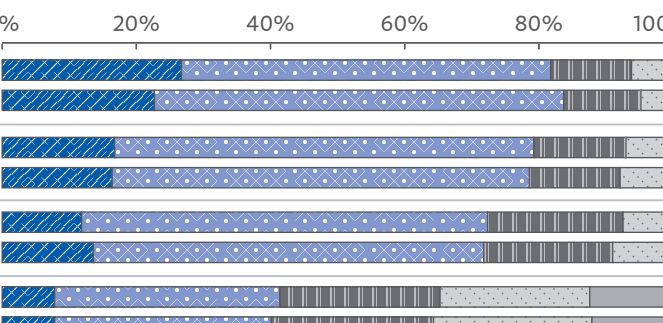


Item	Indicator	2022	2023	2024	2028 target	2035 target		
BMI	Percentage with BMI of sub- 18.5 (underweight classification)	12.0%	12.2%	10.6%	10%	<10%		
	Percentage with BMI of 18.5 to sub-25 (not obese)	65.9%	64.6%	66.0%	70%	≥80%		
	Percentage with BMI of 25 to sub-30 (Japan Society for the Study of Obesity’s standard for obesity)	17.4%	18.0%	18.2%	16%	<10%		
	Percentage with BMI of 30 or more (WHO’s standard for obesity)	5.1%	4.8%	5.2%	<4%	<1%		
Detection rate	Blood pressure	2.9%	2.7%	3.9%	<3%	<3%		
	Lipid metabolism	5.5%	4.2%	4.8%	<5%	<5%		
	Liver function	11.5%	12.0%	11.1%	10%	<10%		
	Glycometabolism	3.4%	3.1%	3.4%	3%	<3%		
Smoking rate	—	16.3%	15.0%	14.9%	10%	<1%		
Excessive drinking habits	Frequency of alcohol consumption: “Daily” consumption of 540 mL or more	1.1%	1.0%	0.5%	<1%	<1%		
	Frequency of alcohol consumption: “Daily” consumption of 360 to under 540 mL	3.6%	3.6%	2.4%	3%	<3%		
Exercise habits	One 30-minute or longer session of light sweat-inducing exercise performed at least twice a week for a year or more	13.9%	15.7%	20.0%	25%	≥25%		
	One or more hours a day of walking or similarly physically stimulating activity as part of daily life	36.6%	43.2%	45.1%	50%	≥50%		
Sleep habits	Sufficiently rested from sleep	61.7%	58.4%	57.7%	71%	≥80%		
Healthy dietary habits	Skip breakfast three or more times per week	36.3%	35.9%	38.4%	30%	<30%		
	Eat dinner within two hours before going to bed three or more times per week	36.6%	39.8%	39.2%	30%	<20%		
Presenteeism *SPQ (University of Tokyo single-item version adapted into an 11-point scale questionnaire)	Percentage of employees who rate their job performance during the past four weeks at 70% or less, where 100% is their full job performance potential	26.5%	25.2%	14.1%	<15%	<15%		
	Number of respondents/ Response rate	900/ 93.2%	1032/ 96.6%	1162/ 92%	≥90%	≥90%		
Absenteeism	Workdays on sick leave/ Total employees	2.3days	2.7days	3.0days	≤2.7days	≤2.7days		
Work engagement	Feeling full of energy when working (Plain score on a 5-point scale)	2.1	2.0	Planned change to new indicators				
	Feeling proud of one’s work (Average score on a 5-point scale)	2.6	2.6					
	Number of respondents/ Response rate	900/ 93.2%	1032/ 96.6%					
	Score (Wevox Engagement)	—	—	66.4	—	—		
	Number of respondents/ Response rate	—	—	1162/ 92%	≥90%	≥90%		
Rate of participation in walking events	—	42.0%	45.8%	26.5%	≥90%	≥90%		
Health literacy *Based on our company's unique indicators			0%	20%	40%	60%	80%	100%
	Do you thoroughly check your health check-up results?	2024 2023						
	Do you understand the meaning of the health check-up items?	2024 2023						
	Do you understand the actions appropriate for your health condition? (such as medical consultations, diet, exercise, sleep, etc.).	2024 2023						
	Do you record health data and gather necessary information for health management?	2024 2023						

Strongly AgreeAgreeNeither Agree Nor Disagree / NeutralDisagreeStrongly Disagree