

Item	Indicator	2020	2021	2022	2024 target	Final goal
BMI	Percentage with BMI of sub-25 (not obese)	76.2%	75.7%	76.8%	80%	≥90%
	Percentage with BMI of 25 to sub-30 (Japan Society for the Study of Obesity's standard for obesity)	18.8%	19.4%	18.1%	16%	<10%
	Percentage with BMI of 30 or more (WHO's standard for obesity)	5.0%	4.9%	5.1%	<4%	<1%
Detection rate	Blood pressure	3.4%	2.8%	2.9%	<3%	<3%
	Lipid metabolism	9.6%	6.4%	5.5%	<5%	<5%
	Liver function	15.0%	14.4%	11.5%	10%	<10%
	Glycometabolism	4.0%	3.9%	3.4%	3%	<3%
Smoking rate	—	19.0%	17.7%	16.3%	10%	<1%
Excessive drinking habits	Frequency of alcohol consumption: "Daily" consumption of 540 mL or more	1.1%	1.2%	1.1%	<1%	<1%
	Frequency of alcohol consumption: "Daily" consumption of 360 to under 540 mL	4.2%	4.0%	3.6%	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	11.2%	14.0%	13.9%	15%	≥25%
	One or more hours a day of walking or similarly physically stimulating activity as part of daily life	33.5%	30.3%	36.6%	45%	≥50%
Sleep habits	Sufficiently rested from sleep	56.7%	59.8%	61.7%	71%	≥80%
Healthy dietary habits	Skip breakfast three or more times per week	33.6%	36.9%	36.3%	30%	<30%
	Eat dinner within two hours before going to bed three or more times per week	39.6%	37.2%	36.6%	30%	<20%
Presenteeism	Percentage of workers who rate their overall job performance during the past four weeks at 70% or less on a scale from 1% to 100%, where 100% is the best job performance	—	—	26.5%	20%	<20%

\*SPQ (The University of Tokyo Single-Item Presenteeism Question)