

Item	Indicator	2021	2022	2023	2024 target	Final goal
BMI	Percentage with BMI of sub-25 (not obese)	75.7%	76.8%	77.8%	80%	≥90%
	Percentage with BMI of 25 to sub-30 (Japan Society for the Study of Obesity's standard for obesity)	19.4%	18.1%	17.4%	16%	<10%
	Percentage with BMI of 30 or more (WHO's standard for obesity)	4.9%	5.1%	4.8%	<4%	<1%
Detection rate	Blood pressure	2.8%	2.9%	2.7%	<3%	<3%
	Lipid metabolism	6.4%	5.5%	4.2%	<5%	<5%
	Liver function	14.4%	11.5%	12.0%	10%	<10%
	Glycometabolism	3.9%	3.4%	3.1%	3%	<3%
Smoking rate	—	17.7%	16.3%	15.0%	10%	<1%
Excessive drinking habits	Frequency of alcohol consumption: "Daily" consumption of 540 mL or more	1.2%	1.1%	1.0%	<1%	<1%
	Frequency of alcohol consumption: "Daily" consumption of 360 to under 540 mL	4.0%	3.6%	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	14.0%	13.9%	15.7%	15%	≥25%
	One or more hours a day of walking or similarly physically stimulating activity as part of daily life	30.3%	36.6%	43.2%	45%	≥50%
Sleep habits	Sufficiently rested from sleep	59.8%	61.7%	58.4%	71%	≥80%
Healthy dietary habits	Skip breakfast three or more times per week	36.9%	36.3%	35.9%	30%	<30%
	Eat dinner within two hours before going to bed three or more times per week	37.2%	36.6%	39.8%	30%	<20%
Presenteeism *SPQ (The University of Tokyo Single-Item Presenteeism Question)	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%	20%	<20%
Absenteeism	Workdays on sick leave / Total employees	—	2.3days	2.7days	≤2.7days	Under consideration
Work engagement *From the Stress Check (80 items)	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		
Rate of participation in walking events	—	48.7%	42.0%	45.8%	≥50%	≥50%

