



Maintain habitual physical activities.

Survey findings

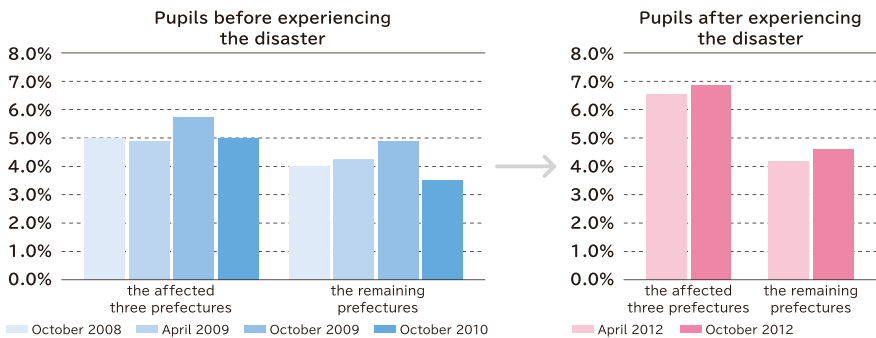
A higher percentage of overweight children was observed after the GEJE.

Recommendation

Try to make a habit of walking.

The percentage of children found to be overweight significantly increased in the areas affected by the Great East Japan Earthquake compared to other areas. Adults who do not walk regularly also suffered more frequently from sleep disturbance, psychological distress, depressive states, and post-traumatic stress reactions. Unless you suffer from physical or mental exhaustion or are not feeling well, a habit of walking may improve your physical and mental health. Try to take time to go for a walk or run errands on foot and use stairs instead of the elevator. It is also useful to use a pedometer to become aware of your daily step counts.

The proportion of overweight nursery pupils (aged 3 and a half years to 4 and a half years) in three prefectures which were majorly damaged by the Great East Japan Earthquake (Iwate, Miyagi, and Fukushima) and the remaining prefectures.



Significant increase in the proportion of overweight nursery pupils was observed in the three affected prefectures

※ Reference · Health Labour Sciences Research Project “Research on children’s health in the areas affected by the Great East Japan Earthquake”
 · The 1st through 7th Surveys based on the joint project of Tohoku University and the Shichigahama town, Miyagi Prefecture “Shichigahama Health Promotion Project”

