ltem	Indicator	2021	2022	2023	2024 target	Final goal
ВМІ	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	≤ 2.7 days	Under consideration
Work engagement	Feeling full of energy when working (Plain score on a 5-point scale)	_	2.1	2.0	Planned change	l change
*From the Stress Check (80 items)	Feeling proud of one's work (Average score on a 5-point scale)	_	2.6	2.6	to new indicators	
Rate of participation in walking events	-	48.7%	42.0%	45.8%	≥50%	≥50%
Health literacy *Based on our company's unique indicators	Messurement values in 2023					
	Do you thoroughly check your health check-up results? Do you understand the meaning of the health check-up items? Do you understand the actions appropriate for your health condition? (such as medical consultations, diet, exercise, sleep, etc.). Do you record health data and gather necessary information for health management?				Planned change to new indicators	
	0% 20% 40% 60% 80% 100% Strongly Agree Neither Agree Nor Disagree / Neutral Disagree Strongly Disagree					