

# Genki Sukoyaka Health Checkup Questionnaire (Basic Health Checkup 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 M F		YYYY	MM DD

※ Please complete the information within the bold lines.

## To be fill 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 medicines to lower your blood pressure?	① Yes ② No
2	Are you currently taking medicines 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 anemia?	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.)? ※"Stop" refers to those who previously habitually drank alcohol at least once a month, but have not consumed alcohol for the past year or more.	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 per month ⑥ Less than 1 day a month ⑦ Stop ⑧ I don't drink/ I can't drink
18	When you drink on a day, how much do you drink? <small>1 unit is approximately 180ml of sake(15%), 500ml of beer(5%), 110ml of shochu (25%), 60ml of whisky (43%), or 180ml of wine (14%), Canned Chuhai(500ml,5% or 350ml,7%)</small>	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 you have any symptoms which is worrying now, please write them here.		