

Genki Sukoyaka Health Check Questionnaire (Basic Check for Latter-Stage Elderly Persons)

元気すこやか健診 受診票 (基本健診後期高齢用)

※ Please fill in the section within the bold lines.

Date of health check	Address Higashihiroshima City		Tel.: - -	
Medical facility	Furigana	Age at end of coming March	Date of birth	
	Name		YYYY	MM DD

※ Please complete the information within the bold lines.

Please answer the following questions. Please circle the answers that apply to you.		Number of items marked with "▲":
1	Are you currently taking medicine to lower your blood pressure?	① Yes ② No
2	Are you currently taking medicine to lower your blood sugar or insulin injections?	① Yes ② No
3	Are you currently taking medicine to lower your cholesterol or triglycerides (neutral fat)?	① Yes ② No
4	Have you ever been told by a doctor that you are anaemic?	① Yes ② No
5	How is the state of your health at present?	① Good ② Not so bad ③ Normal ④ Not so good ⑤ Not good
6	Are you satisfied with your daily life?	① Satisfied ② Quite satisfied ③ A little dissatisfied ④ Dissatisfied
7	Do you eat three proper meals a day?	① Yes ▲② No
8	Compared to six months ago, do you find it more difficult to eat hard things (※)? (※) Dried squid, pickles, etc.	▲① Yes ② No
9	Do you ever choke on tea, soup, etc.?	▲① Yes ② No
10	In the past six months, have you lost more than 2-3 kg in weight?	▲① Yes ② No
11	Do you think the speed at which you walk is slower than before?	▲① Yes ② No
12	Have you fallen over during the past year?	▲① Yes ② No
13	Do you do some sort of exercise (for example, walking) at least once a week?	① Yes ▲② No
14	Do the people around you tell you that you are becoming forgetful, for example that you keep asking the same things?	▲① Yes ② No
15	Do you ever have times when you don't know what the date is?	▲① Yes ② No
16	Do you smoke?	① Yes ② No ③ I gave up smoking
17	How often do you drink alcohol (sake, shochu, beer, liquors, etc.)? (The response 'I quit' (⑦) refers to those who in the past drank regularly at least once a month, but who have not drunk alcohol for at least the past year.)	① Every day ② 5-6 days a week ③ 3-4 days a week ④ 1-2 days a week ⑤ 1-3 days a month ⑥ Less than once a month ⑦ I quit ⑧ I don't drink (I can't drink)
18	On a day when you drink, how much do you drink? ※1 unit is approximately 180ml of sake (15% alcohol), 500ml of beer (5% alcohol), 110ml of shochu (25% alcohol), 180ml of wine (14% alcohol), 60ml of whisky (43%), 500ml of can chuhai (5% alcohol), or 350ml of can chuhai (7% alcohol)	① Less than one unit ② 1 to less than 2 units ③ 2 to less than 3 units ④ 3 to less than 5 units ⑤ 5 units or more
19	Do you go out of your home at least once a week?	① Yes ▲② No
20	Do you see friends and family regularly?	① Yes ▲② No
21	Is there someone close to you who you can talk to if you don't feel well?	① Yes ▲② No
22	Do you get enough sleep to be refreshed?	① Yes ② No
23	Do you laugh almost every day?	① Yes ② No

2. If there is anything that concerns you about your health at present, please write it here.