

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

Date of check	Address Higashihiroshima City	Tel.:           -           -	
Name of medical facility	Furigana	Age as of March 31st, 2023	Date of birth
	Name		
		YYYY	MM      DD

※ Please complete the information within the bold lines.

### To be filled in by the person taking the health check

#### 1. Please answer the following questions. Please circle the answers that apply to you.

1	Are you currently taking medicine to lower your blood pressure?	① Yes   ② No
2	Are you currently taking medicine or injecting insulin to lower your blood sugar level?	① Yes   ② No
3	Are you currently taking medicine to lower your cholesterol or neutral fat?	① Yes   ② No
4	Have you ever been told by your doctor that you are anemic?	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.)?	① Every day   ② Sometimes ③ Almost never/ I can't drink
18	On a day when you drink, how much do you drink? <small>1 unit is approximately 180ml of sake, 500ml of beer, 110ml of shochu (25%), 1 double whisky (60ml), or 2 glasses of wine (240ml)</small>	① Less than one unit ② 1 to less than 2 units ③ 2 to less than 3 units ④ 3 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.		