## **Note** This translation is just for reference purposes. Your answers must be entered on the original Japanese form. **Note** Please fill in with a ballpoint pen. Please do not fold this paper

| e       Needical history       Please enter the name of the disease, age of onset, and treatment status.       Index and molecular targets and the disease age of onset, and treatment status.       Index and molecular targets and targets an   |  |  |  |   |  |  |  |  |   |  |   |  | 部   | 署   |  |  |   |   |
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| Date of<br>birth       Vear       Month       Date of<br>search       Vear<br>years         Medical history       Please enter the name of the disease, age of onset, and treatment status.       Medical history         Of reatment status       Under treatment (with medicine)       Disease       Disease         In history       Lowing follow-up 3 healing       Disease       Disease         In history       Sugger V 5.Abardoned       Disease       Disease         I heard disease       90 Ophthalmic disease       32 Long cancer       Disease       Disease         I heard disease       90 Ophthalmic disease       32 Long cancer       Disease       Disease         I heard disease       90 Ophthalmic disease       32 Long cancer       Disease       Disease         I heard disease       91 Ophthalmic disease       32 Long cancer       Disease       Disease       Disease         I heard disease       10 Cost of disease       10 Other       Disease       D  | m  |  |  |   |  |  |  |  |   |  |   |  | 保険  | \$ENo.  |  |  |   |   |
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| Everyone should answer the questions below regardless of age         you ever been diagnosed with kidney dysfunction or received dialysis therapy?       Yes       No         ou more than 10 kg over your weight when you were 20 years old?       Yes       No         you been exercising with light sweating for 30 min. or more at least two days a week for over one year?       Currently,do you       Stomach operation         yu walk faster than other almost same age persons?       Yes       No       Stomach operation         yu walk faster than other almost same age persons?       Yes       No       Number of         garettes ing with ught sweating for 30 min. or more at least two days a week for over one year?       No       Number of         yu walk faster than other almost same age persons?       Yes       No       Number of         garettes ing with ught sweating for 30 win. or more at the box to the       @ Teeth, gums, or dental bite are bothering you, so chewing can be difficult       Number of years       Years         yu eat faster than those around you?       Faster       Same       Slower       Number of rat least 100 cigarettes since startihaving smoked for at l   | 01 High to<br>02 Low te<br>03 Radiat   | emperature envernment  | viroment   | 08 Lourd s<br>09 Under<br>10 Midnig   | carryer<br>sound<br>the min<br>ght   |  |  | What kind<br>Always day<br>What is the<br>Less than (  | of work s<br>y shift (<br>e average<br>6 hours  | syste<br>2) A<br>dai<br>(2)  | em do yo<br>Always ni<br>ily worki<br>6 hours   | ou have<br>ight shif<br>ing time<br>or more  | in you<br>ft (3)<br>in the<br>e and le  | r current<br>Both day<br>last mon<br>ess than 8   | workpl<br>shift an<br>th at yo<br>8 hours  | ace?<br>nd night<br>our curre  | shift   |   |
| • Everyone should answer the questions below regardless of age         you ever been diagnosed with kidney dysfunction or received dialysis therapy?       Yes       No         ou more than 10 kg over your weight when you were 20 years old?       Yes       No         you been exercising with light sweating for 30 min. or more at least two days a week for over one year?       Stomach operation         you been exercising with light sweating for 30 min. or more at least two days a week for over one year?       O         you been exercising with light sweating for 30 min. or more at least two days a week for over one year?       No         you walk faster than other almost same age persons?       Yes       No         h describes your situation when you chew food?       ① Can chew and eat anything       Number of         cigarettes per day       Number of       Number of         you so chewing can be difficult       ③ Practically cannot chew         you eat a weat start than those around you?       Faster       Same       Slower         pu eat sweet snacks or sweet drink between meals?       Dally       Someti       Rarely         you getting good sleep?       Yes       No       West then onths         go plan to within the next 6 months       ③ Plan to within the next 6 months       Glasses per day       Less than one         you getting good sleep?       Yes       No       <  | 01 High to<br>02 Low to<br>03 Radiat<br>04 Dust<br>05 Abnor  | emperature env<br>emperature<br>ion<br>mal atmospher   |  | 08 Lourd s<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g   | carryer<br>sound<br>the min<br>ght<br>ous mate<br>gas vapo   | rial handl   | (1)<br>(1)<br>(1)<br>ling (3)  | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours of<br>What is the a   | of work s<br>y shift (<br>e average<br>6 hours<br>r more an<br>werage nu  | syste<br>2) A<br>dai<br>(2)<br>ndle<br>mbe   | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>ess than 1<br>er of work  | ou have<br>ight shif<br>ing time<br>or more<br>10 hours  | in you<br>ft (3)<br>in the<br>e and lo<br>s (4)<br>per wee  | r current<br>Both day<br>last mon<br>ess than 8<br>10 hours<br>ek in the la   | workpl<br>shift a<br>th at yo<br>bours<br>or more<br>ast mont  | ace?<br>nd night<br>our curre  | shift<br>nt woi   | rkpla   |
| you ever been diagnosed with kidney dysfunction or received dialysis therapy? Yes No<br>ou more than 10 kg over your weight when you were 20 years old? Yes No<br>you been exercising with light sweating for 30 min. or more at least two days a week for over one year? No<br>ur daily life, do you walk or do an equivalent amount of physical activity more than one hour a day? No<br>Du walk faster than other almost same age persons? Yes No<br>the describes your situation when you chew food?<br>See from ① to ③ and record your choice in the box to the<br>Du eat faster than those around you? Faster<br>Daily Someti Rarely<br>mes a week? Yes No<br>Du eat sweet snacks or sweet drink between meals? Daily Someti Rarely<br>Du skip breakfast three or more times a week? Yes No<br>Du getting good sleep? Yes No<br>Du have plans to improve your exercise habits and lifestyle?<br>See from ① to ⑤ and record your choice in the box to the<br>Du have plans to improve your exercise habits and lifestyle?<br>See from ① to ⑤ and record your choice in the box to the<br>Du have plans to improve your exercise habits and lifestyle?<br>See from ① to ⑤ and record your choice in the box to the<br>Du have plans to improve your exercise habits and lifestyle?<br>See from ① to ⑤ and record your choice in the box to the<br>Du have plans to improve your exercise habits and lifestyle?<br>See from ① to ⑤ and record your choice in the box to the<br>Du have plans to improve your exercise habits and lifestyle?<br>See from ① to ⑤ and record your choice in the box to the<br>Du have plans to improve your exercise habits and lifestyle?<br>See from ① to ⑤ and record your choice in the box to the<br>Du have plans to improve the healthiness of your<br>Would you use it?<br>So mol to acho on the set the set the set for mores the would you use it?<br>So mol to acho the set the set the set for the set the set for more the would you use it?<br>So mol to acho the set the set the set the set for the set the set for more the would you use it?<br>So mol to acho the set the set for the set the set for the s  | 01 High to<br>02 Low to<br>03 Radiat<br>04 Dust<br>05 Abnor  | emperature env<br>emperature<br>ion<br>mal atmospher   |  | 08 Lourd s<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g   | carryer<br>sound<br>the min<br>ght<br>ous mate<br>gas vapo   | rial handl   | (1)<br>(1)<br>(1)<br>ling (3)<br>•vv<br>(1)  | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours of<br>What is the a<br>Less than 3  | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>average nu<br>3 days   | syste<br>2) A<br>(2)<br>(2)<br>ndle<br>mbe<br>(2) 3  | em do yo<br>Always ni<br>ily worki<br>6 hours<br>ess than 3<br>er of work<br>3 days or  | ou have<br>ight shif<br>ing time<br>or more<br>10 hours<br>sing days<br>r more a   | in you<br>ft (3)<br>e in the<br>e and lo<br>s (4)<br>per we<br>and less   | r current<br>Both day<br>last mon<br>ess than 8<br>10 hours<br>ek in the la<br>s than 5 d   | workpl<br>shift a<br>th at yo<br>bours<br>or more<br>ast mont  | ace?<br>nd night<br>our curre  | shift<br>nt woi   | rkpla   |
| you been exercising with light sweating for 30 min. or more at least two days a week for over one year?<br>ur daily life, do you walk or do an equivalent amount of physical activity more than one hour a day? No<br>uwalk faster than other almost same age persons?<br>h describes your situation when you chew food?<br>se from ① to ③ and record your choice in the box to the<br>ue at faster than those around you?<br>ur eat meal within two hours of bedtime three or more times a week?<br>ue at meal within two hours of bedtime three or more times a week?<br>ue at sweet snacks or sweet drink between meals?<br>Dally<br>Someti<br>au eats so improve your exercise habits and lifestyle?<br>bu have plans to improve your exercise habits and lifestyle?<br>se from ① to ⑤ and record your choice in the box to the<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally<br>Dally  | 01 High ta<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat   | emperature envemperature envemperature<br>ion<br>mal atmospher<br>ion<br>Everyone  | ic pressure<br>e should a  | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog  | carryer<br>sound<br>the min<br>aht<br>ous mate<br>gas vapo<br>gen pollu<br>ne que  | rial handl<br>r dust<br>ution  | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(3)<br>(3)<br>(3)<br>(3)<br>(3)<br>(3)<br>(3)   | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours of<br>What is the a<br>Less than 3<br>5 days (4<br>V regarc   | of work s<br>y shift (<br>e average<br>6 hours<br>r more an<br>werage nu<br>3 days<br>4) 6 days<br>dless o  | yste<br>2) A<br>dai<br>(2)<br>ndle<br>mbe<br>(2) 3<br>or n<br><b>of a</b>  | em do yo<br>Always ni<br>ily worki<br>6 hours<br>sss than 2<br>er of work<br>3 days or<br>nore<br>age   | ight shif<br>ing time<br>or more<br>10 hours<br>ting days<br>more a<br>Hi  | in you<br>ft (3)<br>in the<br>e and lo<br>s (4)<br>per we<br>not less<br>istory o<br>tmente   | r current<br>Both day<br>last mon<br>ess than 8<br>10 hours<br>ek in the la<br>s than 5 d<br>of<br>ea to  | workpl<br>shift and<br>th at you<br>book and<br>st mont<br>ays<br>Yes  | ace?<br>nd night<br>our curre<br>e<br>h at your  | shift<br>nt wor<br>current<br>No  | rkpla   |
| ur daily life, do you walk or do an equivalent amount of physical activity more than one hour a day?       No         ur daily life, do you walk or do an equivalent amount of physical activity more than one hour a day?       No         ur daily life, do you walk or do an equivalent amount of physical activity more than one hour a day?       No         ur daily life, do you walk or do an equivalent amount of physical activity more than one hour a day?       No         ur daily life, do you walk or do an equivalent amount of physical activity more than one hour a day?       No         ur daily life, do you walk or do an equivalent amount of physical activity more than one hour a day?       No         h describes your situation when you chew food?       ① Can chew and eat anything         se from ① to ③ and record your choice in the box to the       ② Practically cannot chew         ur eat a meal within two hours of bedtime three or more times a week?       Yes       No         ur eat sweet snacks or sweet drink between meals?       Dally       Someti       Rarely         ur have plans to improve your exercise habits and lifestyle?       ① No plans       ③ No drink         Glasses per day       ① Less than one       ③ Plan to within the next 1 months       ③ Already improving (less than 6 months)         se from ① to ⑤ and record your choice in the box to the       ③ Plan to within the next 1 months       ③ One or more         se from ① to ⑤ and record your choice in the box  | 01 High ta<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat   | emperature envemperature envemperature<br>ion<br>mal atmospher<br>ion<br>Everyone  | ic pressure<br>e should a  | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog  | carryer<br>sound<br>the min<br>aht<br>ous mate<br>gas vapo<br>gen pollu<br>ne que  | rial handl<br>r dust<br>ution  | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(3)<br>(3)<br>(3)<br>(3)<br>(3)<br>(3)<br>(3)   | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours of<br>What is the a<br>Less than 3<br>5 days (4<br>V regarc   | of work s<br>y shift (<br>e average<br>6 hours<br>r more an<br>werage nu<br>3 days<br>4) 6 days<br>dless o  | yste<br>2) A<br>dai<br>(2)<br>ndle<br>mbe<br>(2) 3<br>or n<br><b>of a</b>  | em do yo<br>Always ni<br>ily worki<br>6 hours<br>sss than 2<br>er of work<br>3 days or<br>nore<br>age   | ou have<br>ight shif<br>ing time<br>or more<br>10 hours<br>ing days<br>more a<br>Hi<br>tri<br>di   | in you<br>ft (3)<br>in the<br>e and lo<br>s (4)<br>per we<br>ind less<br>istory of<br>tmente<br>splace  | r current<br>Both day<br>last mon<br>ess than 8<br>10 hours<br>ek in the la<br>than 5 d<br>than 5 d<br>of<br>ea to<br>H.pylori  | workpl<br>shift an<br>th at yo<br>3 hours<br>or more<br>ist mont<br>ays<br>Yes<br>Yes  | ace?<br>nd night<br>our curre<br>e<br>h at your  | shift<br>nt wor<br>current<br>No  | rkpla   |
| ur daily life, do you walk or do an equivalent amount of physical activity more than one hour a day?       No         No       No         ou walk faster than other almost same age persons?       Yes         h describes your situation when you chew food?       1 Can chew and eat anything         se from 1 to 3 and record your choice in the box to the       2 Teeth, gums, or dental bite are bothering you, so chewing can be difficult         you eat faster than those around you?       Faster         same       Slower         pu eat a meal within two hours of bedtime three or more times a week?       Yes         pu eat sweet snacks or sweet drink between meals?       Dally         se from 1 to 5 and record your choice in the box to the       9 Pan to within the next 1 months         a Already improving (less than 6 months)       3 Plan to within the next 1 months         a Already improving (6 months or more)       3 Two or more but less than 110 fishchu (25%)         twould you use it?       Yes       No  | 01 High tu<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat   | emperature enve<br>imperature<br>ion<br>mal atmospher<br>ion<br>Everyone<br>en diagnosed with  | ic pressure<br><mark>e should</mark> a   | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog  | carryer<br>sound<br>the min<br>sht<br>bus mate<br>gas vapo<br>gen pollu<br><b>ne que</b><br>ceived di  | rial handl<br>r dust<br>ution<br>estions<br>alysis the   | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(3)<br>(3)<br>(3)<br>(3)<br>(3)<br>(3)<br>(3)   | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours of<br>What is the a<br>Less than 3<br>5 days (4<br><b>v regarc</b><br>Yes   | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>iverage nu<br>3 days<br>1) 6 days<br><b>3 less C</b><br>s  | syste<br>2) A<br>dai<br>(2)<br>ndle<br>mbe<br>(2) 3<br>or n<br>of a<br>N   | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>iss than 2<br>er of work<br>3 days or<br>nore<br><b>age</b>   | ou have<br>ight shif<br>ing time<br>or more<br>10 hours<br>ing days<br>more a<br>Hi<br>tri<br>di   | in you<br>ft (3)<br>in the<br>e and lus<br>s (4)<br>per we<br>ind less<br>istory of<br>tmente<br>splace   | r current<br>Both day<br>last mon<br>ess than 8<br>10 hours<br>ek in the la<br>5 than 5 d<br>of<br>ea to<br>H.pylori<br>h operat  | workpl<br>shift at<br>th at yo<br>3 hours<br>or more<br>ast mont<br>ays<br>Yes<br>Yes<br>tion  | ace?<br>nd night<br>bur curre<br>e<br>h at your  | shift<br>nt wor<br>current<br>No<br>No  | work  |
| bu walk faster than other almost same age persons? Yes No   cigarettes per day      th describes your situation when you chew food? se from ① to ③ and record your choice in the box to the th describes you, so chewing can be difficult ③ Practically cannot chew th describes a week? Yes No th describes our situation when you? Faster Same Slower au eat a meal within two hours of bedtime three or more times a week? Yes No Dally Someti Rarely mes Yes No The weat faster than those around you? Faster Same Slower Paster Someti Rarely The weat sweet snacks or sweet drink between meals? Dally Someti Rarely The weat some prove your exercise habits and lifestyle? Someti Ou part of § and record your choice in the box to the ③ Plan to within the next 6 months ③ Plan to within the next 1 months ④ Already improving (6 months or more) So muld you use it? Wow Someti (1 can) of beer Wow Someti (2 contex) Sone (2 contex) <td>01 High tr<br/>02 Low te<br/>03 Radiat<br/>04 Dust<br/>05 Abnor<br/>06 Vibrat</td> <td>emperature envemperature envemperature<br/>ion<br/>mal atmospher<br/>ion<br/><b>Everyone</b><br/>en diagnosed with<br/>n 10 kg over your</td> <td>ic pressure<br/><b>Should a</b><br/>h kidney dysfu<br/>weight when</td> <td>08 Lourd<br/>09 Under<br/>10 Midnig<br/>11 Hazardo<br/>12 Toxic g<br/>13 Pathog<br/>answer th<br/>unction or rec</td> <td>carryer<br/>sound<br/>the min<br/>aht<br/>bus mate<br/>gas vapo<br/>gen pollu<br/>ne que<br/>ceived di<br/>0 years ol</td> <td>e in and<br/>r dust<br/>ution<br/>estions<br/>alysis the<br/>d?</td> <td>(1)<br/>(1)<br/>(1)<br/>(1)<br/>(1)<br/>(1)<br/>(1)<br/>(1)<br/>(1)<br/>(1)</td> <td>What kind<br/>Always day<br/>What is the<br/>Less than<br/>) 8 hours of<br/>What is the a<br/>Less than<br/>5 days (4<br/>V regare<br/>Yes<br/>Yes</td> <td>of work s<br/>y shift (<br/>e average<br/>6 hours<br/>r more ar<br/>iverage nu<br/>3 days<br/>4) 6 days<br/>5<br/><b>3 1<br/>5 1</b><br/>5</td> <td>syste<br/>2) A<br/>dai<br/>(2)<br/>ndle<br/>(2) 3<br/>or n<br/>0f a<br/>N</td> <td>em do yo<br/>Nways ni<br/>ily worki<br/>6 hours<br/>iss than 2<br/>er of work<br/>3 days or<br/>nore<br/><b>age</b></td> <td>ou have<br/>ight shif<br/>ing time<br/>or more<br/>10 hours<br/>ting days<br/>r more a<br/>Hi<br/>tri<br/>di<br/>St</td> <td>in you<br/>ft (3)<br/>in the<br/>e and less<br/>and less<br/>istory of<br/>tmente<br/>splace<br/>comacl<br/>smo<br/>Currer</td> <td>r current<br/>Both day<br/>last mon<br/>ess than &amp;<br/>10 hours<br/>ek in the la<br/>than 5 d<br/>of<br/>than 5 d<br/>than 5 d<br/>th</td> <td>workpl<br/>shift ar<br/>th at yo<br/>3 hours<br/>or more<br/>sst mont<br/>ays<br/>Yes<br/>tion</td> <td>ace?<br/>nd night<br/>bur curre<br/>e<br/>h at your</td> <td>shift<br/>nt wor<br/>current<br/>No<br/>No</td> <td>work</td> | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat   | emperature envemperature envemperature<br>ion<br>mal atmospher<br>ion<br><b>Everyone</b><br>en diagnosed with<br>n 10 kg over your   | ic pressure<br><b>Should a</b><br>h kidney dysfu<br>weight when  | 08 Lourd<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>answer th<br>unction or rec   | carryer<br>sound<br>the min<br>aht<br>bus mate<br>gas vapo<br>gen pollu<br>ne que<br>ceived di<br>0 years ol   | e in and<br>r dust<br>ution<br>estions<br>alysis the<br>d?   | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)   | What kind<br>Always day<br>What is the<br>Less than<br>) 8 hours of<br>What is the a<br>Less than<br>5 days (4<br>V regare<br>Yes<br>Yes   | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>iverage nu<br>3 days<br>4) 6 days<br>5<br><b>3 1<br/>5 1</b><br>5  | syste<br>2) A<br>dai<br>(2)<br>ndle<br>(2) 3<br>or n<br>0f a<br>N  | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>iss than 2<br>er of work<br>3 days or<br>nore<br><b>age</b>   | ou have<br>ight shif<br>ing time<br>or more<br>10 hours<br>ting days<br>r more a<br>Hi<br>tri<br>di<br>St  | in you<br>ft (3)<br>in the<br>e and less<br>and less<br>istory of<br>tmente<br>splace<br>comacl<br>smo<br>Currer  | r current<br>Both day<br>last mon<br>ess than &<br>10 hours<br>ek in the la<br>than 5 d<br>of<br>than 5 d<br>than 5 d<br>th | workpl<br>shift ar<br>th at yo<br>3 hours<br>or more<br>sst mont<br>ays<br>Yes<br>tion   | ace?<br>nd night<br>bur curre<br>e<br>h at your  | shift<br>nt wor<br>current<br>No<br>No  | work  |
| Image: Section (1) to (3) and record your choice in the box to the       Image: Constraint of the box to the box to the   | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat   | emperature enverte<br>ion<br>mal atmospher<br>ion<br>Everyone<br>en diagnosed with<br>n 10 kg over your<br>ercising with light   | ic pressure<br><b>Should a</b><br>h kidney dysfi<br>weight when<br>t sweating for  | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>answer th<br>unction or ree<br>1 you were 20<br>r 30 min. or n  | carryer<br>sound<br>the min<br>abt<br>ous mate<br>as vapo<br>gen pollu<br>ne que<br>ceived di<br>o years ol<br>nore at le                                | e<br>rial handl<br>r dust<br>ution<br>estions<br>alysis the<br>d?  | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)   | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours of<br>What is the a<br>Less than 3<br>5 days (4<br>V regard<br>Yes<br>Yes<br>ek for over  | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>verage nu<br>3 days<br>4) 6 days<br><b>3 lless C</b><br>s<br>one year  | ysta<br>2) A<br>dai<br>(2)<br>ndle<br>(2) 3<br>or n<br>(2) 3<br>or n<br>N<br>N<br>N  | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>iss than 2<br>er of work<br>3 days or<br>nore<br><b>age</b>   | ou have<br>ight shif<br>ing time<br>or more<br>10 hours<br>ting days<br>r more a<br>Hi<br>tri<br>di<br>St  | in you<br>ft (3)<br>in the<br>e and loss<br>of the s (4)<br>per we<br>istory of<br>tmente<br>splace<br>comact<br>smoo<br>Currer<br>smoke  | r current<br>Both day<br>last mon<br>ess than 8<br>10 hours<br>ek in the la<br>e than 5 d<br>of<br>ea to<br>H.pylori<br>h operat<br>king<br>ttly,do yce<br>e regularly  | workpl<br>shift ar<br>th at yo<br>3 hours<br>or more<br>sst mont<br>ays<br>Yes<br>tion   | ace?<br>nd night<br>bur curre<br>e<br>h at your  | shift<br>nt wor<br>current<br>No<br>No  | work  |
| se from ① to ③ and record your choice in the box to the<br>you, so chewing can be difficul<br>③ Practically cannot chew<br>would you eat faster than those around you?<br>Faster Same Slower<br>would you eat a meal within two hours of bedtime three or more times a week?<br>wou eat a meal within two hours of bedtime three or more times a week?<br>wou eat sweet snacks or sweet drink between meals?<br>wou skip breakfast three or more times a week?<br>wou getting good sleep?<br>wou have plans to improve your exercise habits and lifestyle?<br>se from ① to ⑤ and record your choice in the box to the<br>en the opportunity to receive counseling to improve the healthiness of your<br>would you use it?<br>See from ① to receive counseling to improve the healthiness of your<br>would you use it?<br>See from ① to receive counseling to improve the healthiness of your<br>would you use it?<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive counseling to improve the healthiness of your<br>See from ① to receive co  | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat<br>e you ever been<br>you more that<br>e you been ex<br>ur daily life, o  | emperature envemperature envemperature<br>ion<br>mal atmospher<br>ion<br><b>Everyone</b><br>en diagnosed with<br>n 10 kg over your<br>ercising with light  | ic pressure<br><b>Should a</b><br>h kidney dysfu<br>weight when<br>t sweating for<br>a n equivaler   | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>answer th<br>unction or rec<br>n you were 20<br>r 30 min. or n  | carryer<br>sound<br>the min<br>abt<br>ous mate<br>as vapo<br>gen pollu<br>ne que<br>ceived di<br>o years ol<br>nore at le                                | e<br>rial handl<br>r dust<br>ution<br>estions<br>alysis the<br>d?<br>east two o  | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)   | What kind<br>Always day<br>What is the<br>Less than<br>) 8 hours of<br>What is the a<br>Less than<br>5 days (4<br>V regare<br>Yes<br>Yes<br>k for over<br>one hour a   | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>iverage nu<br>3 days<br>a) 6 days<br>dless c<br>s<br>s<br>one year<br>a day?   | ysta<br>2) A<br>e dai<br>(2)<br>ndle<br>(2) 3<br>or n<br>(2) 3<br>or n<br>N<br>N<br>N  | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>ss than :<br>er of work<br>3 days or<br>nore<br><b>age</b><br>to<br>to<br>to  | ou have<br>ight shift<br>ing time<br>or more<br>10 hours<br>ting days<br>r more a<br>Hi<br>di<br>St  | in you<br>ft (3)<br>in the<br>e and less<br>s (4)<br>per we<br>ind less<br>story of<br>tmente<br>splace<br>comacl<br>smo<br>Currer<br>smoke<br>Numbe  | r current<br>Both day<br>last mon<br>ess than 8<br>10 hours<br>ek in the la<br>s than 5 d<br>of<br>ea to<br>H.pylori<br>h operat<br>king<br>ntly,do yce<br>e regularle<br>er of   | workpl<br>shift at<br>th at yo<br>bours<br>or more<br>ast mont<br>ays<br>Ye:<br>Ye:<br>tion  | ace?<br>nd night<br>bur curre<br>e<br>h at your  | shift<br>nt wor<br>current<br>No<br>No  | work  |
| bu eat faster than those around you? Faster Same Slower   bu eat faster than those around you? Faster Same Slower      bu eat a meal within two hours of bedtime three or more times a week? Yes No   bu eat sweet snacks or sweet drink between meals? Dally Someti Rarely   bu skip breakfast three or more times a week? Yes No   bu skip breakfast three or more times a week? Yes No   bu skip breakfast three or more times a week? Yes No   bu skip breakfast three or more times a week? Yes No   bu skip breakfast three or more times a week? Yes No   bu skip breakfast three or more times a week? Yes No   bu skip breakfast three or more times a week? Yes No   bu skip breakfast three or more times a week? Yes No   bu skip breakfast three or more times a week? Yes No   bu have plans to improve your exercise habits and lifestyle? Into within the next 1 months   se from (1) to (5) and record your choice in the box to the Into within the next 1 months   If Already improving (less than 6 months) Into with of sake   Sol already improving (6 months or more) Into with of sake   Sol already improving (6 months or more) Into with of sake   Sol already improving (6 months or more) Into with of shochu (25%)   Sol already improving (6 months or more) Into with of shochu (25%)   Sol already improving (6 months or more) Into with o  | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat<br>vou ever bee<br>you ever bee<br>you ore that<br>you been ex<br>ur daily life, c  | emperature envertion<br>mal atmospher<br>ion<br><b>Everyone</b><br>en diagnosed with<br>n 10 kg over your<br>ercising with light<br>to you walk or do<br>r than other almos  | ic pressure<br><b>Should a</b><br>h kidney dysfo<br>weight when<br>t sweating for<br>o an equivaler<br>post same age p   | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>answer th<br>unction or rea<br>1 you were 20<br>r 30 min. or n<br>1 amount of<br>persons?   | carryer<br>sound<br>the min<br>abt<br>ous mate<br>as vapo<br>gen pollu<br>ne que<br>ceived di<br>o years ol<br>nore at le                                | e<br>rial handl<br>r dust<br>ution<br>alysis the<br>d?<br>east two c<br>activity m   | ling (3)<br>(1)<br>(1)<br>(1)<br>(1)<br>(3)<br>(3)<br>(1)<br>(3)<br>(3)<br>(3)<br>(3)<br>(3)<br>(4)<br>(1)<br>(3)<br>(3)<br>(3)<br>(4)<br>(4)<br>(4)<br>(4)<br>(4)<br>(4)<br>(4)<br>(4)<br>(4)<br>(4 | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours of<br>What is the a<br>Less than 3<br>5 days (4<br>V regard<br>Yes<br>Yes<br>ek for over<br>one hour a  | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>iverage nu<br>3 days<br>a) 6 days<br>dless c<br>s<br>s<br>one year<br>a day?<br>s  | ysta<br>2) A<br>dai<br>(2) A<br>mbe<br>(2) 3<br>or n<br><b>of a</b><br>N<br>N<br>N<br>N<br>N   | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>ss than :<br>er of work<br>3 days or<br>nore<br><b>age</b><br>to<br>to<br>to  | ou have<br>ight shift<br>ing time<br>or more<br>10 hours<br>ting days<br>r more a<br>Hi<br>tri<br>di<br>St   | in you<br>ft (3)<br>in the<br>e and lis<br>s (4)<br>per we<br>ind less<br>istory of<br>tmente<br>splace<br>comacl<br><u>smo</u><br>Currer<br>smoke<br>Numbe<br>cigaret  | r current<br>Both day<br>last mon<br>ess than &<br>10 hours<br>ek in the la<br>than 5 d<br>of<br>that to<br>H.pylori<br>h operat<br>king<br>ntly,do yo<br>e regularly<br>er of<br>tes per da  | workpl<br>shift and<br>th at yes<br>bours<br>or more<br>st mont<br>ast mont<br>ays<br>Yes<br>tion  | ace?<br>nd night<br>bur curre<br>e<br>h at your  | shift<br>nt wor<br>current<br>No<br>No  | work  |
| bu eat a meal within two hours of bedtime three or more times a week?       Yes       No       If you recently quit smoking and have not for at least the past one month, check"No         bu eat sweet snacks or sweet drink between meals?       Dally       Someti Rarely       If you recently quit smoking and have not for at least the past one month, check"No         bu skip breakfast three or more times a week?       Yes       No       Drink liquor       Enter the appropriat number below.         bu skip breakfast three or more times a week?       Yes       No       Drink liquor       Sometimes         ou getting good sleep?       Yes       No       Delevery day       Sometimes       Sometimes         bu have plans to improve your exercise habits and lifestyle?       I No plans       Glasses per day       I Less than one         Sometimes       I No plans       I Already improving (less than 6 months)       I Less than one       One glass equivalents:       I Less than one         Sometimes       I Already improving (6 months or more)       I Mon of shochu (25%)       two       I wo         en the opportunity to receive counseling to improve the healthiness of your       Yes       No       I months       I months         would you use it?       Would you use it?       If you receive counseling to improve the healthiness of your       Yes       No       If you receive counseling to improve the healthi   | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat<br>e you ever bee<br>you more than<br>e you been ex<br>you been ex<br>ur daily life, c<br>ou walk faste   | emperature envemperature envemperature<br>ion<br>mal atmospher<br>ion<br><b>Everyone</b><br>en diagnosed with<br>n 10 kg over your<br>ercising with light<br>do you walk or do<br>r than other almo<br>our situation who   | ic pressure<br><b>Should a</b><br>h kidney dysfu<br>weight when<br>t sweating for<br>o an equivaler<br>ost same age ju<br>en you chew f  | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>answer th<br>unction or re-<br>n you were 20<br>r 30 min. or n<br>nt amount of<br>persons?<br>food?   | carryer<br>sound<br>the min<br>ght<br>ous mate<br>gas vapo<br>gen pollu<br>ne que<br>ceived di<br>0 years ol<br>nore at le<br>physical                   | e rial handl<br>r dust<br>ution<br>alysis the<br>d?<br>east two c<br>activity m  | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)   | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours of<br>What is the a<br>Less than 3<br>5 days (4<br>V regare<br>Yes<br>ek for over<br>one hour a<br>yes<br>ew and eat<br>gums, or do<br>rewing can   | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>iverage nu<br>3 days<br>a) 6 days<br>dless c<br>s<br>one year<br>a day?<br>s<br>anything<br>ental bitc<br>be difficu   | systa<br>(2) A<br>dai<br>(2)<br>ndle<br>(2) 3<br>or n<br><b>of a</b><br>N<br>N<br>N<br>N<br>S<br>a are   | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>20 ses than 2<br>20 er of work<br>3 days or<br>nore<br>3 ge<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10   | ou have<br>ight shift<br>ing time<br>or more<br>10 hours<br>ting days<br>r more a<br>Hi<br>di<br>St<br>ing   | in you<br>ft (3)<br>in the<br>e and lis<br>oper weat<br>and less<br>istory of<br>tmente<br>splace<br>comact<br>Sumo<br>Currer<br>smoke<br>Numbe<br>cigaret  | r current<br>Both day<br>last mon<br>ess than 8<br>10 hours<br>ek in the la<br>s than 5 d<br>of<br>ea to<br>H.pylori<br>h operat<br>king<br>ntly,do yce<br>r regulari<br>er of<br>tes per di<br>er of<br>ye<br>ular smol  | workpl<br>shift and<br>th at yes<br>bours<br>or more<br>set mont<br>ays<br>Yes<br>tion<br>Yes<br>tion<br>Qu<br>y?<br>ay<br>ars<br>king is c  | ace?<br>nd night<br>bur curre<br>h at your<br>yes<br>yes<br>lefined a  | shift<br>nt wor<br>current<br>No<br>2N  | vorl  |
| Dally       Someti mes       Rarely       Drink liquor       Enter the appropriation number below.         Du skip breakfast three or more times a week?       Yes       No       There the appropriation number below.         Du skip breakfast three or more times a week?       Yes       No       There the appropriation number below.         Du skip breakfast three or more times a week?       Yes       No       There the appropriation number below.         Du breakfast three or more times a week?       Yes       No       There the appropriation number below.         Du breakfast three or more times a week?       Yes       No       There the appropriation number below.         Du breakfast three or more times a week?       Yes       No       There the appropriation number below.         Du breakfast three or more times a week?       Yes       No       There the appropriation number below.         Du breakfast three or more times a week?       Yes       No       There the appropriation number below.         Du breakfast three or more times to improve your exercise habits and lifestyle?       Improving (less than 6 months)       Glasses per day       Improving (less than 6 months)         Someti mes       Improving (less than 6 months)       Someti mes       Improving (less than 6 months)       Improving (less than 6 months)         Someti mes       Improving (less than 6 months)  | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat<br>9 you ever bee<br>you more that<br>you been ex<br>you been ex<br>ur daily life, o<br>ou walk faste<br>th describes y<br>bse from ① to  | emperature envertemperature envertempera | ic pressure<br><b>Should a</b><br>h kidney dysfi<br>weight when<br>t sweating for<br>o an equivaler<br>ost same age p<br>en you chew f<br>our choice in f  | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>answer th<br>unction or re-<br>n you were 20<br>r 30 min. or n<br>nt amount of<br>persons?<br>food?   | carryer<br>sound<br>the min<br>ght<br>ous mate<br>gas vapo<br>gen pollu<br>ne que<br>ceived di<br>0 years ol<br>nore at le<br>physical                   | e rial handl<br>r dust<br>ution<br>alysis the<br>d?<br>east two c<br>activity m  | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(2)<br>(1)<br>(2)<br>(1)<br>(2)<br>(1)<br>(2)<br>(2)<br>(2)<br>(2)<br>(2)<br>(2)<br>(2)<br>(2)<br>(2)<br>(2                                  | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours of<br>What is the a<br>Less than 3<br>5 days (4<br>V regarc<br>Yes<br>ek for over<br>one hour a<br>yes<br>ew and eat<br>gums, or du<br>rewing can<br>ally cannot  | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>werage nu<br>3 days<br>4) 6 days<br>dless C<br>s<br>s<br>one year<br>a day?<br>s<br>anything<br>ental biffict<br>c chew  | ysta<br>(2) A<br>e dai<br>(2) a<br>ndle<br>mbe<br>(2) 3<br>or n<br><b>of a</b><br>N<br>N<br>N<br>N<br>N<br>S<br>e are  | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>ss than 2<br>er of work<br>3 days or<br>nore<br><b>age</b><br>lo  | ou have<br>ight shift<br>ing time<br>or more<br>10 hours<br>ting days<br>r more a<br>Hi<br>tri<br>di<br>St<br>St<br>ing<br>(d<br>s   | in you<br>ft (3)<br>e in the<br>e and lis<br>s (4)<br>per we<br>ind less<br>istory of<br>tmente<br>splace<br>comacl<br>Smoo<br>Currer<br>smoke<br>Numbe<br>cigaret<br>Numbe   | r current<br>Both day<br>last mon<br>ess than &<br>10 hours<br>ek in the la<br>than 5 d<br>of<br>that base<br>h operat<br>king<br>ntly,do yce<br>e regularle<br>er of<br>tes per da<br>er of<br>tes per da<br>er of<br>ye<br>ular smol<br>the last of<br>la t least of  | workpl<br>shift and<br>th at you<br>bours<br>or more<br>stream<br>yes<br>tion<br>y?<br>ay<br>ars<br>king is con<br>ne mon<br>100 ciga  | ace?<br>nd night<br>bur curre<br>h at your<br>Yes<br>Yes<br>lefined a<br>th and e<br>arettes s   | shift<br>nt wor<br>current<br>No<br>2<br>No<br>2<br>No<br>3<br>S havin<br>ither h<br>nce st   | Vo<br>Yeal  |
| mes       Ves       No         ou skip breakfast three or more times a week?       Ves       No         ou getting good sleep?       Yes       No         ou have plans to improve your exercise habits and lifestyle?       I No plans       I No plans         Se from I to S and record your choice in the box to the       I No plans       I Less than one         I Plan to within the next 1 months       I Already improving (less than 6 months)       I Cone or more         I Already improving (6 months or more)       I Mo       I Cone or more         I Already improving (6 months or more)       I Mo       I Cone or more         I Market I Months       I Cone or more       I Cone or more         I Market I Months       I Cone or more       I Cone or more         I Market I Months       I Cone or more       I Cone or more         I Market I Months       I Cone or more       I Cone or more         I Market I Months       I Cone or more       I Cone or more         I Market I Months       I Cone or more       I Cone or more         I Market I Months       I Cone or more       I Cone or more         I Market I Months       I Cone or more       I Cone or more         I Market I Months       I Cone or more       I Cone or more         I Market I Months  | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat<br>• you ever beer<br>you more that<br>• you been ex<br>• you been ex<br>• ur daily life, of<br>• ur daily life, of | emperature envernmentature envernmentature<br>ion<br>mal atmospher<br>ion<br><b>Everyone</b><br>en diagnosed with<br>n 10 kg over your<br>ercising with light<br>to you walk or do<br>r than other almo<br>our situation who<br>o ③ and record you<br>than those aroun   | ic pressure<br><b>Should a</b><br>h kidney dysfu<br>weight when<br>t sweating for<br>o an equivaler<br>ost same age p<br>en you chew f<br>our choice in f<br>d you?  | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>13 Pathog<br>answer th<br>unction or rea<br>1 you were 20<br>1 30 min. or n<br>1 amount of<br>persons?<br>food?<br>the box to th                                      | carryer<br>sound<br>the min<br>cht<br>bus mate<br>gas vapo<br>gen pollu<br>ne que<br>ceived di<br>0 years ol<br>nore at le<br>physical                   | e rial handl<br>r dust<br>ution<br>estions<br>alysis the<br>d?<br>east two c<br>activity m   | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(2)<br>(1)<br>(2)<br>(1)<br>(2)<br>(1)<br>(2)<br>(2)<br>(2)<br>(2)<br>(2)<br>(2)<br>(2)<br>(2)<br>(2)<br>(2                                  | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours of<br>What is the a<br>Less than 3<br>15 days (4<br>V regare<br>Yes<br>ek for over<br>one hour a<br>yes<br>ew and eat<br>gums, or do<br>rewing can<br>ally cannot<br>Same   | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>iverage nu<br>3 days<br>a) 6 days<br>dless C<br>s<br>s<br>one year<br>a day?<br>s<br>anything<br>ental bitte<br>be diffict<br>c chew<br>e SI   | ysta<br>2) A<br>e dai<br>(2) a<br>mbe<br>(2) 3<br>or n<br>of a<br>N<br>N<br>N<br>N<br>S<br>e are<br>ult<br>owe   | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>iss than :<br>er of work<br>3 days or<br>nore<br>age<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10  | ou have<br>ight shift<br>ing time<br>or more<br>10 hours<br>ing days<br>more a<br>Hi<br>tri<br>di<br>St<br>St  | in you<br>ft (3)<br>in the<br>e and los<br>s (4)<br>per we<br>ind less<br>istory of<br>tmente<br>splace<br>comacl<br>Sumo<br>Currer<br>smoke<br>Numbe<br>cigaret<br>Numbe<br>kaving s<br>fyou r   | r current<br>Both day<br>last mon<br>ess than &<br>10 hours<br>ek in the la<br>than 5 d<br>of<br>ea to<br>H.pylori<br>h operat<br>king<br>ntly,do yce<br>e regularh<br>er of<br>tes per d<br>er of<br>tes per d<br>er of<br>ye<br>ular smol<br>he last o<br>l at least i<br>smoked fi   | workpl<br>shift at<br>th at yo<br>shours<br>or more<br>st mont<br>ays<br>Yes<br>tion<br>Yes<br>tion<br>ay<br>ars<br>king is con<br>ne mon<br>100 cigs<br>or at les<br>uit smoother   | ace?<br>and night<br>bur curre<br>h at your<br>yes<br>yes<br>lefined a<br>th and e<br>arettes s<br>ast 6 mo<br>king and  | shift<br>nt wor<br>current<br>No<br>2<br>No<br>2<br>No<br>2<br>No<br>2<br>No<br>2<br>No<br>2<br>No<br>1<br>No<br>1  | rkpla<br>worl<br>Wo<br>Yeau<br>ng si<br>avin<br>artin   |
| ou getting good sleep?       Yes       No       Frequency       ②Sometimes         ou have plans to improve your exercise habits and lifestyle?       ① No plans       ③No drink         se from ① to ⑤ and record your choice in the box to the       ② Plan to within the next 6 months       ③No drink       ③less eper day       ①Less than one         ③ Plan to within the next 1 months       ④ Already improving (less than 6 months)       ⑤ One (la can) of beer       but less than         ⑤ Already improving (6 months or more)       ⑥Oml (double) of       ③Two or more but less than         would you use it?       ③Two or more but han three  | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat<br>e you ever bee<br>you more than<br>e you been ex<br>you been ex<br>you been ex<br>you been ex<br>tur daily life, c<br>ou walk faste<br>ch describes y<br>use from 1 to<br>ou eat faster<br>ou eat a meal   | emperature envernmentature envernmentature<br>ion<br>mal atmospher<br>ion<br><b>Everyone</b><br>en diagnosed with<br>n 10 kg over your<br>ercising with light<br>do you walk or do<br>r than other almo<br>our situation whe<br>o ③ and record you<br>than those aroun   | ic pressure<br><b>Should a</b><br>h kidney dysfi<br>weight when<br>t sweating for<br>o an equivaler<br>ost same age<br>en you chew f<br>our choice in the<br>our choice in the<br>s of bedtime the   | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>answer th<br>unction or re-<br>n you were 20<br>r 30 min. or n<br>nt amount of<br>persons?<br>food?<br>the box to th<br>three or more                                 | carryer<br>sound<br>the min<br>cht<br>bus mate<br>gas vapo<br>gen pollu<br>ne que<br>ceived di<br>0 years ol<br>nore at le<br>physical                   | e rial handl<br>r dust<br>ution<br>estions<br>alysis the<br>d?<br>east two c<br>activity m   | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(2)<br>(1)<br>(2)<br>(1)<br>(1)<br>(2)<br>(1)<br>(1)<br>(2)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1             | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours of<br>What is the a<br>Less than 3<br>5 days (4<br>V regarc<br>Yes<br>ek for over<br>one hour a<br>yes<br>ew and eat<br>gums, or day<br>newing can<br>ally cannot<br>Same   | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>werage nu<br>3 days<br>4) 6 days<br>dless C<br>s<br>s<br>anything<br>ental bitc<br>be diffict<br>c chew<br>e SI  | ysta<br>2) A<br>e dai<br>(2)<br>ndle<br>mbee<br>(2) 3<br>or n<br><b>bf</b> a<br>N<br>N<br>N<br>N<br>N<br>S<br>e are<br>ult<br>N  | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>ss than 2<br>er of work<br>3 days or<br>nore<br><b>3ge</b><br>lo<br>lo<br>lo<br>lo<br>lo<br>e bother  | ou have<br>ight shift<br>ing time<br>or more<br>10 hours<br>ing days<br>more a<br>Hi<br>tri<br>di<br>St<br>St  | in you<br>ft (3)<br>in the<br>e and los<br>and less<br>istory of<br>tmente<br>splace<br>comacl<br>Smoke<br>Sumbe<br>cigaret<br>Numbe<br>X Reg<br>during t<br>moked<br>naving s  | r current<br>Both day<br>last mon<br>ess than &<br>10 hours<br>ek in the la<br>than 5 d<br>of<br>ea to<br>H.pylori<br>h operat<br>king<br>mtly,do yce<br>e regularly<br>er of<br>tes per da<br>er of<br>tes per da<br>er of<br>ye<br>ular smol<br>che last o<br>la t least i<br>smoked fi<br>ecently q<br>east the p  | workpl<br>shift at<br>th at yes<br>bours<br>or more<br>ast mont<br>ays<br>Yes<br>Yes<br>Yes<br>Yes<br>Yes<br>Yes<br>Yes<br>Yes<br>ay<br>ars<br>king is c<br>ne mont<br>100 cigs<br>or at les<br>uuit smo<br>per ast one  | ace?<br>ad night<br>bur curre<br>h at your<br>yes<br>yes<br>lefined a<br>th and e<br>arettes s<br>ast 6 mo<br>kking and<br>e month,<br>hter the s  | shift<br>nt wor<br>current<br>No<br>No<br>2<br>N<br>2<br>N<br>3<br>s havir<br>ither h<br>ince st.<br>ither h<br>ince st.<br>have<br>check"<br>approp                              | Veaing suavin<br>aavin<br>not :<br>'No"                 |
| and have plans to improve your exercise habits and lifestyle?       1 No plans       3 No drink         se from 1 to 5 and record your choice in the box to the       2 Plan to within the next 6 months       Glasses per day       1 Less than one         3 Plan to within the next 1 months       4 Already improving (less than 6 months)       5 Already improving (6 months or more)       10 Mo plans       2 One or more         an the opportunity to receive counseling to improve the healthiness of your       Yes       No       10 Mo plans       3 No drink   | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat<br>e you ever been<br>you more than<br>e you been ex-<br>you been ex-<br>ur daily life, of<br>ou walk faster<br>the describes y<br>ose from ① to<br>ou eat faster<br>ou eat a meal<br>ou eat sweet  | emperature envernmentature envernmentature<br>ion<br>mal atmospher<br>ion<br><b>Everyone</b><br>en diagnosed with<br>n 10 kg over your<br>ercising with light<br>do you walk or do<br>r than other almo<br>our situation whe<br>o ③ and record you<br>than those aroun<br>within two hour<br>snacks or sweet of  | ic pressure<br>should a<br>h kidney dysfu<br>weight when<br>t sweating for<br>an equivaler<br>oan equivaler<br>oat same age j<br>en you chew f<br>our choice in t<br>id you?<br>s of bedtime<br>drink between  | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>13 Pathog<br>answer th<br>unction or rea<br>1 you were 20<br>1 30 min. or n<br>1 amount of<br>persons?<br>food?<br>the box to th<br>three or more<br>n meals?         | carryer<br>sound<br>the min<br>cht<br>bus mate<br>gas vapo<br>gen pollu<br>ne que<br>ceived di<br>0 years ol<br>nore at le<br>physical                   | e rial handl<br>r dust<br>ution<br>estions<br>alysis the<br>d?<br>east two c<br>activity m   | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(2)<br>(1)<br>(2)<br>(1)<br>(1)<br>(2)<br>(1)<br>(1)<br>(2)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1             | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours or<br>What is the a<br>Less than 3<br>15 days (4<br>V regare<br>Yes<br>ek for over<br>one hour a<br>gums, or du<br>rewing can<br>ally cannot<br>Samet<br>mes  | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>werage nu<br>3 days<br>a) 6 days<br>dless C<br>s<br>s<br>one year<br>a day?<br>s<br>c anything<br>ental bitte<br>be diffict<br>c chew<br>e SI<br>s<br>s<br>i R   | ysta<br>2) A<br>dai<br>(2) A<br>mbe<br>(2) A<br>or n<br>of a<br>N<br>N<br>N<br>C<br>A<br>N<br>N<br>A<br>A<br>A<br>A<br>A<br>A<br>A<br>A<br>A<br>A<br>A<br>A<br>A   | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>ss than :<br>er of work<br>3 days or<br>nore<br><b>age</b><br>to<br>a<br>b<br>b<br>b<br>c<br>c<br>c<br>c<br>c<br>c<br>c<br>c<br>c<br>c<br>c<br>c<br>c   | ou have<br>ight shift<br>ing time<br>or more<br>10 hours<br>ing days<br>more a<br>Hi<br>tri<br>di<br>St<br>St  | in you<br>ft (3)<br>in the<br>e and los<br>and less<br>istory of<br>tmente<br>splace<br>comacl<br>Smoke<br>Sumbe<br>cigaret<br>Numbe<br>X Reg<br>during t<br>moked<br>naving s  | r current<br>Both day<br>last mon<br>ess than &<br>10 hours<br>ek in the la<br>than 5 d<br>of<br>ea to<br>H.pylori<br>h operat<br>king<br>mtly,do yce<br>e regularly<br>er of<br>tes per da<br>er of<br>tes per da<br>er of<br>ye<br>ular smol<br>che last o<br>la t least i<br>smoked fi<br>ecently q<br>east the p  | workpl<br>shift and<br>th at yes<br>bours<br>or more<br>stront<br>ays<br>Yes<br>Yes<br>tion<br>Yes<br>Yes<br>tion<br>ay<br>ars<br>king is construction<br>and the more<br>too cigs<br>or at lea<br>uit some<br>asst one<br>too<br>to the more<br>too cigs<br>or at lea<br>uit some<br>too<br>too cigs<br>or at lea<br>uit some   | ace?<br>and night<br>bur curre<br>h at your<br>yes<br>yes<br>yes<br>lefined at<br>th and e<br>arettes s<br>ast 6 mo<br>king and<br>the month,<br>herer the s   | shift<br>nt wor<br>current<br>No<br>No<br>2<br>N<br>2<br>N<br>2<br>N<br>2<br>N<br>3<br>S havin<br>ther h<br>nnce st:<br>nths)<br>I have<br>check"<br>approp<br>elow.              | Veaing suavin<br>aavin<br>not :<br>'No"                 |
| se from ① to ⑤ and record your choice in the box to the<br>2 Plan to within the next 6 months<br>3 Plan to within the next 1 months<br>4 Already improving (less than 6 months)<br>5 Already improving (6 months or more)<br>en the opportunity to receive counseling to improve the healthiness of your<br>would you use it?<br>Classes per day<br>One glass equivalents:<br>180 ml of sake<br>500 ml (1 can) of beer<br>10Less than one<br>2 One or more<br>500 ml (1 can) of beer<br>10 ml of shochu (25%)<br>5 Mready improving (6 months or more)<br>3 Two or more b<br>whiskey<br>Classes per day<br>3 One or more<br>10 ml of shochu (25%)<br>5 Mready improving (6 months or more)<br>5 Mready improving (6 months or more)   | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat<br>e you ever bee<br>you more than<br>e you been ex<br>you been ex<br>ur daily life, c<br>ou walk faster<br>ch describes y<br>use from ① to<br>ou eat faster<br>ou eat a meal<br>ou eat sweet<br>ou skip break  | emperature envernmentature envernmerature<br>ion<br>mal atmospher<br>ion<br>Everyone<br>en diagnosed with<br>n 10 kg over your<br>ercising with light<br>do you walk or do<br>r than other almo<br>our situation whe<br>o ③ and record you<br>than those aroun<br>within two hour<br>snacks or sweet of<br>fast three or mor   | ic pressure<br>should a<br>h kidney dysfu<br>weight when<br>t sweating for<br>an equivaler<br>oan equivaler<br>oat same age j<br>en you chew f<br>our choice in t<br>id you?<br>s of bedtime<br>drink between  | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>13 Pathog<br>answer th<br>unction or rea<br>1 you were 20<br>1 30 min. or n<br>1 amount of<br>persons?<br>food?<br>the box to th<br>three or more<br>n meals?         | carryer<br>sound<br>the min<br>cht<br>bus mate<br>gas vapo<br>gen pollu<br>ne que<br>ceived di<br>0 years ol<br>nore at le<br>physical                   | e rial handl<br>r dust<br>ution<br>estions<br>alysis the<br>d?<br>east two c<br>activity m   | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(2)<br>(1)<br>(2)<br>(1)<br>(1)<br>(2)<br>(1)<br>(1)<br>(2)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1             | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours or<br>What is the a<br>Less than 3<br>5 days (4<br>V regarc<br>Yes<br>ek for over<br>one hour a<br>gums, or do<br>rewing can<br>ally cannot<br>Same<br>Yes  | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>verage nu<br>3 days<br>4) 6 days<br>dless C<br>s<br>s<br>one year<br>a day?<br>s<br>anything<br>e ental bitic<br>be difficu<br>c chew<br>e SI<br>s<br>s<br>s   | ysta<br>2) A<br>dai<br>(2) A<br>(2) A  | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>ss than 2<br>er of work<br>3 days or<br>nore<br><b>age</b><br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>l | ou have<br>ight shift<br>ing time<br>or more<br>10 hours<br>ing days<br>more a<br>Hi<br>tri<br>di<br>St<br>St  | in you<br>ft (3)<br>e in the<br>e and liss<br>s (4)<br>per we<br>ind less<br>istory of<br>tmente<br>splace<br>comacl<br>Smo<br>Currer<br>smoke<br>Numbe<br>cigaret<br>Numbe<br>% Reg<br>luring t<br>moked<br>naving s<br>for at le                                    | r current<br>Both day<br>last mon<br>ess than 8<br>10 hours<br>ek in the la<br>than 5 d<br>of<br>ea to<br>H.pylori<br>h operat<br>king<br>ntly,do yce<br>e regularle<br>er of<br>tes per di<br>er of<br>tes per di<br>er of<br>tes ato<br>at least i<br>smoked fi<br>ecently q<br>east the p<br>k liquor  | workpl<br>shift and<br>th at yes<br>bours<br>or more<br>set mont<br>ays<br>Yes<br>Yes<br>tion<br>Yes<br>Yes<br>tion<br>ay<br>ay<br>ars<br>king is conserved<br>ay<br>ars<br>king is conserved<br>ay<br>ars<br>to more<br>to | ace?<br>ad night<br>bur curre<br>h at your<br>yes<br>yes<br>yes<br>lefined at<br>th and e<br>arettes s<br>ast 6 mo<br>king and<br>e month,<br>ner the 2<br>Someti  | shift<br>nt wor<br>current<br>No<br>No<br>2<br>N<br>2<br>N<br>2<br>N<br>2<br>N<br>3<br>S havin<br>ther h<br>ince st<br>inths)<br>I have<br>check"<br>approp<br>elow.<br>ay<br>mes | Veam<br>ng su<br>aavin<br>artin<br>'No"                 |
| 3) Plan to within the next 1 months (a) Already improving (less than 6 months) (b) Already improving (6 months or more) (c) Already improvimproving (6   | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat<br>e you ever beer<br>you more than<br>e you been ex-<br>you been ex-<br>you been ex-<br>you been ex-<br>you walk faster<br>h describes y<br>ose from 1 to<br>ou eat faster<br>ou eat a meal<br>ou eat sweet<br>ou skip break<br>you getting go   | emperature envernmentature envernmerature<br>ion<br>mal atmospher<br>ion<br><b>Everyone</b><br>en diagnosed with<br>n 10 kg over your<br>ercising with light<br>do you walk or do<br>r than other almo<br>our situation who<br>o ③ and record you<br>than those aroun<br>within two hour<br>snacks or sweet of<br>fast three or mor<br>pod sleep?  | ic pressure<br><b>should a</b><br>h kidney dysfu<br>weight when<br>t sweating for<br>a n equivaler<br>b an equivaler<br>our choice in the<br>nu choice in the<br>d you?<br>s of bedtime the<br>drink between<br>re times a wee   | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>answer th<br>unction or rea<br>n you were 20<br>r 30 min. or n<br>nt amount of<br>persons?<br>food?<br>the box to th<br>three or more<br>n meals?<br>ek?              | carryer<br>sound<br>the min<br>cht<br>ous mate<br>gas vapo<br>gen pollu<br>ne que<br>ceived di<br>0 years ol<br>nore at le<br>physical<br>e<br>e times a | e rial handl<br>r dust<br>ution<br>estions<br>alysis the<br>d?<br>east two c<br>activity m   | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)   | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours or<br>What is the a<br>Less than 3<br>15 days (4<br>V regarc<br>Yes<br>ek for over<br>one hour a<br>yes<br>ew and eat<br>gums, or da<br>rewing can<br>ally cannot<br>Same<br>Yes<br>yes<br>yes<br>yes<br>yes<br>yes<br>yes<br>yes<br>yes<br>yes<br>y  | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>verage nu<br>3 days<br>4) 6 days<br>dless C<br>s<br>s<br>one year<br>a day?<br>s<br>anything<br>e ental bitic<br>be difficu<br>c chew<br>e SI<br>s<br>s<br>s   | ysta<br>2) A<br>dai<br>(2) A<br>(2) A  | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>ss than 2<br>er of work<br>3 days or<br>nore<br><b>age</b><br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>l | ou have<br>ight shift<br>ing time<br>or more<br>10 hours<br>ing days<br>more a<br>Hi<br>tri<br>di<br>St<br>St  | in you<br>ft (3)<br>e in the<br>e and less<br>(4)<br>per wee<br>and less<br>istory of<br>the<br>splace<br>comact<br>smoke<br>Sumbe<br>cigaret<br>Numbe<br>Ware<br>waving t<br>for at less<br>Drin<br>Free   | r current<br>Both day<br>last mon<br>ess than 8<br>10 hours<br>ek in the la<br>than 5 d<br>of<br>ea to<br>H.pylori<br>h operat<br>king<br>tily,do yce<br>e regularly<br>er of<br>tes per d<br>tes per d<br>tes per d<br>tes so<br>lat least o<br>lat least o<br>ecently q<br>east the p<br>east the p<br>east the p<br>east the p<br>east the p   | workpl<br>shift and<br>th at yes<br>bours<br>or more<br>ast mont<br>ays<br>Yes<br>Yes<br>tion<br>Yes<br>Yes<br>tion<br>ay<br>ars<br>king is conserved<br>ay<br>ars<br>king is conserved<br>ay<br>ars<br>king is conserved<br>ay<br>ars<br>const one<br>const one<br>cone   | ace?<br>ad night<br>bur curre<br>h at your<br>yes<br>yes<br>yes<br>lefined a<br>th and e<br>arettes s<br>ast 6 month,<br>nter the<br>burber bu<br>burber burber bu<br>burber burber burber bu<br>burber burber | shift<br>nt wor<br>current<br>No<br>2<br>No<br>2<br>No<br>2<br>No<br>2<br>No<br>2<br>No<br>2<br>No<br>2<br>No   | Yean<br>ng su<br>avin<br>artin                          |
| (5) Already improving (6 months or more)       110ml of shochu (25%)       two         en the opportunity to receive counseling to improve the healthiness of your       Yes       No       60ml(double) of whiskey       3Two or more b         would you use it?       the opportunity to receive counseling to improve the healthiness of your       Yes       No       10ml of shochu (25%)       two   | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat<br>vou ever been<br>vou more than<br>vou more than<br>vou been ex-<br>vou walk faster<br>th describes y<br>ose from 1 to<br>ou eat faster<br>ou eat a meal<br>ou eat sweet<br>ou skip break<br>vou getting go   | emperature enveriencemperature enveriencemperature<br>ion mal atmospher<br>ion <b>Everyone</b><br>en diagnosed with<br>in 10 kg over your<br>ercising with light<br>do you walk or do<br>r than other almo<br>our situation whe<br>o ③ and record you<br>than those aroun<br>within two hour<br>snacks or sweet of<br>fast three or mor<br>pod sleep?<br>s to improve your   | ic pressure<br>should a<br>h kidney dysfi<br>weight when<br>t sweating for<br>an equivaler<br>ost same age j<br>en you chew f<br>our choice in the<br>dyou?<br>s of bedtime<br>drink between<br>e times a wee<br>r exercise hab  | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>13 Pathog<br>answer th<br>unction or rea<br>1 you were 20<br>r 30 min. or n<br>at amount of<br>persons?<br>food?<br>the box to th<br>three or mora<br>n meals?<br>ek? | carryer<br>sound<br>the min<br>cht<br>ous mate<br>gas vapo<br>gen poll<br>ceived di<br>0 years of<br>nore at le<br>physical<br>e<br>e times a            | e in andir<br>rial handling<br>rial handling<br>estions<br>alysis the<br>d?<br>east two c<br>activity m<br>activity m<br>activity m  | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)   | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours or<br>What is the a<br>Less than (<br>) 5 days (4<br>V regarc<br>Yes<br>ek for over<br>one hour a<br>gums, or do<br>rewing can<br>ally cannot<br>Same<br>Yes<br>ex and eat<br>gums, or do<br>rewing can<br>ally cannot<br>yes<br>sometimes<br>yes<br>ns   | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>verage nu<br>3 days<br>al) 6 days<br>dless C<br>s<br>s<br>anything<br>ental bite<br>be difficu<br>c chew<br>e SI<br>s<br>s<br>anything<br>ental bite<br>be difficu<br>c chew<br>e SI<br>s<br>s<br>anything<br>ental bite   | syste<br>(2) A<br>e dai<br>(2) a<br>mbe<br>(2) a<br>or n<br><b>b</b> f<br><b>a</b><br><b>b</b> f<br><b>b</b> f<br><b>c</b> | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>ss than :<br>er of work<br>3 days or<br>nore<br><b>age</b><br>lo<br>lo<br>lo<br>lo<br>lo<br>e bother<br>er<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo  | ou have<br>ight shift<br>ing time<br>or more<br>10 hours<br>ting days<br>r more a<br>Hi<br>tri<br>dii<br>St<br>St<br>ing (<br>d  | in you<br>ft (3)<br>in the<br>e and liss<br>and less<br>(4)<br>per we<br>shall be<br>share<br>splace<br>comact<br>smoke<br>Numbe<br>cigaret<br>Numbe<br>Ware<br>shaving t<br>for at le<br>Drin<br>Free<br>Glass   | r current<br>Both day<br>last mon<br>ess than 8<br>10 hours<br>ek in the la<br>than 5 d<br>of<br>ea to<br>H.pylori<br>h operat<br>king<br>ttly,do yce<br>e regularly<br>er of<br>tes per da<br>er of<br>tes per da<br>a tal cast of<br>lat least of<br>ecently q<br>east the p<br>east the p<br>east the p<br>east per da   | workpl<br>shift and<br>th at yes<br>bours<br>or more<br>stront<br>ays<br>Yes<br>Yes<br>tion<br>yes<br>ay<br>ars<br>king is conserved<br>ay<br>ars<br>king is conserved<br>ay<br>ars<br>king is conserved<br>ay<br>ars<br>buit smore<br>ay<br>ars<br>ay<br>ars<br>buit source<br>ay<br>ay<br>ars<br>buit source<br>ay<br>ay<br>ars<br>buit source<br>ay<br>ars<br>buit source<br>ay<br>ars<br>buit source<br>ay<br>ars<br>buit source<br>ay<br>ars<br>buit source<br>ay<br>ars<br>buit source<br>ay<br>ars<br>buit source<br>ay<br>ars<br>buit source<br>ars<br>buit source<br>ars<br>ars<br>ars<br>ars<br>ars<br>ars<br>ars<br>ars<br>ars<br>ars   | ace?<br>ad night<br>bur curre<br>h at your<br>yes<br>yes<br>yes<br>lefined a<br>th and e<br>arettes s<br>ast 6 month,<br>nter the<br>burber bu<br>burber burber bu<br>burber burber burber bu<br>burber burber | shift<br>nt wor<br>current<br>No<br>2<br>No<br>2<br>No<br>2<br>No<br>2<br>No<br>2<br>No<br>2<br>No<br>2<br>No   | Yean<br>ng su<br>avin<br>artin                          |
| en the opportunity to receive counseling to improve the healthiness of your Yes No 60ml(double) of 3Two or more b whiskey than three  | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat<br>vou ever been<br>vou more than<br>vou more than<br>vou been ex-<br>vou walk faster<br>th describes y<br>ose from 1 to<br>ou eat faster<br>ou eat a meal<br>ou eat sweet<br>ou skip break<br>vou getting go   | emperature enveriencemperature enveriencemperature<br>ion mal atmospher<br>ion <b>Everyone</b><br>en diagnosed with<br>in 10 kg over your<br>ercising with light<br>do you walk or do<br>r than other almo<br>our situation whe<br>o ③ and record you<br>than those aroun<br>within two hour<br>snacks or sweet of<br>fast three or mor<br>pod sleep?<br>s to improve your   | ic pressure<br>should a<br>h kidney dysfi<br>weight when<br>t sweating for<br>an equivaler<br>ost same age j<br>en you chew f<br>our choice in the<br>dyou?<br>s of bedtime<br>drink between<br>e times a wee<br>r exercise hab  | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>13 Pathog<br>answer th<br>unction or rea<br>1 you were 20<br>r 30 min. or n<br>at amount of<br>persons?<br>food?<br>the box to th<br>three or mora<br>n meals?<br>ek? | carryer<br>sound<br>the min<br>cht<br>ous mate<br>gas vapo<br>gen poll<br>ceived di<br>0 years of<br>nore at le<br>physical<br>e<br>e times a            | e in andir<br>rial handling<br>rial handling<br>estions<br>alysis the<br>d?<br>east two c<br>activity m<br>activity activity m<br>activity activity a | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)   | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours or<br>What is the a<br>Less than (<br>) 5 days (4<br>V regarc<br>Yes<br>ek for over<br>one hour a<br>yes<br>ew and eat<br>gums, or do<br>rewing can<br>ally cannot<br>Same<br>Yes<br>ew and eat<br>gums, or do<br>rewing can<br>ally cannot<br>yes<br>sometimes<br>yes<br>how thin the<br>o within the  | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>verage nu<br>3 days<br>a) 6 days<br>dless C<br>s<br>s<br>one year<br>a day?<br>s<br>c<br>anything<br>ental bite<br>be difficu<br>c chew<br>e SI<br>s<br>s<br>s<br>a nything<br>ental bite<br>be difficu<br>c chew<br>e SI<br>s<br>s<br>a next 6 n<br>e next 1 n  | syste<br>(2) A<br>e dai<br>(2)<br>adle<br>mbe<br>(2) 3<br>or n<br><b>of</b> a<br>N<br>N<br>N<br>N<br>N<br>N<br>N<br>N<br>N<br>N<br>N<br>N<br>N   | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>ss than :<br>er of work<br>3 days or<br>nore<br><b>age</b><br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo  | ou have<br>ight shift<br>ing time<br>or more<br>10 hours<br>ing days<br>more a<br>Hi<br>tri<br>di<br>St<br>s<br>h<br>h<br>f<br>h<br>f<br>h<br>f<br>f<br>h<br>f<br>f<br>f<br>h<br>f<br>f<br>f<br>f<br>f<br>f                        | in you<br>ft (3)<br>in the<br>e and liss<br>and less<br>istory of<br>tmente<br>splace<br>comact<br>Sumo<br>Currer<br>smoke<br>Numbe<br>cigaret<br>Numbe<br>X Reg<br>luring t<br>moked<br>aaving s<br>for at le<br>Drin<br>Free<br>Glass<br>Dne gla                    | r current<br>Both day<br>last mon<br>ess than &<br>10 hours<br>ek in the la<br>than 5 d<br>of<br>tea to<br>H.pylori<br>h operat<br>king<br>ntly,do yo<br>e regularly<br>er of<br>tes per da<br>smoked fi<br>ecently q<br>east the p<br>k liquor<br>quency<br>es per da<br>ss equiva<br>of sake  | workpl<br>shift and<br>th at yes<br>bours<br>or more<br>stront<br>ays<br>Yes<br>Yes<br>tion<br>ay<br>ars<br>king is constrone<br>too ciga<br>or at les<br>uit soco<br>ast one<br>fin<br>too ciga<br>or at les<br>too ciga<br>too ciga<br>or at les<br>too ciga<br>or at les<br>too ciga<br>too ciga<br>t  | ace?<br>ad night<br>bur curre<br>h at your<br>yes<br>yes<br>yes<br>yes<br>lefined a<br>th and e<br>arettes s<br>ast 6 mo<br>oking and<br>e month,<br>her the a<br>umber b<br>Every d<br>Someti<br>No drin<br>() Less<br>(2) One  | shift<br>nt wor<br>current<br>No<br>No<br>2<br>N<br>2<br>N<br>2<br>N<br>2<br>N<br>2<br>N<br>2<br>N<br>2<br>N<br>2<br>N<br>2   | Year<br>ng si<br>avin<br>artin<br>not s<br>'No"         |
| would you use it?   | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat<br>vou ever been<br>vou more than<br>vou more than<br>vou been ex-<br>vou walk faster<br>th describes y<br>ose from 1 to<br>ou eat faster<br>ou eat a meal<br>ou eat sweet<br>ou skip break<br>vou getting go   | emperature enveriencemperature enveriencemperature<br>ion mal atmospher<br>ion <b>Everyone</b><br>en diagnosed with<br>in 10 kg over your<br>ercising with light<br>do you walk or do<br>r than other almo<br>our situation whe<br>o ③ and record you<br>than those aroun<br>within two hour<br>snacks or sweet of<br>fast three or mor<br>pod sleep?<br>s to improve your   | ic pressure<br>should a<br>h kidney dysfi<br>weight when<br>t sweating for<br>an equivaler<br>ost same age j<br>en you chew f<br>our choice in the<br>dyou?<br>s of bedtime<br>drink between<br>e times a wee<br>r exercise hab  | 08 Lourd 9<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>13 Pathog<br>answer th<br>unction or rea<br>1 you were 20<br>r 30 min. or n<br>at amount of<br>persons?<br>food?<br>the box to th<br>three or mora<br>n meals?<br>ek? | carryer<br>sound<br>the min<br>cht<br>ous mate<br>gas vapo<br>gen poll<br>ceived di<br>0 years of<br>nore at le<br>physical<br>e<br>e times a            | e in andir<br>rial handling<br>rial handling<br>estions<br>alysis the<br>d?<br>east two c<br>activity m<br>activity m<br>week?   | (1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)<br>(1)   | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours or<br>What is the a<br>Less than (<br>) 5 days (4<br>V regarc<br>Yes<br>ek for over<br>one hour a<br>Yes<br>ew and eat<br>gums, or do<br>rewing can<br>ally cannot<br>Same<br>Yes<br>ew and eat<br>gums, or do<br>rewing can<br>ally cannot<br>Yes<br>ew and eat<br>yes<br>ew and eat<br>yes<br>somet<br>mes<br>Yes<br>yes<br>bowithin the<br>y improving | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>werage nu<br>3 days<br>a days<br>dless C<br>s<br>s<br>one year<br>a day?<br>s<br>s<br>anything<br>ental bite<br>be difficu<br>c chew<br>e SI<br>s<br>s<br>a nything<br>ental bite<br>be difficu<br>c chew<br>e SI<br>s<br>s<br>a next 6 n<br>e next 1 n<br>g (less thi   | syste<br>(2) A<br>e dai<br>(2)<br>and le<br>mbe<br>(2) 3<br>or n<br><b>of</b> a<br><b>N</b><br><b>N</b><br><b>N</b><br><b>N</b><br><b>N</b><br><b>N</b><br><b>N</b><br><b>N</b>  | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>ss than :<br>er of work<br>3 days or<br>nore<br><b>age</b><br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo<br>lo  | ou have<br>ight shift<br>ing time<br>or more<br>10 hours<br>ing days<br>more a<br>Hi<br>tri<br>di<br>St<br>St<br>s<br>h  | in you<br>ft (3)<br>in the<br>e and liss<br>and less<br>istory of<br>tmenter<br>splace<br>comact<br>Smo<br>Currer<br>smoke<br>Numbe<br>cigaret<br>Numbe<br>Ware<br>for at less<br>for at less<br>for at less<br>for at less<br>one gla<br>80 ml                       | r current<br>Both day<br>last mon<br>ess than &<br>10 hours<br>ek in the la<br>than 5 d<br>eff<br>tea to<br>H.pylori<br>h operat<br>king<br>ntly,do yce<br>e regulark<br>er of<br>tes per da<br>smoked fi<br>ecently q<br>east the p<br>k liquor<br>quency<br>es per da<br>ss equiva<br>of sake<br>(1 can) of   | workpl<br>shift an<br>th at yo<br>bours<br>or more<br>st mont<br>ays<br>Ye:<br>Ye:<br>tion<br>ay<br>ars<br>king is c<br>ne mon<br>100 ciga<br>or at le:<br>uit smo<br>bast one<br>filents:<br>f beer   | ace?<br>ad night<br>bur curre<br>h at your<br>yes<br>yes<br>yes<br>yes<br>lefined a<br>th and e<br>arettes s<br>ast 6 mo<br>oking and<br>e month,<br>net rthe e<br>umber b<br>Every d<br>Someti<br>No drin<br>() Less<br>(2) One<br>but less   | shift<br>nt wor<br>current<br>No<br>No<br>2<br>N<br>2<br>N<br>2<br>N<br>2<br>N<br>2<br>N<br>2<br>N<br>2<br>N<br>2<br>N<br>2   | Year<br>ng si<br>avin<br>artin<br>not s<br>'No"         |
| -4 - 240 ml(2glasses) of $-4 - 240$ ml(2glasses) of   | 01 High tr<br>02 Low te<br>03 Radiat<br>04 Dust<br>05 Abnor<br>06 Vibrat<br>vou more than<br>you ever beav<br>you ever beav<br>you been ex<br>you been ex<br>you been ex<br>you been ex<br>you been ex<br>you been ex<br>you walk faster<br>the describes y<br>pose from ① to<br>ou eat a meal<br>ou eat sweet<br>you eat sweet<br>you getting go<br>you getting go<br>you getting go  | emperature enveriencemperature enveriencemperature<br>ion mal atmospher<br>ion <b>Everyone</b><br>en diagnosed with<br>in 10 kg over your<br>ercising with light<br>do you walk or do<br>r than other almo<br>our situation whe<br>o ③ and record you<br>than those aroun<br>within two hour<br>snacks or sweet of<br>fast three or mor<br>ood sleep?<br>s to improve your<br>o ⑤ and record you   | ic pressure<br>should a<br>h kidney dysfu<br>weight when<br>t sweating for<br>an equivaler<br>oan equivaler<br>oan equivaler<br>oan equivaler<br>oan equivaler<br>oan equivaler<br>oan equivaler<br>an equivaler<br>oan equivaler | 08 Lourd 1<br>09 Under<br>10 Midnig<br>11 Hazardo<br>12 Toxic g<br>13 Pathog<br>answer th<br>unction or rea<br>1 you were 20<br>r 30 min. or n<br>at amount of<br>persons?<br>food?<br>the box to th<br>three or more<br>n meals?<br>ek?              | carryer<br>sound<br>the min<br>cht<br>ous mate<br>gas vapo<br>gen poll<br>nore at le<br>physical<br>e<br>e times a<br>yle?<br>e                          | e rial handli<br>r dust<br>stions<br>alysis the<br>d?<br>east two c<br>activity m<br>week?   | 1) Can che<br>2) Faster<br>Dally<br>1) No plar<br>2) Plan to<br>3) Plan to<br>4) Already<br>5) Already   | What kind<br>Always day<br>What is the<br>Less than (<br>) 8 hours or<br>What is the a<br>Less than (<br>) 5 days (4<br>V regare<br>Ve:<br>Ve:<br>Ve:<br>Ve:<br>Ve:<br>Ve:<br>Ve:<br>Ve:<br>Ve:<br>Ve  | of work s<br>y shift (<br>e average<br>6 hours<br>r more ar<br>verage nu<br>3 days<br>a) 6 days<br>dless C<br>s<br>s<br>anything<br>ental bitte<br>be diffict<br>c chew<br>e SI<br>s<br>s<br>anything<br>ental bitte<br>be diffict<br>c chew<br>e SI<br>s<br>a anything<br>ental bitte<br>c chew<br>e SI<br>s<br>a anything<br>ental bitte<br>c chew<br>e SI<br>s<br>a anything<br>ental bitte<br>s<br>a anything<br>ental anything<br>ental anything<br>ental anything<br>ental anything<br>ental anything<br>ental bitte<br>s<br>a anything<br>ental anything | syste<br>(2) A<br>e dai<br>(2)<br>andle<br>mbe<br>(2) 3<br>or n<br><b>n</b><br><b>n</b><br><b>n</b><br><b>n</b><br><b>n</b><br><b>n</b><br><b>n</b><br><b>n</b>  | em do yo<br>Nways ni<br>ily worki<br>6 hours<br>iss than :<br>er of work<br>3 days or<br>nore<br><b>age</b><br>to<br>a<br>b<br>b<br>b<br>c<br>c<br>c<br>c<br>c<br>c<br>c<br>c<br>c<br>c<br>c<br>c<br>c  | ou have<br>ight shift<br>ing time<br>or more<br>10 hours<br>ing days<br>more a<br>Hi<br>tri<br>di<br>St<br>St<br>ing<br>(<br>d<br>s<br>h<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1 | in you<br>ft (3)<br>in the<br>e and liss<br>and less<br>istory of<br>tmente<br>splace<br>comacl<br>Smo<br>Currer<br>smoke<br>cigaret<br>Numbe<br>cigaret<br>Numbe<br>cigaret<br>Numbe<br>during t<br>for at le<br>Drin<br>Free<br>Glass<br>Dne gla<br>80 ml<br>500 ml | r current<br>Both day<br>last mon<br>ess than &<br>10 hours<br>ek in the la<br>is than 5 d<br>of<br>the pylori<br>h operat<br>king<br>mtly,do yce<br>e regularly<br>er of<br>tes per da<br>smoked fi<br>ecently q<br>east the p<br>k liquor<br>quency<br>ess per da<br>ss equiva<br>of sake<br>(1 can) of<br>of shochu  | workpl<br>shift an<br>th at yo<br>bours<br>or more<br>st mont<br>ays<br>Ye:<br>Ye:<br>tion<br>ay<br>ars<br>king is c<br>ne mon<br>100 cigs<br>or at les<br>uit smo<br>bast one<br>filents:<br>f beer<br>(25%)  | ace?<br>ad night<br>bur curre<br>h at your<br>yes<br>yes<br>yes<br>yes<br>lefined a<br>th and e<br>arettes s<br>ast 6 mo<br>oking and<br>e month,<br>ther the<br>sumber bo<br>Every d<br>Someti<br>No drin<br>1 Less<br>2 One<br>but less<br>two   | shift<br>nt wor<br>current<br>No<br>No<br>2N<br>2N<br>shavin<br>ther h<br>nce st:<br>than<br>backet<br>approp<br>elow.<br>ay<br>mes<br>k<br>than o<br>or moios<br>than            | Year<br>ng si<br>aavin,<br>artin<br>not s<br>'No"<br>re |

(4) Three or more

wine