

July 15, 2014  
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## Summary Report of Comprehensive Survey of Living Conditions 2013

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The results of the Comprehensive Survey of Living Conditions 2013 are also posted on the website of the  
Ministry of Health, Labour and Welfare.

Website of the Ministry of Health, Labour and Welfare (URL)  
<http://www.mhlw.go.jp/toukei/list/20-21kekka.html>

### [Explanatory Notes]

- (1) The meaning of the symbols is as follows:

“-” means no data  
“.” means the statistical item is not applicable  
“0.0” means the ratio or data is marginal (less than 0.05)  
“△” means a decrease in number/ratio

- (2) The total of breakdown figures of this Summary report may not be identical to the “aggregated number” because of rounding operation.
- (3) As for the chapter dealing with “households”, the data for the period before 1985 (inclusive) is sourced from the “Basic Survey on Health and Welfare Administration (Statistics and Information Department, Ministry of Health and Welfare)”.
- (4) The data for the year 1995 do not include data for Hyogo prefecture because the survey was not conducted in Hyogo Prefecture under the aftermath of the Great Hanshin-Awaji Earthquake.
- (5) The data for the year 2011 do not include data for Iwate, Miyagi and Fukushima prefectures because the survey was not conducted in these three prefectures under the aftermath of the Great East Japan Earthquake.
- (6) The data for the year 2012 do not include data for Fukushima Prefecture because the survey was not conducted in Fukushima Prefecture under the aftermath of the Great East Japan Earthquake.

# Outline of the Survey

## 1 Purpose of the Survey

The purpose of this survey is to research into the fundamental aspects of the nation's livelihood such as health, medical care, welfare, pension and income, and thereby to provide data instrumental for the planning and operation of the health, labour and welfare administration. The survey was initiated in 1986x. Every three years a large-scale survey is conducted and in each of the interim years a smaller-scale survey is carried out.

In the year 2013, the 10th large-scale survey was carried out.

## 2 Scope of Survey and Households Surveyed

The survey covers households and household members nationwide. Respondents sourced for the household questionnaire survey and the health questionnaire survey were all households (around 300,000 households) and their household members (around 740,000 persons) in 5,530 areas that were selected using the stratified random sampling method out of areas in the category of Type 1 and Type 8 among census enumeration districts for the 2011 National Census; for the long-term care questionnaire survey, persons requiring long-term care or support (around 7,000 persons) as defined under the Long-Term Care Insurance Act in 2,500 areas selected using the stratified random sampling method out of the above-mentioned 5,530 areas; for the income questionnaire survey and the savings questionnaire survey, all households (about 40,000 households) and their members (about 90,000 persons) in 2,000 subareas selected with the stratified random sampling method out of subareas of Type 1 category that are defined in the above-mentioned 5,530 areas.

However, following persons were excluded from the scope of the survey:

a. Household/Health/Long-Term Care Questionnaire Survey

Persons living apart from other household members as mentioned below:

Business bachelors, migrant workers, persons on an extended business trip (roughly 3 months or longer), persons studying abroad, persons living in a social welfare institution, long-term inpatients (whose resident registrations has been move to the hospital), boarded out foster child, prisoners and others living apart from other household members;

b. Income/Savings Questionnaire Survey

Persons living apart as mentioned in the preceding paragraph "Household questionnaire Survey", households and household members who have moved in or out of the covered areas on and after the date of the household questionnaire survey and one-person households living in a dormitory or a boarding house.

Note: 1 "Type" numbers are for indicating the categories of census enumeration districts. "Type 1" is an ordinary enumeration area and "Type 8" is an area in which are located dormitories/boarding houses having about 50 or more one-person households living therein.

2 "Subarea" means a geographical subarea resulting from the division of one census enumeration area into several smaller areas for the purposes of better accuracy of statistics and equalization of burdens of census enumerators.

## 3 Date of Survey

Household/Health/Long-Term Care Questionnaire Survey	..... June 6, 2013 (Thursday)
Income/Savings Questionnaire Survey	..... July 11, 2013 (Thursday)

## 4 Survey Items

Household questionnaire survey:

Status of one-person households, total household expenditures in May, relationship with householder, gender, year and month of birth, marriage status, status of participation in medical insurance, status of receipt of public pension/Onkyu annuity, status of participation in public pension system, labour force status, etc.

Health questionnaire survey:

Subjective symptoms, outpatients, health problems in daily life, subjective health assessment, worries and stress, mental state, receiving rate of health checkups, etc.

Long-Term Care questionnaire survey:

Genders and dates of birth of persons requiring long-term care, care requirement levels, causes for long-term care, use of nursing care services, hours spent for care by major caregivers, involvement of family member caregivers and care service providers.

Income questionnaire survey:

Amounts of income by income type, relevant taxes, etc. for the previous year, self-assessed living conditions, etc.

Savings questionnaire survey:

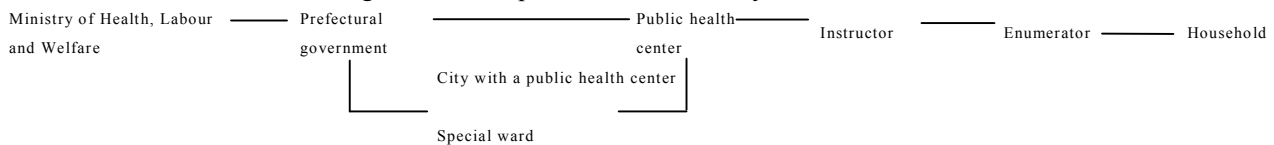
Current balance of savings and debts, etc.

## 5 Survey Method

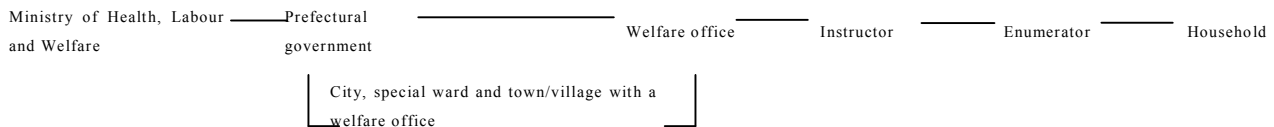
Household members filled out a questionnaire distributed by census enumerators in advance, and then the enumerators collected the filled-out questionnaires. However, savings questionnaires were collected after sealed up, while health questionnaires and income questionnaires were collected after sealed only in cases where it was absolutely necessary to do so.

## 6 Route of Survey

a. Household/Health/Long-term care questionnaire survey:



b. Income/Savings Questionnaire survey:



## 7 Tabulation of Survey Results and Households Tabulated

The survey results were tabulated by the Statics and Information Department, Minister's Secretariat, Ministry of Health, Labour and Welfare.

The number of households surveyed, the number of responding households, and the number of households tabulated are as follows:

	The number of households surveyed	The number of responding households	The number of households tabulated (except for those ineligible for tabulation)
Household/Health questionnaire	295,367 households	235,012 households	234,383 households
Income/Savings questionnaire	36,419 households	27,081 households	26,387 households
Long-term care questionnaire	7,270 persons	6,463 persons	6,342 persons

\* The [Comprehensive Survey of Living Conditions](#) is a statistical survey for formulating the “Statistics for Comprehensive Survey of Living Conditions”, fundamental statistics under the Statistics Act.

# Outline of Survey Results

## I The number of households and household members

### 1 Household structures and household types

The total number of households in Japan as of June 6, 2013 is 50,112,000.

As for household structures, “households of a couple and unmarried child(ren)” were the most common, totaling 14,899,000 (29.7% of all the households), followed by 13,285,000 of “one-person households” (26.5%), and then by “households of a couple only” totaling 11,644,000 (23.2%).

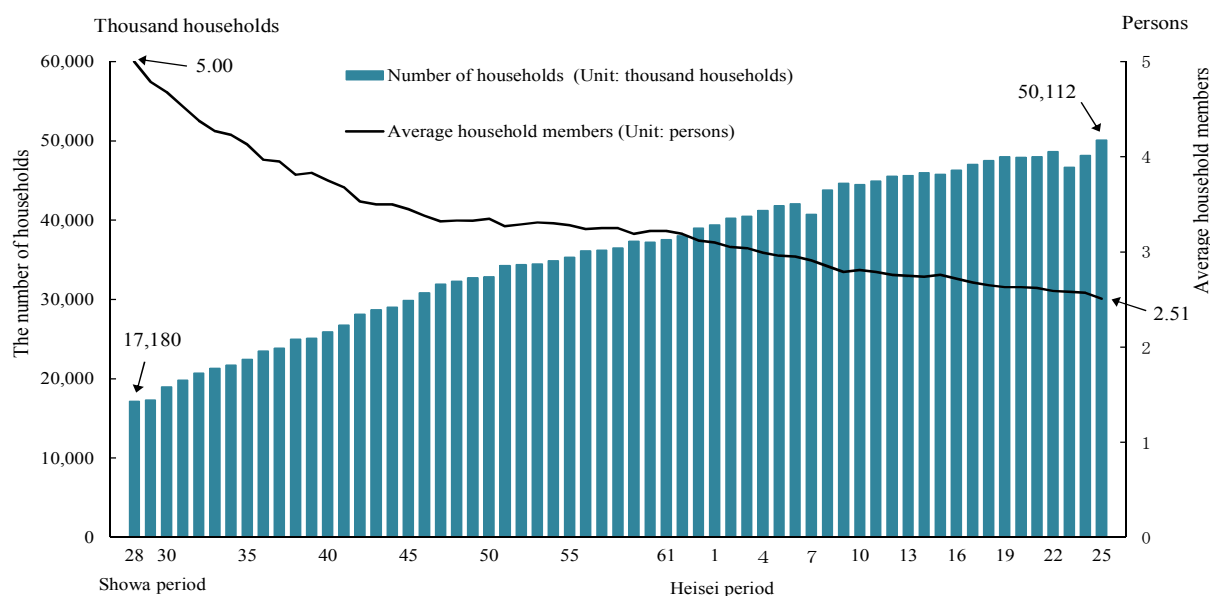
In terms of household type, there were 11,614,000 of “aged households” (23.2% of all households), and 821,000 of “mother-child(ren) households” (1.6%). (Table 1, Figure 1)

Table 1 Yearly trends in the number of households, percentage distribution and average household members by household structure and household type

Year	Total	Structure of household						Type of household				Average household members
		One -person household	Household of a couple only	Household of a couple and unmarried child(ren)	Household of a single parent and unmarried child(ren)	Three-generation-family household	Other households	Aged household	Mother -child(ren) household	Father -child(ren) household	Other households	
	Estimated number (Unit: thousand households)											(persons)
1986	37 544	6 826	5 401	15 525	1 908	5 757	2 127	2 362	600	115	34 468	3.22
1989	39 417	7 866	6 322	15 478	1 985	5 599	2 166	3 057	554	100	35 707	3.10
1992	41 210	8 974	7 071	15 247	1 998	5 390	2 529	3 688	480	86	36 957	2.99
1995	40 770	9 213	7 488	14 398	2 112	5 082	2 478	4 390	483	84	35 812	2.91
1998	44 496	10 627	8 781	14 951	2 364	5 125	2 648	5 614	502	78	38 302	2.81
2001	45 664	11 017	9 403	14 872	2 618	4 844	2 909	6 654	587	80	38 343	2.75
2004	46 323	10 817	10 161	15 125	2 774	4 512	2 934	7 874	627	90	37 732	2.72
2007	48 023	11 983	10 636	15 015	3 006	4 045	3 337	9 009	717	100	38 197	2.63
2010	48 638	12 386	10 994	14 922	3 180	3 835	3 320	10 207	708	77	37 646	2.59
2013	50 112	13 285	11 644	14 899	3 621	3 329	3 334	11 614	821	91	37 586	2.51
	Percentage distribution (Unit:%)											
1986	100.0	18.2	14.4	41.4	5.1	15.3	5.7	6.3	1.6	0.3	91.8	•
1989	100.0	20.0	16.0	39.3	5.0	14.2	5.5	7.8	1.4	0.3	90.6	•
1992	100.0	21.8	17.2	37.0	4.8	13.1	6.1	8.9	1.2	0.2	89.7	•
1995	100.0	22.6	18.4	35.3	5.2	12.5	6.1	10.8	1.2	0.2	87.8	•
1998	100.0	23.9	19.7	33.6	5.3	11.5	6.0	12.6	1.1	0.2	86.1	•
2001	100.0	24.1	20.6	32.6	5.7	10.6	6.4	14.6	1.3	0.2	84.0	•
2004	100.0	23.4	21.9	32.7	6.0	9.7	6.3	17.0	1.4	0.2	81.5	•
2007	100.0	25.0	22.1	31.3	6.3	8.4	6.9	18.8	1.5	0.2	79.5	•
2010	100.0	25.5	22.6	30.7	6.5	7.9	6.8	21.0	1.5	0.2	77.4	•
2013	100.0	26.5	23.2	29.7	7.2	6.6	6.7	23.2	1.6	0.2	75.0	•

Note: Figures for 1995 do not include data for Hyogo prefecture.

Figure 1 Yearly trends in the number of households and average household members



Note: 1) Figures for 1995 do not include data for Hyogo prefecture.

2) Figures for 2011 do not include data for Iwate, Miyagi and Fukushima prefectures.

3) Figures for 2012 do not include data for Fukushima prefecture.

## 2 Households with person(s) aged 65 and over

Households with person(s) aged 65 and over reached 22,420,000 households (44.7% of all households).

By household structure, “household of a couple only” was the most common, totaling 6,974,000 households (31% of all the households with person(s) aged 65 and over), followed by 5,730,000 households of “one-person household” (25.6%) and then by 4,442,000 households of “household of parent(s) and unmarried child(ren) only” (19.8%). (Table2, Figure 2)

Table 2 Yearly trends in the number of households with person(s) aged 65 and over and the percentage distribution by household structure

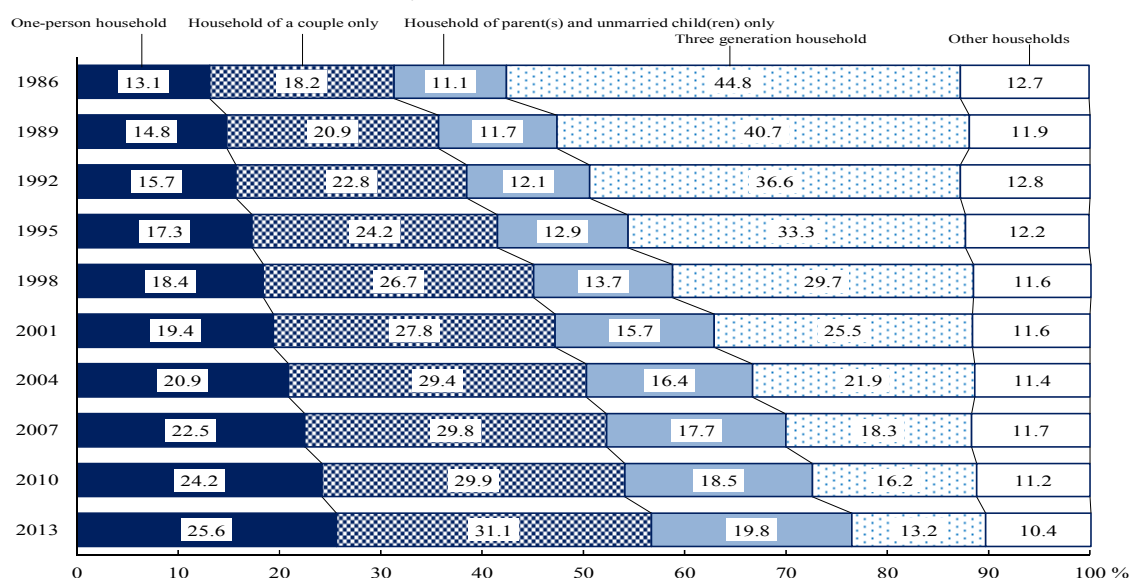
Table 2 Yearly trends in the number of Household with person(s) aged 65 and over and the percentage distribution by household structure

Year	Household with person(s) aged 65 and over	As a percentage of all Household(%)	One-person household	Household of a couple only	Household of parent(s) and unmarried child(ren) only	Three-generation-family household	Other households	(Regrouped) Household of person(s) aged 65 and over only
Estimated number (Unit: thousand households)								
1986	9 769	(26.0)	1 281	1 782	1 086	4 375	1 245	2 339
1989	10 774	(27.3)	1 592	2 257	1 260	4 385	1 280	3 035
1992	11 884	(28.8)	1 865	2 706	1 439	4 348	1 527	3 666
1995	12 695	(31.1)	2 199	3 075	1 636	4 232	1 553	4 370
1998	14 822	(33.3)	2 724	3 956	2 025	4 401	1 715	5 597
2001	16 367	(35.8)	3 179	4 545	2 563	4 179	1 902	6 636
2004	17 864	(38.6)	3 730	5 252	2 931	3 919	2 031	7 855
2007	19 263	(40.1)	4 326	5 732	3 418	3 528	2 260	8 986
2010	20 705	(42.6)	5 018	6 190	3 836	3 348	2 313	10 188
2013	22 420	(44.7)	5 730	6 974	4 442	2 953	2 321	11 594
Percentage distribution (Unit:%)								
1986	100.0	•	13.1	18.2	11.1	44.8	12.7	23.9
1989	100.0	•	14.8	20.9	11.7	40.7	11.9	28.2
1992	100.0	•	15.7	22.8	12.1	36.6	12.8	30.8
1995	100.0	•	17.3	24.2	12.9	33.3	12.2	34.4
1998	100.0	•	18.4	26.7	13.7	29.7	11.6	37.8
2001	100.0	•	19.4	27.8	15.7	25.5	11.6	40.5
2004	100.0	•	20.9	29.4	16.4	21.9	11.4	44.0
2007	100.0	•	22.5	29.8	17.7	18.3	11.7	46.6
2010	100.0	•	24.2	29.9	18.5	16.2	11.2	49.2
2013	100.0	•	25.6	31.1	19.8	13.2	10.4	51.7

Note: 1) Figures for 1995 do not include data for Hyogo prefecture.

2) "Household of parent(s) and unmarried child(ren) only" includes "household of a couple and unmarried child(ren) only" and "household of a single parent and unmarried child(ren) only".

Figure 2 Yearly trends in the percentage distribution of households with person(s) aged 65 and over by household structure



Note: 1) Figures for 1995 do not include data for Hyogo prefecture.

2) "Household of parent(s) and unmarried child(ren) only" includes "household of a couple and unmarried child(ren) only" and "household of a single parent and unmarried child(ren) only".

Looking at aged households in terms of household structure, among “households with persons aged 65 and over”, “one-person households” reach 5,730,000 households (49.3 % of all the aged households), and “households of a couple only” 5,513,000 households (47.5%). (Table 3, Figure 3)

Looking at “one-person households” by gender and age group, the male population aged 65 to 69 years and the female population aged 75 to 79 years account for the largest percentage, respectively 31.5% and 23.7%. (Figure 4)

Table 3 Yearly trends in the number of aged households and the percentage distribution by household structure

Year	Aged household	One -person household	Male one-person household	Female one-person household	Household of a couple only	Other households
Estimated number (Unit: thousand households)						
1986	2 362	1 281	246	1 035	1 001	80
1989	3 057	1 592	307	1 285	1 377	88
1992	3 688	1 865	348	1 517	1 704	119
1995	4 390	2 199	449	1 751	2 050	141
1998	5 614	2 724	555	2 169	2 712	178
2001	6 654	3 179	728	2 451	3 257	218
2004	7 874	3 730	906	2 824	3 899	245
2007	9 009	4 326	1 174	3 153	4 390	292
2010	10 207	5 018	1 420	3 598	4 876	313
2013	11 614	5 730	1 659	4 071	5 513	371
Percentage distribution (Unit: %)						
1986	100.0	54.2	10.4	43.8	42.4	3.4
1989	100.0	52.1	10.0	42.0	45.0	2.9
1992	100.0	50.6	9.4	41.1	46.2	3.2
1995	100.0	50.1	10.2	39.9	46.7	3.2
1998	100.0	48.5	9.9	38.6	48.3	3.2
2001	100.0	47.8	10.9	36.8	49.0	3.3
2004	100.0	47.4	11.5	35.9	49.5	3.1
2007	100.0	48.0	13.0	35.0	48.7	3.2
2010	100.0	49.2	13.9	35.3	47.8	3.1
2013	100.0	49.3	14.3	35.1	47.5	3.2

Note: 1) Figures for 1995 do not include data for Hyogo prefecture.

2) "Other households" include "household of parent(s) and unmarried child(ren) only" and "Three-generation-family household".

Figure 3 Percentage distribution of aged households by household structure

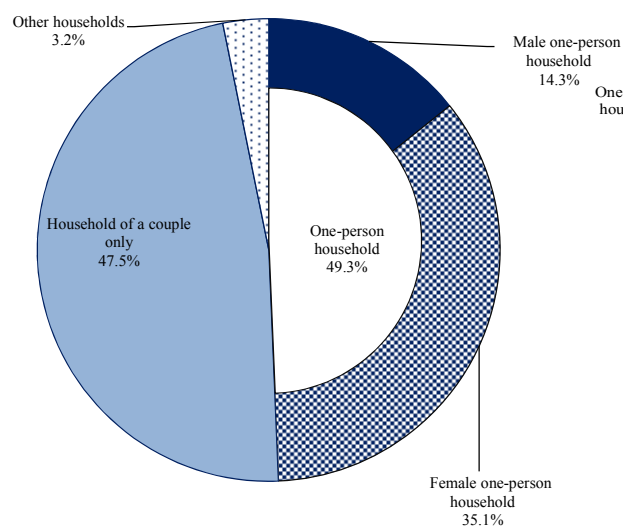
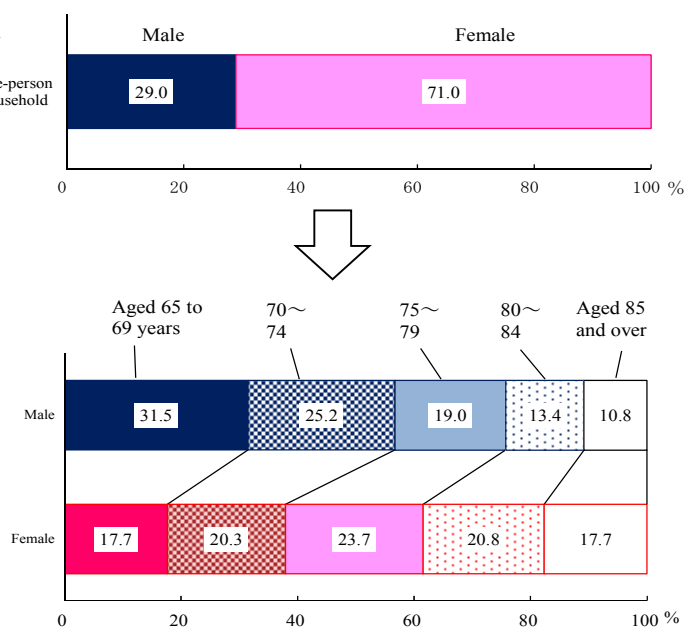


Figure 4 Percentage distribution, by gender and age group, of one-person households of a person aged 65 years and over



### 3 Persons aged 65 years and over

The number of persons aged 65 years and older is 32,394,000.

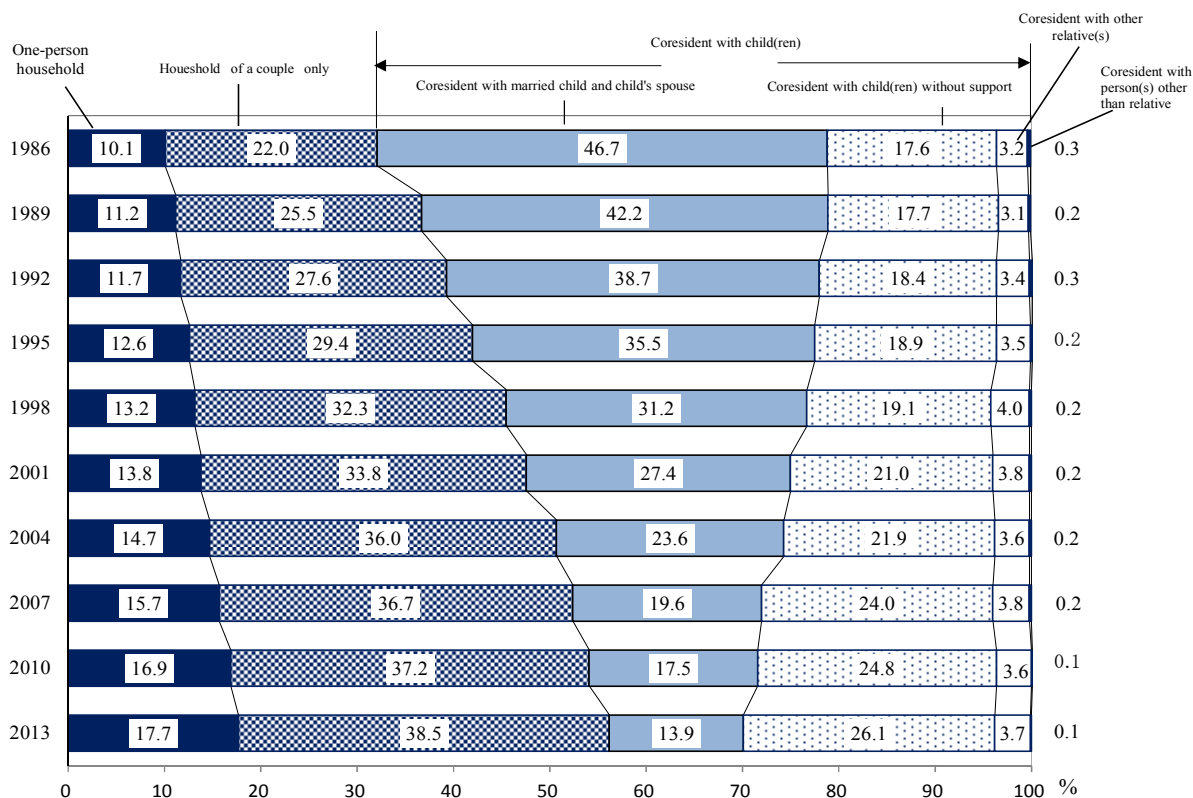
In terms of family type, persons “co-resident with child(ren)” are the most common, totaling 12,950,000 (40.0% of all the persons aged 65 years and over), followed by 12,487,000 of “households of a couple only” (38.5%), and then by 573,000 of “one-person households” (17.7%). (Table 4, Figure 5)

Table 4 Yearly trends in the number of persons aged 65 and over and the percentage distribution by family type

Year	Persons aged 65 and over	One-person household	Household of a couple only	Coreisident with child(ren)	Coreisident with married child and the child's spouse	Coreisident with child(ren) without spouse	Coreisident with other relative(s)	Coreisident with person(s) other than relative
Estimated number (Unit: thousand persons)								
1986	12 626	1 281	2 784	8 116	5 897	2 219	409	37
1989	14 239	1 592	3 634	8 539	6 016	2 524	445	29
1992	15 986	1 865	4 410	9 122	6 188	2 934	549	41
1995	17 449	2 199	5 125	9 483	6 192	3 291	611	31
1998	20 620	2 724	6 669	10 374	6 443	3 931	816	36
2001	23 073	3 179	7 802	11 173	6 332	4 841	878	41
2004	25 424	3 730	9 151	11 571	5 995	5 576	916	55
2007	27 584	4 326	10 122	12 034	5 406	6 629	1 056	45
2010	29 768	5 018	11 065	12 577	5 203	7 374	1 081	27
2013	32 394	5 730	12 487	12 950	4 498	8 452	1 193	33
Percentage distribution (Unit: %)								
1986	100.0	10.1	22.0	64.3	46.7	17.6	3.2	0.3
1989	100.0	11.2	25.5	60.0	42.2	17.7	3.1	0.2
1992	100.0	11.7	27.6	57.1	38.7	18.4	3.4	0.3
1995	100.0	12.6	29.4	54.3	35.5	18.9	3.5	0.2
1998	100.0	13.2	32.3	50.3	31.2	19.1	4.0	0.2
2001	100.0	13.8	33.8	48.4	27.4	21.0	3.8	0.2
2004	100.0	14.7	36.0	45.5	23.6	21.9	3.6	0.2
2007	100.0	15.7	36.7	43.6	19.6	24.0	3.8	0.2
2010	100.0	16.9	37.2	42.2	17.5	24.8	3.6	0.1
2013	100.0	17.7	38.5	40.0	13.9	26.1	3.7	0.1

Note: 1) Figures for 1995 do not include data for Hyogo prefecture.

Figure 5 Yearly trends in the percentage distribution of persons aged 65 and over by family configuration



Note: Figures for 1995 do not include data for Hyogo prefecture.



#### 4 Households with child(ren)

The total number of households with child(ren) is 12,085,000 (24.1% of all households).

By household structure, “household of a couple and unmarried child(ren) only” is the most common structure, totaling 8,707,000 households (72.0 % of all the households with child(ren)), followed by 1,965,000 households of “three generation household” (16.3%). (Table 5)

In terms of the number of children, households with only “one” child account for 10.9% of all households, while households with “two” children, 10.1% (Figure 6).

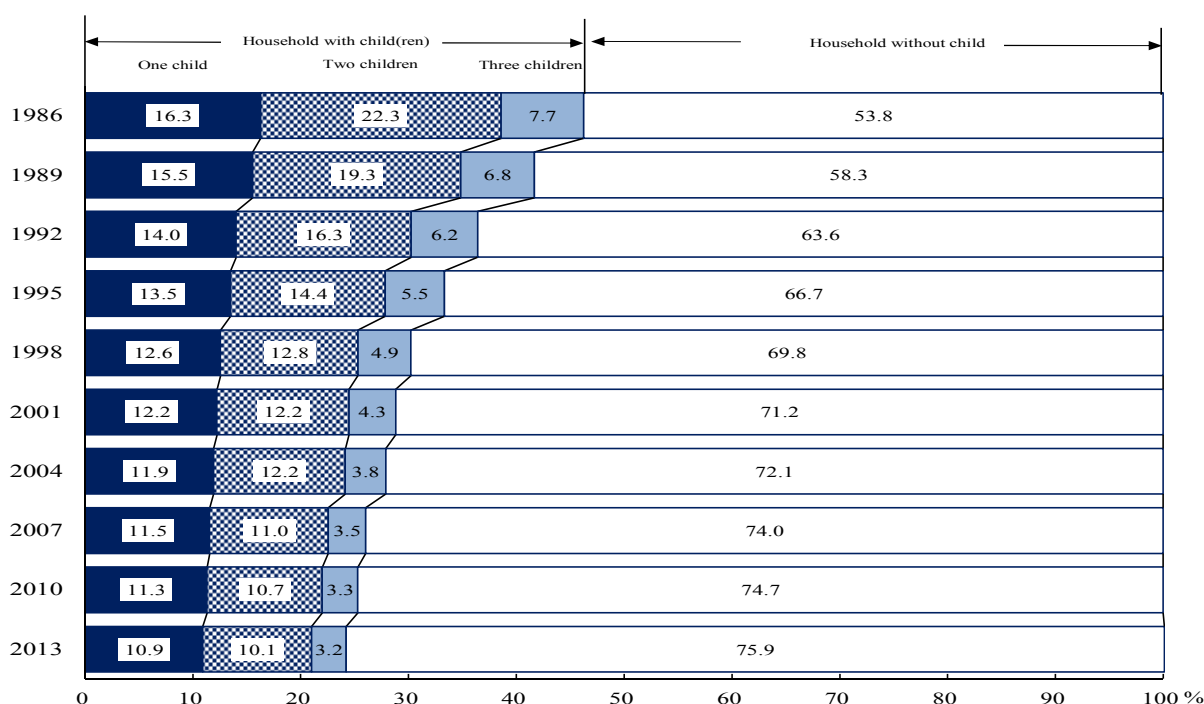
Table 5 Yearly trends in the number of households with child(ren), the percentage distribution and the average number of children by household structure

Years	Household with child(ren)	As a percentage of all households (%)	Nuclear family household	Household of a couple and unmarried child(ren) only	Household of a single parent and unmarried child(ren) only	Three-generation-family household	Other households	Average number of children in households with child(ren)
Estimated number (Unit: thousand households)								
1986	17 364	(46.2)	12 080	11 359	722	4 688	596	1.83
1989	16 426	(41.7)	11 419	10 742	677	4 415	592	1.81
1992	15 009	(36.4)	10 371	9 800	571	4 087	551	1.80
1995	13 586	(33.3)	9 419	8 840	580	3 658	509	1.78
1998	13 453	(30.2)	9 420	8 820	600	3 548	485	1.77
2001	13 156	(28.8)	9 368	8 701	667	3 255	534	1.75
2004	12 916	(27.9)	9 589	8 851	738	2 902	425	1.73
2007	12 499	(26.0)	9 489	8 645	844	2 498	511	1.71
2010	12 324	(25.3)	9 483	8 669	813	2 320	521	1.70
2013	12 085	(24.1)	9 618	8 707	912	1 965	503	1.70
Percentage distribution (Unit:%)								
1986	100.0	•	69.6	65.4	4.2	27.0	3.4	•
1989	100.0	•	69.5	65.4	4.1	26.9	3.6	•
1992	100.0	•	69.1	65.3	3.8	27.2	3.7	•
1995	100.0	•	69.3	65.1	4.3	26.9	3.7	•
1998	100.0	•	70.0	65.6	4.5	26.4	3.6	•
2001	100.0	•	71.2	66.1	5.1	24.7	4.1	•
2004	100.0	•	74.2	68.5	5.7	22.5	3.3	•
2007	100.0	•	75.9	69.2	6.8	20.0	4.1	•
2010	100.0	•	76.9	70.3	6.6	18.8	4.2	•
2013	100.0	•	79.6	72.0	7.5	16.3	4.2	•

Note: 1) Figures for 1995 do not include data for Hyogo prefecture.

2) "Other households" include One-person household.

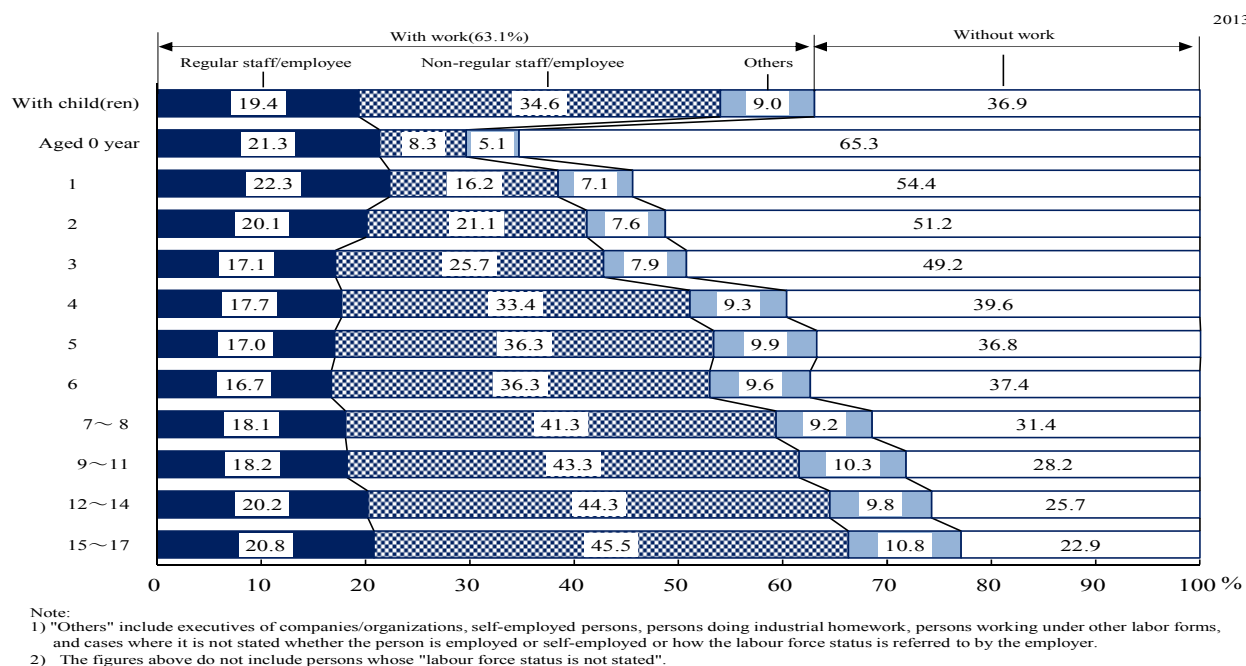
Figure 6 Yearly trends in the percentage distribution of households by the number of children



Note: Figures for 1995 do not include data for Hyogo prefecture.

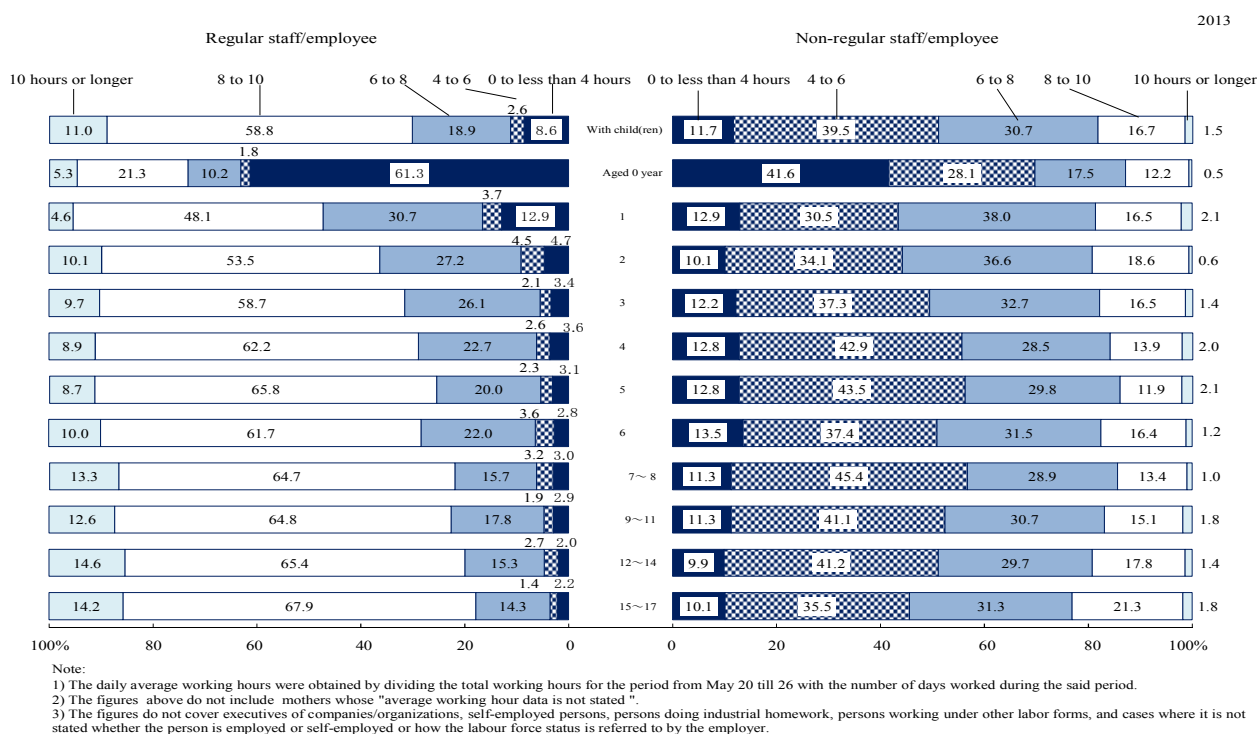
Looking at households with children in terms of the labour force status of their mothers, households with mothers “with work” account for 63.1 % of such households. Looking at the percentage distribution by the age group of the youngest child, the percentage of mothers working as “non-regular staff/workers” increases as the age of the youngest child rises. (Figure 7)

Figure 7 Percentage distribution of the labour force statuses of mothers by age group of their youngest child



Looking at the daily average working hours of mothers with work by the age group of their youngest child in the age group of “0”, in the population of mothers working as regular staff/employee, the percentage of “0 to less than 4 hours” is the highest, accounting for 61.3 %. In other age groups, the percentage of “8 to less than 10 hours” is higher, and, in the age group of “15 to 17 years”, the percentage reaches 67.9 %. As for mothers working as non-regular staff/employee, in the age groups other than “0 year of age”, those working for “4 to less than 6 hours” and “6 to less than 8 hours” account for roughly 70 percent. (Figure 8)

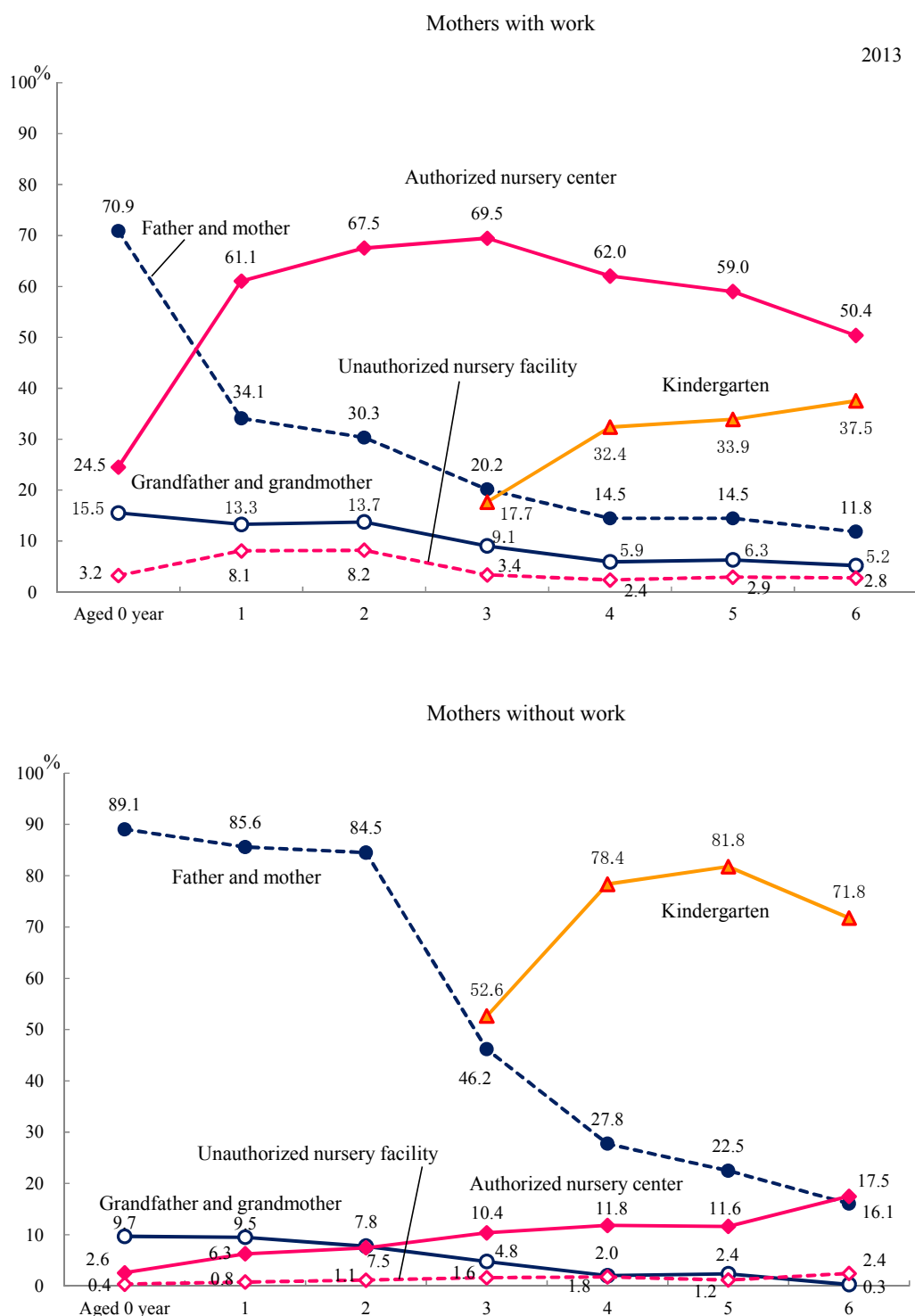
Figure 8 Percentage distribution of daily average working hour categories of mothers with work by the age group of their youngest child



Looking at daytime child-care situations, by the age of the youngest child who is still infant, in the population of mothers with work, the most common type of child care for children aged “0 year” is “father and mother”, accounting for 70.9 %, while in the ages from “1 year” through “6 years”, “authorized nursery center” accounts for more than 50 %. Meanwhile, in the ages from “3 years” through “6 years”, the percentage of “kindergarten” increases as the age rises.

As for the population of mothers without work, in the ages from “0 year” through “2 years”, the percentage of “father and mother” is the highest, accounting for more than 80 percent. Meanwhile, in the ages from “3 years” through “6 years”, the percentage of “kindergarten” is higher. (Figure 9)

Figure 9 Percentage distribution of the types of daytime child-care by the labour status of mothers and by the age of their youngest child (based on multiple responses)



## 5 Labour force statuses of persons aged 15 and over

Looking at the labour force statuses of a male population aged 15 and over by the age group, as for the age groups from “25 to 29 years” through “55 to 59 years”, persons “with work” account for more than 90 percent in almost all age groups, resulting in a trapezoid distribution.

With regard to the male population with work, the percentage of those working as “regular staff/employee” is 41.1 % while that of those working as “non-regular staff/employee” is 11.0 %. Looking at the percentage distribution by age group, persons working as “regular staff/employee” account for more than 60 percent in the age groups from “25 to 29 years” through “55 to 59 years”. (Table 6, Figure 10)

Table 6 Percentage distribution, by age group, of labour force statuses of male population aged 15 and over

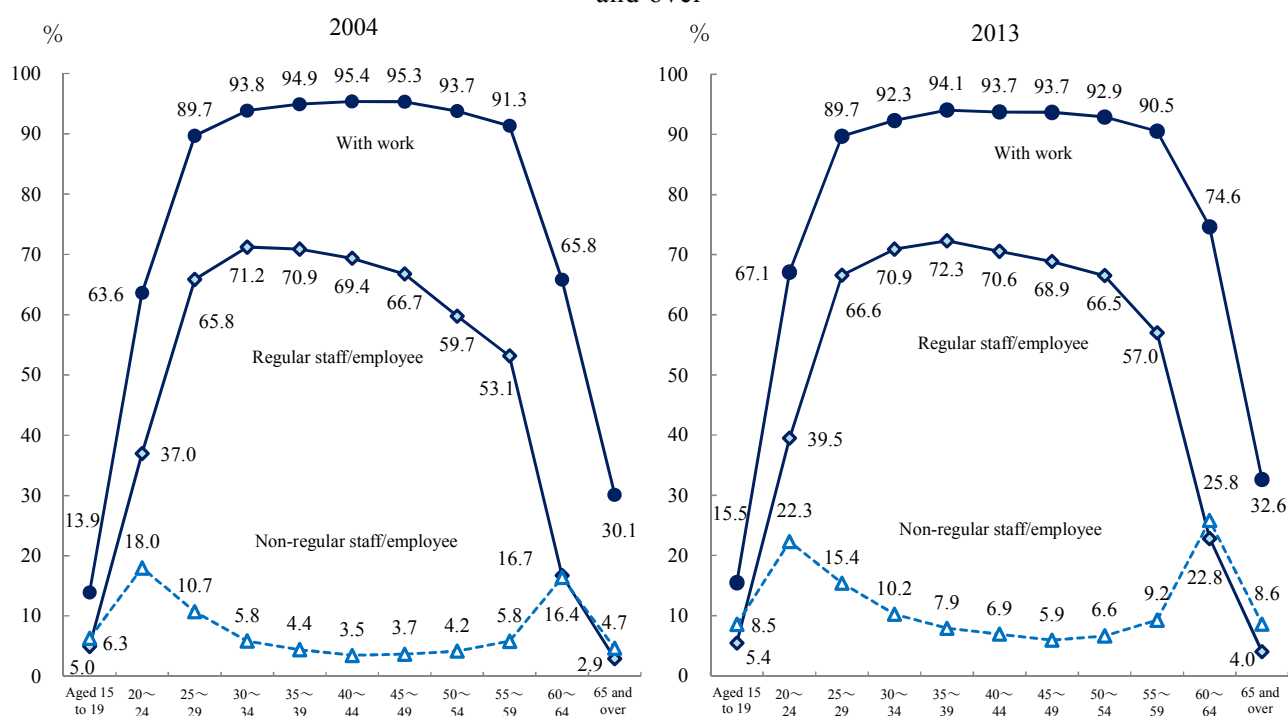
(Unit: %)

Age group	2004						2013					
	Total	With work	Regular staff /employee	Non-regular staff /employee	Others	Without work	Total	With work	Regular staff /employee	Non-regular staff /employee	Others	Without work
Total	100.0	70.3	41.8	7.0	21.5	29.7	100.0	68.8	41.1	11.0	16.8	31.2
Aged 15 to 19	100.0	13.9	5.0	6.3	2.6	86.1	100.0	15.5	5.4	8.5	1.5	84.5
20 to 24	100.0	63.6	37.0	18.0	8.6	36.4	100.0	67.1	39.5	22.3	5.3	32.9
25 to 29	100.0	89.7	65.8	10.7	13.1	10.3	100.0	89.7	66.6	15.4	7.7	10.3
30 to 34	100.0	93.8	71.2	5.8	16.8	6.2	100.0	92.3	70.9	10.2	11.2	7.7
35 to 39	100.0	94.9	70.9	4.4	19.6	5.1	100.0	94.1	72.3	7.9	13.9	5.9
40 to 44	100.0	95.4	69.4	3.5	22.5	4.6	100.0	93.7	70.6	6.9	16.3	6.3
45 to 49	100.0	95.3	66.7	3.7	24.9	4.7	100.0	93.7	68.9	5.9	18.9	6.3
50 to 54	100.0	93.7	59.7	4.2	29.8	6.3	100.0	92.9	66.5	6.6	19.8	7.1
55 to 59	100.0	91.3	53.1	5.8	32.4	8.7	100.0	90.5	57.0	9.2	24.3	9.5
60 to 64	100.0	65.8	16.7	16.4	32.7	34.2	100.0	74.6	22.8	25.8	26.0	25.4
65 and over	100.0	30.1	2.9	4.7	22.5	69.9	100.0	32.6	4.0	8.6	20.0	67.4

Note: 1) "Others" include executives of companies/organizations, self-employed persons, family workers, persons doing industrial homework, persons working under other labor forms, and cases where it is not stated whether the person is employed or self-employed or how the labour force status is referred to by the employer.

2) The figures above do not include persons whose "labour force status is not stated".

Figure 10 Percentage distribution by age group of persons with work for male population aged 15 and over



Note: The figures above do not include persons whose labour force status is not stated"

Looking at the labour force statuses of a female population aged 15 and over by age group, the percentage distribution of those “with work” is exhibiting an M-shaped curve.

With regard to the female population with work, the percentage of persons working as “regular staff/employee” is 16.3 % while that of those working as “non-regular staff/employee” is 22.2 %. Looking at the percentage distribution by age group, in the age groups from “20 to 24 years” through “30 to 34 years”, persons working as “regular staff/employee” account for more than 30 percent, exceeding those working as “non-regular staff/employee”. However, in other age groups, the percentage of those working as “non-regular staff/employee” exceeds that of those working as “regular staff/employee”. (Table 7, Figure 11)

Table 7 Percentage distribution, by age group, of labour force statuses of female population aged 15 and over

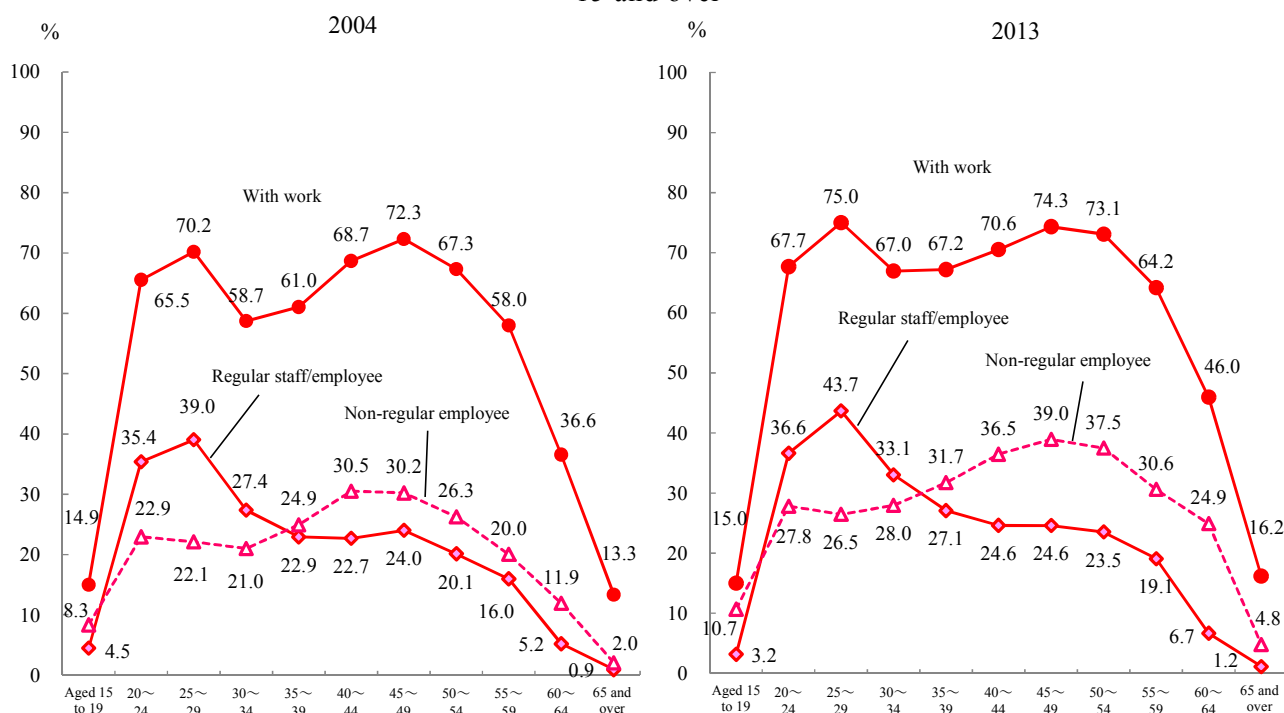
(Unit: %)

Age group	2004						2013					
	Total	With work	Regular staff /employee	Non-regular staff /employee	Others	Without work	Total	With work	Regular staff /employee	Non-regular staff /employee	Others	Without work
Total	100.0	46.3	16.1	16.8	13.4	53.7	100.0	48.0	16.3	22.2	9.5	52.0
Aged 15 to 19	100.0	14.9	4.5	8.3	2.1	85.1	100.0	15.0	3.2	10.7	1.2	85.0
20 to 24	100.0	65.5	35.4	22.9	7.2	34.5	100.0	67.7	36.6	27.8	3.2	32.3
25 to 29	100.0	70.2	39.0	22.1	9.1	29.8	100.0	75.0	43.7	26.5	4.9	25.0
30 to 34	100.0	58.7	27.4	21.0	10.4	41.3	100.0	67.0	33.1	28.0	5.9	33.0
35 to 39	100.0	61.0	22.9	24.9	13.2	39.0	100.0	67.2	27.1	31.7	8.4	32.8
40 to 44	100.0	68.7	22.7	30.5	15.5	31.3	100.0	70.6	24.6	36.5	9.4	29.4
45 to 49	100.0	72.3	24.0	30.2	18.1	27.7	100.0	74.3	24.6	39.0	10.8	25.7
50 to 54	100.0	67.3	20.1	26.3	21.0	32.7	100.0	73.1	23.5	37.5	12.1	26.9
55 to 59	100.0	58.0	16.0	20.0	22.0	42.0	100.0	64.2	19.1	30.6	14.5	35.8
60 to 64	100.0	36.6	5.2	11.9	19.4	63.4	100.0	46.0	6.7	24.9	14.4	54.0
65 and over	100.0	13.3	0.9	2.0	10.4	86.7	100.0	16.2	1.2	4.8	10.2	83.8

Note: Note: 1) "Others" include executives of companies/organizations, self-employed persons, family workers, persons doing industrial homework, persons working under other labor forms, and cases where it is not stated whether the person is employed or self-employed or how the labour force status is referred to by the employer.

2) The figures above do not include persons whose "labour force status is not stated".

Figure 11 Percentage distribution, by age group, of persons with work for female population aged 15 and over



Note: The figures above do not include persons whose "labour force status is not stated".

## II Income etc. of various types of households

The income under the “2013 survey” means the income earned during one year from January 1 to December 31, 2012, and the savings/debts mean the amount on hand and the balance as of the last day of June, 2013.

“Self-assessed living conditions” are those as of July 11, 2013.

### 1 Yearly trends in income

The average income per household for the year, 2012 is: 5,372,000 yen when calculated on the basis of all households; 3,091,000 yen when calculated on the basis of “aged households”; and 6,732,000 yen when calculated on the basis of “households with child(ren)”. (Table 8, Figure 12)

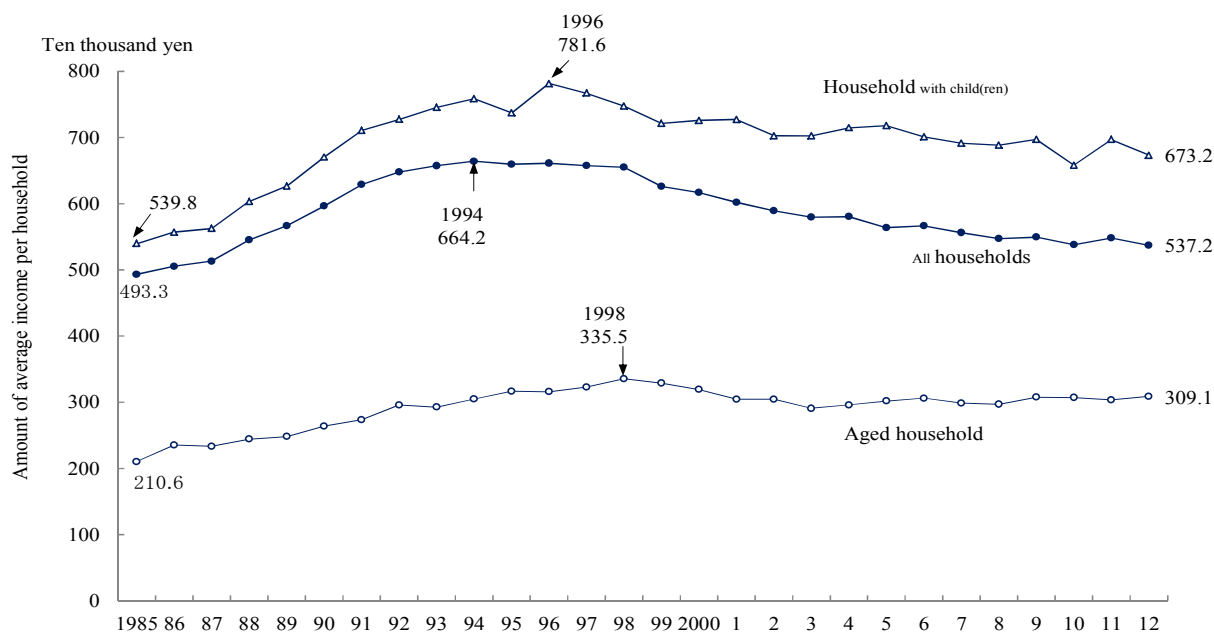
Table 8 Yearly trends in the amounts of average income per household

Household type Change rate over previous year	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
All households (10,000 yen)	579.7	580.4	563.8	566.8	556.2	547.5	549.6	538.0	548.2	537.2
Change rate over previous year (%)	Δ1.6	0.1	Δ2.9	0.5	Δ1.9	Δ1.6	0.4	Δ2.1	1.9	Δ2.0
Aged household(10,000 yen)	290.9	296.1	301.9	306.3	298.9	297.0	307.9	307.2	303.6	309.1
Change rate over previous year (%)	Δ4.5	1.8	2.0	1.5	Δ2.4	Δ0.6	3.7	Δ0.2	Δ1.2	1.8
Household with child(ren) (10,000 yen)	702.6	714.9	718.0	701.2	691.4	688.5	697.3	658.1	697.0	673.2
Change rate over previous year (%)	Δ0.0	1.8	0.4	Δ2.3	Δ1.4	Δ0.4	1.3	Δ5.6	5.9	Δ3.4

Note: 1) Figures for 2010 do not include data for Iwate, Miyagi and Fukushima prefectures.

2) Figures for 2011 do not include data for Fukushima prefecture.

Figure 12 Yearly trends in the amounts of average income per household



Note: 1) Figures for 1994 do not include data for Hyogo prefecture.

2) Figures for 2010 do not include data for Iwate, Miyagi and Fukushima prefectures.

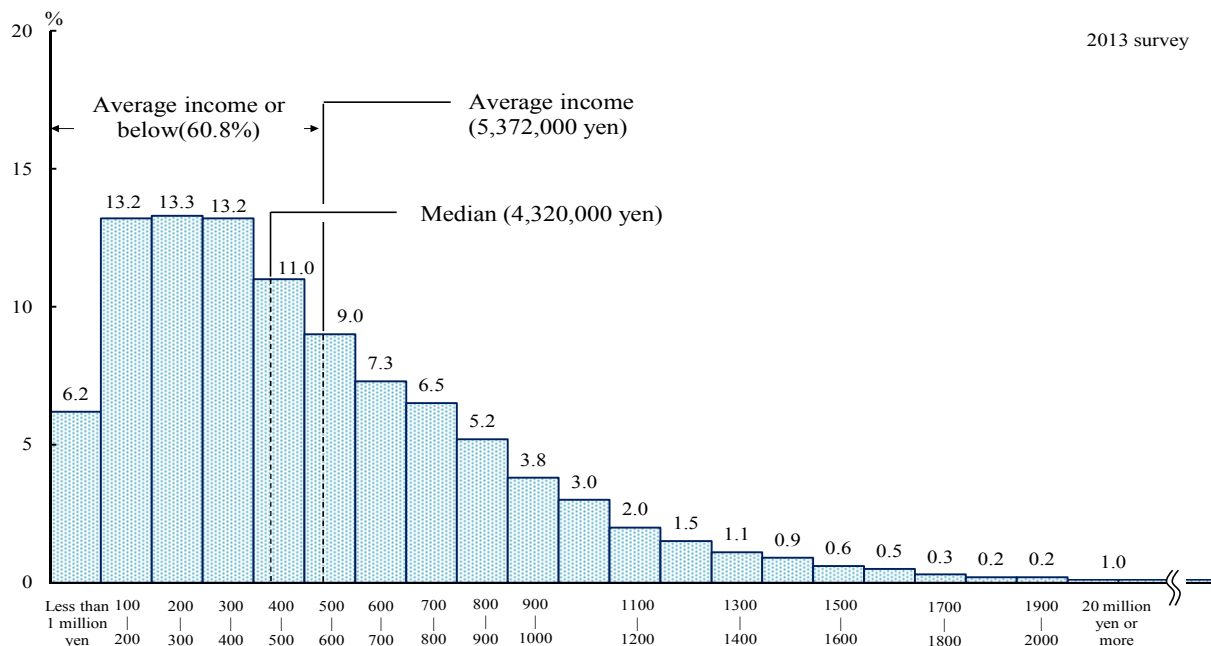
3) Figures for 2011 do not include data for Fukushima prefecture.

## 2 Income distribution

Looking at the relative frequency distribution of households by income class, the largest group is the income class of “2 million yen or more and less than 3 million yen” accounting for 13.3%, followed by the income class of “1 million yen or more and less than 2 million yen” and “3 million yen or more and less than 4 million yen” which accounts for 13.2%.

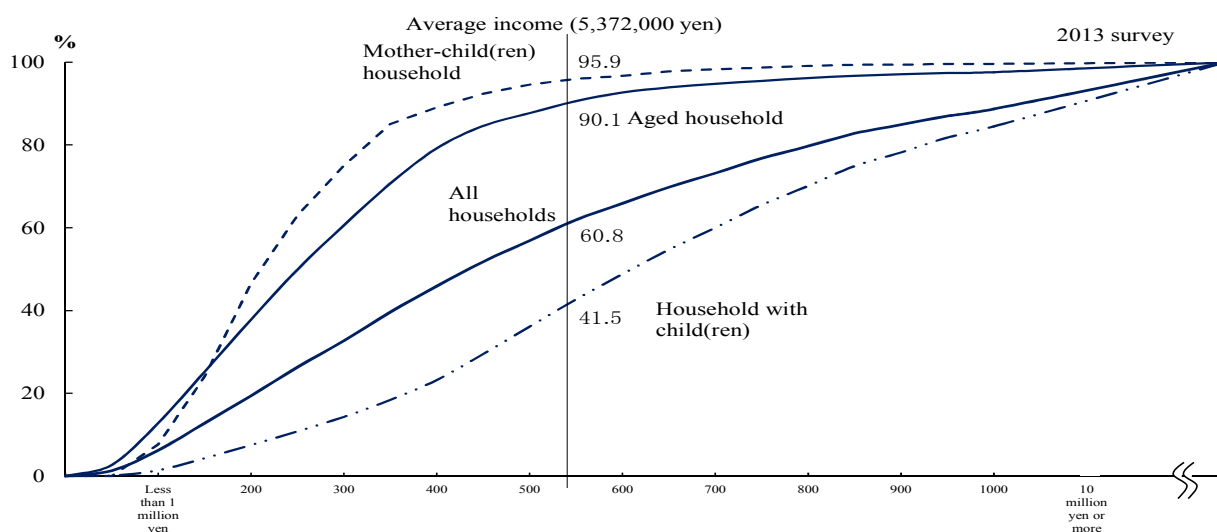
The median value (the border value separating the higher half of the income amounts from the lower half) is 4,320,000 yen and households earning less than the average income (5,372,000yen) account for 60.8%. (Figure 13)

Figure 13 Relative frequency distribution of households by income class



Looking at the percentage of households earning less than the average income (5,372,000 yen) by household type, 90.1% of “aged households”, 41.5 % of “households with child(ren)” and 95.9 % of “mother-child(ren) households” fall under the category. (Figure 14)

Figure 14 Cumulative frequency distribution by income amount of households



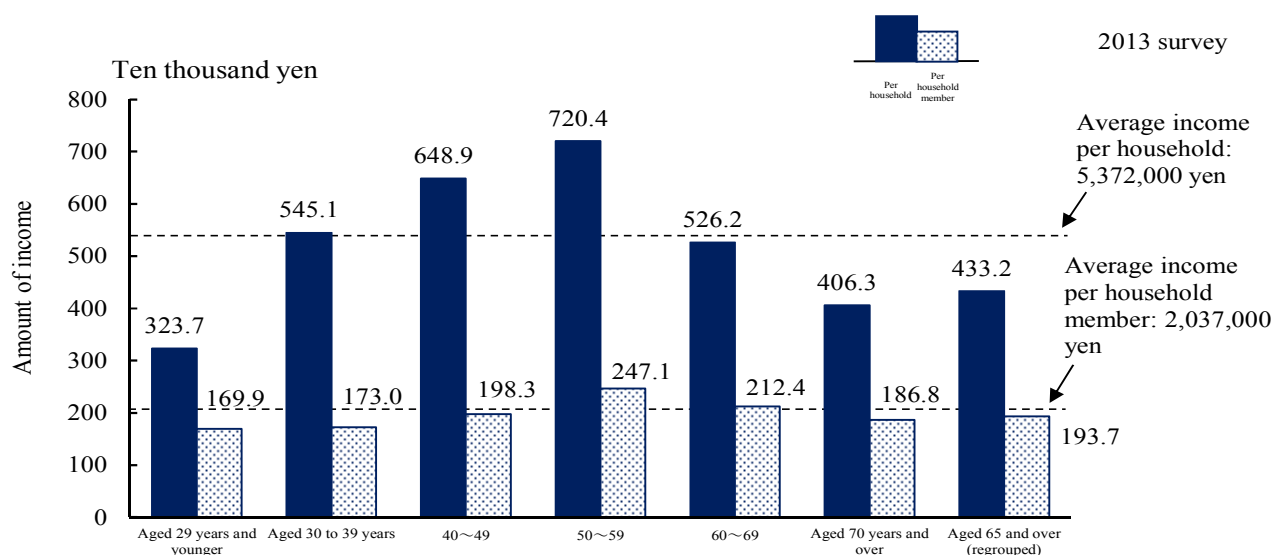


### 3 Income distribution by the age group of householders

Looking at, by the age group of householders, average incomes per household, householders aged “50 to 59 years” stand at the top rank earning 7,204,000 yen, followed by those aged “40 to 49 years” and then by those aged “30 to 39 years”. Meanwhile, ranked at the bottom are householders aged “29 years and younger” who earned 3,237,000 yen on average.

Looking at average incomes per household member, the age group of “50 to 59 years” stand at the top rank earning 2,471,000 yen while ranked at the bottom is the age group of “29 years or younger” who earned 1,699,000 yen. (Figure 15)

Figure 15 Average incomes per household and average incomes per household member by the age group of householders

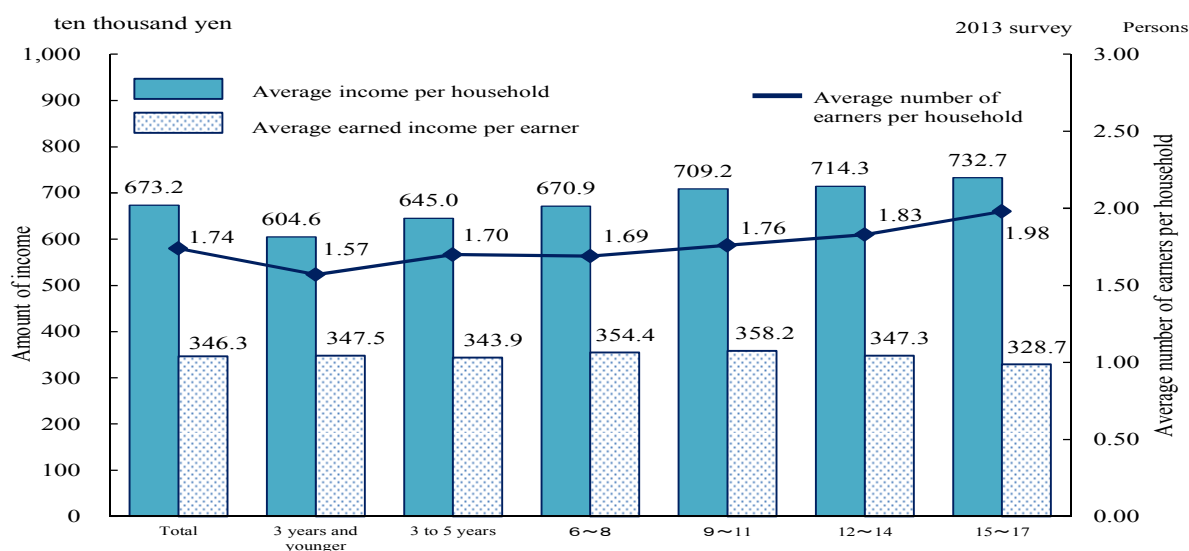


### 4 Income of households with child(ren)

Looking at incomes of households with child(ren) by age group of the youngest child, the average income per household is the highest in the age group of “15 to 17 years”, earning 7,327,000 yen while the average earned income per earner is the highest in the age group of “9 to 11 years”, earning 3,582,000 yen. However, no meaningful difference was observed in terms of the age of the youngest child.

The average number of earners is the largest in the age group of “15 to 17 years”, reaching 1.98 persons. (Figure 16)

Figure 16 Income distribution for households with child(ren) by the age of the youngest child





## 5 Average amount of income by income type

Looking at average incomes per household by income type, in terms of all households, “earned income” accounts for 73.8 % of aggregated average income per household and “public pension/Onkyu pension”, 19.1 % while, looking at aged households alone, “public pension/Onkyu pension” accounts for 68.5 % of the aggregated average income per aged household and “earned income”, 18.0 % (Table 9).

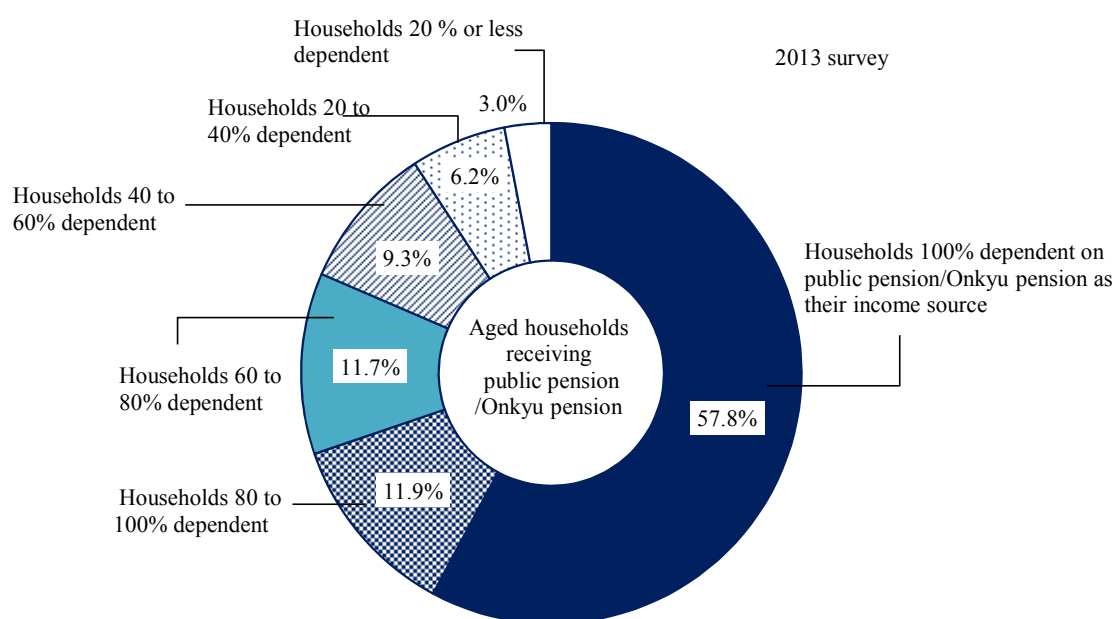
Table 9 Average incomes per household in terms of income type and their percentage distribution

2013 survey

Household type	Total income	Earned income	Public pension/Onkyu pension	Property income	Social security benefit other than pension	Allowance/Company pension/Personal pension/Other incomes
Amount of average income by income type per household (Unit: 10,000 yen)						
All households	537.2	396.7	102.7	16.4	8.6	12.8
Aged household	309.1	55.7	211.9	22.2	2.5	16.8
Household with child(ren)	673.2	603.0	29.1	11.5	23.2	6.3
Mother-child(ren) household	243.4	179.0	7.6	1.7	49.3	5.8
Percentage distribution of average incomes by income type per household (Unit: %)						
All households	100.0	73.8	19.1	3.1	1.6	2.4
Aged household	100.0	18.0	68.5	7.2	0.8	5.4
Household with child(ren)	100.0	89.6	4.3	1.7	3.4	0.9
Mother-child(ren) household	100.0	73.5	3.1	0.7	20.2	2.4

Of the aged households receiving public pension/Onkyu pension, “households 100% dependent on public pension/Onkyu pension as their income source” accounts for 57.8 %. (Figure 17)

Figure 17 Percentage distribution of aged households receiving public pension/Onkyu pension by the ratio of public pension/Onkyu pension relative to their aggregated incomes



## 6 Savings and debts

Looking at savings, 79.5% of all households “have savings” and the “average amount of savings per household” stands at 10,470,000 yen. As for “mother-child(ren) household”, households “with savings” account for 60.6% and the “average amount of savings per household” is 2,638,000 yen.

Looking at the percentage distribution of households “with savings” by the level of savings amount, households whose amount of savings is “less than 0.5 million yen” account for 4.9% of all households while in the population of “mother-child household”, that percentage rises to 12.7%.

Looking at debts, 30.1% of all households “have debts” and the “average amount of debts per household” is 4,387,000 yen. As for households with child(ren), households “with debts” account for 51.7% and the “average amount of debts per household” is 8,819,000 yen. (Table 10)

Table 10 Percentage distribution of households by the levels of savings and debts

(Unit: %)

2013

Levels of savings/debts - Average amounts of savings/debts	All households	Aged household	Household with child(ren)	Mother-child(ren) household
<b>Level of savings</b>				
Total households	100.0	100.0	100.0	100.0
Without savings	16.0	16.8	15.3	36.5
With savings	79.5	77.9	81.0	60.6
Less than 0.5 million yen	4.9	3.9	4.8	12.7
50 to 100	3.9	3.3	4.9	7.7
100 to 200	7.6	6.3	10.2	11.2
200 to 300	6.2	5.4	7.9	3.8
300 to 400	6.0	5.0	7.7	3.7
400 to 500	3.3	2.8	4.6	3.5
500 to 700	9.0	8.2	10.9	6.0
700 to 1000	6.2	6.2	6.9	2.8
1000 to 1500	8.3	8.4	7.6	3.0
1500 to 2000	4.8	5.6	3.1	0.7
2000 to 3000	6.2	7.1	4.1	0.6
30 million yen and more	9.1	11.6	4.4	1.7
Amount of savings not stated	3.9	4.0	4.1	3.1
Not stated	4.5	5.3	3.7	2.9
Average amount of savings per household (10,000 yen)	1 047.0	1 268.1	706.7	263.8
<b>Level of debts</b>				
All households	100.0	100.0	100.0	100.0
Without debts	61.4	77.3	42.9	71.0
With debts	30.1	8.6	51.7	23.8
Less than 0.5 million yen	1.4	1.3	1.5	6.0
50 to 100	1.6	0.8	1.9	3.8
100 to 200	2.9	1.1	3.2	4.8
200 to 300	1.9	0.9	2.2	1.2
300 to 400	1.5	0.7	1.6	1.3
400 to 500	1.0	0.3	1.4	1.1
500 to 700	2.0	0.7	2.3	1.2
700 to 1000	2.4	0.4	3.5	1.3
1000 to 1500	3.6	0.5	6.7	1.3
1500 to 2000	3.2	0.4	6.8	0.3
2000 to 3000	4.7	0.4	12.4	0.6
30 million yen and more	3.0	0.7	6.9	0.5
Amount of debts not stated	0.7	0.3	1.2	0.3
Not stated	8.6	14.1	5.4	5.3
Average amount of debts per household (10,000 yen)	438.7	99.2	881.9	100.0

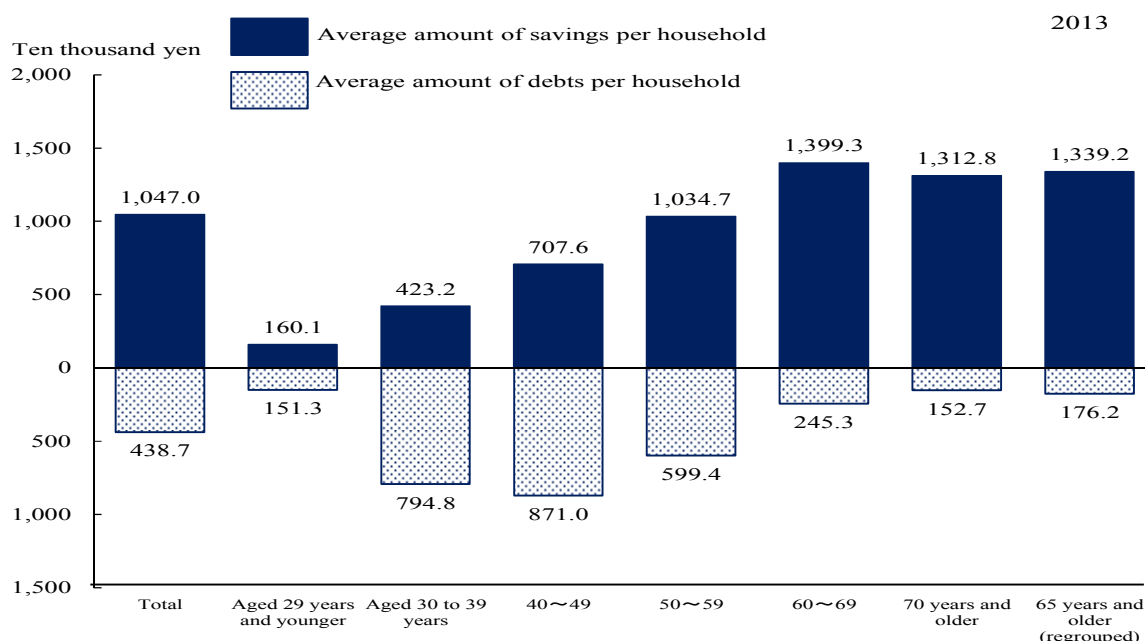
Note: 1) "Average amount of savings per household" is calculated by excluding households not stating about their as well as households whose amount of savings is not stated.

2) "Average amount of debts per household" is calculated by excluding households not stating about their deb as well as households whose amount of debts is not stated.

Looking at the percentage distribution of the average amounts of savings per household by the age group of householders, householders aged “60 to 69 years” have the largest amount of savings reaching 13,993,000 yen, followed by householders aged “70 years and older” whose average amount of savings is 13,128,000 yen.

Meanwhile, looking at the average amount of debts per household, householders aged “40 to 49 years” have the largest amount of debts reaching 8,710,000 yen, followed by householders aged “30 to 39 years” whose average amount of debts reaches 7,948,000 yen. (Figure 18)

Figure 18 Average amounts of savings and debts per household by the (ten-year) age group of householders



Note: 1) "Average amount of savings per household" is calculated by excluding households not stating about their savings as well as households whose amount of savings is not stated.  
 2) "Average amount of debts per household" is calculated by excluding households not stating about their debts as well as households whose amount of debts is not stated.  
 3) "Total households" include households the age of whose householder is not stated.

Looking at the current balance of savings for the year 2013, households responding “savings have decreased” compared to the previous year accounts for 41.3 % of “all households”. More specifically, such percentage is the highest in households with householders aged “60 to 69 years”, standing at 46.2%, then followed by households with householders aged “70 years and older” accounting for 42.9%.

Looking at the percentage distribution of households by reason for a decrease in savings, the percentage of “expenditures to pay for daily cost of living” is the highest in households with householders aged “60 to 69 years,” standing at 74.7%, followed by households with householders aged “29 years and younger” accounting for 74.6%. (Table 11)

Table 11 Changes in savings - percentage distribution of households by reason for a decrease in savings (based on multiple responses)

(Unit: %)						2013				
Age group of householder	Total	Savings increased	No change	Savings decreased		Reason for decrease (based on multiple responses)				
						Expenditures for daily cost of living	Purchase of land/house	Extraordinary expenditures for entrance fee/wedding expenses/travel, etc.	Devaluation of assets including stock	Others
All households	100.0	11.3	34.3	41.3	(100.0)	(71.5)	(8.5)	(27.0)	(5.5)	(28.4)
29 years and younger	100.0	24.0	43.1	27.1	(100.0)	(74.6)	(10.3)	(36.2)	(0.5)	(25.7)
30 to 39 years	100.0	21.3	36.5	35.4	(100.0)	(69.1)	(15.2)	(27.3)	(2.0)	(27.0)
40 to 49	100.0	14.9	37.2	38.5	(100.0)	(69.6)	(8.8)	(37.6)	(2.9)	(26.7)
50 to 59	100.0	12.3	34.2	41.2	(100.0)	(65.9)	(8.8)	(36.3)	(3.5)	(29.9)
60 to 69	100.0	8.7	30.8	46.2	(100.0)	(74.7)	(8.2)	(23.2)	(7.8)	(29.9)
70 years and older	100.0	5.4	33.7	42.9	(100.0)	(73.0)	(6.2)	(19.4)	(7.3)	(27.6)
(regrouped) 65 years and older	100.0	6.1	32.8	43.9	(100.0)	(73.2)	(6.6)	(21.0)	(7.8)	(28.1)

Note: 1) "Total" includes households whose change in savings is not stated.

2) "Total" concerning age group of householder includes households the age of whose householder is not stated.

## 7 Poverty rate

The poverty line (50% of the median for the equivalent disposable income) for the year 2012 stands at 1,220,000 yen (in nominal terms), and the “relative poverty rate” (the ratio of people living below the poverty line) is 16.1%. Meanwhile, the “poverty rate of children” (aged 17 years or younger) is 16.3%.

As for members of “active households with child(ren)” (households with child(ren) whose householder is aged 18 years or older but younger than 65 years), the poverty rate is 15.1%. More specifically, in households with “one adult” the rate reaches 54.6% while in households with “two or more adults” the rate is 12.4%. (Table 12, Figure 19)

Table 12 Yearly trends in poverty rate

	1985	1988	1991	1994	1997	2000	2003	2006	2009	2012
Relative poverty rate	12.0	13.2	13.5	13.7	14.6	15.3	14.9	15.7	16.0	16.1
Child poverty rate	10.9	12.9	12.8	12.1	13.4	14.5	13.7	14.2	15.7	16.3
Active household with child(ren)	10.3	11.9	11.7	11.2	12.2	13.1	12.5	12.2	14.6	15.1
With one adult	54.5	51.4	50.1	53.2	63.1	58.2	58.7	54.3	50.8	54.6
With two adults or more	9.6	11.1	10.8	10.2	10.8	11.5	10.5	10.2	12.7	12.4
In nominal terms	10,000 yen	10,000 yen	10,000 yen	10,000 yen	10,000 yen	10,000 yen	10,000 yen	10,000 yen	10,000 yen	10,000 yen
Median (a)	216	227	270	289	297	274	260	254	250	244
Poverty line (a/2)	108	114	135	144	149	137	130	127	125	122
In real terms (1985 base)										
Median (b)	216	226	246	255	259	240	233	228	224	221
Poverty line (b/2)	108	113	123	127	130	120	116	114	112	111

Note: 1) The figures for 1994 do not include data for Hyogo prefecture.

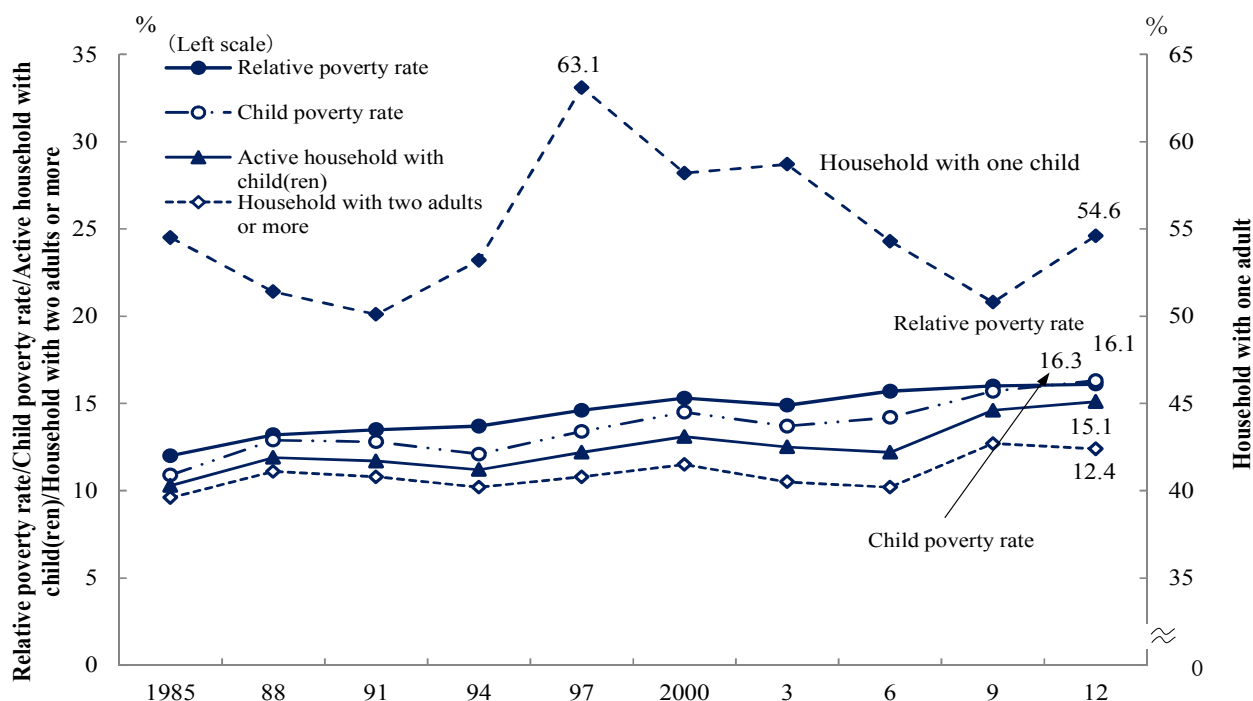
2) The poverty rate is calculated based on the OECD standards.

3) Adult means a person aged 18 years or older and Child means a person aged 17 years or younger. Active household means a household the age of whose householder is 18 years or older but younger than 65 years.

4) The data do not include household members the amount of whose equivalent disposable income is not stated.

5) Values in nominal term are based on the equivalent disposable income for the current year and values in real term are values obtained by adjusting the said nominal values using the consumer price index based upon a 1985 base (general index excluding imputed rent of owned house (2010 base)).

Figure 19 Yearly trends in poverty rate



Note: 1) The figures for 1994 do not include data for Hyogo prefecture.

2) The poverty rate is calculated based on the OECD standards.

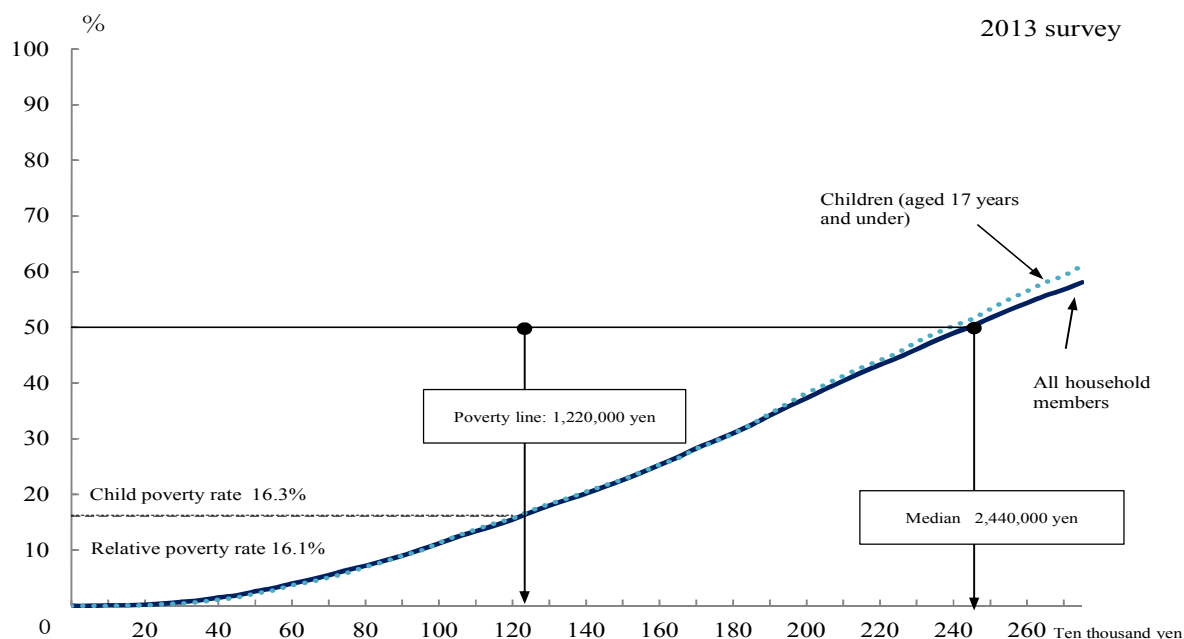
3) Adult means a person aged 18 years or older and Child means a person aged 17 years or younger.

Active household means a household the age of whose householder is 18 years or older but younger than 65 years.

4) The data above do not cover household members the amount of whose equivalent disposable income is not stated.

Looking at the cumulative frequency distribution of the number of household members by the amount of equitable disposable income, “all household members” and “child(ren) (aged 17 years or under)” are exhibiting almost identical distribution patterns. (Figure 20)

Figure 20 Cumulative frequency distribution of household members by the amount of equitable disposable income

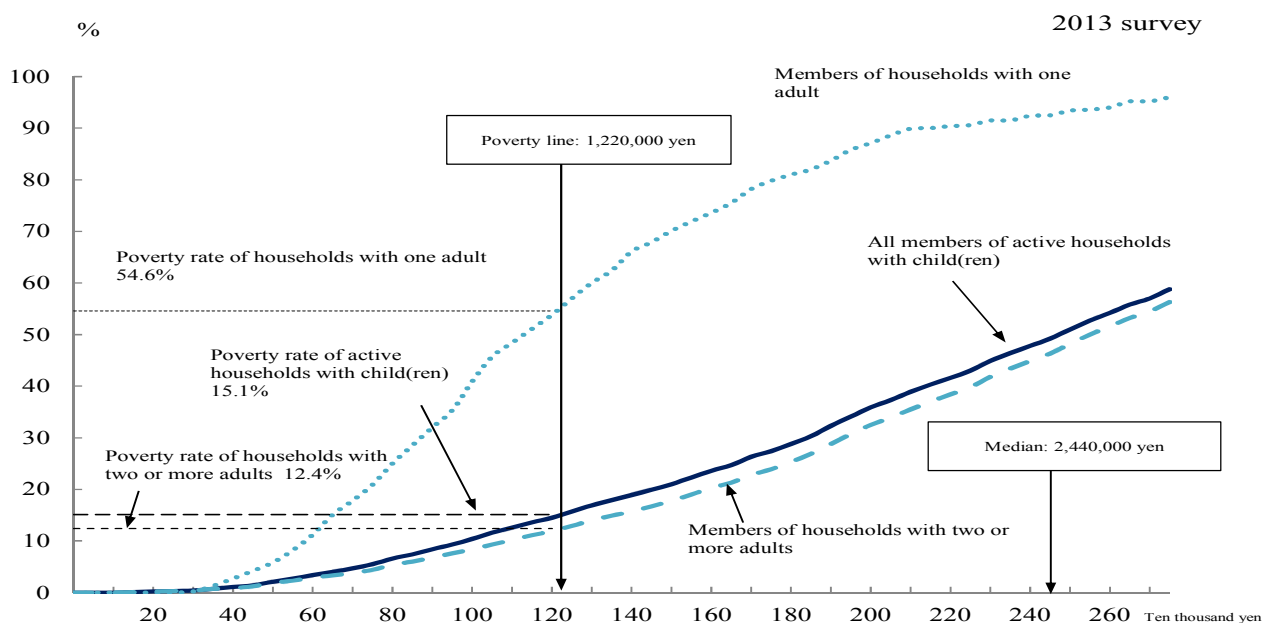


Note: The equivalent disposable incomes are nominal values.

Looking at the cumulative frequency distribution of household members of active households with child(ren), “all members of active households with child(ren)” and “members of households with two or more adults” are exhibiting almost identical distribution patterns.

Meanwhile, as for “members of households with one adult”, the frequencies are high in the range of 300,000 yen to 1,700,000 yen of equitable disposable incomes. (Figure 21)

Figure 21 Cumulative frequency distribution of household members of active households with child(ren) by the amount of equitable disposable income



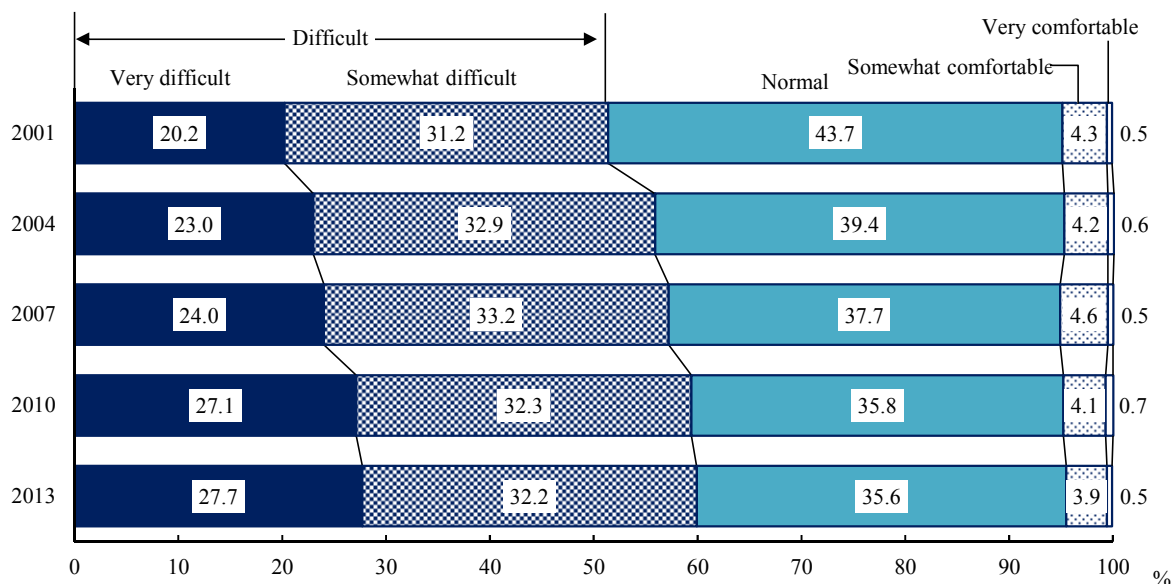
Note: The equivalent disposable incomes are nominal values.

## 8 Self-assessed living conditions

Looking at the percentage distribution of households by self-assessed living conditions, “Difficult” (“Very difficult” and “Somewhat difficult”) accounts for 59.9% and “Normal” accounts for 35.6%.

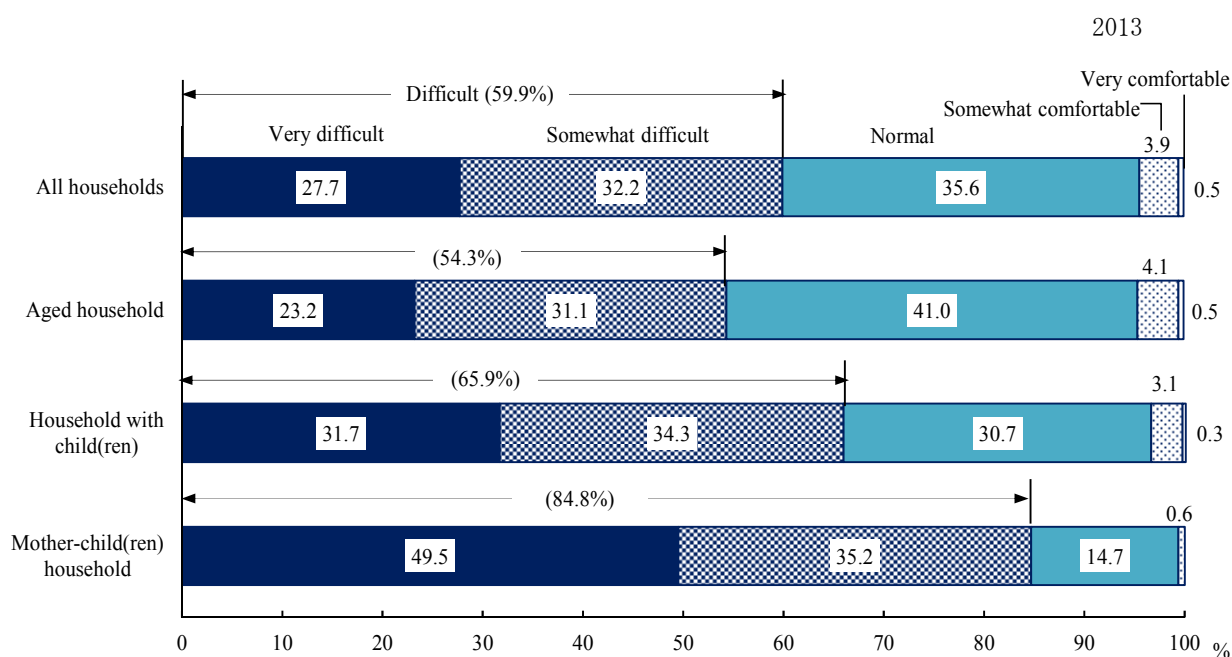
In terms of the yearly trends, the percentage of households that responded “Difficult” has been increasing in recent years. (Figure 22)

Figure 22 Yearly trends in the percentage distribution of households by self-assessed living conditions



Looking at the percentage distribution of households by self-assessed living conditions for each type of households, 84.8% of “mother-child(ren) households” and 65.9% of “households with child(ren)” responded “Difficult” (Figure 23).

Figure 23 Percentage distribution of households by self-assessed living conditions for each type of households



### III Health of household members

#### 1 Subjective symptoms

The ratio of persons who have some sort of subjective symptoms of a disorder or disease (persons with subjective symptoms) stands at 312.4 persons per thousand population (the ratio is referred to as the “ratio of persons with subjective symptoms”).

Looking at the ratio of persons with subjective symptoms (per thousand population) by gender, the ratio for the male population stands at 276.8 and that for the female population stands at 345.3, thus the ratio is higher in the female population.

Looking at the ratio by age group, the population aged “10 to 19 years” exhibits the lowest ratio, standing at 176.4, and the figure rises with age group to reach 537.5 in the population aged “80 years and over”. (Table 13)

By the type of symptoms, in the male population, the ratio of persons with subjective symptoms of “lower back pain” is the highest, followed by “shoulder stiffness” and “blocked or runny nose”. Meanwhile, in the female population, “shoulder stiffness” ranks at the top, followed by “lower back pain” and “joint pain in hands and feet”. (Figure 24)

Table 13 Ratio of persons with subjective symptoms by gender and age group (per thousand population)

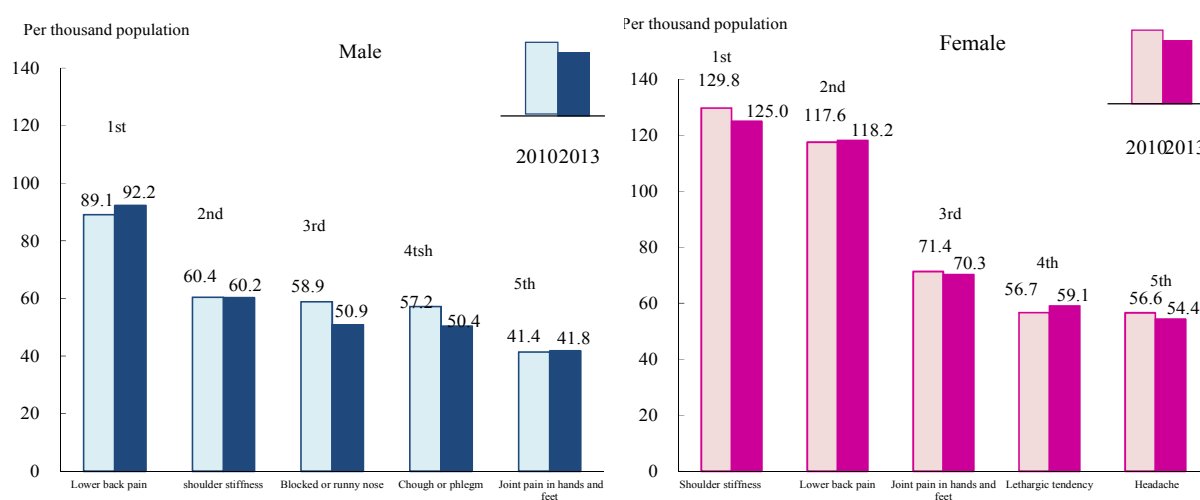
(Unit: thousand population)

Age group	2013			2010		
	Total	Male	Female	Total	Male	Female
Total	312.4	276.8	345.3	322.2	286.8	355.1
Aged 9 and under	196.5	204.7	187.9	248.1	252.8	243.2
10 to 19	176.4	175.2	177.8	203.4	207.3	199.3
20 to 29	213.2	168.7	257.6	221.9	178.5	264.7
30 to 39	258.7	214.4	301.4	272.4	225.7	317.1
40 to 49	281.1	234.3	325.7	292.1	246.0	336.5
50 to 59	319.5	271.0	365.8	321.3	275.9	364.8
60 to 69	363.0	338.5	385.5	381.6	350.9	410.1
70 to 79	474.8	448.0	497.4	484.3	454.9	509.1
Aged 80 and over (regrouped)	537.5	528.1	542.9	525.1	518.4	528.9
Aged 65 and over	466.1	439.9	486.6	471.1	443.7	492.5
Aged 75 and over	525.6	506.1	538.8	517.5	500.0	529.0

Note: 1) Hospital inpatients are not included in the number of persons with subjective symptoms but are included in the number of household members used as the denominator.

2) "Total" includes persons whose age is not stated.

Figure 24 Top 5 symptoms, by gender, in terms of the ratio of persons with subjective symptoms (based on multiple responses)



Note: 1) Hospital inpatients are not included in the number of persons with subjective symptoms but are included in the number of household members used as the denominator.

## 2 Outpatients

The ratio of persons attending the hospital to receive treatment of an injury and disease (outpatients) stands at 378.3 per thousand population (this ratio is referred to as “outpatient ratio”).

Looking at the outpatient ratio (per thousand population) by gender, the figure stands at 358.8 for the male population and at 396.3, for the female population, thus the ratio is higher in the female population.

Looking at the ratio by age group, the lowest figure is observed in the population aged “10 to 19 years”, standing at 133.0 and the figure increases with age group to reach 734.1 in the population aged “80 years and over”. (Table 14)

Meanwhile, looking at the ratio by the type of diseases and injuries, as for the male population, the figure is the highest with regard to “high blood pressure”, followed by “diabetes” and “dental diseases” while in the female population, the figure is the highest with regard to “high blood pressure”, followed by “lower back pain” and “eye diseases”. (Figure 25)

Table14 Outpatient ratio by gender and by age group (per thousand population)

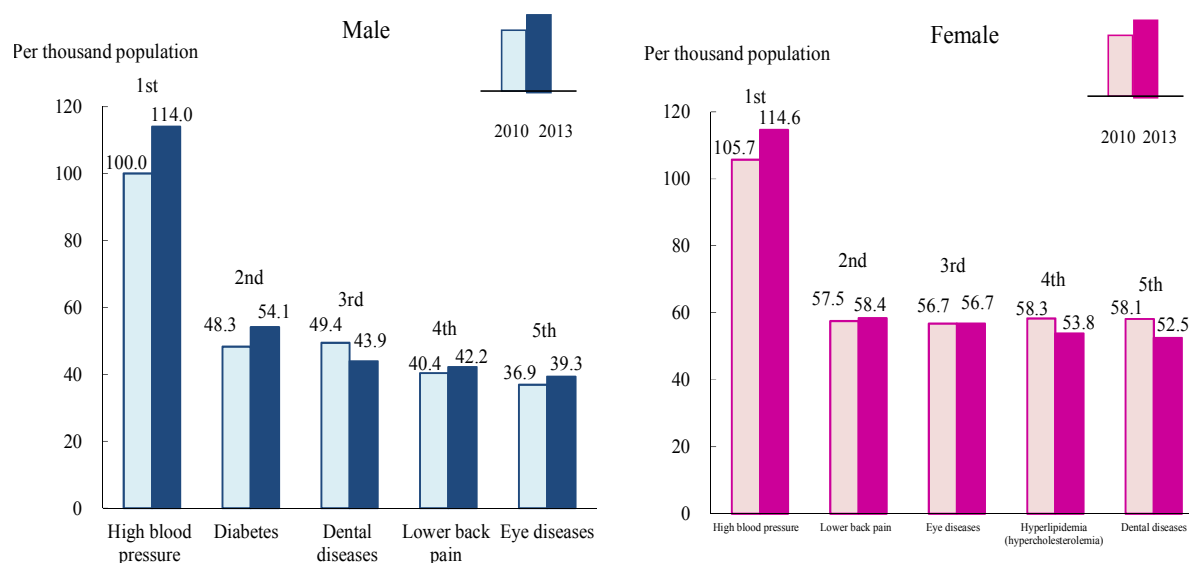
(Unit: thousand population)

Age group	2013			2010		
	Total	Male	Female	Total	Male	Female
Total	378.3	358.8	396.3	370.0	348.1	390.4
Aged 9 and under	163.9	178.6	148.4	194.3	208.0	180.3
10 to 19	133.0	138.9	126.9	150.7	156.4	144.8
20 to 29	150.4	123.4	177.2	153.3	123.6	182.5
30 to 39	204.1	178.4	228.9	203.7	172.6	233.4
40 to 49	272.7	258.9	285.8	274.8	260.6	288.5
50 to 59	418.8	408.5	428.5	409.5	394.8	423.6
60 to 69	576.6	574.1	578.9	569.2	559.5	578.3
70 to 79	707.5	702.8	711.5	707.6	691.6	721.2
Aged 80 and over (regrouped)	734.1	733.3	734.5	710.0	714.9	707.1
Aged 65 and over	690.6	685.2	694.9	679.4	667.9	688.3
Aged 75 and over	735.0	732.9	736.4	721.9	717.6	724.7

Note: 1) Hospital inpatients are not included in the number of outpatients but are included in the number of household members used as the denominator.

2) "Total" includes persons whose age is not stated.

Figure 25 Top 5 diseases, by gender, in terms of outpatient ration (based on multiple responses)



Note: Inpatients are not included in the number of outpatients but are included in the number of household members used as the denominator.



### 3 Subjective health assessment

Looking at the percentage distribution of subjective health assessments of persons aged 6 years and over (excluding inpatients), persons who assessed themselves to be “in good health” (“very good” and “good”) account for 38.5%; “not bad” assessment accounts for 46.9%; “not good”, 11.5%; and “bad”, 1.9%.

Examining those assessing themselves to be “in good health” by gender, 40.3% of the male population and 36.9% of the female population responded they were “in good health”. (Table 15, Figure 26)

Table 15 Percentage distribution of subjective health assessments by gender (of persons aged 6 years and over)

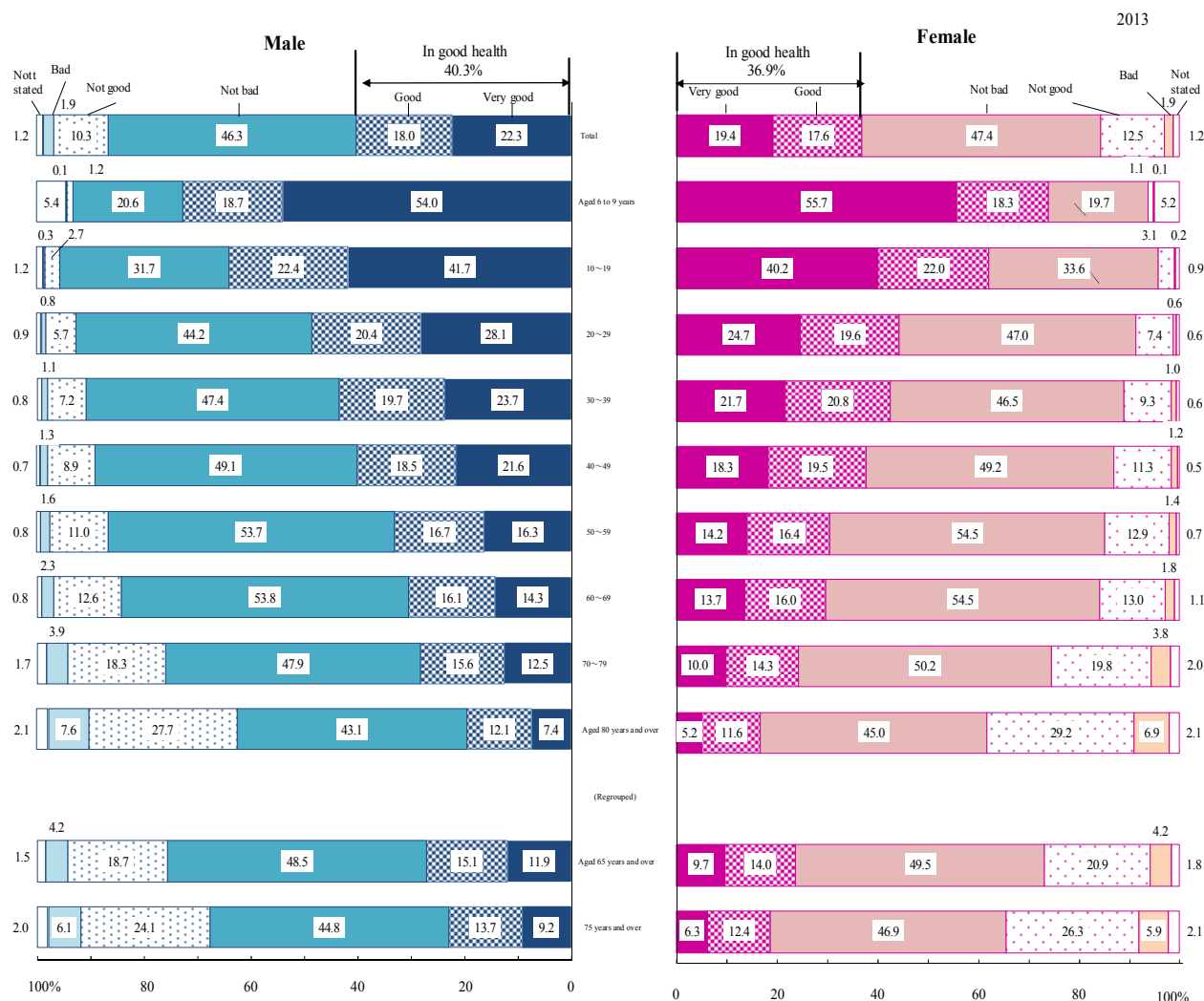
(Unit: %)

2013

Gender	Total	In good health			Not bad	Not good	Bad	Not stated
		Very good	Good					
Total	100.0	38.5	20.8	17.8	46.9	11.5	1.9	1.2
Male	100.0	40.3	22.3	18.0	46.3	10.3	1.9	1.2
Female	100.0	36.9	19.4	17.6	47.4	12.5	1.9	1.2

Note: Inpatients are not included in the above data.

Figure 26 Percentage distribution of subjective health assessments by gender and by age group (of persons aged 6 years and over)



Note: Inpatients are not included in the above data.

4 Worries and stress

Looking at the percentage distribution of persons aged 12 years and over (excluding inpatients) by the presence of worries and stress in their daily life, those “with worries and stress” account for 48.1% and those “without worries and stress” account for 50.6%. (Figure 27)

Examining those with worries and stress by gender, 43.5% of the male population and 52.2% of the female population have some sort of worries and stress, thus the percentage is higher in the female population. Meanwhile, in terms of age group, in both the male and the female populations, populations aged “40 to 49 years” exhibit the highest percentage. (Figure 28)

Figure 27 Percentage distribution by the presence of worries and stress (of persons aged 12 years and over)

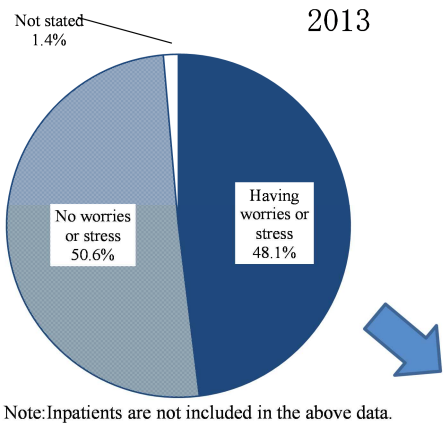
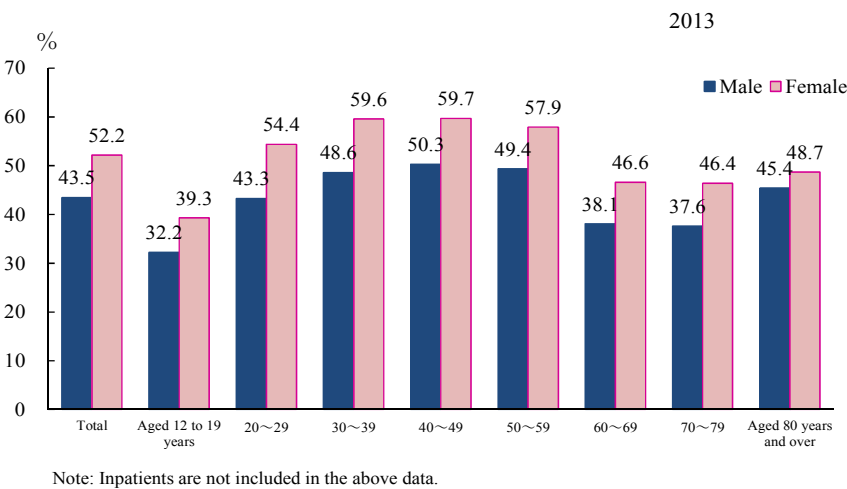


Figure 28 Percentage distribution of persons (aged 12 years and over) with worries and stress by gender and by age group



5 Mental state

Looking at the percentage distribution of the mental states in the past one month of persons aged 12 years and over (excluding inpatients) by the grade of points (based on points obtained by adding up points earned for 6 questions; for each question 0 to 4 points are earned), persons falling under the grade of “0 to 4 points” account for the largest percentage accounting for 67.3%. Also in terms of percentage distribution of mental states by age group, persons earning the grade of “0 to 4 points” account for the largest percentage in every age group. (Figure 29, Figure 30)

Figure 29 Percentage distribution by mental states (grade of points) (of persons aged 12 years and over)

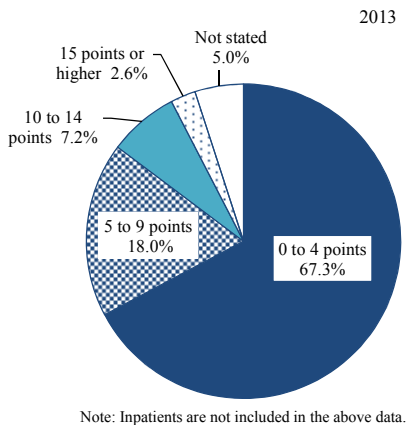
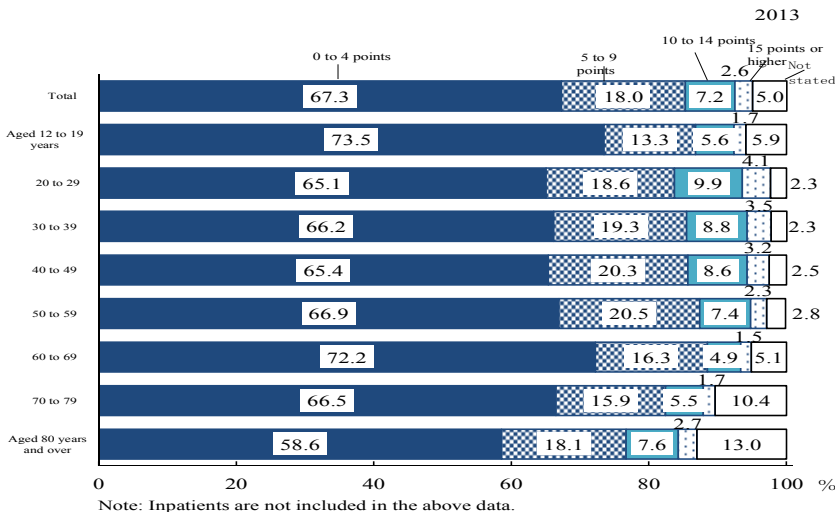


Figure 30 Percentage distribution by mental states by age group (grade of points) (of persons aged 12 years and over)



## 6 Sleep and rest sufficiency

Looking at the percentage distribution of the average daily amounts of sleep in the past one month of persons aged 12 years and over (excluding inpatients), “6 to less than 7 hours of sleep” accounts for the largest percentage standing at 32.8%. (Table 16)

In terms of rest sufficiency concerning sleep, persons responding “sort of enough” account for the largest percentage standing at 57.6%. (Figure 31)

Meanwhile, looking at the percentage distribution of the levels of rest sufficiency concerning sleep by the average amount of sleep, the percentage of persons responding “enough” increases as the amount of sleep increases. (Figure 32)

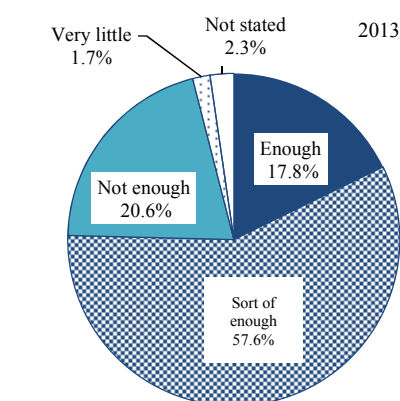
Table 16 Percentage distribution of average daily amounts of sleep by age group (of persons aged 12 years and over)

(Unit: %)

Age group	Total	Under 5 hours	5 to under 6 hours	6 to under 7 hours	7 to under 8 hours	8 to under 9 hours	9 hours and longer	Not stated
Total	100.0	7.8	27.5	32.8	22.1	6.6	2.0	1.1
Aged 12 to 19	100.0	3.8	20.6	33.2	28.1	8.7	1.4	4.2
20 to 29	100.0	7.2	29.0	35.6	21.1	5.2	1.3	0.6
30 to 39	100.0	8.5	29.9	35.2	20.5	4.4	0.9	0.6
40 to 49	100.0	10.5	35.2	33.6	16.4	3.2	0.6	0.5
50 to 59	100.0	9.4	33.9	34.4	17.7	3.4	0.6	0.6
60 to 69	100.0	6.9	25.5	34.6	24.5	6.5	1.2	0.7
70 to 79	100.0	7.5	21.9	29.2	26.5	10.4	3.2	1.3
Aged 80 and over (regrouped)	100.0	5.6	14.7	20.7	27.2	18.1	11.9	1.8
Aged 65 and over	100.0	6.8	20.8	28.5	26.4	11.5	4.9	1.2
Aged 75 and over	100.0	6.4	17.0	23.9	27.2	15.5	8.5	1.6

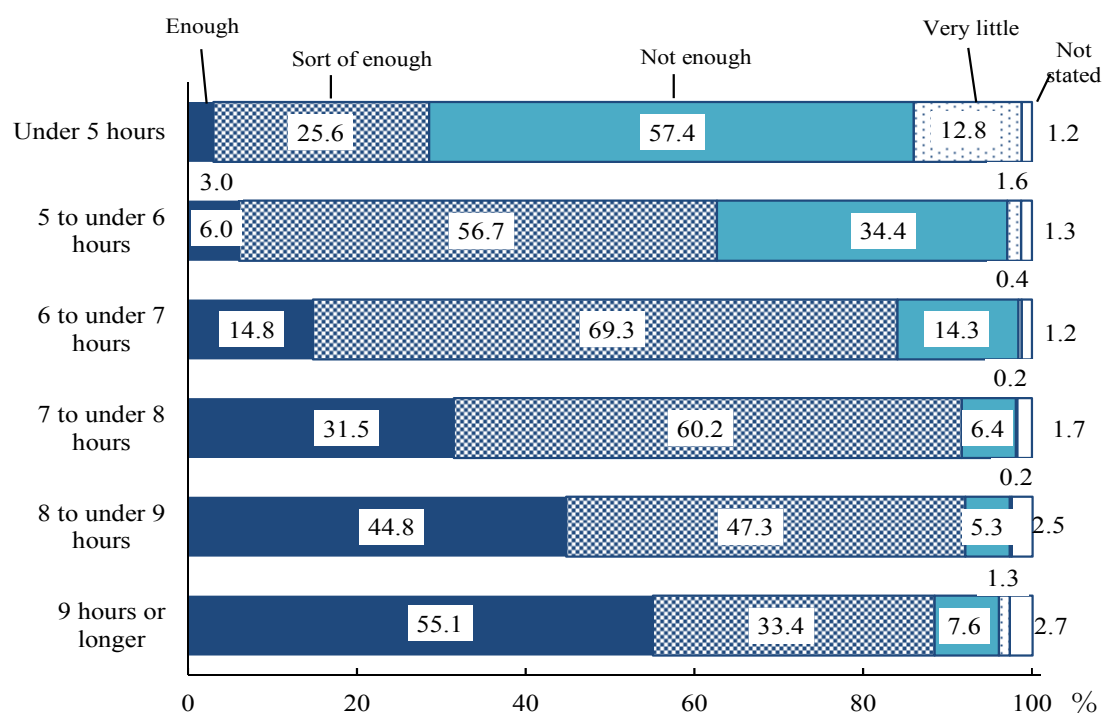
Note: Inpatients are not included in the above data.

Figure 31 Percentage distribution of the levels of rest sufficiency concerning sleep (of persons aged 12 years and over)



Note: Inpatients are not included in the above data.

Figure 32 Percentage distribution of the levels of rest sufficiency by the average amount of sleep (of persons aged 12 years and over)



Note: Inpatients are not included in the above data.

## 7 Alcohol drinking habit

Looking at the percentage distribution of persons aged 20 years and over (excluding inpatients) by the frequency of drinking alcohol in a week, 27.6% or the largest percentage of the male population responded “every day” and 46.9% or the largest percentage of the female population responded “drinking no alcohol (can’t handle alcohol)”. (Figure 33)

In terms of gender and age group, in the male population, those responding “drink alcohol (frequencies of “every day” to “1 – 3 days a month”)” account for the largest percentage in every age group from 30s to 70s while, in the age groups of “20 to 29” and “80 and over”, those responding “no drinking habit (“seldom drink alcohol”)” to “drinking no alcohol (can’t handle alcohol)” account for the largest percentage. Meanwhile, in the female population, the percentage of those responding “drinking no alcohol” is the largest in every age group.

Looking at the percentage distribution of persons “drinking alcohol” by the frequency of drinking alcohol, in every age group except for the male population aged “20 to 29 years” and the female populations from in their 20s to in their 30s, the percentage of those responding “every day” accounts for the largest percentage. (Table 17)

Figure 33 Percentage distribution, by gender, of the frequencies of drinking alcohol (for persons aged 20 and over)

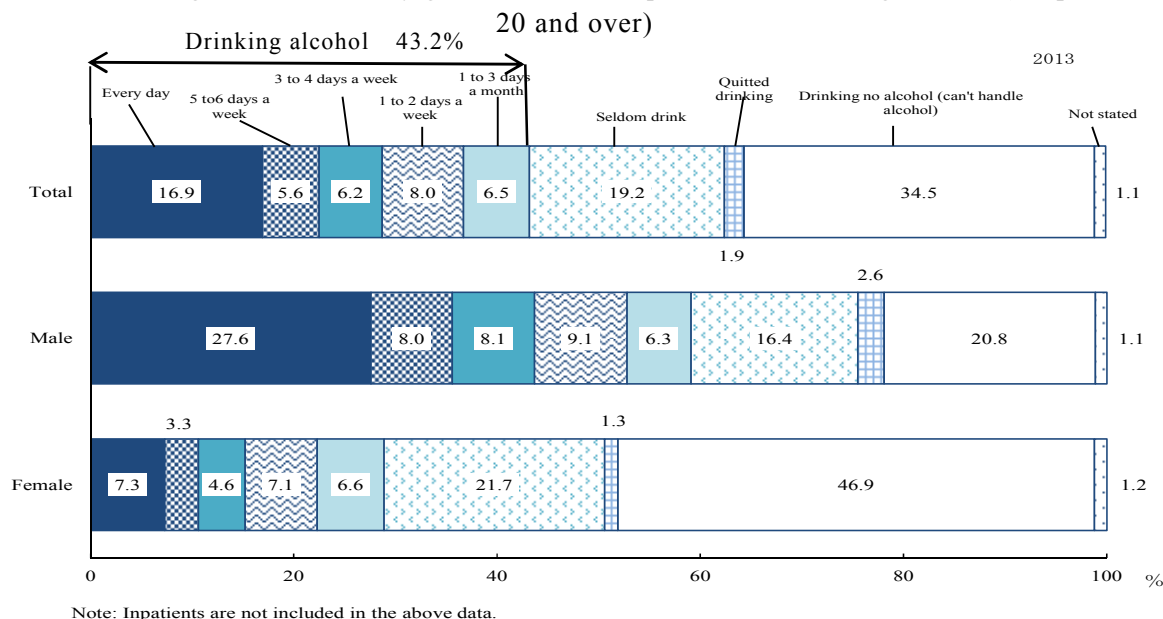


Table 17 Percentage distribution by gender and age group of the frequencies of drinking alcohol (for persons aged 20 and over)

(Unit: %)

2013

Gender Age group	Total	Drinking alcohol						Drinking no alcohol
			Everyday	5 - 6 days/week	3 - 4 days/week	1 - 2 days/week	1 - 3 days/month	
Male	100.0	59.1	27.6	8.0	8.1	9.1	6.3	39.8
Aged 20 - 29	100.0	46.7	5.4	3.7	7.3	15.4	14.9	52.1
30 - 39	100.0	57.4	19.6	7.6	9.2	12.4	8.6	41.6
40 - 49	100.0	62.9	28.5	8.6	9.5	10.1	6.2	36.2
50 - 59	100.0	68.1	36.2	10.3	9.0	8.2	4.4	31.0
60 - 69	100.0	65.0	37.7	9.8	7.4	6.3	3.8	34.1
70 - 79	100.0	55.5	31.6	7.8	6.8	5.7	3.6	42.8
Aged 80 and over	100.0	39.9	23.6	4.8	4.6	4.0	2.9	57.7
Female	100.0	28.9	7.3	3.3	4.6	7.1	6.6	69.9
Aged 20 - 29	100.0	34.9	1.8	1.7	3.9	11.6	15.9	64.2
30 - 39	100.0	34.7	7.5	3.5	5.2	9.5	9.0	64.7
40 - 49	100.0	40.1	11.6	5.0	6.3	9.8	7.4	59.3
50 - 59	100.0	35.4	10.8	5.1	5.9	7.6	6.0	64.1
60 - 69	100.0	26.1	7.9	3.6	4.5	5.4	4.7	72.8
70 - 79	100.0	16.5	4.5	1.9	3.3	3.5	3.3	81.3
Aged 80 and over	100.0	8.5	2.6	0.9	1.4	1.8	1.8	88.6

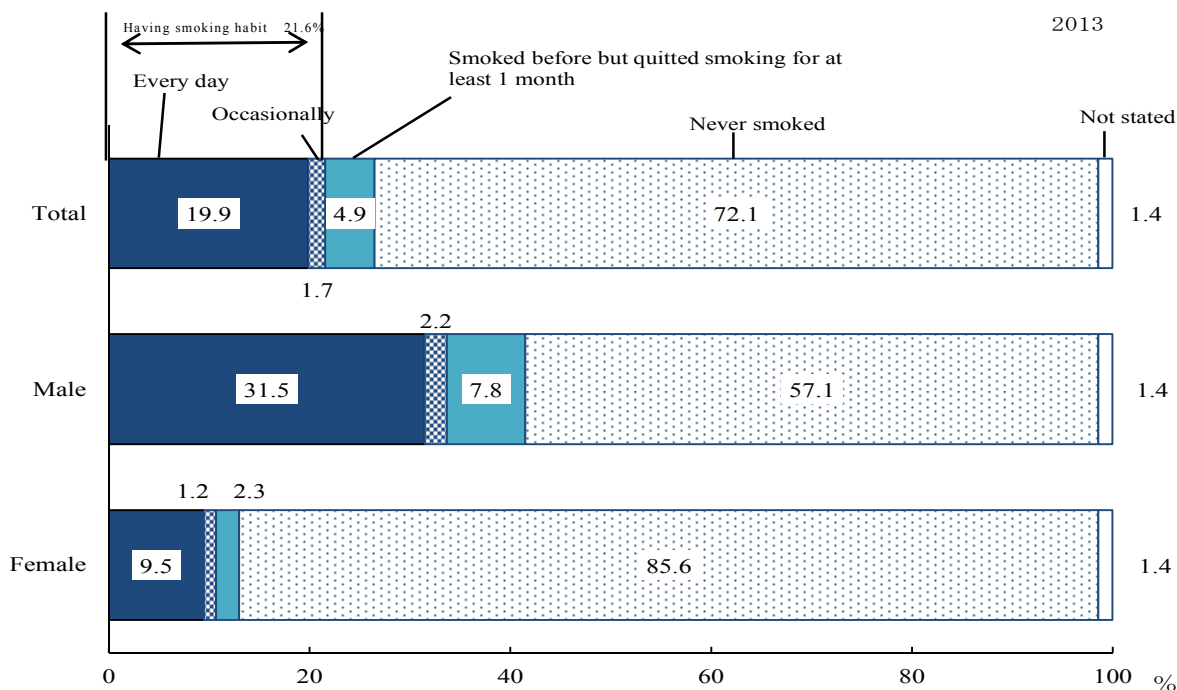
Note: 1) Inpatients are not included in the above data.

2) "Total" includes persons whose drinking habit is not stated.

## 8 Smoking habit

Looking at the percentage distribution of the levels of smoking habit of persons aged 20 and over (excluding inpatients) by gender, for both the male and female populations, persons responding “no smoking habit” account for the largest percentage, more specifically, 57.1% in the male population and 85.6% in the female population. (Figure 34)

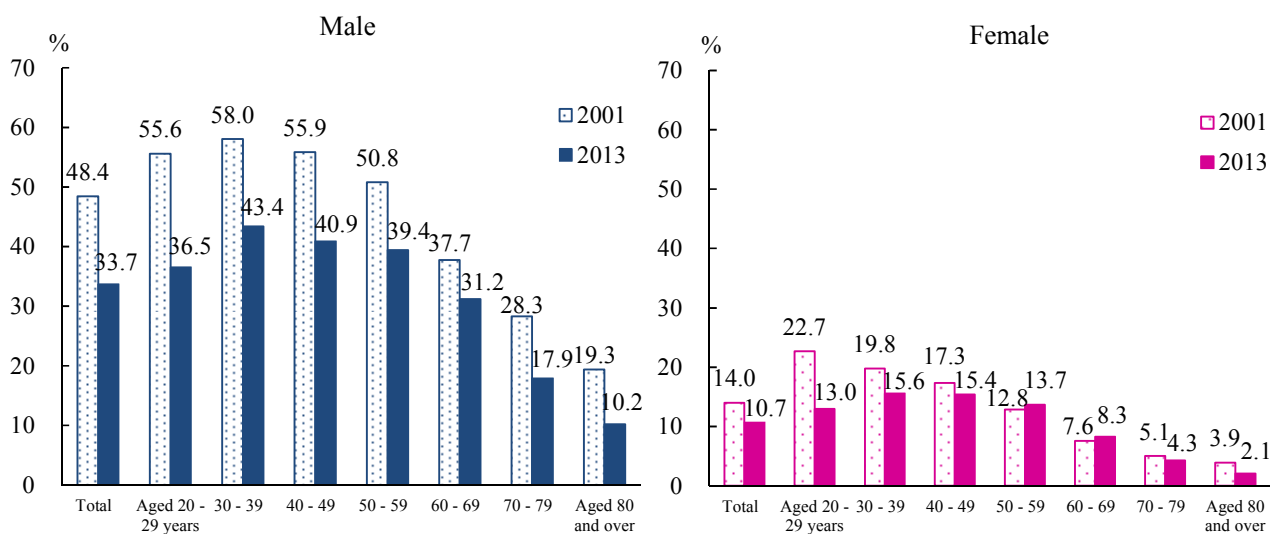
Figure 34 Percentage distribution of the levels of smoking habit (of persons aged 20 and over)



Note: 1) Inpatients are not included in the above data.

Comparing, by gender and by age group, the percentages of smoking populations (those smoking every day and occasionally) with the 2001 data, except for female populations in their 50s and 60s, smoking populations have been decreasing in every age group, and both in the male and female populations, the biggest declines are observed in the age group of “20 to 29 years”. (Figure 35)

Figure 35 Comparison, by gender and by age group, of smoking populations (of persons aged 20 and over) between 2001 and 2013

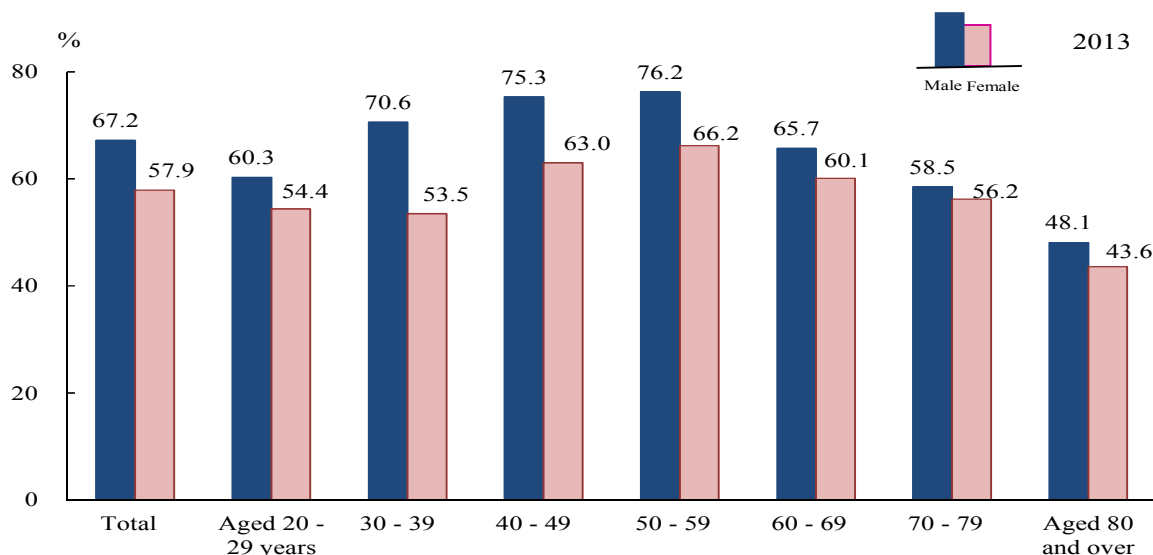


Note: 1) Inpatients are not included in the above data.

## 9 Health checkup and through medical checkup

Examining, by gender, persons aged 20 and over (excluding inpatients) who received a health checkup or a through medical checkup during the past one year, 67.2% of the male population and 57.9% of the female population received any of such checkups, resulting in higher percentage in the male population. In terms of age group, in both the male and the female populations, the percentage is the highest in the age group of “50 to 59 years”, and 76.2% of the male population in that age group and 66.2% of the female population in that age group received some sort of checkup. (Figure 36)

Figure 36 Distribution, by gender and by age group, of persons (aged 20 and over) who received a health checkup or a through medical checkup



Note: Inpatients are not included in the above data.

Looking at reasons for not having received a health checkup or a through medical checkup, 32.5% or the largest percentage of people having received no health checkup or through medical checkup is mentioning, “can receive a checkup at a medical institution whenever health concerns arise”, and then follow the reasons, “could not make time” and “going to receive a medical checkup”.

In terms of age group, “going to receive a medical checkup is an effort” is the most common reason in the age group of “20 to 29 years”; in the age groups of 30s to 50s, “could not make time” and in the age groups of 60s and over, “can receive a checkup at a medical institution whenever health concerns arise” are the most commonly heard reasons. (Table 18)

Table 18 Percentage distribution of reasons for not having received a health checkup or a through medical checkup (based on multiple response) (for persons aged 20 and over)

(Unit: %)														2013
Age group	Total	Can receive checkup at medical institution whenever health concerns arise	Could not make time	Going to receive a medical checkup is an effort	Expensive	Do not feel checkup is necessary every year	Hospitalized or receiving treatment at medical institution at time of checkup	No need for checkup because of confidence in health	Anxiety about tests, etc.	Do not wish to receive checkup due to fear of results	Did not know	Place for health checkup is distant	others	
Total	100.0	32.5	20.6	18.5	15.4	9.5	8.6	8.2	4.8	3.3	3.0	1.9	11.4	
20 - 29	100.0	16.8	21.7	24.0	22.0	9.5	1.2	13.0	2.1	2.6	9.2	1.8	15.1	
30 - 39	100.0	17.5	32.6	22.0	28.3	7.5	2.2	8.1	3.4	3.2	5.0	1.9	13.3	
40 - 49	100.0	18.7	37.4	24.5	21.2	7.6	3.2	6.9	6.3	4.4	2.1	2.6	10.7	
50 - 59	100.0	28.1	29.2	22.4	16.5	9.1	7.0	7.0	7.9	4.2	1.3	1.9	10.6	
60 - 69	100.0	41.3	15.1	17.7	10.9	12.4	11.5	8.6	6.8	3.7	1.2	1.6	9.6	
70 - 79	100.0	51.3	5.6	10.6	6.1	11.3	15.7	8.4	4.2	2.8	1.3	1.7	8.7	
Aged 80 and over	100.0	52.4	2.4	8.4	2.5	7.9	19.6	5.3	1.7	1.7	1.4	2.1	12.9	
(regrouped)														
Aged 65 and over	100.0	49.8	6.1	11.2	6.0	10.7	16.2	7.6	3.9	2.7	1.3	1.7	10.2	
Aged 75 and over	100.0	52.5	3.0	8.8	3.4	8.8	18.6	6.0	2.5	2.1	1.4	2.0	11.1	

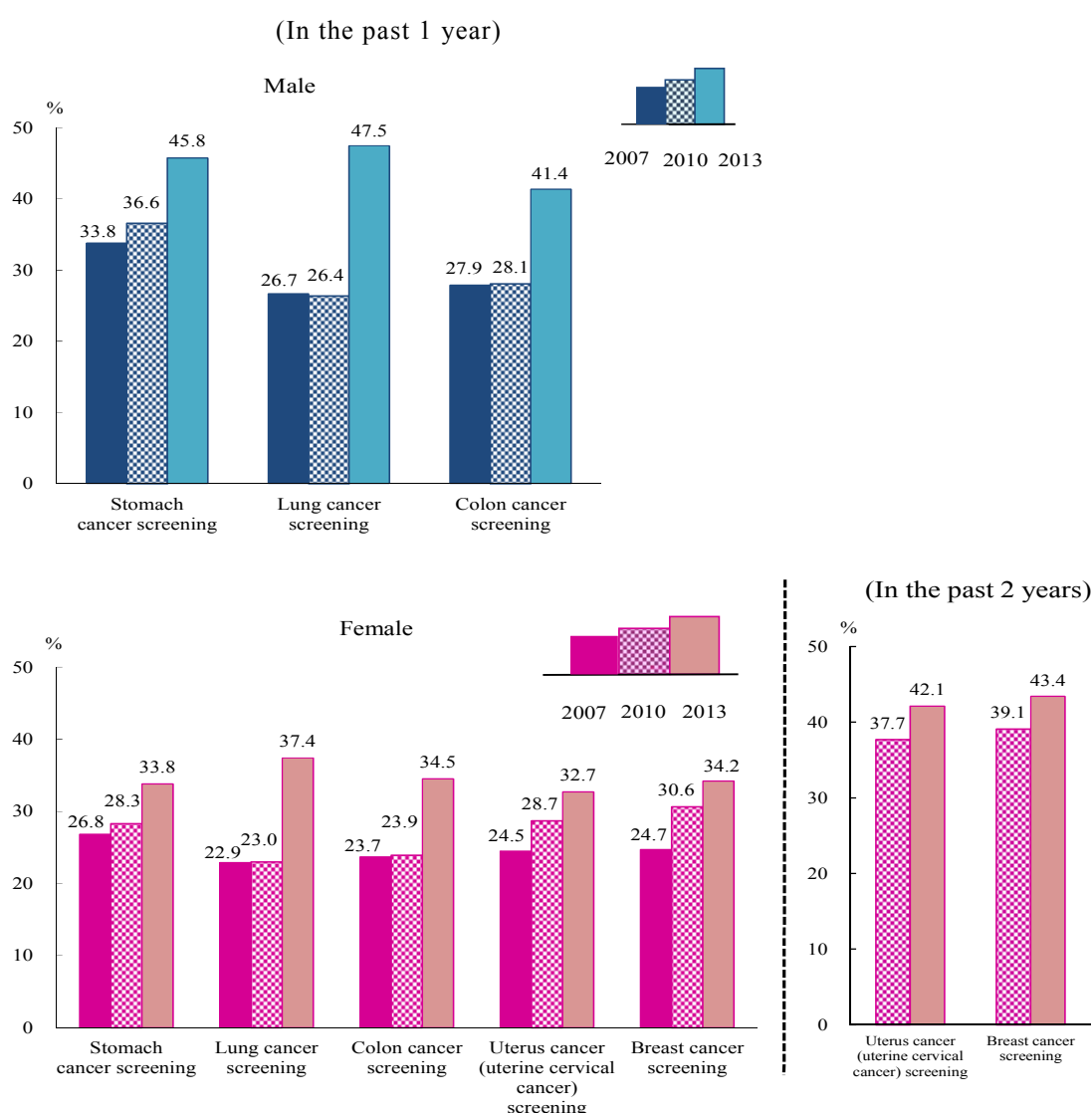
Note: Inpatients are not included in the above data.

## 10 Cancer screening

Examining persons aged 40 to 69 years who received a cancer screening test during the past one year (as for uterus cancer (uterine cervical cancer) screening, persons aged 20 to 69 years; excluding inpatients), the most common was the “lung cancer screening” in both the male and the female populations with 47.5% for the male population and 37.4% for the female population.

Meanwhile, looking at persons who received a uterus cancer (uterine cervical cancer) screening test and a breast cancer screening test in the past two years, persons who received a uterus cancer (uterine cervical cancer) screening test account for 42.1% and those who received a breast cancer screening account for 43.4%. (Figure 37)

Figure 37 Trends in percentages, by gender, of persons aged 40 to 69 years who received a cancer screening test (as for uterus cancer (uterine cervical cancer) screening, persons aged 20 to 69 years; excluding inpatients)



Note: 1) Inpatients are not included in the above data.

2) Up until the 2010 survey only uterus cancer screening was covered, and in the 2013 survey both uterus cancer screening and uterine cervical cancer screening are covered.

3) Up until the 2010 survey the rate of persons who received a cancer screening was calculated for persons aged 40 years and over (as for uterus cancer screening, aged 20 years and over) without setting an upper limit. Since the target age span for the calculation of the rate of persons receiving a cancer screening was determined to be "40 to 69 years of age" (as for uterus cancer (uterine cervical) screening, 20 years of age and over) under the "Basic Plan to Promote Cancer Control Programs" (adopted by the Cabinet in June 8, 2012), this 2013 survey has adopted the said target age span to calculate the rate and also recalculated the data of surveys conducted in and before 2010 in accordance with the said target age span.

## IV Long-term care

### 1 Households with a person requiring long-term care

Looking at, by household structure, the percentage distribution of households with a person requiring support or requiring long-term care under the Long-Term Care Insurance Act (hereinafter referred to as a “person requiring long-term care, etc.”), “nuclear family household” account for the largest percentage accounting for 35.4%, followed by “one-person household” accounting for 27.4% and the by “three-generation household” accounting for 18.4%.

In terms of yearly trends, the percentage of “one-person household” is increasing and that of “three-generation household” is decreasing. (Table 19)

Table 19 Yearly trends in the percentage distribution, by household structure, of households with a person requiring long-term care etc.

(Unit: %)

Year	Total	One-person household	Nuclear family household	(regrouped) Household of a couple only	Three-generation-family household	Other households	(regrouped) Aged household
2001	100.0	15.7	29.3	18.3	32.5	22.4	35.3
2004	100.0	20.2	30.4	19.5	29.4	20.0	40.4
2007	100.0	24.0	32.7	20.2	23.2	20.1	45.7
2010	100.0	26.1	31.4	19.3	22.5	20.1	47.0
2013	100.0	27.4	35.4	21.5	18.4	18.7	50.9

Looking at the percentage distribution of care requirement levels by household structure, in “one-person household”, the percentage of households with a person requiring low level care is higher while in “nuclear family household” and “three-generation household”, the percentage of households with a person requiring high level care is high. (Table 20)

Table 20 Percentage distribution of long-term care requirement levels by the structure of households with a person requiring long-term care, etc.

(Unit: %)

2013

Care requirement level	Total	One-person household	Nuclear family household	(regrouped) Household of a couple only	Three-generation-family household	Other households	(regrouped) Aged household
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Households with a person requiring support	27.7	41.6	23.5	24.1	21.1	21.8	33.2
Support level 1	12.8	20.8	9.9	9.6	9.9	9.4	15.5
Support level 2	14.9	20.8	13.7	14.5	11.2	12.4	17.7
Households with a person requiring long-term care	70.0	55.4	74.6	73.9	76.7	76.1	64.7
Long-term care level 1	18.8	18.3	17.4	17.9	22.2	18.6	18.6
Long-term care level 2	20.4	16.2	21.2	22.8	18.9	26.4	19.8
Long-term care level 3	13.3	10.1	14.7	13.7	14.7	13.7	12.3
Long-term care level 4	9.8	6.6	11.0	10.6	11.9	10.2	8.1
Long-term care level 5	7.8	4.2	10.3	8.9	9.0	7.2	5.9

Note: 1) "Total" includes cases where the long-term care level is not stated.

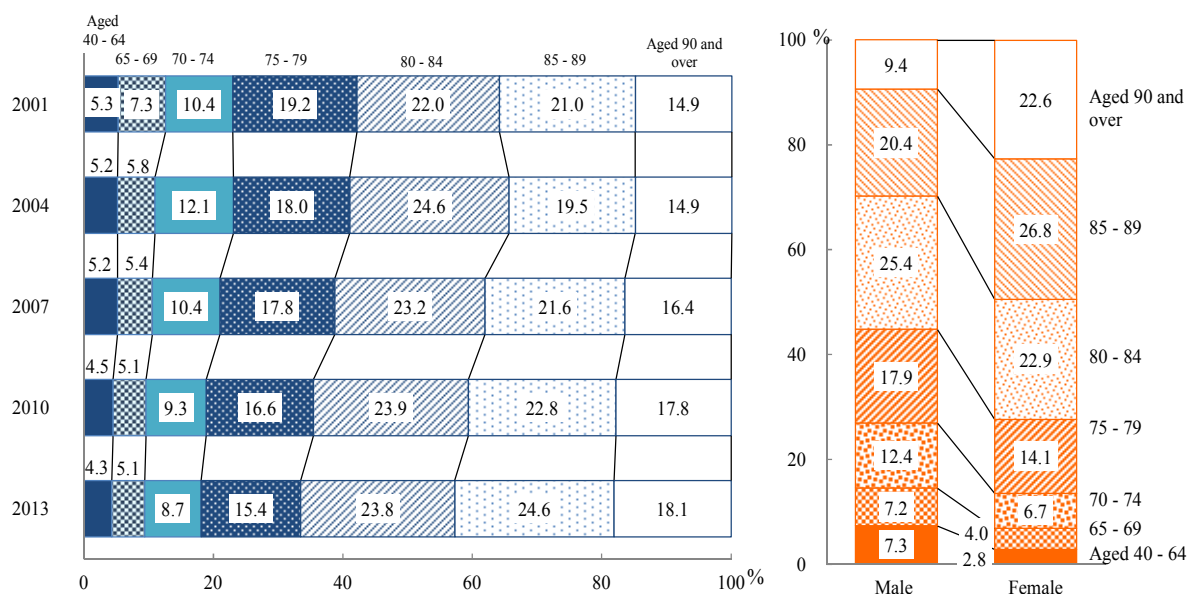
2) As for households with more than one person requiring long-term care, etc., classification is based on the care level of a person requiring higher level care.



## 2 Person requiring long-term care, etc.

Looking at the yearly trends in the percentage distribution of the ages of persons requiring long-term care, etc., the percentages of higher age groups are increasing. Looking at the percentage distribution of the ages of persons requiring long-term care, etc. for the year 2013, the male population aged “80 to 84 years” and the female population aged “85 to 89 years” account for the highest percentages, respectively 25.4% and 26.8%. (Figure 38, 39)

Figure 38 Yearly trends in percentage distribution of the ages of persons requiring long-term care, etc.  
Figure 39 Percentage distribution, by gender, of the ages of persons requiring long-term care, etc. (for the year 2013)



Looking at the percentage distribution of major causes for long-term care by care requirement level, in the case of persons requiring support, “Arthritis” accounts for the largest percentage standing at 20.7%, followed by “Infirmary due to aging” standing at 15.4%. As for persons requiring long-term care, the most common causes are “Cerebrovascular disease (stroke)” standing at 21.7% and “Dementia” standing at 21.4%. (Table 21)

Table 21 Percentage distribution of major causes (Top 3 causes) of long-term care by care requirement level

(Unit: %)						2013
Care requirement level	1st		2nd		3rd	
Total	Cerebrovascular disease (stroke)	18.5	Dementia	15.8	Infirmary due to aging	13.4
Person requiring support	Arthritis	20.7	Infirmary due to aging	15.4	Bone fracture/fall	14.6
Support level 1	Arthritis	23.5	Infirmary due to aging	17.3	Bone fracture/fall	11.3
Support level 2	Arthritis	18.2	Bone fracture/fall	17.6	Cerebrovascular disease (stroke)	14.1
Person requiring long-term care	Cerebrovascular disease (stroke)	21.7	Dementia	21.4	Infirmary due to aging	12.6
Long-term care level 1	Dementia	22.6	Infirmary due to aging	16.1	Cerebrovascular disease (stroke)	13.9
Long-term care level 2	Dementia	19.2	Cerebrovascular disease (stroke)	18.9	Infirmary due to aging	13.8
Long-term care level 3	Dementia	24.8	Cerebrovascular disease (stroke)	23.5	Infirmary due to aging	10.2
Long-term care level 4	Cerebrovascular disease (stroke)	30.9	Dementia	17.3	Bone fracture/fall	14.0
Long-term care level 5	Cerebrovascular disease (stroke)	34.5	Dementia	23.7	Infirmary due to aging	8.7

### 3 Principal caregiver

Looking at who is the principal caregiver, persons “co-resident” with persons requiring long-term care, etc. account for the largest percentage standing at 61.6%, followed by “care support providers” accounting for 14.8%.

Looking at the relationship with principal “co-resident” caregivers with persons requiring long-term care, etc., the most common is “spouse” accounting for 26.2%, followed by “child” accounting for 21.8% and then by “spouse of child” accounting for 11.2%. (Figure 40)

Meanwhile, examining principal “co-resident” caregivers by gender, female caregivers account for a larger percentage standing at 68.7% than male caregivers accounting for 31.3%. In terms of age group, for both male and female caregivers, the age group of “60 to 69 years” accounts for the largest percentage, standing at respectively 27.7% and 32.5%. (Figure 41)

Figure 40 Percentage distribution of principal caregivers by their relationship to persons requiring long-term care, etc. For the year 2013

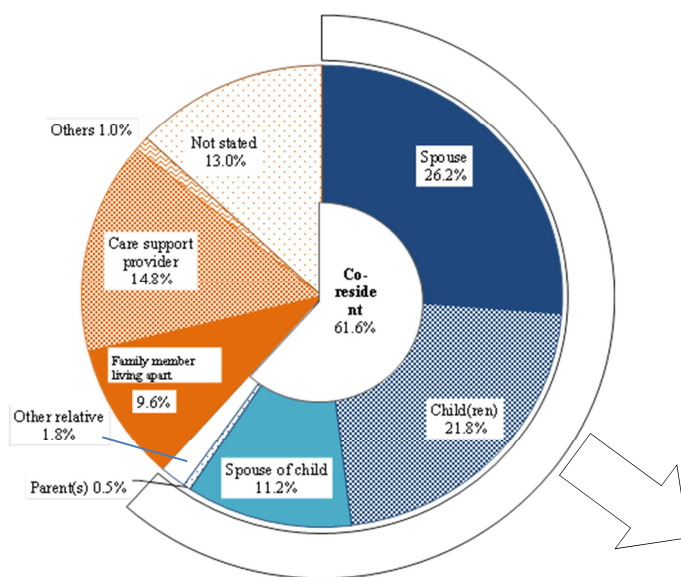
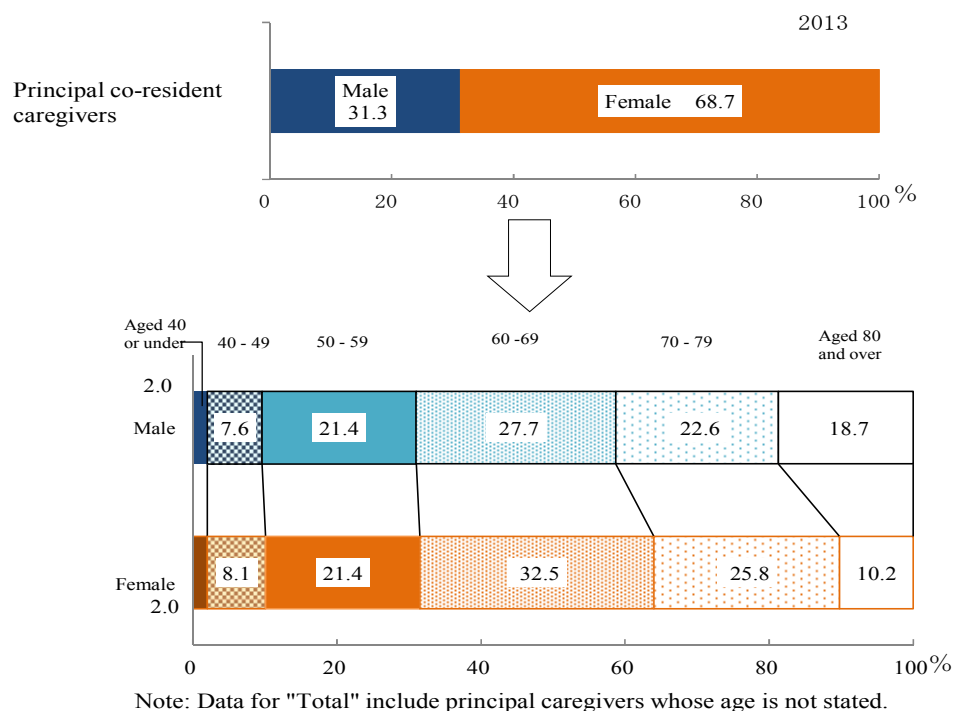


Figure 41 Percentage distribution of principal co-resident caregivers by gender and by age group



Looking at the combinations of principal co-resident caregivers and persons requiring long-term care, etc. by age group, as for persons requiring long-term care, etc. aged “70 to 79 years”, persons aged “70 to 79 years” are the most common caregivers accounting for 50.6% while as for those requiring long-term care, etc. aged “80 to 89 years”, persons aged “50 to 59 years” are the most common caregivers, reaching 29.9%. (Table 22)

In terms of yearly trends, increases are observed in combinations where both sides are aged 60 years and over, 65 years and over and 75 years and over. (Figure 42)

Table 22 Percentage distribution of co-resident principal caregivers and persons requiring long-term care, etc. by gender and by age group

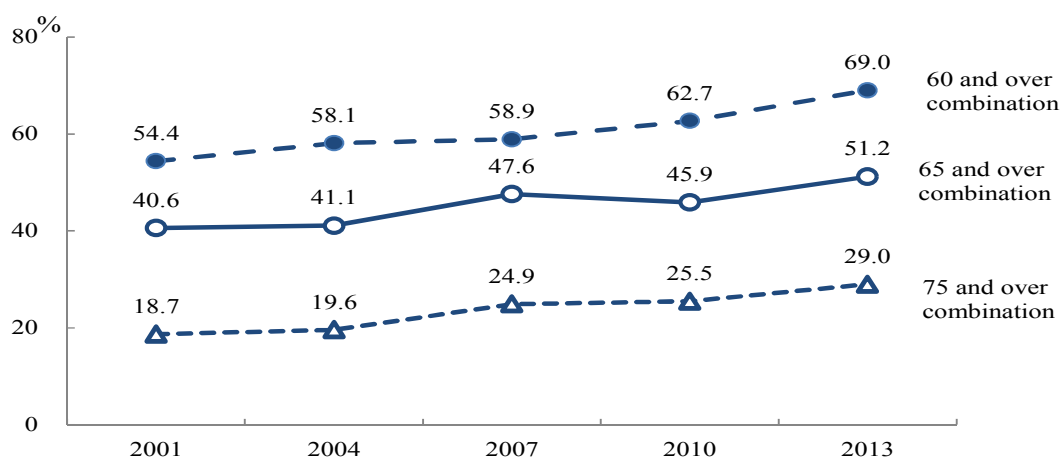
(Unit: %)

2013

Gender and age group of major co-resident caregivers	Persons requiring long-term care, etc.								
	Total	Aged 40 - 64	65 - 69	70 - 79	80 - 89	Aged 90 and over	(Regrouped) Aged 60 and over	(Regrouped) Aged 65 and over	(Regrouped) Aged 75 and over
Total	[100.0]	[4.1]	[5.3]	[25.1]	[46.6]	[19.0]	[98.2]	[95.9]	[80.8]
	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Aged 40 and under	2.0	7.8	4.1	2.3	1.5	1.2	1.9	1.8	1.3
Aged 40 - 49	8.0	9.2	11.9	14.4	6.2	2.3	7.8	7.9	6.8
50 - 59	21.4	28.7	5.7	10.0	29.9	18.1	21.1	21.0	24.3
60 - 69	31.0	34.2	52.6	13.7	26.1	59.2	31.2	30.8	29.8
70 - 79	24.8	9.6	24.4	50.6	16.4	14.6	24.9	25.4	22.7
Aged 80 and over	12.9	10.5	1.3	9.0	19.8	4.6	13.0	13.0	14.9
(Regrouped)									
Aged 60 and over	68.6	54.3	78.2	73.3	62.3	78.4	69.0	69.2	67.5
(Regrouped)									
Aged 65 and over	50.5	33.4	52.4	71.9	41.9	46.3	50.8	51.2	48.1
(Regrouped)									
Aged 75 and over	26.5	14.4	6.2	32.6	33.5	9.1	26.6	27.0	29.0
(Regrouped)									
Male	31.3	38.9	41.6	34.8	30.1	24.9	31.2	31.0	29.5
Aged 40 and under	0.6	3.8	1.5	0.9	0.2	0.3	0.6	0.5	0.3
Aged 40 - 49	2.4	1.6	6.1	4.5	1.8	0.3	2.4	2.4	1.8
50 - 59	6.7	7.3	0.3	4.1	10.0	3.6	6.6	6.7	7.8
60 - 69	8.7	24.6	12.2	0.9	8.5	14.9	8.5	8.0	8.5
70 - 79	7.1	1.1	20.2	17.4	1.5	4.7	7.2	7.3	4.2
Aged 80 and over	5.8	0.6	1.3	7.0	8.2	1.0	5.9	6.1	6.9
(Regrouped)									
Aged 60 and over	21.6	26.3	33.7	25.3	18.2	20.7	21.6	21.4	19.5
(Regrouped)									
Aged 65 and over	16.2	12.7	31.2	24.9	11.5	12.9	16.3	16.3	13.8
(Regrouped)									
Aged 75 and over	10.0	0.6	6.2	18.8	9.4	2.7	10.1	10.4	9.7
(Regrouped)									
Female	68.7	61.1	58.4	65.2	69.9	75.1	68.8	69.0	70.5
Aged 40 and under	1.4	4.0	2.6	1.3	1.3	0.9	1.3	1.3	1.0
Aged 40 - 49	5.6	7.7	5.9	9.9	4.5	2.0	5.4	5.5	5.0
50 - 59	14.7	21.4	5.4	5.9	19.9	14.5	14.6	14.4	16.5
60 - 69	22.3	9.6	40.4	12.8	17.6	44.3	22.7	22.9	21.3
70 - 79	17.7	8.5	4.2	33.2	14.9	9.9	17.7	18.1	18.5
Aged 80 and over	7.0	10.0	-	1.9	11.7	3.6	7.0	6.9	8.1
(Regrouped)									
Aged 60 and over	47.0	28.0	44.6	47.9	44.1	57.7	47.4	47.8	48.0
(Regrouped)									
Aged 65 and over	34.3	20.7	21.3	47.0	30.5	33.3	34.5	34.9	34.3
(Regrouped)									
Aged 75 and over	16.5	13.9	-	13.9	24.1	6.3	16.5	16.6	19.3
(Regrouped)									

Note: Data for "Total" include principal caregivers whose age is not stated.

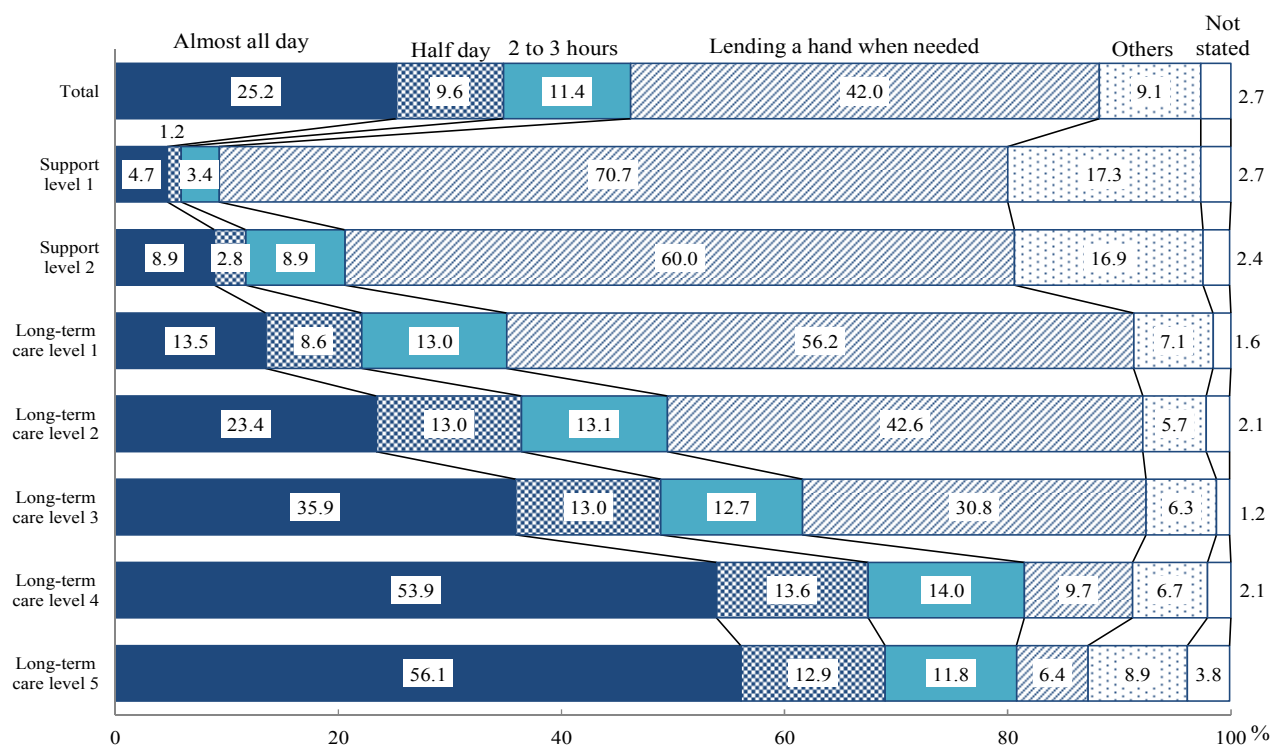
Figure 42 Yearly trends in percentage distribution, by age, of combinations of principal co-resident caregivers and persons requiring long-term care, etc.



Looking at the percentage distribution, by care requirement level, of care hours spent by principal co-resident caregivers, from “support level 1” thorough “care level 2”, the percentage of “lending a hand when needed” is the highest, while at “care level 3” and higher levels, the percentage of “almost all day” is the highest. (Figure 43)

Figure 43 Percentage distribution, by care requirement level, of care hours spent by principal co-resident caregivers

2013

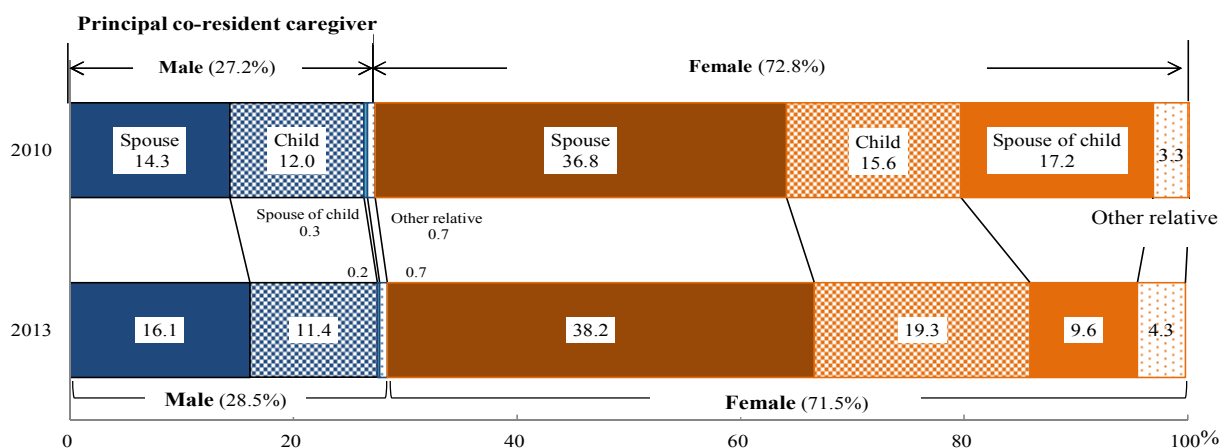


Note: Data for "Total" include cases where care requirement level is not stated.

Comparing the percentage of principal co-resident caregivers who responded “almost all day” with that of the 2010 survey, “male” caregivers have increased from 27.2% to 28.5% and “female” caregivers have decreased from 72.8% to 71.5%, but no major change is not observed.

In terms of relationship, the percentage of “spouse” has increased in both the “male” and “female” populations and, as for “female”, the percentage of “child” has increased while “spouse of child” has decreased. (Figure 44)

Figure 44 Percentage distribution, by relationship to persons requiring long-term care, etc., of principal co-resident caregivers whose care hours are “almost all day”



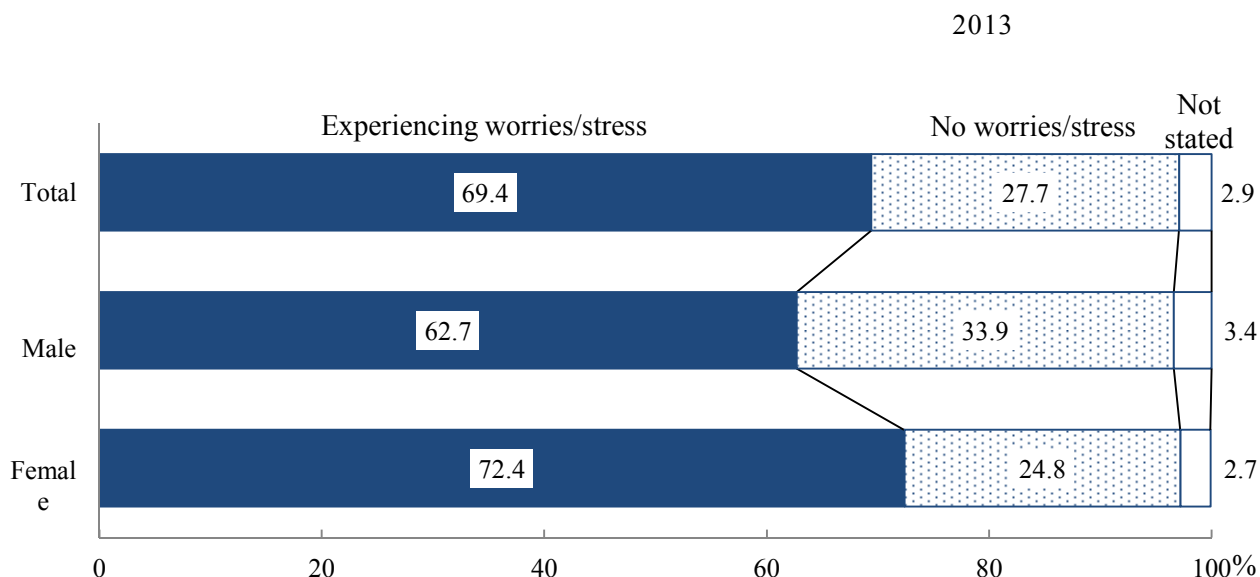
Note: Data for "Other relative" include "parent(s)"

#### 4 Worries and stress felt among principal co-resident caregivers

Looking at worries and stress felt by principal co-resident caregivers in their everyday life, those responding “experiencing worries and stress” account for 69.4% and “no worries and stress”, 27.7%.

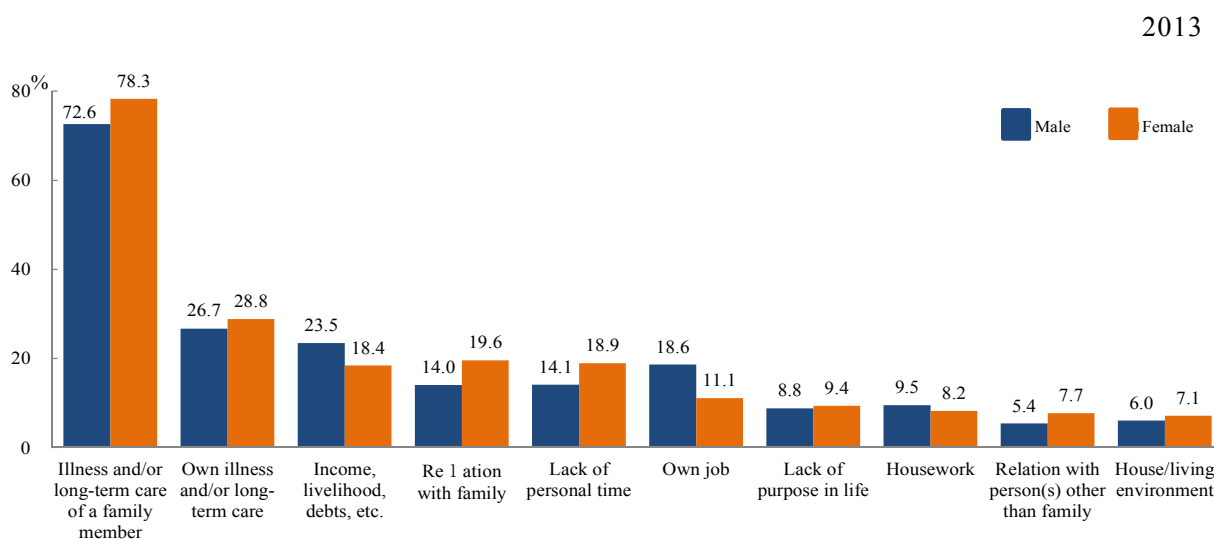
In terms of gender, 67.2% of male caregivers and 72.4 % of female caregivers responded “having worries and stress”, and the percentage is higher in female caregivers. (Figure 45)

Figure 45 Percentage distribution, by gender, of principal co-resident caregivers experiencing worries/stress and those experiencing no worries/stress



Looking at the causes of worries and stress felt by caregivers responding they are experiencing worries and stress in their daily life, the most common cause among both male and female caregivers is “illness and/or long-term care of a family member”, accounting for 72.6% and 78.3% respectively, followed by “own illness and/or long-term care” accounting for 26.7% and 28.8% respectively. (Figure 46)

Figure 46 Distribution, by gender, of causes of worries and stress felt by principal co-resident caregivers (based on multiple responses)



## 5 Use of nursing care services

Looking at the use of nursing care services during the month of May, 78.9% of persons requiring long-term care, etc. used at least one type of nursing care services. In terms of household structure, 84.2% of “one-person households” used at least one type of nursing care services and the percentage is the highest, followed by “three-generation household” accounting for 80.8%.

In terms of the type of nursing care services used, in “one-person households”, “in-home nursing care services” are the most popular, accounting for 70.5%, and the percentage of “meal delivery service” is also high as compared to in other household types, standing at 11.6%. (Table 23)

Table 23 Percentage distribution, by household structure, of nursing care services used (based on multiple responses)

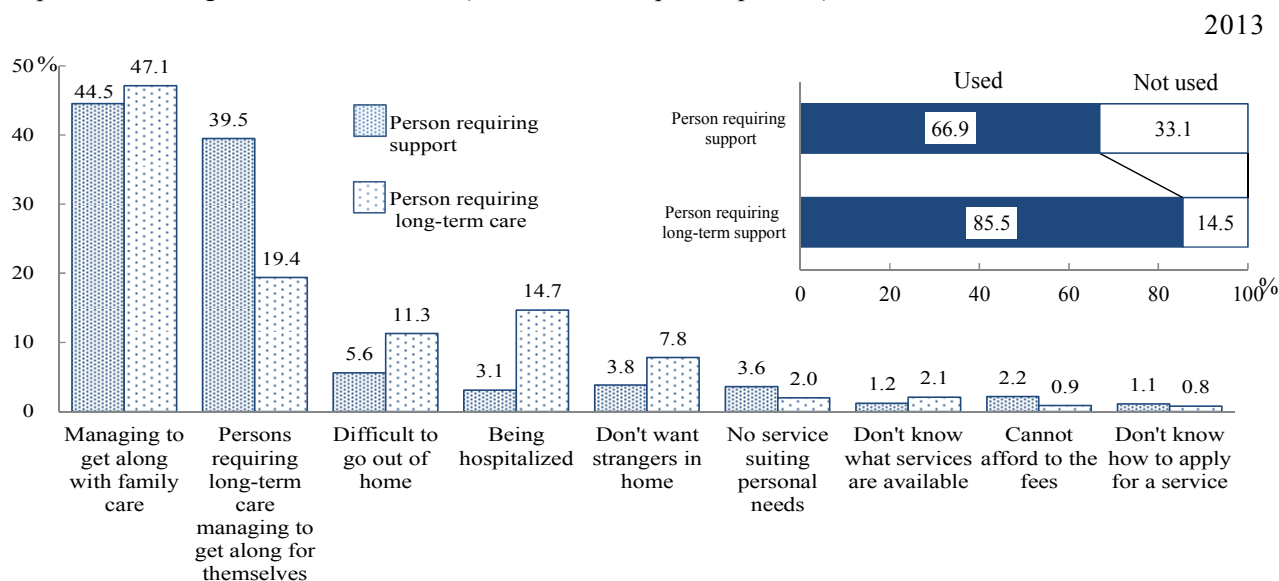
(Unit: %)

2013							
Used or not used Type of nursing care services	Total	One-person household	Nuclear family household	( regrouped ) Household of a couple only	Three-generation-family household	Other households	( regrouped ) Aged household
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Used	78.9	84.2	74.6	74.5	80.8	78.5	79.6
In-home care services	54.0	70.5	48.4	49.2	47.7	48.5	59.0
Ambulatory long-term care services	48.1	33.2	47.3	45.5	61.9	57.0	40.6
Short-term stay services	9.1	3.5	6.0	5.7	14.9	17.3	6.0
Residential-facility services	3.9	9.9	1.1	0.9	2.2	2.7	5.8
Multifunctional care in a small group home setting	2.7	2.0	2.7	3.0	3.2	3.1	2.3
Meal delivery service	6.7	11.6	6.7	7.5	2.7	3.8	9.6
Outing support service	3.0	4.3	3.0	3.2	1.9	2.2	3.5
Bedding washing/drying/disinfection service	1.2	1.6	1.4	1.3	0.6	1.1	1.5
Not used	21.1	15.8	25.4	25.5	19.2	21.5	20.4

Looking at, by care requirement level, the use of nursing care services during the month of May, 66.9% of “persons requiring support” and 85.5% of “persons requiring long-term care” used any one of the services.

Meanwhile, looking at reasons why any of In-home, Ambulatory, Short-term stay, Residential-facility, Multifunctional care in small group home setting and other services was not used, the most commonly heard was “Managing to get along with family care” which accounts for 44.5% in the population requiring support and 47.1% in the population requiring long-term care. (Figure 47)

Figure 47 Utilization situation of nursing care services and Percentage distribution of reasons for no utilization of In-home, Ambulatory, Short-term stay, Residential-facility, Multifunctional care in small group home setting and other services (based on multiple responses)





## 6 Involvement of caregivers

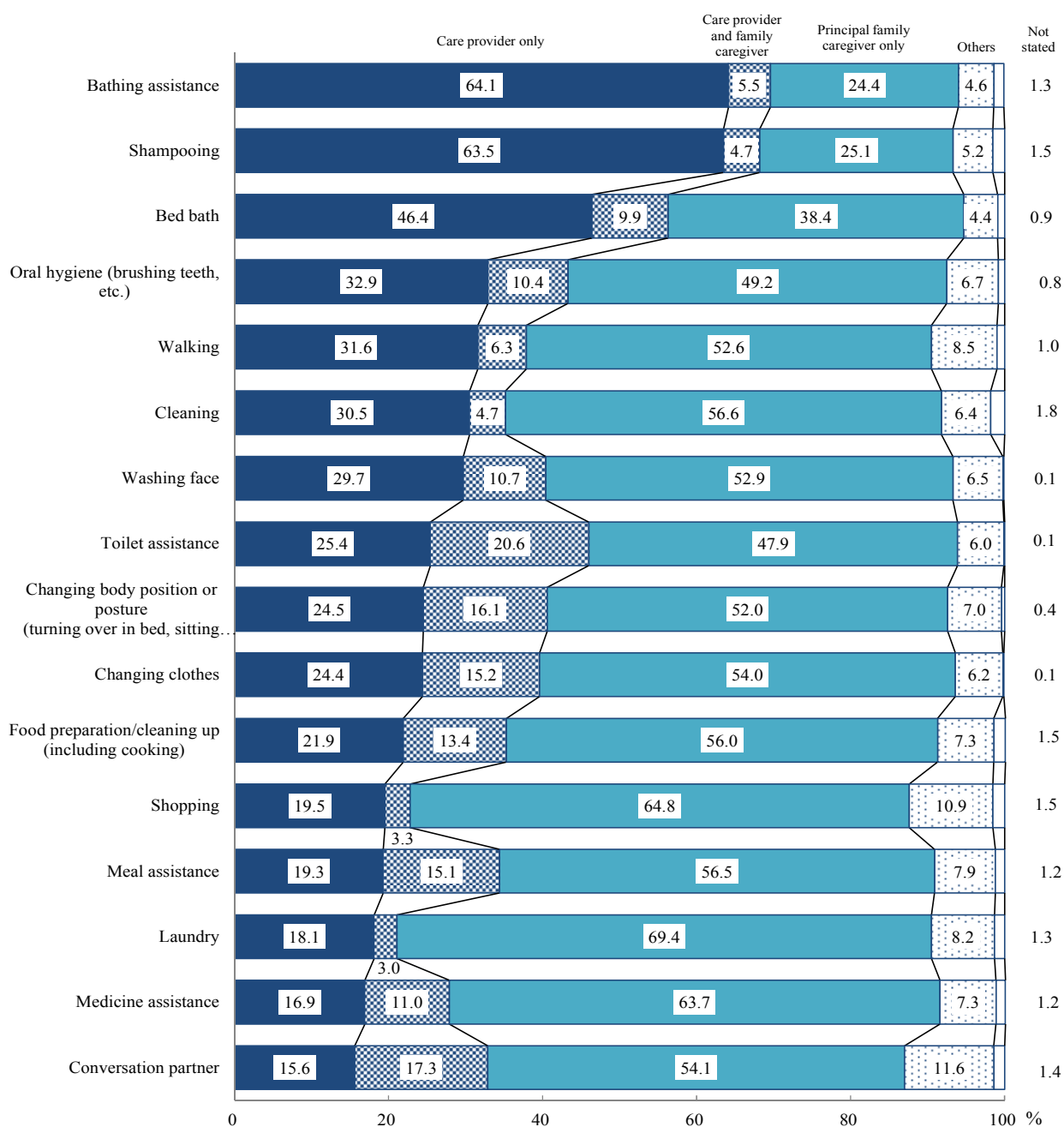
Looking at the involvement of caregivers for each of the 16 categories of nursing cares that persons requiring long-term care are receiving from their family members/relatives or home visiting nursing care providers, categories about which the involvement of home visiting nursing care providers is the highest is “bathing assistance” standing at 64.1%, then followed by “shampooing” standing at 63.5%.

The percentage of nursing care provided by “principal family caregivers only” is high for all categories except for “bathing assistance”, “shampooing” and “bed bath”.

The most common nursing care provided by nursing care providers and family caregivers is “toilet assistance” which stands at 20.6%. (Figure 48)

Figure 48 Levels of involvement of caregivers by the category of nursing cares

2013



Note: The data for "Others" include "principal family caregiver and other family caregivers" and "other family caregiver only".

## Statistical Table

- Table 1 Household conditions by household type
- Table 2 Income conditions by household type
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- Table 14 Percentage distribution, by care level, of major causes for long-term care



Table 1 Household conditions by household type

2013

	All household	Aged household	Mother-child(ren) household	Household with child(ren)	Household with person(s) aged 65 and over
Number of households (1,000 households)	50 112	11 614	821	12 085	22 420
Percentage to all households (%)	100.0	23.2	1.6	24.1	44.7
Average number of household members (persons)	2.51	1.52	2.65	4.01	2.40
Average number of earners per household (persons)	1.22	0.28	0.91	1.68	0.92
Percentage of households with persons with work (%)	72.8	22.7	83.3	95.5	52.0
Average household expenditures (10,000 yen)	23.3	18.8	17.8	26.8	22.8

Note: 1) "Average number of earners per household" means the number of household members with work.

2) "Household expenditures" means household expenditures expensed during May of 2013 (such as food and drink expenses (including eating-out expenses and luxury foods expenses), housing expenses, utilities expenses, clothing expenses, healthcare expenses, educational expenses, recreational expenses, social expenses, ceremonial expenses and other insurance premiums are not included in this category. miscellaneous expenses) but taxes and social

Table 2 Income conditions by household type

2013 survey

	All household	Aged household	Mother-child(ren) household	Household with child(ren)	Household with person(s) aged 65 and over
Average income per household (10,000 yen)	537.2	309.1	243.4	673.2	481.6
Average disposable income per household (10,000 yen)	417.1	262.3	208.3	528.4	380.8
Average income per household member (10,000 yen)	203.7	197.6	91.8	163.8	193.3
Average earned income per earner (10,000 yen)	307.0	178.6	183.4	346.3	240.5
Percentage distribution (%)	Income quintile	100.0	100.0	100.0	100.0
	Quintile I (Quintile I value) 2.01 million yen	20.0	38.7	47.3	7.6
	Quintile II (Quintile II value) 3.51 million yen	20.0	32.3	37.8	10.9
	Quintile III (Quintile III value) 5.29 million yen	20.0	18.6	10.2	21.9
	Quintile IV (Quintile IV value) 8.02 million yen	20.0	6.7	3.7	29.9
	Quintile V	20.0	3.8	0.9	29.7
	Self-assessed living conditions	100.0	100.0	100.0	100.0
	Very difficult	27.7	23.2	49.5	31.7
	Somewhat difficult	32.2	31.1	35.2	34.3
	Normal	35.6	41.0	14.7	30.7
	Somewhat comfortable	3.9	4.1	0.6	3.1
	Very comfortable	0.5	0.5	-	0.3

Table 3 Labour force statuses of mothers by age group of their youngest child

(Unit: 1,000 persons)

2013

Age group of youngest child	Total	With work				Without work
			Regular staff/employee	Non-regular staff/employee	Others	
Household with child(ren)	11 711	7 384	2 269	4 056	1 059	4 326
Aged 0	947	329	202	79	48	618
1	953	434	213	154	68	518
2	810	395	163	171	61	415
3	732	372	125	188	58	360
4	669	404	118	223	62	265
5	597	377	102	217	59	219
6	584	366	98	212	56	218
7 to 8	1 121	769	203	463	103	352
9 to 11	1 805	1 296	329	782	185	508
12 to 14	1 796	1 334	363	796	175	462
15 to 17	1 697	1 308	353	772	183	389

Note: 1) "Others" include executives of companies/organizations, self-employed persons, persons doing industrial homework, persons working under other labor forms, and cases where it is not stated whether the person is employed or self-employed or how the labour force status is referred to by the employer.

2) The figures above exclude cases where "with or without work is not stated".

Table 4 Percentage distribution of daily average working hour categories of mothers with work by age group of their youngest child

(Unit: %)

2013

Age group of youngest child	Total	From 0 to under 4 hours	4 to under 6	6 to under 8	8 to under 10	10 hours or longer
Regular staff/employee						
Households with children	100.0	8.6	2.6	18.9	58.8	11.0
Aged 0	100.0	61.3	1.8	10.2	21.3	5.3
1	100.0	12.9	3.7	30.7	48.1	4.6
2	100.0	4.7	4.5	27.2	53.5	10.1
3	100.0	3.4	2.1	26.1	58.7	9.7
4	100.0	3.6	2.6	22.7	62.2	8.9
5	100.0	3.1	2.3	20.0	65.8	8.7
6	100.0	2.8	3.6	22.0	61.7	10.0
7-8	100.0	3.0	3.2	15.7	64.7	13.3
9-11	100.0	2.9	1.9	17.8	64.8	12.6
12-14	100.0	2.0	2.7	15.3	65.4	14.6
15-17	100.0	2.2	1.4	14.3	67.9	14.2
non-regular staff/employee						
Households with children	100.0	11.7	39.5	30.7	16.7	1.5
Aged 0	100.0	41.6	28.1	17.5	12.2	0.5
1	100.0	12.9	30.5	38.0	16.5	2.1
2	100.0	10.1	34.1	36.6	18.6	0.6
3	100.0	12.2	37.3	32.7	16.5	1.4
4	100.0	12.8	42.9	28.5	13.9	2.0
5	100.0	12.8	43.5	29.8	11.9	2.1
6	100.0	13.5	37.4	31.5	16.4	1.2
7-8	100.0	11.3	45.4	28.9	13.4	1.0
9-11	100.0	11.3	41.1	30.7	15.1	1.8
12-14	100.0	9.9	41.2	29.7	17.8	1.4
15-17	100.0	10.1	35.5	31.3	21.3	1.8

Note: 1) Average daily working hours were obtained by dividing hours worked during the period from May 20 to 26 with the number of days worked during the said period.

2) The figures above do not include mothers whose average working hours were not stated.

3) The figures above do not include executives of companies/organizations, self-employed persons, family workers, persons doing industrial homework, persons working under other labor forms, and cases where it is not stated whether the person is employed or self-employed or how the labour force status is referred to by the employer

Table 5 Percentage distribution of the types of daytime child-care by labour force status of mothers and by age group of their youngest child (based on multiple responses)

(Unit: %)

2013

Labour force status of mothers Age of infants	Total	Infants' father/mother	Infants' grandfather/gr andmother	Authorized nursery center	Unauthorized nursery facility	Kindergarten	Others
With work	100.0	29.3	10.4	57.9	4.8	14.7	2.7
Aged 0	100.0	70.9	15.5	24.5	3.2	•	5.9
1	100.0	34.0	13.3	61.0	8.1	•	4.4
2	100.0	30.3	13.7	67.5	8.2	•	3.2
3	100.0	20.2	9.1	69.5	3.4	17.7	1.9
4	100.0	14.5	5.9	62.0	2.4	32.4	0.7
5	100.0	14.5	6.3	59.0	2.9	33.9	0.8
6	100.0	11.8	5.2	50.4	2.8	37.5	1.1
Without work	100.0	67.3	6.9	7.4	1.0	24.9	6.8
Aged 0	100.0	89.1	9.7	2.6	0.4	•	8.0
1	100.0	85.6	9.5	6.3	0.8	•	9.3
2	100.0	84.5	7.8	7.5	1.1	•	9.9
3	100.0	46.2	4.8	10.4	1.6	52.6	5.3
4	100.0	27.8	2.0	11.8	1.8	78.4	1.7
5	100.0	22.5	2.4	11.6	1.2	81.8	1.3
6	100.0	16.1	0.3	17.5	2.4	71.8	0.9

Table 6 Labour force statuses by gender and age group of persons aged 15 years and over

(Unit: 1,000 persons)

2013

Gender Age group	Total	With work				Without work
			Regular staff/employee	Non-regular staff/employee	Others	
Total	105 869	61 243	29 625	17 881	13 737	44 626
Aged 15-19	6 055	924	262	581	81	5 131
20-24	5 344	3 601	2 035	1 338	229	1 742
25-29	5 629	4 628	3 091	1 185	353	1 001
30-34	6 627	5 255	3 410	1 282	563	1 372
35-39	8 521	6 849	4 196	1 709	943	1 673
40-44	9 175	7 505	4 304	2 032	1 169	1 670
45-49	8 066	6 754	3 718	1 848	1 188	1 313
50-54	7 733	6 396	3 434	1 740	1 222	1 337
55-59	7 970	6 133	2 984	1 616	1 533	1 837
60-64	10 168	6 072	1 466	2 577	2 030	4 096
65 and over	30 580	7 127	726	1 973	4 427	23 453
Male	50 036	34 440	20 543	5 487	8 410	15 596
Aged 15-19	3 073	476	167	262	46	2 597
20-24	2 706	1 815	1 069	603	143	890
25-29	2 755	2 472	1 835	424	213	283
30-34	3 222	2 974	2 284	329	361	247
35-39	4 174	3 926	3 018	329	579	248
40-44	4 450	4 171	3 140	307	723	279
45-49	3 915	3 667	2 696	231	740	248
50-54	3 754	3 488	2 497	249	742	267
55-59	3 857	3 492	2 197	356	938	365
60-64	4 874	3 637	1 112	1 257	1 267	1 237
65 and over	13 255	4 322	527	1 138	2 657	8 933
Female	55 833	26 803	9 082	12 394	5 327	29 030
Aged 15-19	2 982	448	95	319	35	2 534
20-24	2 638	1 786	966	734	86	852
25-29	2 874	2 156	1 256	761	140	718
30-34	3 405	2 280	1 126	953	202	1 125
35-39	4 347	2 922	1 178	1 380	364	1 425
40-44	4 725	3 334	1 164	1 724	445	1 391
45-49	4 151	3 086	1 021	1 618	447	1 065
50-54	3 979	2 908	936	1 492	480	1 070
55-59	4 113	2 641	786	1 260	595	1 472
60-64	5 294	2 436	353	1 319	763	2 858
65 and over	17 325	2 805	199	835	1 770	14 520

Note: 1) "Others" include executives of companies/organizations, self-employed persons, family workers, persons doing industrial homework, persons working under other labor forms, and cases where it is not stated whether the person is employed or self-employed or how the labour force status is referred to by the employer.

2) The figures above exclude cases where "with or without work is not stated".

Table 7 Distribution of household structures/households with person(s) aged 65 or over/aged households/households with child(ren) by prefectures and by 21 major cities (regrouped)

Unit: 1,000 households)

Prefectures/21 major cities (regrouped)	Total	One-person household	Nuclear family households	Household of a couple only	Household of a couple and unmarried child(ren) only	Households of a single parent and unmarried child(ren) only
Total	50 112	13 285	30 163	11 644	14 899	3 621
01 Hokkaido	2 383	733	1 426	639	618	169
02 Aomori	497	115	273	101	132	40
03 Iwate	486	128	241	101	104	36
04 Miyagi	856	215	472	168	245	58
05 Akita	395	95	203	82	90	32
06 Yamagata	382	75	180	69	84	27
07 Fukushima	703	164	372	148	178	46
08 Ibaraki	1 065	222	651	243	331	78
09 Tochigi	715	153	422	155	214	53
10 Gunma	759	199	441	177	217	47
11 Saitama	2 723	565	1 823	647	967	209
12 Chiba	2 391	586	1 545	583	792	170
13 Tokyo	5 805	1 955	3 416	1 298	1 688	430
14 Kanagawa	3 617	897	2 409	887	1 280	243
15 Niigata	846	213	439	164	221	54
16 Toyama	382	80	209	80	102	26
17 Ishikawa	441	118	237	95	117	25
18 Fukui	262	48	143	52	75	16
19 Yamanashi	331	89	194	74	98	22
20 Nagano	778	184	423	171	201	51
21 Gifu	719	153	416	158	212	46
22 Shizuoka	1 380	337	792	286	402	104
23 Aichi	2 763	668	1 709	627	909	174
24 Mie	684	156	406	167	196	44
25 Shiga	506	124	287	104	157	26
26 Kyoto	1 088	337	633	251	315	67
27 Osaka	3 663	1 048	2 329	905	1 093	332
28 Hyogo	2 197	542	1 439	549	726	164
29 Nara	511	98	337	134	168	35
30 Wakayama	391	93	240	108	107	25
31 Tottori	209	49	106	39	48	19
32 Shimane	278	88	131	56	58	17
33 Okayama	724	173	428	169	210	49
34 Hiroshima	1 133	298	690	290	326	74
35 Yamaguchi	585	153	357	162	155	40
36 Tokushima	318	95	172	76	77	20
37 Kagawa	398	116	223	90	105	28
38 Ehime	596	173	353	151	161	41
39 Kochi	315	92	187	76	85	26
40 Fukuoka	2 092	634	1 206	442	584	180
41 Saga	301	71	160	59	78	23
42 Nagasaki	549	141	330	127	161	43
43 Kumamoto	694	176	388	162	180	46
44 Oita	465	117	280	118	133	28
45 Miyazaki	461	123	289	122	132	36
46 Kagoshima	737	241	440	193	196	50
47 Okinawa	540	156	316	93	172	50
(Regrouped)						
50 Tokyo ward area	4 131	1 554	2 278	887	1 093	297
51 Sapporo city	845	256	521	210	241	69
52 Sendai city	432	124	256	94	134	27
53 Saitama city	484	116	326	108	181	38
54 Chiba city	364	73	259	93	142	24
55 Yokohama city	1 505	392	997	368	532	98
56 Kawasaki city	608	183	383	140	200	42
57 Sagami-hara city	297	84	190	68	99	23
58 Niigata city	310	84	171	61	88	22
59 Shizuoka city	265	64	153	54	79	20
60 Hamamatsu city	291	71	170	63	89	18
61 Nagoya city	946	325	521	187	268	66
62 Kyoto city	662	249	357	142	174	41
63 Osaka city	1 226	464	671	288	286	97
64 Sakai city	322	80	215	71	118	27
65 Kobe city	652	189	424	171	210	42
66 Okayama city	283	77	173	67	89	17
67 Hiroshima city	487	136	304	131	144	30
68 Kitakyushu city	391	105	243	97	115	31
69 Fukuoka city	684	264	365	126	185	54
70 Kumamoto city	300	92	168	65	86	18

Distribution of household structures/households with person(s) aged 65 and over/Aged households/Households with children by prefectures and 21 major cities (continued)

FY 2013

Three-generation-family household	Other households	Households with person(s) aged 65 and over	Aged household	Household with child(ren)	Prefectures/21 major cities (regrouped)
3 329	3 334	22 420	11 614	12 085	Total
88	136	1 040	631	490	01 Hokkaido
58	51	245	103	141	02 Aomori
66	53	265	115	114	03 Iwate
97	72	371	148	233	04 Miyagi
54	42	201	81	94	05 Akita
78	48	224	75	106	06 Yamagata
93	75	348	141	186	07 Fukushima
107	84	508	218	277	08 Ibaraki
82	58	348	143	190	09 Tochigi
65	54	345	160	179	10 Gunma
158	177	1 120	551	726	11 Saitama
134	127	997	516	636	12 Chiba
129	305	2 375	1 411	1 140	13 Tokyo
129	182	1 481	816	891	14 Kanagawa
123	71	414	159	221	15 Niigata
56	38	208	83	94	16 Toyama
48	38	214	96	107	17 Ishikawa
44	27	133	50	81	18 Fukui
26	22	146	71	81	19 Yamanashi
98	72	413	175	193	20 Nagano
89	60	360	157	199	21 Gifu
147	103	659	281	363	22 Shizuoka
219	166	1 181	558	714	23 Aichi
66	56	337	162	170	24 Mie
58	36	218	94	142	25 Shiga
55	62	503	284	229	26 Kyoto
110	176	1 621	986	812	27 Osaka
103	112	963	555	569	28 Hyogo
41	35	249	125	127	29 Nara
27	31	206	119	84	30 Wakayama
31	23	116	47	54	31 Tottori
32	28	140	63	75	32 Shimane
62	61	352	177	186	33 Okayama
66	79	514	290	275	34 Hiroshima
34	42	276	154	135	35 Yamaguchi
26	24	160	87	67	36 Tokushima
29	30	205	113	89	37 Kagawa
27	43	278	164	123	38 Ehime
14	22	150	90	73	39 Kochi
115	137	894	484	485	40 Fukuoka
41	29	152	62	78	41 Saga
37	41	232	117	142	42 Nagasaki
66	63	338	167	163	43 Kumamoto
34	34	215	119	119	44 Oita
20	29	194	111	106	45 Miyazaki
19	37	319	209	162	46 Kagoshima
28	39	192	96	165	47 Okinawa
85	214	1 687	1 029	740	(Regrouped)
21	47	326	197	176	50 Tokyo ward area
23	29	157	79	114	51 Sapporo city
16	25	176	94	134	52 Sendai city
14	18	149	80	107	53 Saitama city
41	75	606	356	381	54 Chiba city
15	27	206	117	150	55 Yokohama city
11	12	116	63	65	56 Kawasaki city
31	23	133	58	81	57 Sagami-hara city
27	22	128	56	67	58 Niigata city
31	19	132	57	82	59 Shizuoka city
52	48	409	237	206	60 Hamamatsu city
23	33	297	180	120	61 Nagoya city
37	54	535	353	210	62 Kyoto city
12	15	130	76	96	63 Osaka city
16	24	307	199	151	64 Sakai city
16	17	118	66	74	65 Kobe city
19	28	212	126	115	66 Okayama city
20	23	185	111	92	67 Hiroshima city
15	41	234	140	153	68 Kitakyushu city
19	21	117	63	76	69 Fukuoka city
					70 Kumamoto city

Table 8 Percentage distribution of households by income class and the median by household type

2013 survey

Income class	Total household		Aged household		Mother-child(ren) household		Household with child(ren)		Household with person(s) aged 65 and over	
	Cumulative frequency distribution (%)	Relative frequency distribution (%)	Cumulative frequency distribution (%)	Relative frequency distribution (%)	Cumulative frequency distribution (%)	Relative frequency distribution (%)	Cumulative frequency distribution (%)	Relative frequency distribution (%)	Cumulative frequency distribution (%)	Relative frequency distribution (%)
Total households	•	100.0	•	100.0	•	100.0	•	100.0	•	100.0
Under 0.5 million yen	1.3	1.3	2.7	2.7	-	-	0.1	0.1	1.6	1.6
0.5 - 1 million	6.2	4.9	12.8	10.1	7.6	7.6	1.4	1.3	7.6	6.0
1 - 1.5	12.8	6.6	25.2	12.4	24.0	16.4	4.3	2.9	15.6	8.0
1.5 - 2	19.4	6.7	37.8	12.6	46.5	22.5	7.5	3.2	24.0	8.4
2 - 2.5	26.3	6.8	49.9	12.1	63.0	16.5	10.8	3.3	32.7	8.7
2.5 - 3	32.7	6.4	60.6	10.7	75.0	12.0	14.3	3.5	41.1	8.3
3 - 3.5	39.6	6.9	70.7	10.1	85.1	10.1	18.4	4.1	49.5	8.4
3.5 - 4	45.9	6.3	79.2	8.6	89.1	4.0	23.2	4.8	56.8	7.3
4 - 4.5	51.8	5.9	84.6	5.4	92.4	3.3	29.5	6.3	62.4	5.7
4.5 - 5	56.9	5.1	87.7	3.1	94.6	2.2	36.1	6.7	66.8	4.4
5 - 6	65.9	9.0	92.7	5.0	96.7	2.1	48.8	12.7	74.0	7.2
6 - 7	73.2	7.3	94.8	2.2	98.3	1.6	60.0	11.2	79.4	5.4
7 - 8	79.7	6.5	96.2	1.4	99.1	0.8	70.1	10.1	83.8	4.5
8 - 9	84.9	5.2	97.1	0.9	99.4	0.3	78.2	8.0	87.7	3.8
9 - 10	88.7	3.8	97.6	0.5	99.6	0.2	84.5	6.3	90.4	2.7
10 million yen and over	100.0	11.3	100.0	2.4	100.0	0.4	100.0	15.5	100.0	9.6
Households earning average income (5,372,000 yen) or less (%)	60.8		90.1		95.9		41.5		69.8	
Median (10,000 yen)	432		250		208		609		352	

**Table 9 Ratio of persons with subjective symptoms (relative to 1,000 population) by gender/age group/symptom (based on multiple responses)**

(Unit: as a ratio to 1,000 population)

2013

Gender Symptoms	Total	Aged 9 and under	10 to 19	20 to 29	30 to 39	40 to 49	50 to 59	60 to 69	70 to 79	80 and over	(Regrouped) 65 and over	(Regrouped) 75 and over
<b>Male</b>												
Ratio of persons with subjective symptoms	276.8	204.7	175.2	168.7	214.4	234.3	271.0	338.5	448.0	528.1	439.9	506.1
Fever	7.8	28.9	7.8	7.7	7.4	5.4	4.4	3.8	3.9	7.0	4.5	5.4
Lethargic	41.0	5.9	20.9	38.6	47.2	49.0	49.2	43.2	50.4	63.3	50.4	58.7
Don't sleep well	23.0	1.0	4.4	14.4	20.2	23.5	23.0	30.4	45.8	47.8	42.9	47.4
Irritable	20.2	3.1	10.3	18.2	24.1	23.9	22.1	20.4	28.5	31.7	27.1	30.8
Forgetful	29.1	0.8	2.5	8.7	10.0	12.8	19.8	34.8	83.8	147.4	84.8	125.6
Headache	22.0	4.2	17.4	26.3	34.7	30.7	20.0	16.9	20.0	23.6	19.9	22.9
Dizziness	13.5	0.3	4.3	6.0	10.0	12.4	12.7	15.4	29.1	42.4	27.9	38.7
Blurred vision	36.1	0.7	3.4	10.1	12.8	24.5	36.8	54.0	95.1	114.9	89.4	111.3
Difficulty in seeing	29.3	1.3	4.1	6.6	7.3	21.2	34.2	43.3	72.5	96.6	70.2	89.3
Ringing ears	26.3	0.4	2.4	5.2	7.8	13.9	25.3	50.7	74.5	62.0	66.8	70.5
Difficulty in hearing	29.7	2.5	2.4	4.0	4.9	7.4	16.1	36.6	93.6	175.3	96.6	146.9
Palpitations	13.9	0.1	0.8	4.8	7.4	9.8	13.7	20.5	32.8	47.5	33.3	43.5
Short-winded	18.4	0.3	1.9	3.6	5.0	7.5	14.4	28.2	53.4	77.9	53.0	70.5
Pain in chest	8.5	0.1	1.1	4.6	6.9	7.0	8.7	10.0	18.6	25.8	17.9	24.3
Cough, phlegmatic	50.4	71.4	26.4	30.9	37.0	34.7	37.7	55.5	85.8	112.3	84.9	102.7
Blocked/runny nose	50.9	103.6	61.1	42.2	43.0	31.8	32.5	40.5	64.1	74.2	61.2	73.2
Wheezing	10.8	18.3	5.9	5.1	6.0	5.5	6.7	10.3	20.8	33.4	21.1	28.5
Stomach upset/heartburn	20.8	1.1	2.8	9.0	16.2	20.5	24.2	29.7	41.5	44.7	38.6	45.2
Diarrhea	19.8	13.4	11.6	18.5	21.8	22.1	22.1	21.0	21.4	26.4	22.5	24.7
Constipation	26.0	4.6	4.4	8.4	8.8	9.9	14.4	31.2	75.9	128.8	75.6	111.8
Loss of appetite	8.5	4.1	4.1	6.7	5.4	5.5	7.1	8.3	17.5	29.7	17.6	25.4
Abdominal pain/stomachache	14.9	6.2	11.8	13.3	17.6	16.3	15.4	15.2	18.1	20.0	17.8	19.3
Painful /bleeding hemorrhoids	9.1	0.5	0.7	6.2	7.8	9.3	10.3	13.4	15.4	19.0	16.1	18.0
Toothache	18.0	5.7	6.6	13.6	17.4	16.6	19.9	23.7	30.6	25.6	28.2	28.0
Swollen/bleeding gums	16.8	2.3	3.2	7.1	10.4	14.7	24.2	27.6	29.7	28.2	28.7	29.0
Difficulty in chewing	18.0	0.5	1.3	2.1	2.3	5.2	13.3	27.8	58.2	78.2	55.0	72.0
Rash (hives, boils, etc.)	16.1	25.0	14.0	12.8	14.6	12.6	13.1	16.1	20.3	23.3	20.0	22.5
Itchiness (eczema, athlete's foot, etc.)	39.1	34.0	21.2	22.5	25.6	26.5	29.6	48.7	76.2	94.7	75.1	88.5
Stiff shoulders	60.2	0.2	10.0	37.2	61.8	71.9	82.5	79.9	92.6	85.3	87.3	89.9
Lower back pain	92.2	0.1	14.0	42.0	73.4	86.4	105.4	133.9	181.5	209.0	176.1	200.6
Joint pain in hands/feet	41.8	1.3	10.7	9.6	18.3	27.6	49.7	64.8	93.9	127.7	93.9	117.4
Difficulty in limb movement	23.8	0.4	1.2	3.4	5.0	10.0	16.9	31.8	65.6	133.9	71.1	107.4
Numb limbs	32.8	0.1	1.1	4.6	10.7	20.4	38.3	56.4	82.6	99.5	79.2	94.6
Cold limbs	15.3	0.0	0.5	2.8	3.8	5.8	8.0	21.0	49.8	74.4	47.7	66.4
Swelled/heavy feet	16.8	0.2	1.3	4.2	7.5	9.2	17.1	22.3	39.9	75.6	43.0	63.8
Difficulty in/painful urination	12.9	0.1	0.4	1.6	1.0	3.4	7.3	22.2	44.4	53.7	41.7	52.4
Frequent urination	31.9	0.4	0.7	2.6	4.8	10.1	20.8	52.1	103.2	139.5	99.3	129.2
Incontinence (involuntary urination)	8.0	0.2	0.2	0.3	0.4	0.9	3.2	9.6	25.7	57.7	28.7	45.9
Irregular menstruation/ menstrual pain	.	.	.	.	.	.	.	.	.	.	.	.
Bone fracture/sprain/dislocation	9.8	5.2	22.7	5.7	7.2	8.8	6.9	7.9	12.0	16.2	11.8	13.9
Injury including cut, burn	7.7	17.8	13.6	7.9	5.9	5.1	5.6	4.6	5.4	8.6	5.8	7.5
Others	14.7	10.0	13.6	9.2	11.6	14.2	16.7	15.4	20.2	24.4	19.5	22.0
<b>Female</b>												
Ratio of persons with subjective symptoms	345.3	187.9	177.8	257.6	301.4	325.7	365.8	385.5	497.4	542.9	486.6	538.8
Fever	9.2	27.2	7.5	10.6	10.7	8.3	5.5	5.3	6.4	8.8	6.8	7.5
Lethargic	59.1	5.6	26.9	63.0	76.0	80.7	73.1	52.1	62.1	70.2	61.7	67.8
Don't sleep well	35.0	2.2	6.9	24.0	25.5	26.8	36.7	45.4	66.5	68.1	62.6	67.4
Irritable	36.9	2.5	22.5	49.3	59.4	49.9	39.9	29.6	36.5	29.0	32.9	33.0
Forgetful	42.8	0.5	5.3	12.4	16.7	20.8	29.4	42.4	101.9	166.8	107.6	147.0
Headache	54.4	6.4	35.5	69.3	84.1	84.5	65.2	40.9	40.9	41.9	40.9	42.2
Dizziness	31.2	0.1	11.1	28.2	31.8	38.4	32.0	28.3	47.9	54.3	45.4	54.5
Blurred vision	51.9	1.0	5.8	16.9	16.4	34.8	57.1	71.3	116.3	129.9	111.8	128.9
Difficulty in seeing	40.1	1.8	6.1	9.8	9.9	27.8	46.8	54.9	82.0	111.0	84.7	103.8
Ringing ears	34.0	0.6	6.8	15.7	17.4	24.6	34.9	51.5	74.2	61.2	65.7	68.3
Difficulty in hearing	34.9	3.0	4.5	9.4	8.2	9.9	16.1	33.4	82.9	168.5	96.8	140.0
Palpitations	23.8	0.2	3.0	12.9	17.1	24.5	26.8	27.4	41.2	53.2	41.7	49.9
Short-winded	18.7	0.3	2.3	8.1	9.1	12.6	17.7	21.4	38.5	57.8	40.5	52.0
Pain in chest	9.9	0.5	2.4	5.5	6.2	8.6	9.5	12.4	19.4	21.3	18.5	21.3
Cough, phlegmatic	48.0	68.2	23.9	37.2	44.2	38.9	43.6	47.4	64.2	72.3	63.0	69.8
Blocked/runny nose	51.5	94.3	51.0	54.7	57.8	48.3	47.0	39.8	45.9	41.7	43.2	43.5
Wheezing	10.3	12.9	4.1	7.1	8.4	7.5	8.5	9.4	15.2	22.9	16.1	20.6
Stomach upset/heartburn	29.3	0.9	5.1	18.1	23.6	26.7	31.4	40.0	53.8	48.7	49.7	52.3
Diarrhea	15.8	10.5	10.4	21.7	19.9	18.8	14.8	12.3	14.6	19.7	15.7	17.9
Constipation	48.7	7.4	17.0	40.7	38.3	36.2	40.6	48.2	93.2	116.2	89.3	111.7
Loss of appetite	10.9	4.1	4.6	10.6	10.0	7.9	7.8	9.1	16.0	31.5	19.3	26.8
Abdominal pain/stomachache	23.5	6.9	20.2	32.3	29.2	29.3	24.6	19.4	23.5	21.8	22.1	22.8
Painful /bleeding hemorrhoids	6.5	0.5	1.1	5.8	6.7	6.0	5.6	7.0	11.8	11.8	10.8	12.4
Toothache	18.9	4.6	6.8	22.3	21.7	19.8	19.6	20.0	28.0	20.4	23.7	23.4
Swollen/bleeding gums	20.9	2.4	3.0	11.7	14.4	17.5	29.4	30.8	37.1	27.5	32.3	32.1
Difficulty in chewing	22.0	0.4	1.5	3.5	3.0	7.1	16.8	29.7	58.0	78.0	57.8	72.3
Rash (hives, boils, etc.)	20.8	22.3	15.7	27.3	27.3	23.5	20.0	15.9	18.6	17.8	17.6	18.7
Itchiness (eczema, athlete's foot, etc.)	39.4	31.3	22.4	36.2	36.5	33.1	36.6	40.4	57.9	58.9	54.5	60.3
Stiff shoulders	125.0	0.6	22.9	104.7	139.0	162.7	175.4	145.6	162.7	125.8	146.8	141.0
Lower back pain	118.2	0.2	17.4	65.0	90.2	110.8	132.1	147.2	216.8	231.8	205.8	234.9
Joint pain in hands/feet	70.3	1.4	10.1	12.1	22.5	44.5	86.6	99.8	151.8	176.6	146.9	172.7
Difficulty in limb movement	34.6	0.3	1.2	2.4	4.5	10.8	23.1	38.9	84.3	159.1	95.4	136.8
Numb limbs	39.4	0.2	2.7	8.3	14.4	27.5	45.9	51.2	87.0	103.9	83.7	101.7
Cold limbs	32.6	0.0	3.7	16.6	20.2	21.3	26.2	36.4	73.0	93.0	70.8	88.7
Swelled/heavy feet	46.3	0.3	6.5	32.3	38.0	49.7	48.9	43.8	78.7	109.6	79.1	102.4
Difficulty in/painful urination	5.5	0.3	0.4	2.4	1.9	3.5	3.9	5.7	14.2	17.7	13.2	17.2
Frequent urination	24.4	0.2	1.2	5.8	7.9	12.4	18.9	32.6	57.5	82.0	59.8	74.5
Incontinence (involuntary urination)	16.1	0.3	0.5	1.0	3.0	6.4	9.9	18.1	39.3	72.0	44.2	61.6
Irregular menstruation/ menstrual pain	17.3	0.0	15.2	47.3	42.7	41.3	8.4	-	-	-	-	-
Bone fracture/sprain/dislocation	11.7	2.5	16.2	4.3	5.7	7.4	9.9	12.5	20.7	27.7	20.9	26.6
Injury including cut, burn	8.2	15.2	13.8	9.4	7.5	7.6	7.3	5.2	5.9	6.8	6.1	6.5
Others	17.6	7.9	12.4	11.6	17.1	18.6	21.5	17.7	21.4	26.4	21.8	25.8

Note: 1) Data for "persons with subjective symptoms" do not include inpatients but the number of households used as the denominator includes inpatients.

2) Data for "Total" include persons whose age is not stated.

Table 10 Ratio of outpatients (relative to 1000 population) by gender/age group /disease and injury  
(based on multiple responses)

(Unit: as a ratio to 1,000 population)

2013

Gender Symptom	Total	Aged 9 and under	10 to 19	20 to 29	30 to 39	40 to 49	50 to 59	60 to 69	70 to 79	80 and over	(Regrouped) 65 and over	(Regrouped) 75 and over
Male												
Ratio of outpatients	358.8	178.6	138.9	123.4	178.4	258.9	408.5	574.1	702.8	733.3	685.2	732.9
Diabetes	54.1	0.1	0.6	2.5	7.1	26.5	68.8	121.8	140.7	109.2	133.0	125.9
Obesity	5.4	0.1	0.4	1.0	2.3	5.8	7.1	10.4	11.0	6.7	9.8	8.7
Hyperlipidemia (hypercholesterolemia)	33.8	-	0.3	1.4	6.6	26.3	53.5	75.7	72.8	44.7	69.1	57.5
Thyroid disease	3.9	0.9	0.4	0.9	2.6	3.1	4.8	5.9	7.9	9.7	8.0	9.4
Depression/other mental illness	14.6	1.1	4.9	15.0	23.4	26.1	21.0	11.6	9.1	8.8	9.6	8.7
Dementia	4.2	-	0.0	0.1	0.1	0.2	0.4	1.8	13.3	45.1	17.0	32.5
Parkinson's disease	1.9	-	0.0	0.0	0.2	0.4	0.6	2.0	7.7	11.3	6.6	10.4
Other nervous illness (neuralgia, palsy, etc.)	5.8	2.0	2.3	2.7	3.8	4.8	4.8	8.0	12.2	15.1	11.7	14.4
Eye diseases	39.3	8.5	6.0	3.8	5.4	12.4	26.3	60.0	129.9	153.0	117.3	153.7
Ear diseases	9.1	10.9	2.3	1.1	1.9	3.1	5.5	12.7	24.8	32.4	23.1	31.9
High blood pressure	114.0	-	0.0	1.3	9.5	49.4	146.5	244.8	300.6	295.0	290.8	306.3
Stroke (cerebral hemorrhage, cerebral infarction, etc.)	15.0	0.0	0.3	0.2	0.9	3.7	9.5	26.7	50.3	65.2	48.4	61.1
Angina pectoris/myocardial infarction	22.3	0.1	0.1	0.3	1.0	4.2	17.2	41.4	74.1	89.4	70.7	86.4
Other circulatory system diseases	17.7	3.8	2.1	2.1	2.5	5.8	13.1	27.5	52.4	77.2	52.0	69.4
Acute nasopharyngitis (common cold)	4.2	19.4	2.6	2.0	2.4	1.7	1.5	2.2	4.9	6.8	4.7	6.1
Allergic rhinitis	18.5	32.1	31.7	10.0	11.0	11.1	14.6	18.1	24.7	19.1	21.9	21.8
Chronic obstructive lung disease (COPD)	2.1	0.1	0.0	0.0	0.2	0.1	1.2	3.7	7.0	10.0	7.0	9.1
Asthma	12.8	30.4	15.0	4.9	9.1	8.1	7.8	11.3	16.6	21.6	16.2	19.6
Other respiratory system diseases	10.2	6.9	2.0	1.8	3.6	5.4	8.0	14.8	24.5	37.8	25.3	33.6
Stomach/duodenum diseases	16.6	0.3	0.7	2.2	4.5	9.0	17.4	29.4	44.4	52.6	42.8	51.6
Liver/gall bladder diseases	10.3	0.5	0.3	0.5	2.3	6.3	13.3	19.3	26.4	26.8	25.1	27.1
Other digestive system diseases	11.6	1.8	1.5	4.4	5.8	6.9	12.6	17.9	26.0	36.1	25.9	32.3
Dental diseases	43.9	23.8	18.6	23.5	34.0	38.4	45.8	64.3	80.4	60.2	72.9	69.5
Atopic dermatitis	10.8	26.7	16.9	16.9	15.1	9.1	4.0	3.5	4.4	6.8	4.6	5.9
Other skin diseases	18.2	23.1	11.1	10.0	10.2	11.2	14.7	22.5	33.5	40.9	33.2	39.1
Gout	16.4	-	0.2	1.0	5.4	15.3	27.8	32.9	32.2	23.3	31.4	26.1
Rheumatoid arthritis	2.9	0.1	0.0	0.3	0.5	1.1	2.7	6.0	8.2	8.4	7.7	8.9
Arthropathy	12.8	0.1	2.2	2.2	3.2	6.7	13.3	18.8	32.8	53.3	33.9	45.9
Stiff shoulders	17.4	0.1	1.2	5.6	11.5	15.3	20.8	23.5	41.2	43.8	37.1	45.5
Lower back pain	42.2	0.1	4.5	11.7	25.3	29.3	39.4	58.5	107.6	138.4	101.6	130.4
Osteoporosis	2.1	0.0	0.0	0.0	0.1	0.4	0.6	1.6	7.0	18.3	8.0	14.1
Kidney diseases	11.0	2.0	1.3	2.2	2.8	6.2	10.1	17.6	28.5	38.6	28.0	36.8
Prostatic hyperplasia	23.8	-	-	0.1	0.1	0.6	6.0	35.0	96.4	130.6	89.4	123.2
Menopausal/post-menopausal disorder	-	-	-	-	-	-	-	-	-	-	-	-
Bone fracture	4.8	2.2	8.2	2.3	2.2	3.8	3.9	3.7	8.3	13.8	8.2	12.6
Injury other than bone fracture/burn	6.2	4.9	15.5	5.3	5.3	5.4	4.6	4.7	5.3	6.1	5.4	6.0
Anemia/blood disorder	3.7	0.7	0.7	0.8	1.0	1.3	2.7	4.8	10.6	18.3	10.8	15.2
Malignant neoplasms (cancer)	6.6	0.0	0.3	0.8	1.0	1.4	5.6	13.8	19.8	21.7	19.3	21.2
Pregnancy/puerperia (threatened miscarriage, placenta previa, etc.)	-	-	-	-	-	-	-	-	-	-	-	-
Infertility	0.1	-	-	0.1	0.5	0.1	0.1	-	-	-	-	-
Others	16.4	20.0	17.5	10.0	11.8	15.4	15.8	17.2	18.6	26.7	20.0	23.0
Unknown	1.2	1.1	0.5	1.2	1.1	1.7	1.3	1.2	1.3	2.0	1.5	1.5
Female												
Ratio of outpatients	396.3	148.4	126.9	177.2	228.9	285.8	428.5	578.9	711.5	734.5	694.9	736.4
Diabetes	33.4	0.1	0.5	2.0	3.7	9.7	32.6	65.3	88.3	77.6	82.0	83.1
Obesity	5.0	0.0	0.3	0.6	1.3	2.1	5.2	9.5	13.9	8.1	11.2	10.3
Hyperlipidemia (hypercholesterolemia)	53.8	0.2	0.1	0.8	2.4	10.5	62.4	132.3	138.1	81.3	123.9	99.8
Thyroid disease	17.2	0.9	1.9	4.9	11.0	16.1	24.9	29.8	29.1	20.6	27.3	23.4
Depression/other mental illness	19.5	0.7	4.5	20.4	28.4	29.2	25.3	18.9	20.2	15.5	18.2	17.1
Dementia	7.3	-	-	0.1	0.0	0.1	0.3	1.4	13.7	65.5	25.6	47.8
Parkinson's disease	1.9	-	0.0	0.0	0.0	0.1	0.8	2.7	5.6	8.5	5.8	7.8
Other nervous illness (neuralgia, palsy, etc.)	6.9	1.8	2.6	3.2	4.2	4.8	6.2	8.2	13.5	17.2	13.2	16.2
Eye diseases	56.7	8.5	5.6	5.3	6.7	13.8	34.0	85.4	166.1	176.7	153.8	179.7
Ear diseases	11.9	9.8	3.0	3.0	3.3	5.4	7.4	14.9	27.8	34.4	27.3	34.2
High blood pressure	114.6	-	0.3	1.0	4.3	26.5	106.9	211.0	298.7	336.1	294.4	330.9
Stroke (cerebral hemorrhage, cerebral infarction, etc.)	8.5	-	0.0	0.3	0.3	1.7	5.0	12.2	23.3	34.5	24.6	32.0
Angina pectoris/myocardial infarction	13.6	0.1	0.1	0.1	0.4	1.6	4.6	15.9	38.5	68.1	42.5	58.5
Other circulatory system diseases	15.0	4.6	1.8	1.9	2.3	3.8	8.7	19.5	35.6	61.7	40.1	52.6
Acute nasopharyngitis (common cold)	5.3	20.6	3.2	2.3	4.0	3.7	3.5	4.5	5.4	4.9	5.0	5.1
Allergic rhinitis	21.3	18.2	20.7	14.2	16.5	20.4	25.2	26.2	28.6	14.8	24.3	18.9
Chronic obstructive lung disease (COPD)	0.5	0.0	0.0	0.0	0.1	0.1	0.2	0.5	1.6	2.4	1.6	2.2
Asthma	12.9	18.6	8.8	6.8	9.8	11.2	13.3	14.0	17.2	16.4	16.2	17.7
Other respiratory system diseases	7.7	5.2	1.1	2.6	3.2	3.8	6.7	10.8	14.8	20.4	15.7	18.9
Stomach/duodenum diseases	15.9	0.3	0.8	3.2	5.5	10.0	15.3	24.1	38.6	38.2	35.3	40.7
Liver/gall bladder diseases	8.4	0.4	0.4	0.9	2.0	4.5	9.4	14.0	21.9	16.4	18.9	19.5
Other digestive system diseases	10.0	2.1	1.2	3.0	4.7	7.9	7.9	13.3	20.1	27.7	21.4	25.5
Dental diseases	52.5	21.5	22.2	34.4	40.1	49.8	62.3	78.0	83.1	48.8	72.5	61.8
Atopic dermatitis	9.3	20.7	15.9	19.1	15.6	8.4	4.0	2.6	2.9	3.6	3.0	3.3
Other skin diseases	19.3	21.5	13.5	17.5	18.2	18.3	20.1	19.0	22.4	23.6	22.1	23.5
Gout	1.1	-	-	0.2	0.2	0.1	1.1	1.6	2.9	3.1	2.7	3.1
Rheumatoid arthritis	9.0	0.2	0.3	0.9	2.3	5.3	10.2	16.3	21.6	17.6	19.8	19.3
Arthropathy	29.0	0.2	1.5	2.4	5.2	11.1	29.3	41.3	74.7	88.4	70.8	86.9
Stiff shoulders	40.2	-	2.4	16.6	27.1	37.2	50.2	53.0	83.3	67.2	71.3	76.3
Lower back pain	58.4	0.1	3.8	15.1	25.3	33.8	50.7	72.6	146.7	164.3	135.5	166.6
Osteoporosis	28.2	-	0.0	0.1	0.3	1.3	6.6	32.9	96.3	126.1	90.4	120.4
Kidney diseases	6.7	1.0	1.2	2.1	1.8	3.9	6.4	9.9	13.8	19.4	14.9	17.8
Prostatic hyperplasia	-	-	-	-	-	-	-	-	-	-	-	-
Menopausal/post-menopausal disorder	3.6	-	-	-	-	5.5	16.1	3.8	1.6	1.2	1.7	1.5
Bone fracture	7.6	1.6	3.6	0.9	1.9	2.6	5.1	7.4	18.4	30.1	19.2	26.9
Injury other than bone fracture/burn	6.5	2.8	12.7	4.8	4.4	6.7	6.5	5.2	7.5	9.3	7.6	8.9
Anemia/blood disorder	8.5	0.4	1.8	3.1	5.8	14.9	9.9	6.2	12.5	18.8	13.0	17.4
Malignant neoplasms (cancer)	8.0	0.2	0.2	0.7	2.9	8.1	14.1	15.2	12.9	9.8	12.8	10.7
Pregnancy/puerperia (threatened miscarriage, placenta previa, etc.)	3.0	-	0.3	11.4	14.8	1.6	0.0	-	-	-	-	-
Infertility	1.8	-	0.0	2.7	9.3	3.4	0.0	-	-	-	-	-
Others	28.0	17.4	19.6	26.3	31.3	37.9	33.1	23.7	24.7	32.8	26.3	30.3
Unknown	1.4	0.8	0.5	0.8	1.8	1.7	1.5	1.0	1.8	2.3	1.7	2.4

Note: 1) Data for "outpatients" do not include inpatients but the number of households used as the denominator includes inpatients.

2) Data for "Total" include persons whose age is not stated.



Table 11 Mental states (grade of points) of persons aged 12 years and over by gender and by age group

(Unit: %)

2013

Gender Age group	Total	0 to 4 points	5 to 9 points	10 to 14 points	15 points and over	Not stated
Total	100.0	67.3	18.0	7.2	2.6	5.0
Aged 12 - 19	100.0	73.5	13.3	5.6	1.7	5.9
20~29	100.0	65.1	18.6	9.9	4.1	2.3
30~39	100.0	66.2	19.3	8.8	3.5	2.3
40~49	100.0	65.4	20.3	8.6	3.2	2.5
50~59	100.0	66.9	20.5	7.4	2.3	2.8
60~69	100.0	72.2	16.3	4.9	1.5	5.1
70~79	100.0	66.5	15.9	5.5	1.7	10.4
Aged 80 and over	100.0	58.6	18.1	7.6	2.7	13.0
(regrouped)						
Aged 65 and over	100.0	66.2	16.4	5.7	1.9	9.8
Aged 75 and over	100.0	61.1	17.3	6.7	2.4	12.6
Male	100.0	69.7	16.6	6.7	2.3	4.7
Aged 12 - 19	100.0	74.9	12.3	5.1	1.5	6.1
20~29	100.0	67.0	17.3	9.5	3.7	2.5
30~39	100.0	68.2	17.7	8.2	3.4	2.6
40~49	100.0	67.8	18.6	8.0	2.8	2.8
50~59	100.0	69.4	18.7	7.1	2.1	2.7
60~69	100.0	74.5	15.3	4.4	1.3	4.5
70~79	100.0	69.6	14.6	4.9	1.5	9.4
Aged 80 and over	100.0	61.4	16.9	6.2	2.3	13.3
(regrouped)						
Aged 65 and over	100.0	69.5	15.0	4.9	1.6	9.0
Aged 75 and over	100.0	64.1	16.1	5.5	1.9	12.4
Female	100.0	65.0	19.3	7.7	2.8	5.3
Aged 12 - 19	100.0	72.0	14.4	6.1	1.9	5.7
20~29	100.0	63.2	20.0	10.3	4.5	2.0
30~39	100.0	64.3	20.8	9.3	3.6	2.0
40~49	100.0	63.0	22.0	9.2	3.5	2.2
50~59	100.0	64.7	22.2	7.7	2.6	2.9
60~69	100.0	70.0	17.2	5.3	1.7	5.7
70~79	100.0	63.9	17.0	5.9	1.9	11.2
Aged 80 and over	100.0	56.9	18.8	8.5	3.0	12.8
(regrouped)						
Aged 65 and over	100.0	63.6	17.4	6.4	2.2	10.4
Aged 75 and over	100.0	59.0	18.1	7.5	2.6	12.7

Note: Data above do not include inpatients.

Table 12 Distribution of persons aged 20 years and over who received a cancer screening test (based on multiple responses)

(Unit: 1,000 population)

(during past 1 year)

2013

Gender Age group	Total	Stomach cancer screening	Lung cancer screening	Uterus (cervix uteri) cancer screening	Breast cancer screening	Colon cancer screening
Total	99 565	30 437	33 705	14 371	12 651	28 945
Aged 20 to 29	10 818	548	1 579	1 203	348	532
30 - 39	15 102	2 849	3 621	2 968	1 572	2 320
40 - 49	17 112	6 623	7 072	3 580	3 317	6 152
50 - 59	15 547	6 691	7 282	2 831	2 998	6 347
60 - 69	19 080	7 194	7 541	2 416	2 801	7 088
70 - 79	14 215	4 855	4 802	1 137	1 326	4 876
Aged 80 and over	7 690	1 677	1 808	236	288	1 630
(Regrouped) 40 and over	73 645	27 039	28 505	10 200	10 731	26 093
(Regrouped) 65 and over	30 864	9 814	10 023	2 397	2 775	9 759
(Regrouped) 75 and over	14 065	3 756	3 844	662	771	3 693
Male	47 255	16 714	18 236	-	-	15 163
Aged 20 to 29	5 404	308	896	-	-	279
30 - 39	7 423	1 747	2 212	-	-	1 365
40 - 49	8 347	3 820	3 903	-	-	3 308
50 - 59	7 573	3 812	3 990	-	-	3 424
60 - 69	9 154	3 852	4 018	-	-	3 654
70 - 79	6 487	2 389	2 400	-	-	2 369
Aged 80 and over	2 867	786	817	-	-	763
(Regrouped) 40 and over	34 429	14 659	15 128	-	-	13 519
(Regrouped) 65 and over	13 621	4 881	5 003	-	-	4 776
(Regrouped) 75 and over	5 701	1 808	1 813	-	-	1 765
Female	52 310	13 723	15 470	14 371	12 651	13 783
Aged 20 to 29	5 414	240	683	1 203	348	253
30 - 39	7 680	1 102	1 409	2 968	1 572	955
40 - 49	8 765	2 803	3 169	3 580	3 317	2 844
50 - 59	7 974	2 879	3 293	2 831	2 998	2 923
60 - 69	9 927	3 342	3 523	2 416	2 801	3 434
70 - 79	7 727	2 466	2 402	1 137	1 326	2 506
Aged 80 and over	4 823	892	990	236	288	867
(Regrouped) 40 and over	39 216	12 381	13 377	10 200	10 731	12 574
(Regrouped) 65 and over	17 243	4 933	5 020	2 397	2 775	4 983
(Regrouped) 75 and over	8 364	1 948	2 031	662	771	1 928

(Unit: 1,000 population)

(during past 2 years)

2013 survey

Uterus (cervix uteri) cancer screening test	Breast cancer screening test	Receive neither of the two tests
18 540	16 142	27 561
1 610	458	3 472
3 991	2 039	3 240
4 541	4 249	3 404
3 526	3 757	3 421
3 085	3 575	5 310
1 470	1 690	4 931
318	375	3 783
12 939	13 646	20 849
3 094	3 554	11 379
874	993	6 177

Note: 1) Data above do not include inpatients.

2) The table shows the number of persons who received a screening test for each type of cancer during the past one year.

Note: 1) Data above do not include inpatients.

2) The table shows the number of persons who received uterus and/or breast cancer screening tests during the past two years.

Table 13 Ratio of persons with subjective symptoms and ratio of outpatients (relative to 1,000 population) by gender and by prefectures and 21 major cities (regrouped)

(Unit: a ratio to 1,000 population)

2013

Prefectures 21 major cities (regrouped)	Ratio of persons with subjective symptoms			Ratio of outpatients		
	Total	Male	Female	Total	Male	Female
Total	312.4	276.8	345.3	378.3	358.8	396.3
1 Hokkaido	289.3	245.9	328.0	397.6	370.1	422.1
2 Aomori	282.2	247.6	312.1	372.7	347.7	394.4
3 Iwate	304.7	267.9	338.7	421.4	395.3	445.4
4 Miyagi	307.3	264.1	347.5	386.9	364.1	408.1
5 Akita	290.8	252.3	324.9	405.2	384.0	423.9
6 Yamagata	295.6	262.5	325.4	400.4	382.0	416.9
7 Fukushima	293.8	259.3	327.2	394.0	367.2	419.9
8 Ibaraki	286.4	252.5	319.3	370.0	353.8	385.8
9 Tochigi	282.3	252.9	310.6	384.8	369.9	399.2
10 Gunma	278.6	249.7	307.4	356.1	336.3	375.7
11 Saitama	309.3	273.8	343.2	366.5	351.7	380.6
12 Chiba	305.6	272.6	337.5	371.5	352.3	390.1
13 Tokyo	322.7	280.8	361.1	379.2	357.4	399.3
14 Kanagawa	317.2	284.6	349.0	372.3	360.4	384.0
15 Niigata	300.6	260.1	338.7	386.6	366.9	405.2
16 Toyama	304.7	271.1	335.8	379.4	362.0	395.4
17 Ishikawa	302.8	269.1	333.4	369.3	347.2	389.4
18 Fukui	303.7	274.3	331.3	344.5	319.8	367.5
19 Yamanashi	281.6	246.5	316.1	360.2	334.0	385.9
20 Nagano	318.5	284.4	350.9	395.2	380.1	409.6
21 Gifu	321.3	301.1	339.9	383.2	365.4	399.6
22 Shizuoka	293.8	257.2	328.1	367.6	346.9	387.0
23 Aichi	327.0	295.9	356.9	376.4	361.8	390.5
24 Mie	300.5	270.0	329.0	375.3	360.2	389.6
25 Shiga	329.0	293.4	364.1	349.6	328.6	370.2
26 Kyoto	329.8	294.2	363.0	389.3	367.1	410.0
27 Osaka	338.1	299.7	373.0	393.1	370.9	413.3
28 Hyogo	329.6	297.2	359.0	374.1	358.6	388.3
29 Nara	317.4	298.0	334.8	382.7	378.4	386.5
30 Wakayama	318.7	285.4	347.8	401.3	378.4	421.5
31 Tottori	329.1	285.9	367.1	392.6	363.2	418.4
32 Shimane	329.3	292.7	364.3	387.7	357.0	417.1
33 Okayama	311.5	285.7	335.0	377.9	361.5	392.9
34 Hiroshima	334.5	299.3	366.5	390.2	370.3	408.2
35 Yamaguchi	312.4	272.1	348.1	390.2	372.3	406.0
36 Tokushima	321.2	287.2	351.4	366.9	344.8	386.5
37 Kagawa	318.2	280.4	351.6	397.5	374.4	417.8
38 Ehime	314.9	280.9	345.5	385.4	362.2	406.3
39 Kochi	314.0	288.6	336.1	390.5	372.2	406.5
40 Fukuoka	312.2	269.9	348.9	365.1	341.0	386.0
41 Saga	306.9	268.3	340.3	365.8	334.1	393.2
42 Nagasaki	300.2	259.2	336.0	369.9	347.9	389.3
43 Kumamoto	316.5	276.9	351.6	395.1	372.3	415.2
44 Oita	301.5	268.7	330.5	359.3	343.5	373.2
45 Miyazaki	304.1	272.7	331.9	362.3	348.9	374.1
46 Kagoshima	296.4	265.1	324.0	369.4	351.2	385.4
47 Okinawa	273.4	238.5	306.4	309.5	289.6	328.3
(Regrouped)						
50 Tokyo ward area	326.4	283.3	365.5	385.7	360.6	408.4
51 Sapporo city	304.7	267.2	336.6	374.0	356.7	388.8
52 Sendai city	327.8	281.8	368.7	384.1	364.5	401.5
53 Saitama city	301.6	258.6	343.8	357.7	348.3	367.0
54 Chiba city	322.8	287.9	356.4	351.3	349.6	353.0
55 Yokohama city	306.4	280.4	332.1	367.8	360.2	375.4
56 Kawasaki city	308.5	266.5	349.7	346.0	326.2	365.5
57 Sagami-hara city	317.2	289.5	345.3	375.4	360.1	390.8
58 Niigata city	308.6	272.4	341.8	381.4	376.3	386.0
59 Shizuoka city	307.4	264.4	346.5	378.9	353.1	402.4
60 Hamamatsu city	293.7	252.2	335.1	372.0	353.8	390.2
61 Nagoya city	344.8	308.6	379.1	401.3	379.3	422.1
62 Kyoto city	329.0	294.6	361.0	405.0	376.1	432.0
63 Osaka city	350.0	312.0	383.9	413.4	384.6	439.1
64 Sakai city	324.9	282.7	364.4	354.2	324.8	381.8
65 Kobe city	343.7	309.3	374.4	398.4	380.5	414.4
66 Okayama city	300.3	274.0	325.0	356.0	338.0	372.8
67 Hiroshima city	336.3	304.3	365.2	380.9	371.6	389.3
68 Kitakyushu city	336.9	303.0	366.3	399.2	379.4	416.3
69 Fukuoka city	307.4	260.1	348.5	343.3	311.7	370.7
70 Kumamoto city	302.7	265.6	335.1	356.3	333.3	376.3

Note: Data for persons with subjective symptoms and for outpatients do not include inpatients but the number of households used as the denominator includes inpatients.

Table 14 Percentage distribution, by care level, of major causes for long-term care

(Unit: %)

2013

	Total	Persons requiring support	Support		Persons requiring long-term care	Long-term care level 1	Long-term care level 2	Long-term care level 3	Long-term care level 4	Long-term care level 5
			level 1	level 2						
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Cerebrovascular disease (stroke)	18.5	11.5	8.5	14.1	21.7	13.9	18.9	23.5	30.9	34.5
Dementia	15.8	3.6	3.9	3.3	21.4	22.6	19.2	24.8	17.3	23.7
Infirmity due to aging	13.4	15.4	17.3	13.8	12.6	16.1	13.8	10.2	9.4	8.7
Bone fracture/fall	11.8	14.6	11.3	17.6	10.9	12.6	10.3	8.8	14.0	7.6
Arthritis	10.9	20.7	23.5	18.2	6.8	9.7	8.6	5.1	3.4	1.9
Cardiac diseases (heart diseases)	4.5	7.0	9.1	5.2	3.4	3.7	3.9	4.6	1.7	1.4
Parkinson's diseases	3.4	1.7	0.6	2.7	4.2	3.5	4.1	4.2	3.3	7.3
Diabetes	2.8	2.8	2.5	3.0	2.9	3.3	3.3	2.0	3.2	2.1
Respiratory diseases	2.4	2.9	2.4	3.4	2.2	2.0	1.9	3.0	2.4	2.1
Malignant neoplasm (cancer)	2.3	3.2	3.0	3.5	1.9	1.6	2.4	2.5	1.4	0.6
Cord injury	2.3	2.4	2.4	2.3	2.2	1.3	2.7	1.5	3.0	2.9
Impaired sight/hearing impairments	1.8	2.5	2.0	2.9	1.5	1.8	1.9	1.6	0.4	0.4
Others	7.6	9.1	9.8	8.4	6.9	7.1	7.9	6.5	6.2	5.2
Unknown	1.0	0.7	1.0	0.4	1.1	0.3	0.7	1.5	2.8	1.0
Not stated	1.6	2.0	2.7	1.3	0.4	0.4	0.5	0.3	0.5	0.6

Note: "Total" data includes those whose care requirement level is not stated.

## Explanation of terms

- 1 **“Household”** means a group of people who live together in the same residence and share the same household income or a single person who independently maintains a residence or independently supports himself/herself.
- 2 **“Householder”** means, regardless of age and income, a person declared by a household as the head of the family who plays a central role in managing household matters.
- 3 **“Household member”** means respective persons comprising a household.  
It should be pointed out that a person who is temporarily living apart from other household members as of the date of the survey was included in the calculation of household members. However, business bachelors, students studying abroad, persons living in a social welfare institution were excluded from the calculation.
- 4 **“Household structure”** is based on the following classification:
  - (1) One-person household  
A household comprising of only one household member.
  - (2) Nuclear family household
    - a. Household of a couple only  
A household consisting of a householder and his/her spouse.
    - b. Household of a couple and unmarried child(ren) only  
A household consisting of parents and their unmarried child(ren) only.
    - c. Household of a single parent and unmarried child(ren)  
A household consisting of either father or mother and his/her unmarried child(ren).
  - (3) Three-generation household  
A household consisting of three or more generations of people lineally related with the householder.
  - (4) Other household structures  
Other than those mentioned in (1) to (3) above.
- 5 **“Household type”** is based on the following classification:
  - (1) Aged household  
A household consisting of person(s) aged 65 years or over only or a household of person(s) aged 65 years or over and unmarried person(s) under 18 years of age.
  - (2) Mother-child(ren) household  
A household consisting of a female under 65 years of age without spouse (including the case where it has been unknown over long period whether the spouse is alive or dead) due to the death of the spouse, after divorce or for any other reason (including unmarried relationship) and her child(ren) under 20 years of age (including adopted child(ren)).
  - (3) Father-child(ren) household  
A household consisting of a male under 65 years of age without spouse (including the case where it has been unknown over long period whether the spouse is alive or dead) due to the death of the spouse, after divorce or for any other reason (including unmarried relationship) and his child(ren) under 20 years of age (including adopted child(ren)).
  - (4) Other household types  
Other than those mentioned in (1) to (3) above.
- 6 **“Child”** means an unmarried person under 18 years of age.

7 **“Family type”** is based on the following classification:

- (1) One-person household  
A family structure where the household consists of only one person.
- (2) Household of a couple only  
A family structure where the householder is living together with his/her spouse only.
- (3) Living with child(ren)
  - a. Living with married child and the child’s spouse.
  - b. Living with child(ren) without spouse.  
Where living with unmarried child(ren), child without spouse due to the death of or divorce from his/her spouse, or child with spouse currently living separately from the other household members.
- (4) Living together with other relative(s)  
Living with relative(s) other than child(ren).
- (5) Living together with person(s) other than relative(s)  
Living together with person(s) other than relative(s) mentioned in (1) to (4) above.

8 **“With work”** means that a person had a paid work during May of 2013, provided, however, even if the person was not engaged in any paid work during the said period, the person may be considered as being “with work” in the case of any one of the following:

- (1) An employed person who received or was supposed to receive a salary or wage within May of 2013 (for example, in the case where the person was absent from work due to illness);
- (2) A self-employed person who was not engaged in work but the business was in operation during May of 2013;
- (3) A person who is a member of the family of a self-employed business owner and was helping the family business; or
- (4) A person who was on a childcare (family care) leave under the employment regulations of the organization for which the person was working.

More specifically, persons “with work” are grouped into the following ten categories:

- ① Regular employee whose term of employment is not stated in his/her employment contract;
- ② Regular employee whose term of employment is at least one year;
- ③ Persons in employment whose term of employment is at least one month but shorter than one year;
- ④ Persons in employment working on a daily wage basis or based on an employment contract whose term is shorter than one month;
- ⑤ Executive of a corporation/organization
- ⑥ Owner of a self-employed business (with employees)
- ⑦ Owner of a self-employed business (without employees)
- ⑧ Family workers
- ⑨ Person engaging in industrial homework (piecework done at home)
- ⑩ Others

9 Classification of **“regular staff/employees”** and **“non-regular staff/employees”** is as follows:

- (1) A regular staff/employee is a person termed as general schedule employee or regular member by the company or organization for which the person is working;
- (2) A non-regular staff/employee is a person termed as follows by the company or organization for which the person is working;
  - a. Part-time employee/casual staff  
Regardless of hours or days worked, a person termed as “part-timer”, “casual staff” or any other similar designation by the company or organization for which the person is working.

If it is not evident whether the employment status is “part-timer” or “casual staff”, then how it is referred to or mentioned in a relevant recruitment advertising material, recruitment description or employment contract is to be relied on.

b. A temporary employee dispatched by a worker dispatching company

A person employed and dispatched by a worker dispatching company under the Worker Dispatching Act.

Any person not falling under the definition by the Act is not regarded as a “temporary employee dispatched by a worker dispatching company” even if the form of his/her employment is similar.

c. Contract employee/contract-based worker

A contract employee is a person employed on a contract basis in order to have the person engaged in a specialized job or a person employed for a prescribed period.

A contract-based worker is, regardless of his/her working conditions or employment period, a person whose employment status is referred to as “contract-based worker” or any other similar designation by the company or organization for which the person is working.

d. Others

Any person other than those mentioned in a. to d. above.

The above designations are applicable to persons in employment other than executives and falling under the definitions ① through ④ of the preceding section 8 where persons “with work” are grouped into ten categories.

10 **“Median”** is a border value separating the higher half of the income from the lower half.

11 **“Income quintile groups”** are obtained by dividing all households into five equal groups in accordance with the volume of income. The obtained groups are, respectively in the ascending order of income volume, referred to as the first, the second, the third, the fourth and the fifth quintile group, and boundary values dividing those groups are respectively referred to as the first, the second, the third, the fourth and the fifth quintile value (quintile boundary value).

12 **“Income types”** are classified as follows:

(1) Earned income

Employee compensation, business income, agricultural/livestock farming income and industrial homework income are included in this category.

a. Employee compensation

The total of salaries, wages and bonuses paid to a household member by his/her employer and before taxes and social insurance premiums.

Allowances in kind (including securities and meals) provided in lieu of salary and other cash compensation are calculated at prevailing price and included in this category.

b. Business income

The amount obtained by subtracting the costs of goods purchased and other necessary expenses (excluding taxes and social insurance premiums; the same applies hereinafter) from incomes earned by a household member from his/her business (excluding agricultural/livestock farming businesses).

c. Agricultural/livestock farming income

The amount obtained by subtracting the costs of goods purchased and other necessary expenses from incomes earned by a household member from his/her agricultural/livestock farming business.

d. Industrial homework income

The amount obtained by subtracting necessary expenses from income earned by a household member from his/her industrial homework.

(2) Public pension and Onkyu pension

The amount of pension paid to a household member under the public pension system or Onkyu pension system (or the total of amounts paid from more than two pension systems).

(3) Property income

The amount obtained by subtracting necessary expenses from income (including allowance in kind) generated from the renting of a land/house owned by a household member as well as the amount obtained by subtracting necessary expenses from interests/dividends generated from savings, public/corporate bonds, stocks, etc. (before separate withholding tax).

(4) Social security benefits other than public pension

a. Unemployment insurance

Unemployment benefits paid to a household member under the Employment Insurance Act.

b. Child care allowance, etc.

Child care allowance, Child rearing allowance, Special child rearing allowance, etc.

c. Other social security benefits

Any other social security benefits paid to a household member other than those mentioned in (2) as well as a. and b. of this paragraph (4) (such as benefits under the Public Assistance Act), provided, however, except for any allowance in kind.

(5) Remitted allowance, Corporate pension, Personal pension and other incomes

a. Remitted allowance

Allowance remitted to a household member at regular intervals or on a continuous basis.

b. Corporate pension/personal pension

Except for public pensions, the amount paid to a household member as a pension subject to the payment of insurance premiums for a prescribed period.

c. Other incomes

Incomes other than those mentioned in (1) to (4) as well as a. and b. of (5) above (such as allowance remitted temporarily, wedding gift money/obituary gift and other gift money).

13 **“Self-assessed living conditions”** means how respective households feel about their overall living conditions as of the date of the survey. Householders or persons representing their households selected their respective answers out of five conditions (“Very difficult”, “Somewhat difficult”, “Normal”, “Somewhat comfortable”, and “Very comfortable”).

14 **“Disposable income”** is the amount obtained by subtracting income tax, residence tax, social insurance premiums and fixed asset tax from incomes for the household. In other words, “income” is before taxes and “disposable income” is after-tax income.

15 **“Poverty rate”** was calculated in accordance with the OECD standards. “Adult” means a person aged 18 years or over and “child” means a person aged 17 years or younger. “Active household” means a household whose householder is aged 18 years or older but younger than 65 years of age.

The “income” used for the calculation includes social security benefits received as cash benefits but excludes any social security benefits in kind.

(1) Relative poverty rate

The percentage of household members living under the poverty line. The poverty line is a value which is half the median of the equivalent disposable income (obtained by dividing the household’s disposable income with the square root of the number of household members).

(2) Child poverty rate

The percentage of children aged 17 years or younger who live under the poverty line relative to the whole population of child aged 17 years or younger.

(3) Poverty rate of “active households with child(ren)”

a. Poverty rate of “one-adult” households

The percentage, relative to the whole population of “one-adult households with child(ren)

aged 17 years or younger” falling under the category of active household, of household members belonging to the said households who live under the poverty line.

b. **Poverty rate of “two-or-more-adults” households**

The percentage, relative to the whole population of “two-or-more adult households with a child or children aged 17 years or younger” falling under the category of active household, of household members belonging to the said households who live under the poverty line.

16 **“Inpatient”** means a person admitted to and staying at a hospital, clinic, or a long-term care insurance facility.

17 **“Person with subjective symptoms”** means a household member with subjective symptoms due to a disease or injury.

18 **“Ratio of person with subjective symptoms”** means the number of persons with subjective symptoms per thousand population. The number of household members used as the denominator includes inpatients, while the number of persons with subjective symptoms used as the numerator does not include inpatients.

19 **“Outpatient”** means a household member (except for inpatients) attending a hospital, clinic, Japanese traditional massage practitioner, acupuncture practitioner, moxa-cautery practitioner or Judo-orthopaedy practitioner.

20 **“Ratio of outpatients”** means the number of outpatients per thousand population. The number of household members used as the denominator includes inpatients but the number of outpatients used as the numerator does not include inpatients.

21 **“Mental state”** is assessed with the measure called K6. The K6 scale was developed by Kessler et.al. in the U.S. for the purpose of screening of mental illness such as depression, anxiety disorder, and has been widely used in surveys of the general public as index to indicate the seriousness of mental problems including psychological stress.

Six questions, “Have you felt nervous?”, “Have you felt hopeless?”, “Have you felt restless or fidgety?”, “Have you felt so depressed that nothing could cheer you up?”, “Have you felt that everything was an effort?” and “Have you felt worthless?” are provided. Each question is scored in five grades: “None” (0 point), “A little” (1 point), “Some” (2 points), “Most” (3 points) and “All” (4 points), and points earned for the 6 questions are then summed up. Higher scores indicate higher level of psychological distress.

22 **“Person requiring long-term care”** means a person who has been certified as requiring long-term care under the Long-Term Care Insurance Act (a. a person aged 65 years or over and requiring long-term care, and b. a person aged 40 years or over but under 65 years of age and requiring long-term care, and the physical or mental problem which has resulted in the conditions requiring long-term care was caused by any of the Specified diseases) and who is staying home.

23 **“Person requiring support”** means a person who has been certified as requiring support under the Long-Term Care Insurance Act (a. a person aged 65 years or over and who is at risk of requiring support, and b. a person aged 40 years or over but under 65 years of age and who is at risk of requiring support, and the physical or mental problem which has resulted in such risk was caused by any of the Specified diseases) and who is staying home.

24 **“Care requirement level”** is classified based on the “criterion times for certification of long-term care need, etc.” as provided for in the “Ordinance on criterion, etc. for examination and judgement



of long-term care need by the certification committee of needed long-term care” (Ordinance of the Ministry of Health, Labour and Welfare No.32 of March 14, 2006).

Classification of criterion times for certification of long-term care need, etc.

- Direct daily life support – long-term care concerning bathing, toileting, feeding, etc.
- Indirect daily life support – long-term care concerning laundry, cleaning, etc.
- BPSD-related care – hunting in the case of loitering, dealing with unclean behaviors, etc.
- Functional training activities – functional training such as walking training or daily life training
- Medical care activities – assistance to medical treatment such as supervision of transfusion, treatment of bedsores, etc.

(1) Support level 1

A condition where the criterion time for certification of long-term care need, etc. for the above 5 areas is 25 minutes or longer but shorter than 32 minutes or any condition equivalent thereto.

(2) Support Level 2

A condition where support specifically contributing to the mitigation or prevention of worsening of a condition requiring daily care on a continuous basis over a period of time for which a condition requiring support is expected to continue, and where the criterion time for certification of long-term care need, etc. for the above 5 areas is 32 minutes or longer but shorter than 50 minutes or any condition equivalent thereto.

(3) Long-term care level 1

A condition where the criterion time for certification of long-term care need, etc. for the above 5 areas is 32 minutes or longer but shorter than 50 minutes or any condition equivalent thereto.

(4) Long-term care level 2

A condition where the criterion time for certification of long-term care need, etc. for the above 5 areas is 50 minutes or longer but shorter than 70 minutes or any condition equivalent thereto.

(5) Long-term care level 3

A condition where the criterion time for certification of long-term care need, etc. for the above 5 areas is 70 minutes or longer but shorter than 90 minutes or any condition equivalent thereto.

(6) Long-term care level 4

A condition where the criterion time for certification of long-term care need, etc. for the above 5 areas is 90 minutes or longer but shorter than 110 minutes or any condition equivalent thereto.

(7) Long-term care level 5

A condition where the criterion time for certification of long-term care need, etc. for the above 5 areas is 110 minutes or longer or any condition equivalent thereto.

**25 “Nursing care services” are classified into the following categories:**

(1) In-home care services

a. Home-visit care

Care relating to bathing, toileting, feeding and other daily life activities provided by a home-visit caregiver.

b. Home-visit bathing care

Bathing service provided at home with the use of a nursing care bathtub.

c. Home-visit nursing

Recuperative care and necessary medical support provided at home by a nurse and other health professional.

- d. Home-visit rehabilitation  
Physical and occupational therapy and any other necessary rehabilitation provided at home by a physical therapist in order to promote independence in daily life activities.
- e. Home-visit care for preventive long-term care  
Care relating to bathing, toileting, feeding and other daily life activities provided by a certified care worker etc. in order for care prevention.
- f. Home-visit bathing care for preventive long-term care  
Bathing service provided at home with the use of a nursing care bathtub in order for care prevention.
- g. Home-visit nursing for preventive long-term care  
Recuperative care and necessary medical support provided at home by a nurse or any other health professional in order for care prevention.
- h. Home-visit rehabilitation for preventive long-term care  
Physical and occupational therapy and any other necessary rehabilitation provided at home by a physical therapist in order for care prevention.
- i. Nighttime home-visit care  
Periodic or on-call home-visit care provided during nighttime.
- j. Periodic patrolling/on-call home-visit care/nursing  
Home-visit care and home-visit nursing provided through periodic patrolling and on an on-call basis.

(2) Ambulatory long-term care services

- a. Daycare Service for Long-Term Care  
Care relating to bathing, toileting, feeding and other daily life activities as well as functional training provided on an ambulatory basis at a daycare service center for the elderly, etc.
- b. Ambulatory rehabilitation service  
Physical and occupational therapy and any other necessary rehabilitation provided on an ambulatory basis at a healthcare facility for the elderly requiring long-term care, hospital, clinic, etc.
- c. Daycare service for preventive long-term care  
Care relating to bathing, toileting, feeding and other daily life activities as well as functional training provided on an ambulatory basis at a daycare service center for the elderly, etc. in order for care prevention.
- d. Ambulatory rehabilitation service for preventive long-term care  
Physical and occupational therapy and any other necessary rehabilitation provided on an ambulatory basis at a healthcare facility for the elderly requiring long-term care, hospital, clinic, etc. in order for care prevention.
- e. Daycare service for long-term care of the elderly with dementia  
Care provided on an ambulatory basis at a daycare service center for the elderly, etc. to a person with dementia and requiring long-term care in connection with bathing, toileting, feeding and other daily life activities as well as functional training.
- f. Daycare service for preventive long-term care of the elderly with dementia  
Care provided on an ambulatory basis at a daycare service center for the elderly, etc. to a person with dementia and requiring long-term care in connection with bathing, toileting, feeding and other daily life activities as well as functional training for the purpose of care prevention.

(3) Short-term stay services

- a. Short-term stay for long-term care  
Care relating to bathing, toileting, feeding and other daily life activities as well as functional training provided to a person staying for a short period of time at an intensive care home for the elderly or a short-term stay service facility for the elderly.

- b. Short-term stay for recuperative care  
Nursing, long-term care under medical supervision, functional training and any other necessary medical treatment as well as daily life support provided via short-term stay at a long-term care health facility or a sanatorium-type medical care facility for the elderly requiring long-term care.
  - c. Short-term stay for preventive long-term care  
Care relating to bathing, toileting, feeding and other daily life activities as well as functional training provided to a person staying for a short period at an intensive care home for the elderly or short-term stay service facility for the elderly for the purpose of care prevention.
  - d. Short-term stay for preventive recuperative care  
Nursing, long-term care under medical supervision, functional training and any other necessary medical treatment as well as daily life support provided via short-term stay at a long-term care health facility or a sanatorium-type medical care facility for the elderly requiring long-term care for the purpose of care prevention.
- (4) Residential-facility services (Group home)
- a. Long-term care in a small group home setting for the elderly with dementia  
Care relating to bathing, toileting, feeding and other daily life activities as well as functional training provided to a person with dementia and requiring long-term care at a residential facility where the person is living together with other persons requiring long-term care.
  - b. Long-term care in a small group home setting for the elderly with dementia for preventive care  
Care relating to bathing, toileting, feeding and other daily life activities as well as functional training provided for the purpose of care prevention to a person with dementia and requiring support at a residential facility where the person is living together with other persons requiring long-term care.
- (5) Multifunctional care in a small group home setting
- a. Small-scale multifunctional home-based long-term care  
“Home-visit”, “ambulatory” and “stay-over” services are provided from and at one location.
  - b. Small-scale multifunctional home-based preventive long-term care  
Provision of “home-visit”, “ambulatory” and “stay-over” services from and at one location for the purpose of care prevention.
  - c. Combined services (Home-visit nursing and Small-scale multifunctional home-based long-term care)  
Provision of nursing and long-term care services in an integrated manner through an integrated care center to persons requiring both long-term care and medical treatment.
- (6) Meal delivery service  
Provision of nutritionally-balanced meals to elderly persons having difficulties in cooking by way of regular home visits.
- (7) Outing support service  
Transportation support service using vehicles and cars between the home of a user to and from locations where welfare services at home and/or preventive care/daily life activity support services are provided, medical institutions, and other facilities, as well as services relating to mobility support in shopping center, etc., such as provision of various relevant information and leasing of electric scooters and wheelchairs.
- (8) Bedding washing/drying/disinfection service  
Washing, drying and disinfecting bedding for the purpose of hygiene control.