3.6%)	4 (4.5%)
女性	総数	837 (100.0%)	36 (100.0%)	78 (100.0%)	181 (100.0%)	291 (100.0%)	127 (100.0%)	124 (100.0%)
	かかりやすくなると思う	571 (68.2%)	25 (69.4%)	51 (65.4%)	136 (75.1%)	200 (68.7%)	82 (64.6%)	77 (62.1%)
	どちらともいえない	191 (22.8%)	3 (8.3%)	21 (26.9%)	40 (22.1%)	75 (25.8%)	27 (21.3%)	25 (20.2%)
	たばこ関係ない	40 (4.8%)	0 (0.0%)	3 (3.8%)	3 (1.7%)	10 (3.4%)	10 (7.9%)	14 (11.3%)
	病気を知らない	35 (4.2%)	8 (22.2%)	3 (3.8%)	2 (1.1%)	6 (2.1%)	8 (6.3%)	8 (6.5%)

表208 ぜんそく

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	744 (100.0%)	51 (100.0%)	52 (100.0%)	166 (100.0%)	277 (100.0%)	109 (100.0%)	89 (100.0%)
	かかりやすくなると思う	473 (63.6%)	37 (72.5%)	36 (69.2%)	91 (54.8%)	178 (64.3%)	71 (65.1%)	60 (67.4%)
	どちらともいえない	198 (26.6%)	10 (19.6%)	8 (15.4%)	63 (38.0%)	76 (27.4%)	24 (22.0%)	17 (19.1%)
	たばこ関係ない	64 (8.6%)	3 (5.9%)	7 (13.5%)	12 (7.2%)	21 (7.6%)	11 (10.1%)	10 (11.2%)
	病気を知らない	9 (1.2%)	1 (2.0%)	1 (1.9%)	0 (0.0%)	2 (0.7%)	3 (2.8%)	2 (2.2%)
女性	総数	835 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	290 (100.0%)	125 (100.0%)	124 (100.0%)
	かかりやすくなると思う	548 (65.6%)	22 (61.1%)	45 (57.7%)	117 (64.3%)	195 (67.2%)	87 (69.6%)	82 (66.1%)
	どちらともいえない	205 (24.6%)	9 (25.0%)	24 (30.8%)	53 (29.1%)	69 (23.8%)	24 (19.2%)	26 (21.0%)
	たばこ関係ない	76 (9.1%)	4 (11.1%)	9 (11.5%)	12 (6.6%)	26 (9.0%)	12 (9.6%)	13 (10.5%)
	病気を知らない	6 (0.7%)	1 (2.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (1.6%)	3 (2.4%)

表209 気管支炎

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	744 (100.0%)	51 (100.0%)	52 (100.0%)	165 (100.0%)	277 (100.0%)	110 (100.0%)	89 (100.0%)
	かかりやすくなると思う	499 (67.1%)	37 (72.5%)	35 (67.3%)	102 (61.8%)	186 (67.1%)	77 (70.0%)	62 (69.7%)
	どちらともいえない	189 (25.4%)	9 (17.6%)	12 (23.1%)	54 (32.7%)	75 (27.1%)	19 (17.3%)	20 (22.5%)
	たばこ関係ない	43 (5.8%)	1 (2.0%)	3 (5.8%)	9 (5.5%)	15 (5.4%)	9 (8.2%)	6 (6.7%)
	病気を知らない	13 (1.7%)	4 (7.8%)	2 (3.8%)	0 (0.0%)	1 (0.4%)	5 (4.5%)	1 (1.1%)
女性	総数	836 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	291 (100.0%)	125 (100.0%)	124 (100.0%)
	かかりやすくなると思う	562 (67.2%)	25 (69.4%)	50 (64.1%)	121 (66.5%)	207 (71.1%)	80 (64.0%)	79 (63.7%)
	どちらともいえない	193 (23.1%)	6 (16.7%)	20 (25.6%)	50 (27.5%)	63 (21.6%)	25 (20.0%)	29 (23.4%)
	たばこ関係ない	68 (8.1%)	2 (5.6%)	8 (10.3%)	9 (4.9%)	20 (6.9%)	17 (13.6%)	12 (9.7%)
	病気を知らない	13 (1.6%)	3 (8.3%)	0 (0.0%)	2 (1.1%)	1 (0.3%)	3 (2.4%)	4 (3.2%)

表210 肺気腫

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	741 (100.0%)	51 (100.0%)	51 (100.0%)	165 (100.0%)	276 (100.0%)	110 (100.0%)	88 (100.0%)
	かかりやすくなると思う	471 (63.6%)	32 (62.7%)	33 (64.7%)	103 (62.4%)	181 (65.6%)	70 (63.6%)	52 (59.1%)
	どちらともいえない	173 (23.3%)	7 (13.7%)	10 (19.6%)	41 (24.8%)	68 (24.6%)	28 (25.5%)	19 (21.6%)
	たばこ関係ない	42 (5.7%)	1 (2.0%)	4 (7.8%)	9 (5.5%)	15 (5.4%)	6 (5.5%)	7 (8.0%)
	病気を知らない	55 (7.4%)	11 (21.6%)	4 (7.8%)	12 (7.3%)	12 (4.3%)	6 (5.5%)	10 (11.4%)
女性	総数	836 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	290 (100.0%)	127 (100.0%)	123 (100.0%)
	かかりやすくなると思う	582 (69.6%)	24 (66.7%)	57 (73.1%)	136 (74.7%)	209 (72.1%)	79 (62.2%)	77 (62.6%)
	どちらともいえない	165 (19.7%)	5 (13.9%)	15 (19.2%)	33 (18.1%)	62 (21.4%)	28 (22.0%)	22 (17.9%)
	たばこ関係ない	35 (4.2%)	0 (0.0%)	1 (1.3%)	7 (3.8%)	10 (3.4%)	7 (5.5%)	10 (8.1%)
	病気を知らない	54 (6.5%)	7 (19.4%)	5 (6.4%)	6 (3.3%)	9 (3.1%)	13 (10.2%)	14 (11.4%)

表211 心臓病

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	741 (100.0%)	51 (100.0%)	49 (100.0%)	166 (100.0%)	277 (100.0%)	110 (100.0%)	88 (100.0%)
	かかりやすくなると思う	375 (50.6%)	26 (51.0%)	26 (53.1%)	83 (50.0%)	146 (52.7%)	53 (48.2%)	41 (46.6%)
	どちらともいえない	257 (34.7%)	15 (29.4%)	15 (30.6%)	66 (39.8%)	93 (33.6%)	37 (33.6%)	31 (35.2%)
	たばこ関係ない	92 (12.4%)	9 (17.6%)	6 (12.2%)	16 (9.6%)	33 (11.9%)	15 (13.6%)	13 (14.8%)
	病気を知らない	17 (2.3%)	1 (2.0%)	2 (4.1%)	1 (0.6%)	5 (1.8%)	5 (4.5%)	3 (3.4%)
女性	総数	836 (100.0%)	36 (100.0%)	77 (100.0%)	182 (100.0%)	290 (100.0%)	127 (100.0%)	124 (100.0%)
	かかりやすくなると思う	398 (47.6%)	17 (47.2%)	40 (51.9%)	89 (48.9%)	138 (47.6%)	56 (44.1%)	58 (46.8%)
	どちらともいえない	300 (35.9%)	13 (36.1%)	27 (35.1%)	69 (37.9%)	110 (37.9%)	43 (33.9%)	38 (30.6%)
	たばこ関係ない	121 (14.5%)	5 (13.9%)	9 (11.7%)	22 (12.1%)	39 (13.4%)	23 (18.1%)	23 (18.5%)
	病気を知らない	17 (2.0%)	1 (2.8%)	1 (1.3%)	2 (1.1%)	3 (1.0%)	5 (3.9%)	5 (4.0%)

表212 脳卒中

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	740 (100.0%)	51 (100.0%)	50 (100.0%)	166 (100.0%)	276 (100.0%)	109 (100.0%)	88 (100.0%)
	かかりやすくなると思う	378 (51.1%)	29 (56.9%)	26 (52.0%)	94 (56.6%)	144 (52.2%)	45 (41.3%)	40 (45.5%)
	どちらともいえない	254 (34.3%)	11 (21.6%)	18 (36.0%)	60 (36.1%)	97 (35.1%)	35 (32.1%)	33 (37.5%)
	たばこ関係ない	95 (12.8%)	8 (15.7%)	5 (10.0%)	12 (7.2%)	33 (12.0%)	24 (22.0%)	13 (14.8%)
	病気を知らない	13 (1.8%)	3 (5.9%)	1 (2.0%)	0 (0.0%)	2 (0.7%)	5 (4.6%)	2 (2.3%)
女性	総数	838 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	291 (100.0%)	127 (100.0%)	124 (100.0%)
	かかりやすくなると思う	404 (48.2%)	22 (61.1%)	50 (64.1%)	105 (57.7%)	133 (45.7%)	47 (37.0%)	47 (37.9%)
	どちらともいえない	309 (36.9%)	9 (25.0%)	23 (29.5%)	64 (35.2%)	116 (39.9%)	50 (39.4%)	47 (37.9%)
	たばこ関係ない	105 (12.5%)	3 (8.3%)	5 (6.4%)	11 (6.0%)	39 (13.4%)	24 (18.9%)	23 (18.5%)
	病気を知らない	20 (2.4%)	2 (5.6%)	0 (0.0%)	2 (1.1%)	3 (1.0%)	6 (4.7%)	7 (5.6%)

表213 胃かいよう

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	739 (100.0%)	51 (100.0%)	50 (100.0%)	166 (100.0%)	275 (100.0%)	109 (100.0%)	88 (100.0%)
	かかりやすくなると思う	250 (33.8%)	22 (43.1%)	15 (30.0%)	47 (28.3%)	99 (36.0%)	30 (27.5%)	37 (42.0%)
	どちらともいえない	318 (43.0%)	14 (27.5%)	22 (44.0%)	84 (50.6%)	118 (42.9%)	48 (44.0%)	32 (36.4%)
	たばこ関係ない	157 (21.2%)	13 (25.5%)	12 (24.0%)	35 (21.1%)	52 (18.9%)	27 (24.8%)	18 (20.5%)
	病気を知らない	14 (1.9%)	2 (3.9%)	1 (2.0%)	0 (0.0%)	6 (2.2%)	4 (3.7%)	1 (1.1%)
女性	総数	836 (100.0%)	36 (100.0%)	78 (100.0%)	181 (100.0%)	290 (100.0%)	127 (100.0%)	124 (100.0%)
	かかりやすくなると思う	274 (32.8%)	10 (27.8%)	28 (35.9%)	66 (36.5%)	90 (31.0%)	37 (29.1%)	43 (34.7%)
	どちらともいえない	365 (43.7%)	12 (33.3%)	35 (44.9%)	76 (42.0%)	145 (50.0%)	48 (37.8%)	49 (39.5%)
	たばこ関係ない	181 (21.7%)	11 (30.6%)	14 (17.9%)	36 (19.9%)	53 (18.3%)	39 (30.7%)	28 (22.6%)
	病気を知らない	16 (1.9%)	3 (8.3%)	1 (1.3%)	3 (1.7%)	2 (0.7%)	3 (2.4%)	4 (3.2%)

表214 妊娠への影響(未熟児など)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	740 (100.0%)	51 (100.0%)	50 (100.0%)	166 (100.0%)	276 (100.0%)	109 (100.0%)	88 (100.0%)
	かかりやすくなると思う	588 (79.5%)	45 (88.2%)	43 (86.0%)	144 (86.7%)	225 (81.5%)	73 (67.0%)	58 (65.9%)
	どちらともいえない	110 (14.9%)	2 (3.9%)	5 (10.0%)	20 (12.0%)	38 (13.8%)	24 (22.0%)	21 (23.9%)
	たばこ関係ない	28 (3.8%)	1 (2.0%)	1 (2.0%)	2 (1.2%)	10 (3.6%)	8 (7.3%)	6 (6.8%)
	病気を知らない	14 (1.9%)	3 (5.9%)	1 (2.0%)	0 (0.0%)	3 (1.1%)	4 (3.7%)	3 (3.4%)
女性	総数	838 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	291 (100.0%)	127 (100.0%)	124 (100.0%)
	かかりやすくなると思う	729 (87.0%)	35 (97.2%)	77 (98.7%)	168 (92.3%)	259 (89.0%)	100 (78.7%)	90 (72.6%)
	どちらともいえない	83 (9.9%)	0 (0.0%)	0 (0.0%)	12 (6.6%)	29 (10.0%)	20 (15.7%)	22 (17.7%)
	たばこ関係ない	18 (2.1%)	0 (0.0%)	1 (1.3%)	2 (1.1%)	2 (0.7%)	5 (3.9%)	8 (6.5%)
	病気を知らない	8 (1.0%)	1 (2.8%)	0 (0.0%)	0 (0.0%)	1 (0.3%)	2 (1.6%)	4 (3.2%)

表215 歯周病(歯槽膿漏など)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	740 (100.0%)	51 (100.0%)	50 (100.0%)	166 (100.0%)	275 (100.0%)	109 (100.0%)	89 (100.0%)
	かかりやすくなると思う	283 (38.2%)	33 (64.7%)	20 (40.0%)	73 (44.0%)	106 (38.5%)	26 (23.9%)	25 (28.1%)
	どちらともいえない	295 (39.9%)	9 (17.6%)	18 (36.0%)	70 (42.2%)	119 (43.3%)	46 (42.2%)	33 (37.1%)
	たばこ関係ない	144 (19.5%)	6 (11.8%)	9 (18.0%)	23 (13.9%)	45 (16.4%)	33 (30.3%)	28 (31.5%)
	病気を知らない	18 (2.4%)	3 (5.9%)	3 (6.0%)	0 (0.0%)	5 (1.8%)	4 (3.7%)	3 (3.4%)
女性	総数	837 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	290 (100.0%)	127 (100.0%)	124 (100.0%)
	かかりやすくなると思う	365 (43.6%)	19 (52.8%)	45 (57.7%)	102 (56.0%)	116 (40.0%)	43 (33.9%)	40 (32.3%)
	どちらともいえない	317 (37.9%)	12 (33.3%)	26 (33.3%)	66 (36.3%)	119 (41.0%)	47 (37.0%)	47 (37.9%)
	たばこ関係ない	131 (15.7%)	3 (8.3%)	7 (9.0%)	13 (7.1%)	52 (17.9%)	31 (24.4%)	25 (20.2%)
	病気を知らない	24 (2.9%)	2 (5.6%)	0 (0.0%)	1 (0.5%)	3 (1.0%)	6 (4.7%)	12 (9.7%)

表216 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

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	750 (100.0%)	51 (100.0%)	52 (100.0%)	166 (100.0%)	279 (100.0%)	110 (100.0%)	92 (100.0%)
	知っている	500 (66.7%)	26 (51.0%)	32 (61.5%)	120 (72.3%)	210 (75.3%)	67 (60.9%)	45 (48.9%)
	知らない	250 (33.3%)	25 (49.0%)	20 (38.5%)	46 (27.7%)	69 (24.7%)	43 (39.1%)	47 (51.1%)
女性	総数	841 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	292 (100.0%)	127 (100.0%)	126 (100.0%)
	知っている	534 (63.5%)	21 (58.3%)	47 (60.3%)	131 (72.0%)	205 (70.2%)	74 (58.3%)	56 (44.4%)
	知らない	307 (36.5%)	15 (41.7%)	31 (39.7%)	51 (28.0%)	87 (29.8%)	53 (41.7%)	70 (55.6%)

(再掲)禁煙の治療方法があることを知っている人の割合(青年期~中年期 20~64歳)

総数	1049
知っている	745 (71.0%)

表217 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

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	752 (100.0%)	52 (100.0%)	52 (100.0%)	166 (100.0%)	279 (100.0%)	111 (100.0%)	92 (100.0%)
	受けている	192 (25.5%)	19 (36.5%)	7 (13.5%)	45 (27.1%)	66 (23.7%)	38 (34.2%)	17 (18.5%)
	受けていない	560 (74.5%)	33 (63.5%)	45 (86.5%)	121 (72.9%)	213 (76.3%)	73 (65.8%)	75 (81.5%)
女性	総数	842 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	292 (100.0%)	128 (100.0%)	126 (100.0%)
	受けている	220 (26.1%)	16 (44.4%)	14 (17.9%)	48 (26.4%)	80 (27.4%)	36 (28.1%)	26 (20.6%)
	受けていない	622 (73.9%)	20 (55.6%)	64 (82.1%)	134 (73.6%)	212 (72.6%)	92 (71.9%)	100 (79.4%)

(再掲)定期歯科検診受診者割合(壮年期 30~44歳)

総数	348
受けている	93 (26.7%)

表218 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

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	753 (100.0%)	52 (100.0%)	52 (100.0%)	166 (100.0%)	279 (100.0%)	111 (100.0%)	93 (100.0%)
	定期的に受ける	61 (8.1%)	2 (3.8%)	1 (1.9%)	8 (4.8%)	31 (11.1%)	12 (10.8%)	7 (7.5%)
	時々受ける	207 (27.5%)	10 (19.2%)	10 (19.2%)	52 (31.3%)	89 (31.9%)	27 (24.3%)	19 (20.4%)
	受けたことがない	379 (50.3%)	21 (40.4%)	27 (51.9%)	89 (53.6%)	125 (44.8%)	63 (56.8%)	54 (58.1%)
	わからない	106 (14.1%)	19 (36.5%)	14 (26.9%)	17 (10.2%)	34 (12.2%)	9 (8.1%)	13 (14.0%)
女性	総数	843 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	292 (100.0%)	128 (100.0%)	127 (100.0%)
	定期的に受ける	87 (10.3%)	2 (5.6%)	2 (2.6%)	19 (10.4%)	35 (12.0%)	19 (14.8%)	10 (7.9%)
	時々受ける	258 (30.6%)	4 (11.1%)	27 (34.6%)	66 (36.3%)	110 (37.7%)	32 (25.0%)	19 (15.0%)
	受けたことがない	381 (45.2%)	17 (47.2%)	34 (43.6%)	74 (40.7%)	119 (40.8%)	64 (50.0%)	73 (57.5%)
	わからない	117 (13.9%)	13 (36.1%)	15 (19.2%)	23 (12.6%)	28 (9.6%)	13 (10.2%)	25 (19.7%)

表219 問24 1日何回歯を磨きますか

		総数	思春期	青年期	壮年期	中年期	前期高齢期	後期高齢期
男性	総数	750 (100.0%)	52 (100.0%)	52 (100.0%)	166 (100.0%)	279 (100.0%)	109 (100.0%)	92 (100.0%)
	磨いていない	19 (2.5%)	3 (5.8%)	1 (1.9%)	0 (0.0%)	1 (0.4%)	4 (3.7%)	10 (10.9%)
	磨かない日がある	24 (3.2%)	3 (5.8%)	4 (7.7%)	2 (1.2%)	9 (3.2%)	2 (1.8%)	4 (4.3%)
	1日1回	292 (38.9%)	17 (32.7%)	17 (32.7%)	58 (34.9%)	111 (39.8%)	38 (34.9%)	51 (55.4%)
	1日2回	312 (41.6%)	28 (53.8%)	26 (50.0%)	77 (46.4%)	117 (41.9%)	48 (44.0%)	16 (17.4%)
	1日3回以上	103 (13.7%)	1 (1.9%)	4 (7.7%)	29 (17.5%)	41 (14.7%)	17 (15.6%)	11 (12.0%)
	総数	840 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	292 (100.0%)	127 (100.0%)	124 (100.0%)
女性	磨いていない	12 (1.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (0.7%)	2 (1.6%)	8 (6.5%)
	磨かない日がある	7 (0.8%)	0 (0.0%)	1 (1.3%)	0 (0.0%)	1 (0.3%)	0 (0.0%)	5 (4.0%)
	1日1回	135 (16.1%)	5 (13.5%)	6 (7.7%)	12 (6.6%)	38 (13.0%)	32 (25.2%)	42 (33.9%)
	1日2回	438 (52.1%)	24 (64.9%)	48 (61.5%)	94 (51.6%)	164 (56.2%)	60 (47.2%)	48 (38.7%)
	1日3回以上	248 (29.5%)	8 (21.6%)	23 (29.5%)	76 (41.8%)	87 (29.8%)	33 (26.0%)	21 (16.9%)

表220 問24-2 1日のうち、一番ていねいに歯を磨く時間

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	731 (100.0%)	49 (100.0%)	51 (100.0%)	166 (100.0%)	278 (100.0%)	105 (100.0%)	82 (100.0%)
	1分未満	81 (11.1%)	4 (8.2%)	5 (9.8%)	7 (4.2%)	31 (11.2%)	14 (13.3%)	20 (24.4%)
	1~3分未満	386 (52.8%)	31 (63.3%)	28 (54.9%)	75 (45.2%)	157 (56.5%)	57 (54.3%)	38 (46.3%)
	3~6分未満	196 (26.8%)	11 (22.4%)	10 (19.6%)	64 (38.6%)	71 (25.5%)	25 (23.8%)	15 (18.3%)
	6~10分未満	53 (7.3%)	2 (4.1%)	3 (5.9%)	18 (10.8%)	14 (5.0%)	8 (7.6%)	8 (9.8%)
	10分以上	10 (1.4%)	1 (2.0%)	3 (5.9%)	2 (1.2%)	3 (1.1%)	1 (1.0%)	0 (0.0%)
	未記入	5 (0.7%)	0 (0.0%)	2 (3.9%)	0 (0.0%)	2 (0.7%)	0 (0.0%)	1 (1.2%)
	総数	828 (100.0%)	37 (100.0%)	78 (100.0%)	182 (100.0%)	290 (100.0%)	125 (100.0%)	116 (100.0%)
女性	1分未満	62 (7.5%)	1 (2.7%)	4 (5.1%)	5 (2.7%)	14 (4.8%)	11 (8.8%)	27 (23.3%)
	1~3分未満	411 (49.6%)	13 (35.1%)	36 (46.2%)	77 (42.3%)	156 (53.8%)	71 (56.8%)	58 (50.0%)
	3~6分未満	275 (33.2%)	19 (51.4%)	23 (29.5%)	85 (46.7%)	91 (31.4%)	32 (25.6%)	25 (21.6%)
	6~10分未満	53 (6.4%)	2 (5.4%)	12 (15.4%)	11 (6.0%)	19 (6.6%)	6 (4.8%)	3 (2.6%)
	10分以上	15 (1.8%)	1 (2.7%)	3 (3.8%)	3 (1.6%)	6 (2.1%)	2 (1.6%)	0 (0.0%)
	未記入	12 (1.4%)	1 (2.7%)	0 (0.0%)	1 (0.5%)	4 (1.4%)	3 (2.4%)	3 (2.6%)

*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221 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)

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75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	166	278	105	82
	デンタルフロス・糸ようじ	92 (12.6%)	4 (8.2%)	6 (11.8%)	29 (17.5%)	39 (14.0%)	8 (7.6%)	0 (0.0%)
	歯間ブラシ	142 (19.4%)	6 (12.2%)	4 (7.8%)	22 (13.3%)	66 (23.7%)	31 (29.5%)	0 (0.0%)
	その他	19 (2.6%)	1 (2.0%)	0 (0.0%)	3 (1.8%)	9 (3.2%)	4 (3.8%)	0 (0.0%)
	使用しない	499 (68.3%)	38 (77.6%)	39 (76.5%)	120 (72.3%)	177 (63.7%)	63 (60.0%)	0 (0.0%)
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	182	290	125	116
	デンタルフロス・糸ようじ	144 (17.4%)	6 (16.2%)	12 (15.4%)	55 (30.2%)	53 (18.3%)	13 (10.4%)	0 (0.0%)
	歯間ブラシ	199 (24.0%)	2 (5.4%)	6 (7.7%)	29 (15.9%)	101 (34.8%)	42 (33.6%)	0 (0.0%)
	その他	35 (4.2%)	2 (5.4%)	2 (2.6%)	9 (4.9%)	12 (4.1%)	3 (2.4%)	0 (0.0%)
	使用しない	497 (60.0%)	27 (73.0%)	60 (76.9%)	101 (55.5%)	154 (53.1%)	70 (56.0%)	0 (0.0%)

* 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
(再掲)歯間清掃器具(デンタルフロス・歯間ブラシ)を使用する人の割合(青年期~中年期 20~64歳)

総数	1049
使用している	457 (43.6%)

* 母数は問24の有効回答者

表222 問25 入れ歯などを除いた自分の歯は何本ありますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	735 (100.0%)	52 (100.0%)	52 (100.0%)	161 (100.0%)	273 (100.0%)	109 (100.0%)	88 (100.0%)
	0本	49 (6.7%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	6 (2.2%)	14 (12.8%)	29 (33.0%)
	30本以上	3 (0.4%)	0 (0.0%)	0 (0.0%)	2 (1.2%)	1 (0.4%)	0 (0.0%)	0 (0.0%)
	25~29本	440 (59.9%)	52 (100.0%)	52 (100.0%)	137 (85.1%)	163 (59.7%)	31 (28.4%)	5 (5.7%)
	20~24本	110 (15.0%)	0 (0.0%)	0 (0.0%)	17 (10.6%)	55 (20.1%)	26 (23.9%)	12 (13.6%)
	15~19本	48 (6.5%)	0 (0.0%)	0 (0.0%)	4 (2.5%)	24 (8.8%)	12 (11.0%)	8 (9.1%)
	10~14本	35 (4.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	13 (4.8%)	11 (10.1%)	11 (12.5%)
	5~9本	24 (3.3%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	7 (2.6%)	6 (5.5%)	11 (12.5%)
	1~4本	26 (3.5%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	4 (1.5%)	9 (8.3%)	12 (13.6%)
	女性	総数	823 (100.0%)	36 (100.0%)	77 (100.0%)	178 (100.0%)	284 (100.0%)	125 (100.0%)
0本		64 (7.8%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	4 (1.4%)	18 (14.4%)	41 (33.3%)
30本以上		3 (0.4%)	0 (0.0%)	1 (1.3%)	1 (0.6%)	1 (0.4%)	0 (0.0%)	0 (0.0%)
25~29本		482 (58.6%)	35 (97.2%)	72 (93.5%)	156 (87.6%)	173 (60.9%)	36 (28.8%)	10 (8.1%)
20~24本		127 (15.4%)	1 (2.8%)	4 (5.2%)	19 (10.7%)	57 (20.1%)	30 (24.0%)	16 (13.0%)
15~19本		54 (6.6%)	0 (0.0%)	0 (0.0%)	1 (0.6%)	21 (7.4%)	19 (15.2%)	13 (10.6%)
10~14本		46 (5.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	17 (6.0%)	13 (10.4%)	16 (13.0%)
5~9本		32 (3.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	10 (3.5%)	7 (5.6%)	15 (12.2%)
1~4本		15 (1.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.4%)	2 (1.6%)	12 (9.8%)

(再掲)75歳以上で20本以上自分の歯がある者の割合(75歳以上)

総数	211
20本以上	43 (20.4%)

表223 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

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	749 (100.0%)	52 (100.0%)	51 (100.0%)	166 (100.0%)	278 (100.0%)	110 (100.0%)	92 (100.0%)
	ほとんど痛まない	215 (28.7%)	5 (9.6%)	12 (23.5%)	43 (25.9%)	103 (37.1%)	36 (32.7%)	16 (17.4%)
	痛くなる	197 (26.3%)	12 (23.1%)	9 (17.6%)	51 (30.7%)	70 (25.2%)	32 (29.1%)	23 (25.0%)
	わからない	337 (45.0%)	35 (67.3%)	30 (58.8%)	72 (43.4%)	105 (37.8%)	42 (38.2%)	53 (57.6%)
女性	総数	841 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	291 (100.0%)	127 (100.0%)	127 (100.0%)
	ほとんど痛まない	276 (32.8%)	5 (13.9%)	25 (32.1%)	65 (35.7%)	120 (41.2%)	30 (23.6%)	31 (24.4%)
	痛くなる	204 (24.3%)	9 (25.0%)	9 (11.5%)	46 (25.3%)	68 (23.4%)	34 (26.8%)	38 (29.9%)
	わからない	361 (42.9%)	22 (61.1%)	44 (56.4%)	71 (39.0%)	103 (35.4%)	63 (49.6%)	58 (45.7%)

表224 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

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	752 (100.0%)	52 (100.0%)	52 (100.0%)	166 (100.0%)	280 (100.0%)	110 (100.0%)	92 (100.0%)
	大いにあった	143 (19.0%)	9 (17.3%)	7 (13.5%)	47 (28.3%)	66 (23.6%)	10 (9.1%)	4 (4.3%)
	多少あった	370 (49.2%)	28 (53.8%)	30 (57.7%)	85 (51.2%)	136 (48.6%)	51 (46.4%)	40 (43.5%)
	あまりなかった	163 (21.7%)	7 (13.5%)	10 (19.2%)	23 (13.9%)	62 (22.1%)	31 (28.2%)	30 (32.6%)
	まったくなかった	76 (10.1%)	8 (15.4%)	5 (9.6%)	11 (6.6%)	16 (5.7%)	18 (16.4%)	18 (19.6%)
女性	総数	843 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	292 (100.0%)	127 (100.0%)	128 (100.0%)
	大いにあった	187 (22.2%)	8 (22.2%)	28 (35.9%)	42 (23.1%)	72 (24.7%)	23 (18.1%)	14 (10.9%)
	多少あった	428 (50.8%)	17 (47.2%)	39 (50.0%)	105 (57.7%)	159 (54.5%)	57 (44.9%)	51 (39.8%)
	あまりなかった	149 (17.7%)	5 (13.9%)	10 (12.8%)	29 (15.9%)	40 (13.7%)	35 (27.6%)	30 (23.4%)
	まったくなかった	79 (9.4%)	6 (16.7%)	1 (1.3%)	6 (3.3%)	21 (7.2%)	12 (9.4%)	33 (25.8%)

表225 問28 自分なりのストレス解消法がありますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	750 (100.0%)	52 (100.0%)	52 (100.0%)	166 (100.0%)	279 (100.0%)	110 (100.0%)	91 (100.0%)
	ある	510 (68.0%)	41 (78.8%)	39 (75.0%)	123 (74.1%)	193 (69.2%)	62 (56.4%)	52 (57.1%)
	ない	240 (32.0%)	11 (21.2%)	13 (25.0%)	43 (25.9%)	86 (30.8%)	48 (43.6%)	39 (42.9%)
女性	総数	842 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	292 (100.0%)	127 (100.0%)	127 (100.0%)
	ある	577 (68.5%)	23 (63.9%)	65 (83.3%)	133 (73.1%)	206 (70.5%)	80 (63.0%)	70 (55.1%)
	ない	265 (31.5%)	13 (36.1%)	13 (16.7%)	49 (26.9%)	86 (29.5%)	47 (37.0%)	57 (44.9%)

表226 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

		総数	思春期 (15～19歳)	青年期 (20～29歳)	壮年期 (30～44歳)	中年期 (45～64歳)	前期高齢期 (65～74歳)	後期高齢期 (75歳以上)
男性	総数	751 (100.0%)	52 (100.0%)	52 (100.0%)	166 (100.0%)	279 (100.0%)	110 (100.0%)	92 (100.0%)
	する	148 (19.7%)	3 (5.8%)	4 (7.7%)	28 (16.9%)	61 (21.9%)	23 (20.9%)	29 (31.5%)
	しない	296 (39.4%)	12 (23.1%)	21 (40.4%)	71 (42.8%)	119 (42.7%)	42 (38.2%)	31 (33.7%)
	わからない	307 (40.9%)	37 (71.2%)	27 (51.9%)	67 (40.4%)	99 (35.5%)	45 (40.9%)	32 (34.8%)
女性	総数	843 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	292 (100.0%)	127 (100.0%)	128 (100.0%)
	する	207 (24.6%)	4 (11.1%)	11 (14.1%)	35 (19.2%)	79 (27.1%)	39 (30.7%)	39 (30.5%)
	しない	254 (30.1%)	15 (41.7%)	32 (41.0%)	50 (27.5%)	83 (28.4%)	35 (27.6%)	39 (30.5%)
	わからない	382 (45.3%)	17 (47.2%)	35 (44.9%)	97 (53.3%)	130 (44.5%)	53 (41.7%)	50 (39.1%)

表227 問30 ここ1ヶ月間の平均的な就寝時刻

		総数	思春期 (15～19歳)	青年期 (20～29歳)	壮年期 (30～44歳)	中年期 (45～64歳)	前期高齢期 (65～74歳)	後期高齢期 (75歳以上)
男性	総数	604 (100.0%)	37 (100.0%)	43 (100.0%)	129 (100.0%)	233 (100.0%)	89 (100.0%)	73 (100.0%)
	21時前	29 (4.8%)	0 (0.0%)	0 (0.0%)	2 (1.6%)	3 (1.3%)	11 (12.4%)	13 (17.8%)
	21～22時前	65 (10.8%)	1 (2.7%)	0 (0.0%)	4 (3.1%)	24 (10.3%)	19 (21.3%)	17 (23.3%)
	22～23時前	128 (21.2%)	0 (0.0%)	3 (7.0%)	12 (9.3%)	59 (25.3%)	34 (38.2%)	20 (27.4%)
	23～24時前	146 (24.2%)	15 (40.5%)	12 (27.9%)	28 (21.7%)	73 (31.3%)	11 (12.4%)	7 (9.6%)
	1～2時前	104 (17.2%)	13 (35.1%)	14 (32.6%)	42 (32.6%)	29 (12.4%)	4 (4.5%)	2 (2.7%)
	2時以降	7 (1.2%)	0 (0.0%)	0 (0.0%)	4 (3.1%)	2 (0.9%)	0 (0.0%)	1 (1.4%)
	決まっていない	125 (20.7%)	8 (21.6%)	14 (32.6%)	37 (28.7%)	43 (18.5%)	10 (11.2%)	13 (17.8%)
	女性	総数	677 (100.0%)	24 (100.0%)	63 (100.0%)	146 (100.0%)	230 (100.0%)	108 (100.0%)
21時前		19 (2.8%)	0 (0.0%)	0 (0.0%)	1 (0.7%)	1 (0.4%)	3 (2.8%)	14 (13.2%)
21～22時前		64 (9.5%)	0 (0.0%)	1 (1.6%)	7 (4.8%)	5 (2.2%)	13 (12.0%)	38 (35.8%)
22～23時前		162 (23.9%)	4 (16.7%)	9 (14.3%)	23 (15.8%)	55 (23.9%)	41 (38.0%)	30 (28.3%)
23～24時前		199 (29.4%)	7 (29.2%)	13 (20.6%)	43 (29.5%)	101 (43.9%)	28 (25.9%)	7 (6.6%)
1～2時前		116 (17.1%)	7 (29.2%)	26 (41.3%)	38 (26.0%)	38 (16.5%)	4 (3.7%)	3 (2.8%)
2時以降		4 (0.6%)	0 (0.0%)	1 (1.6%)	1 (0.7%)	1 (0.4%)	1 (0.9%)	0 (0.0%)
決まっていない		113 (16.7%)	6 (25.0%)	13 (20.6%)	33 (22.6%)	29 (12.6%)	18 (16.7%)	14 (13.2%)

表228 問31 この1ヶ月の平均的な睡眠時間

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	749 (100.0%)	51 (100.0%)	50 (100.0%)	166 (100.0%)	279 (100.0%)	111 (100.0%)	92 (100.0%)
	10時間以上	21 (2.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (0.7%)	4 (3.6%)	15 (16.3%)
	9~10時間未満	34 (4.5%)	2 (3.9%)	1 (2.0%)	4 (2.4%)	5 (1.8%)	7 (6.3%)	15 (16.3%)
	8~9時間未満	135 (18.0%)	8 (15.7%)	9 (18.0%)	19 (11.4%)	42 (15.1%)	35 (31.5%)	22 (23.9%)
	7~8時間未満	229 (30.6%)	14 (27.5%)	13 (26.0%)	46 (27.7%)	102 (36.6%)	27 (24.3%)	27 (29.3%)
	6~7時間未満	239 (31.9%)	19 (37.3%)	23 (46.0%)	69 (41.6%)	92 (33.0%)	28 (25.2%)	8 (8.7%)
	5~6時間未満	75 (10.0%)	6 (11.8%)	3 (6.0%)	23 (13.9%)	29 (10.4%)	9 (8.1%)	5 (5.4%)
	5時間未満	16 (2.1%)	2 (3.9%)	1 (2.0%)	5 (3.0%)	7 (2.5%)	1 (0.9%)	0 (0.0%)
	総数	840 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	289 (100.0%)	127 (100.0%)	128 (100.0%)
女性	10時間以上	28 (3.3%)	0 (0.0%)	0 (0.0%)	2 (1.1%)	1 (0.3%)	3 (2.4%)	22 (17.2%)
	9~10時間未満	30 (3.6%)	1 (2.8%)	1 (1.3%)	2 (1.1%)	5 (1.7%)	5 (3.9%)	16 (12.5%)
	8~9時間未満	122 (14.5%)	4 (11.1%)	17 (21.8%)	25 (13.7%)	19 (6.6%)	24 (18.9%)	33 (25.8%)
	7~8時間未満	258 (30.7%)	12 (33.3%)	28 (35.9%)	56 (30.8%)	86 (29.8%)	43 (33.9%)	33 (25.8%)
	6~7時間未満	289 (34.4%)	10 (27.8%)	22 (28.2%)	71 (39.0%)	128 (44.3%)	41 (32.3%)	17 (13.3%)
	5~6時間未満	91 (10.8%)	8 (22.2%)	8 (10.3%)	20 (11.0%)	40 (13.8%)	8 (6.3%)	7 (5.5%)
	5時間未満	22 (2.6%)	1 (2.8%)	2 (2.6%)	6 (3.3%)	10 (3.5%)	3 (2.4%)	0 (0.0%)

表229 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

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	753 (100.0%)	52 (100.0%)	51 (100.0%)	166 (100.0%)	280 (100.0%)	111 (100.0%)	93 (100.0%)
	十分とれている	198 (26.3%)	13 (25.0%)	7 (13.7%)	22 (13.3%)	59 (21.1%)	52 (46.8%)	45 (48.4%)
	まあまあとれている	407 (54.1%)	26 (50.0%)	31 (60.8%)	93 (56.0%)	168 (60.0%)	49 (44.1%)	40 (43.0%)
	あまりとれていない	138 (18.3%)	13 (25.0%)	13 (25.5%)	46 (27.7%)	48 (17.1%)	10 (9.0%)	8 (8.6%)
	まったくとれていない	10 (1.3%)	0 (0.0%)	0 (0.0%)	5 (3.0%)	5 (1.8%)	0 (0.0%)	0 (0.0%)
	総数	843 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	290 (100.0%)	128 (100.0%)	129 (100.0%)
女性	十分とれている	191 (22.7%)	6 (16.7%)	15 (19.2%)	33 (18.1%)	41 (14.1%)	33 (25.8%)	63 (48.8%)
	まあまあとれている	474 (56.2%)	18 (50.0%)	44 (56.4%)	91 (50.0%)	186 (64.1%)	81 (63.3%)	54 (41.9%)
	あまりとれていない	172 (20.4%)	11 (30.6%)	19 (24.4%)	56 (30.8%)	60 (20.7%)	14 (10.9%)	12 (9.3%)
	まったくとれていない	6 (0.7%)	1 (2.8%)	0 (0.0%)	2 (1.1%)	3 (1.0%)	0 (0.0%)	0 (0.0%)

表230 問33 今の生活に満足していますか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	753 (100.0%)	52 (100.0%)	51 (100.0%)	166 (100.0%)	280 (100.0%)	111 (100.0%)	93 (100.0%)
	とても満足している	72 (9.6%)	7 (13.5%)	1 (2.0%)	14 (8.4%)	26 (9.3%)	12 (10.8%)	12 (12.9%)
	ほぼ満足している	487 (64.7%)	32 (61.5%)	33 (64.7%)	96 (57.8%)	184 (65.7%)	76 (68.5%)	66 (71.0%)
	あまり満足していない	168 (22.3%)	11 (21.2%)	13 (25.5%)	50 (30.1%)	57 (20.4%)	22 (19.8%)	15 (16.1%)
	まったく満足していない	26 (3.5%)	2 (3.8%)	4 (7.8%)	6 (3.6%)	13 (4.6%)	1 (0.9%)	0 (0.0%)
女性	総数	843 (100.0%)	36 (100.0%)	77 (100.0%)	182 (100.0%)	291 (100.0%)	128 (100.0%)	129 (100.0%)
	とても満足している	79 (9.4%)	5 (13.9%)	8 (10.4%)	16 (8.8%)	17 (5.8%)	9 (7.0%)	24 (18.6%)
	ほぼ満足している	581 (68.9%)	22 (61.1%)	50 (64.9%)	136 (74.7%)	201 (69.1%)	89 (69.5%)	83 (64.3%)
	あまり満足していない	169 (20.0%)	8 (22.2%)	18 (23.4%)	27 (14.8%)	67 (23.0%)	28 (21.9%)	21 (16.3%)
	まったく満足していない	14 (1.7%)	1 (2.8%)	1 (1.3%)	3 (1.6%)	6 (2.1%)	2 (1.6%)	1 (0.8%)

表231 問34 現在の健康状態はいかがですか

		総数	思春期 (15~19歳)	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	753 (100.0%)	52 (100.0%)	51 (100.0%)	166 (100.0%)	280 (100.0%)	111 (100.0%)	93 (100.0%)
	よい	83 (11.0%)	14 (26.9%)	4 (7.8%)	18 (10.8%)	28 (10.0%)	11 (9.9%)	8 (8.6%)
	まあよい	190 (25.2%)	15 (28.8%)	16 (31.4%)	40 (24.1%)	64 (22.9%)	27 (24.3%)	28 (30.1%)
	ふつう	353 (46.9%)	17 (32.7%)	26 (51.0%)	81 (48.8%)	145 (51.8%)	47 (42.3%)	37 (39.8%)
	あまりよくない	114 (15.1%)	5 (9.6%)	5 (9.8%)	26 (15.7%)	38 (13.6%)	24 (21.6%)	16 (17.2%)
	よくない	13 (1.7%)	1 (1.9%)	0 (0.0%)	1 (0.6%)	5 (1.8%)	2 (1.8%)	4 (4.3%)
女性	総数	842 (100.0%)	36 (100.0%)	78 (100.0%)	182 (100.0%)	290 (100.0%)	127 (100.0%)	129 (100.0%)
	よい	100 (11.9%)	6 (16.7%)	17 (21.8%)	30 (16.5%)	19 (6.6%)	12 (9.4%)	16 (12.4%)
	まあよい	215 (25.5%)	8 (22.2%)	18 (23.1%)	62 (34.1%)	73 (25.2%)	27 (21.3%)	27 (20.9%)
	ふつう	396 (47.0%)	16 (44.4%)	32 (41.0%)	77 (42.3%)	153 (52.8%)	65 (51.2%)	53 (41.1%)
	あまりよくない	113 (13.4%)	6 (16.7%)	10 (12.8%)	12 (6.6%)	40 (13.8%)	21 (16.5%)	24 (18.6%)
	よくない	18 (2.1%)	0 (0.0%)	1 (1.3%)	1 (0.5%)	5 (1.7%)	2 (1.6%)	9 (7.0%)

表232 問35 これまでにたばこを吸ったことがありますか

		総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	698 (100.0%)	50 (100.0%)	166 (100.0%)	278 (100.0%)	111 (100.0%)	93 (100.0%)
	合計100本以上、または6ヶ月以上吸っている(た)	449 (64.3%)	24 (48.0%)	117 (70.5%)	198 (71.2%)	58 (52.3%)	52 (55.9%)
	吸ったことはあるが合計100本未満で6ヶ月未満である	45 (6.4%)	4 (8.0%)	7 (4.2%)	16 (5.8%)	10 (9.0%)	8 (8.6%)
	まったく吸ったことがない	204 (29.2%)	22 (44.0%)	42 (25.3%)	64 (23.0%)	43 (38.7%)	33 (35.5%)
	総数	805 (100.0%)	77 (100.0%)	182 (100.0%)	288 (100.0%)	130 (100.0%)	128 (100.0%)
女性	合計100本以上、または6ヶ月以上吸っている(た)	104 (12.9%)	16 (20.8%)	39 (21.4%)	34 (11.8%)	9 (6.9%)	6 (4.7%)
	吸ったことはあるが合計100本未満で6ヶ月未満である	36 (4.5%)	8 (10.4%)	19 (10.4%)	6 (2.1%)	1 (0.8%)	2 (1.6%)
	まったく吸ったことがない	665 (82.6%)	53 (68.8%)	124 (68.1%)	248 (86.1%)	120 (92.3%)	120 (93.8%)

表233 問35-2 現在たばこを吸っていますか

		総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	494 (100.0%)	28 (100.0%)	124 (100.0%)	214 (100.0%)	68 (100.0%)	60 (100.0%)
	毎日吸う	229 (46.4%)	22 (78.6%)	79 (63.7%)	96 (44.9%)	20 (29.4%)	12 (20.0%)
	時々吸う	12 (2.4%)	3 (10.7%)	3 (2.4%)	4 (1.9%)	1 (1.5%)	1 (1.7%)
	今は(1ヶ月間)吸っていない	252 (51.0%)	3 (10.7%)	42 (33.9%)	114 (53.3%)	47 (69.1%)	46 (76.7%)
	未記入	1 (0.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (1.7%)
	総数	140 (100.0%)	24 (100.0%)	58 (100.0%)	40 (100.0%)	10 (100.0%)	8 (100.0%)
女性	毎日吸う	54 (38.6%)	8 (33.3%)	21 (36.2%)	19 (47.5%)	4 (40.0%)	2 (25.0%)
	時々吸う	4 (2.9%)	1 (4.2%)	1 (1.7%)	1 (2.5%)	1 (10.0%)	0 (0.0%)
	今は(1ヶ月間)吸っていない	82 (58.6%)	15 (62.5%)	36 (62.1%)	20 (50.0%)	5 (50.0%)	6 (75.0%)
	未記入	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)

* 母数は「合計100本以上、または6ヶ月以上吸っている(た)」「吸ったことはあるが合計100本未満で6ヶ月未満である」と回答した者

表284 蒸し物の摂取頻度

		人数(%)					
		総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	700 (100.0%)	50 (100.0%)	170 (100.0%)	277 (100.0%)	112 (100.0%)	91 (100.0%)
	ほとんど食べない	421 (60.1%)	33 (66.0%)	97 (57.1%)	164 (59.2%)	64 (57.1%)	63 (69.2%)
	週に1~3回	246 (35.1%)	16 (32.0%)	69 (40.6%)	100 (36.1%)	35 (31.3%)	26 (28.6%)
	週に4~5回	21 (3.0%)	1 (2.0%)	1 (0.6%)	9 (3.2%)	9 (8.0%)	1 (1.1%)
	1日1回ぐらい	12 (1.7%)	0 (0.0%)	3 (1.8%)	4 (1.4%)	4 (3.6%)	1 (1.1%)
	1日に2回以上	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
	女性	総数	805 (100.0%)	77 (100.0%)	181 (100.0%)	290 (100.0%)	131 (100.0%)
ほとんど食べない	438 (54.4%)	42 (54.5%)	108 (59.7%)	137 (47.2%)	72 (55.0%)	79 (62.7%)	
週に1~3回	335 (41.6%)	35 (45.5%)	69 (38.1%)	135 (46.6%)	53 (40.5%)	43 (34.1%)	
週に4~5回	20 (2.5%)	0 (0.0%)	2 (1.1%)	13 (4.5%)	2 (1.5%)	3 (2.4%)	
1日1回ぐらい	10 (1.2%)	0 (0.0%)	2 (1.1%)	3 (1.0%)	4 (3.1%)	1 (0.8%)	
1日に2回以上	2 (0.2%)	0 (0.0%)	0 (0.0%)	2 (0.7%)	0 (0.0%)	0 (0.0%)	

表285 和え物の摂取頻度

		人数(%)					
		総数	青年期 (20~29歳)	壮年期 (30~44歳)	中年期 (45~64歳)	前期高齢期 (65~74歳)	後期高齢期 (75歳以上)
男性	総数	700 (100.0%)	50 (100.0%)	170 (100.0%)	277 (100.0%)	112 (100.0%)	91 (100.0%)
	ほとんど食べない	245 (35.0%)	23 (46.0%)	74 (43.5%)	91 (32.9%)	29 (25.9%)	28 (30.8%)
	週に1~3回	361 (51.6%)	23 (46.0%)	80 (47.1%)	145 (52.3%)	63 (56.3%)	50 (54.9%)
	週に4~5回	68 (9.7%)	3 (6.0%)	13 (7.6%)	30 (10.8%)	15 (13.4%)	7 (7.7%)
	1日1回ぐらい	25 (3.6%)	1 (2.0%)	3 (1.8%)	11 (4.0%)	5 (4.5%)	5 (5.5%)
	1日に2回以上	1 (0.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (1.1%)
女性	総数	805 (100.0%)	77 (100.0%)	181 (100.0%)	290 (100.0%)	131 (100.0%)	126 (100.0%)
	ほとんど食べない	220 (27.3%)	29 (37.7%)	67 (37.0%)	66 (22.8%)	30 (22.9%)	28 (22.2%)
	週に1~3回	454 (56.4%)	42 (54.5%)	92 (50.8%)	171 (59.0%)	75 (57.3%)	74 (58.7%)
	週に4~5回	97 (12.0%)	5 (6.5%)	18 (9.9%)	36 (12.4%)	20 (15.3%)	18 (14.3%)
	1日1回ぐらい	28 (3.5%)	0 (0.0%)	4 (2.2%)	14 (4.8%)	6 (4.6%)	4 (3.2%)
	1日に2回以上	6 (0.7%)	1 (1.3%)	0 (0.0%)	3 (1.0%)	0 (0.0%)	2 (1.6%)