

平成16年度健康づくり道民調査

【調査内容】

平成16年11月実施 ■対象世帯数1,563世帯
(有効回答世帯数 1,208世帯)

■ 栄養摂取状況調査(世帯全員)
世帯状況、食事状況(1日)、食物摂取状況(1日)の調査

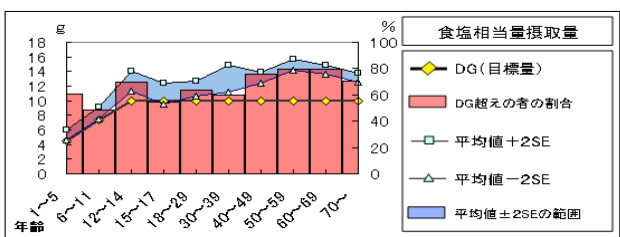
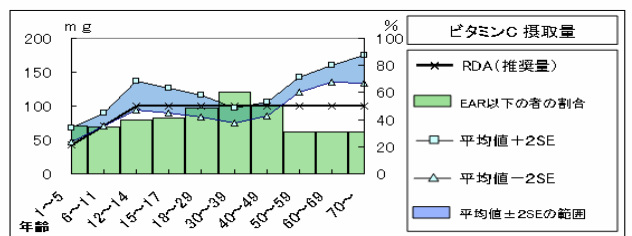
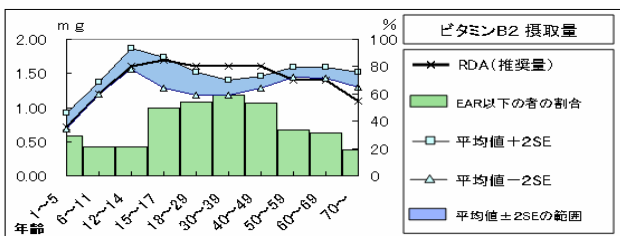
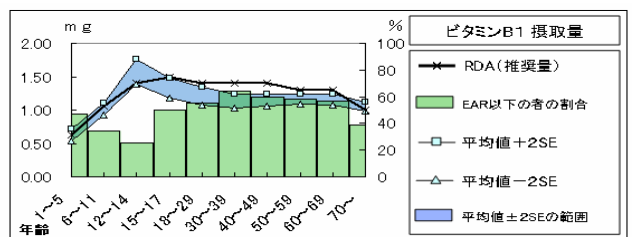
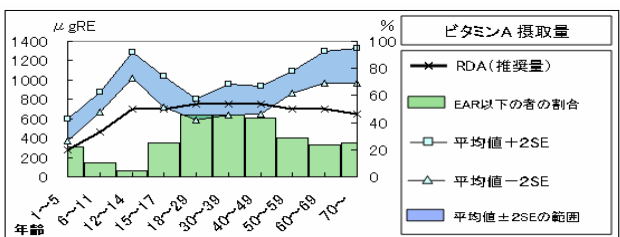
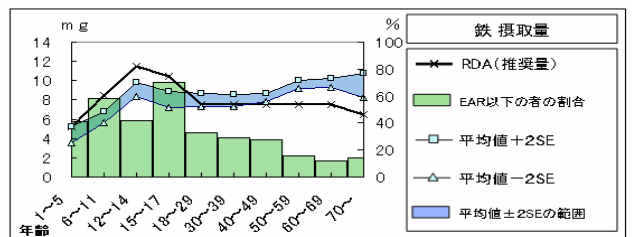
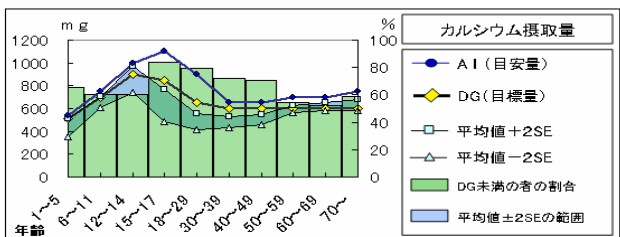
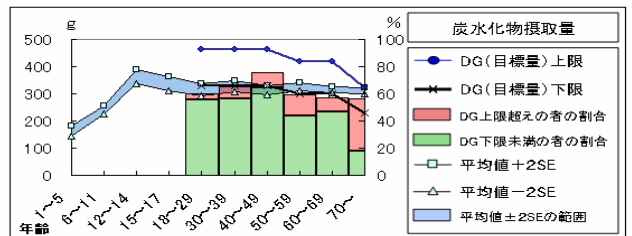
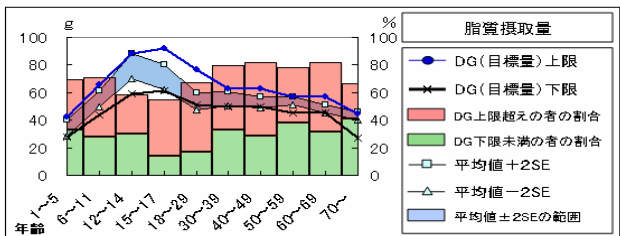
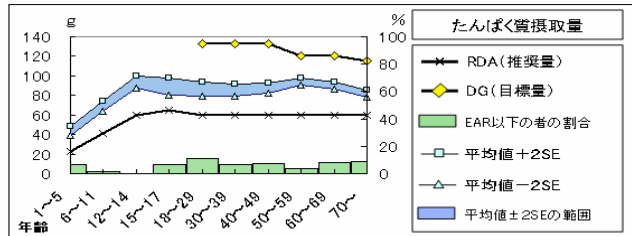
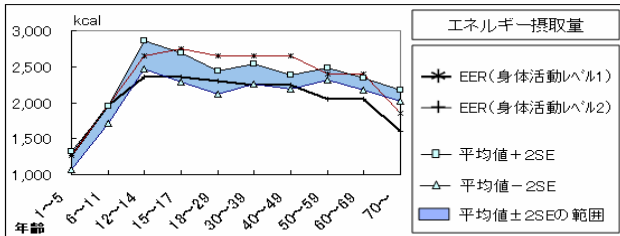
食事の状況 (割合(%))

8ページに食事状況のグラフを掲載しています

	年齢	男性						女性						全体					
		欠食	菓子等	家庭	給食	中食※	外食	欠食	菓子等	家庭	給食	中食※	外食	欠食	菓子等	家庭	給食	中食※	外食
朝食	1~5	2.4	0.0	94.0	0.0	3.6	0.0	1.2	1.2	92.9	0.0	4.7	0.0	1.8	0.6	93.5	0.0	4.1	0.0
	6~11	0.0	0.0	96.7	0.0	3.3	0.0	0.0	3.7	92.6	0.0	3.7	0.0	0.0	1.7	94.8	0.0	3.5	0.0
	12~14	0.0	0.0	100.0	0.0	0.0	0.0	2.7	0.0	94.6	0.0	2.7	0.0	1.6	0.0	96.8	0.0	1.6	0.0
	15~17	2.4	2.4	92.8	0.0	2.4	0.0	4.4	0.0	86.7	0.0	8.9	0.0	3.5	1.2	89.5	0.0	5.8	0.0
	18~29	21.3	2.2	72.0	0.0	4.5	0.0	12.4	9.7	71.7	0.0	5.3	0.9	16.3	6.4	71.8	0.0	5.0	0.5
	30~39	7.9	7.0	78.1	0.9	2.6	3.5	9.3	5.0	82.9	0.0	2.1	0.7	8.7	5.9	80.6	0.4	2.4	2.0
	40~49	11.0	3.9	81.2	0.0	2.6	1.3	3.2	4.3	91.4	0.0	1.1	0.0	6.8	4.1	86.7	0.0	1.8	0.6
	50~59	4.0	3.2	88.8	1.2	2.0	0.8	1.8	5.3	90.8	0.0	1.4	0.7	2.8	4.3	89.8	0.6	1.7	0.8
	60~69	2.1	2.5	95.0	0.0	0.4	0.0	1.4	1.8	96.1	0.0	0.7	0.0	1.7	2.1	95.6	0.0	0.6	0.0
	70~	1.2	0.4	98.0	0.0	0.4	0.0	1.3	1.3	97.1	0.0	0.3	0.0	1.3	0.9	97.4	0.0	0.4	0.0
昼食	1~5	0.0	0.0	38.1	57.1	1.2	3.6	0.0	0.0	30.5	65.9	1.2	2.4	0.0	0.0	34.3	61.5	1.2	3.0
	6~11	0.0	0.0	18.1	80.3	1.6	0.0	0.0	0.0	5.5	85.2	1.9	7.4	0.0	0.0	12.2	82.6	1.7	3.5
	12~14	0.0	0.0	8.0	88.0	0.0	4.0	0.0	0.0	16.2	83.8	0.0	0.0	0.0	0.0	12.9	85.5	0.0	1.6
	15~17	0.0	0.0	78.1	17.1	2.4	2.4	0.0	2.2	64.5	22.2	0.0	11.1	0.0	1.2	70.8	19.8	1.2	7.0
	18~29	5.6	0.0	77.6	2.2	3.4	11.2	1.8	0.0	75.4	5.3	7.0	10.5	3.4	0.0	76.5	3.9	5.4	10.8
	30~39	2.6	0.0	68.4	1.8	4.4	22.8	3.6	0.7	72.8	2.1	7.9	12.9	3.1	0.4	70.9	2.0	6.3	17.3
	40~49	2.6	1.3	72.9	4.5	3.2	15.5	1.1	1.1	77.3	4.9	5.9	9.7	1.8	1.2	75.2	4.7	4.7	12.4
	50~59	2.0	0.8	78.0	3.6	3.2	12.4	4.6	1.4	80.2	3.5	5.0	5.3	3.4	1.1	79.1	3.6	4.1	8.7
	60~69	1.2	0.4	83.2	1.2	5.8	8.2	1.8	2.1	87.5	0.7	3.6	4.3	1.5	1.3	85.5	1.0	4.6	6.1
	70~	3.2	0.8	89.6	0.0	2.8	3.6	1.4	1.4	89.4	0.0	2.7	5.1	2.2	1.1	89.6	0.0	2.7	4.4
夕食	1~5	0.0	0.0	97.6	0.0	1.2	1.2	0.0	0.0	98.8	0.0	0.0	1.2	0.0	0.0	98.2	0.0	0.6	1.2
	6~11	0.0	0.0	98.4	0.0	1.6	0.0	0.0	0.0	96.3	0.0	3.7	0.0	0.0	0.0	97.4	0.0	2.6	0.0
	12~14	0.0	0.0	92.0	0.0	4.0	4.0	0.0	0.0	94.6	0.0	5.4	0.0	0.0	0.0	93.6	0.0	4.8	1.6
	15~17	0.0	0.0	90.2	0.0	4.9	4.9	0.0	0.0	100.0	0.0	0.0	0.0	0.0	0.0	95.4	0.0	2.3	2.3
	18~29	1.1	1.1	85.4	0.0	4.5	7.9	0.9	0.0	89.5	0.0	2.6	7.0	1.0	0.5	87.7	0.0	3.4	7.4
	30~39	0.0	0.9	86.8	0.0	3.5	8.8	2.1	0.0	90.8	0.0	2.1	5.0	1.2	0.4	88.9	0.0	2.8	6.7
	40~49	0.0	0.0	91.6	0.6	1.3	6.5	0.5	0.5	95.2	0.5	1.1	2.2	0.3	0.3	93.5	0.6	1.2	4.1
	50~59	0.4	0.0	94.0	0.8	2.8	2.0	0.7	0.0	93.6	0.4	2.1	3.2	0.6	0.0	93.8	0.6	2.4	2.6
	60~69	0.0	0.8	94.3	0.0	0.8	4.1	0.0	0.7	96.8	0.0	1.1	1.4	0.0	0.8	95.5	0.0	1.0	2.7
	70~	1.2	0.0	94.8	0.0	2.4	1.6	0.7	0.0	96.9	0.0	0.7	1.7	0.9	0.0	96.0	0.0	1.5	1.6

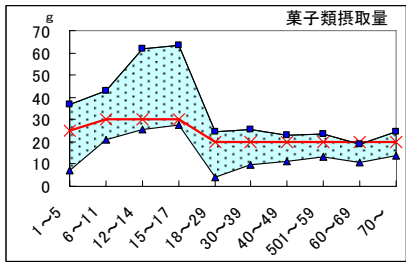
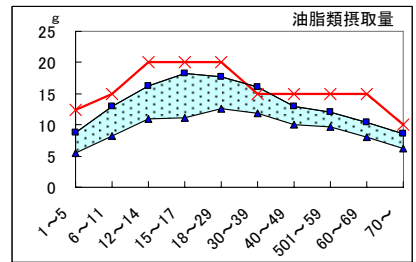
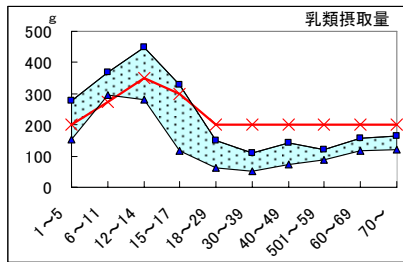
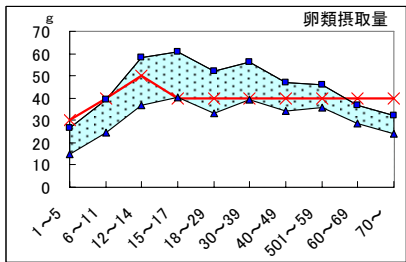
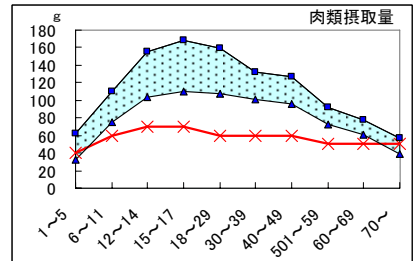
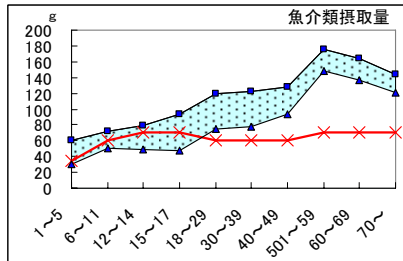
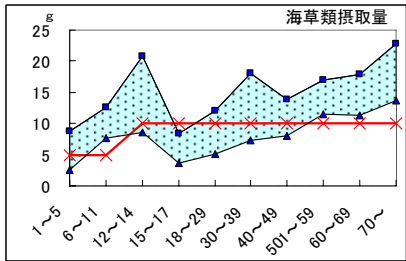
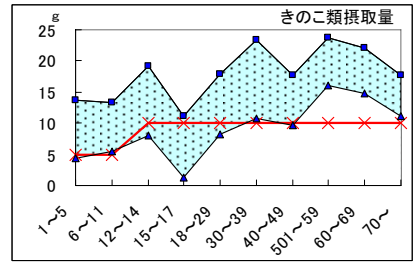
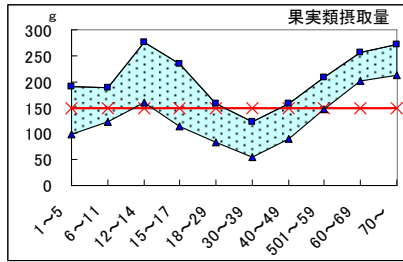
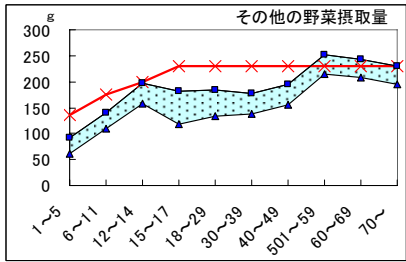
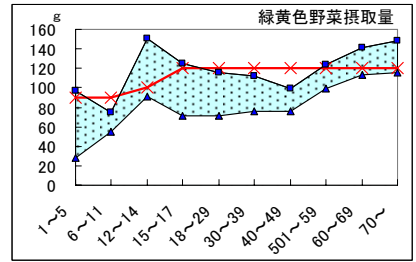
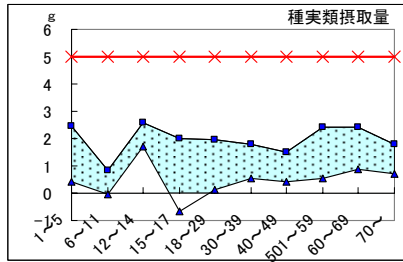
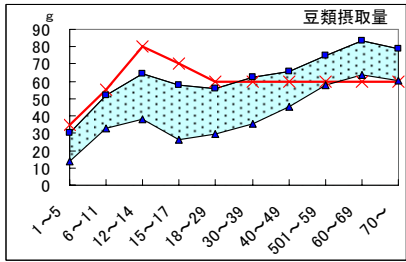
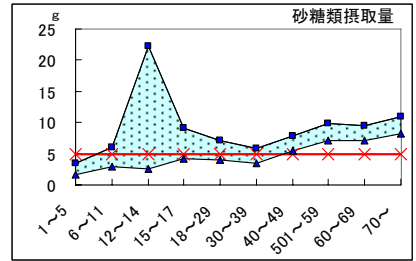
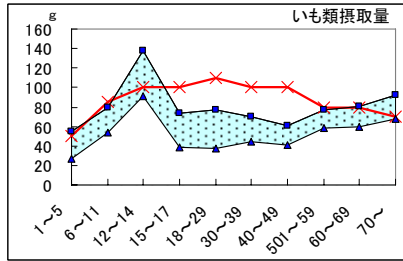
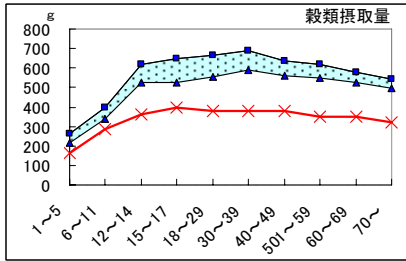
※「中食」 持ち帰り弁当、惣菜等そのまま食事として食べられる状態に調理されたものを家などに買ってきたり、出前をとって家庭で食べた場合などとするものを「中食」(なかしょく)と言います。

各栄養素における年代別の摂取状況と評価（男性）



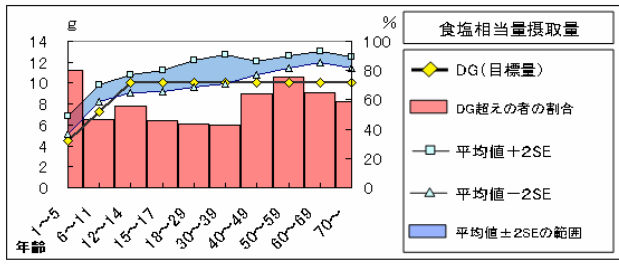
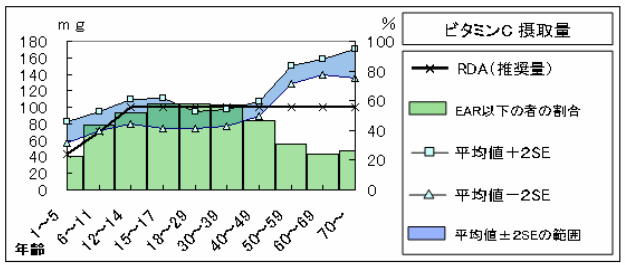
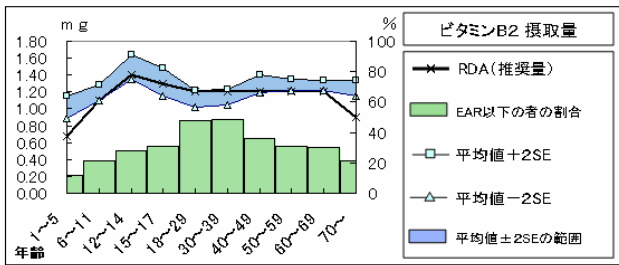
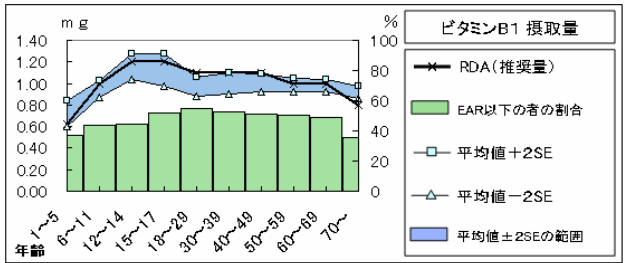
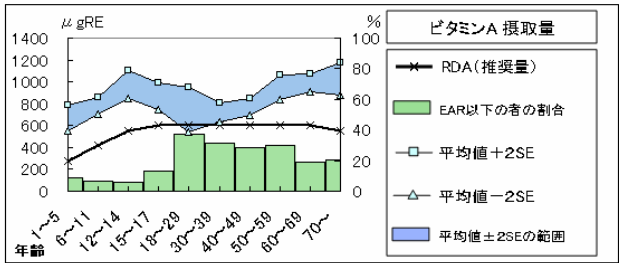
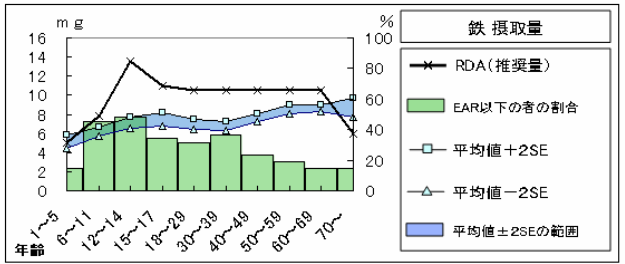
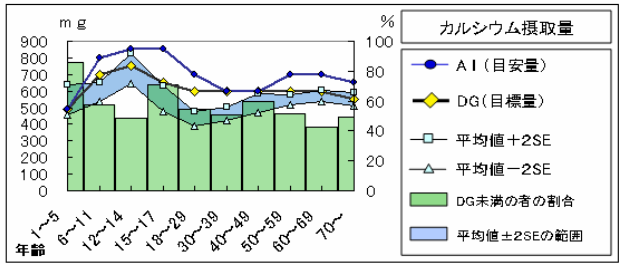
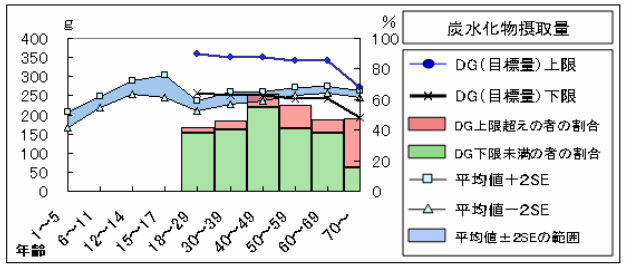
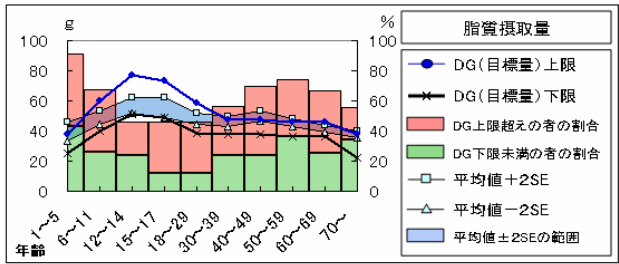
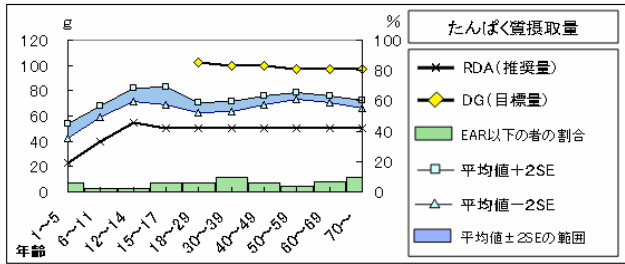
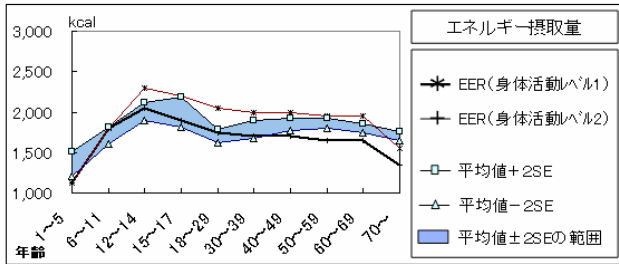
※ 折れ線グラフは、左の数値軸を参照してください。
棒グラフは右の数値軸を参照してください。

各食品群における年代別の摂取目標量と摂取状況（男性）



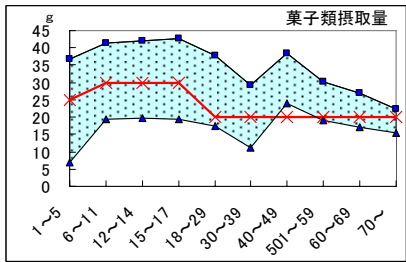
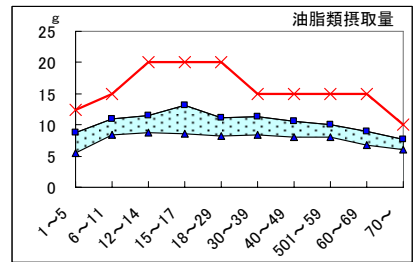
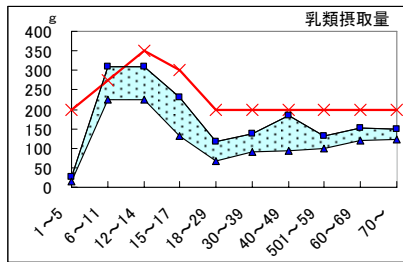
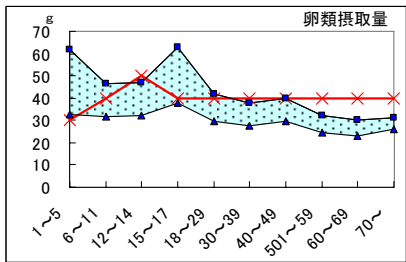
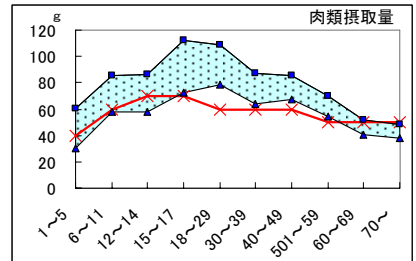
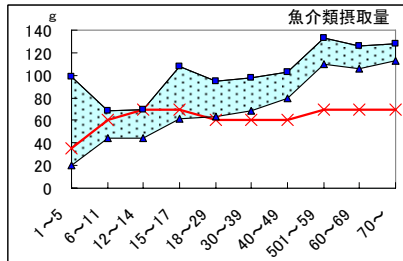
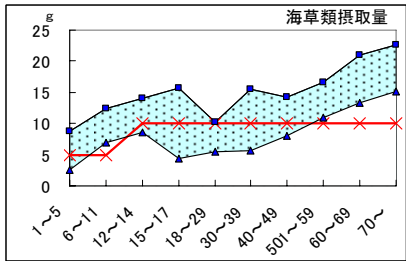
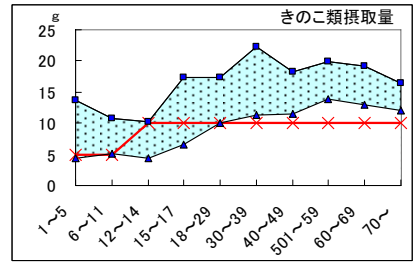
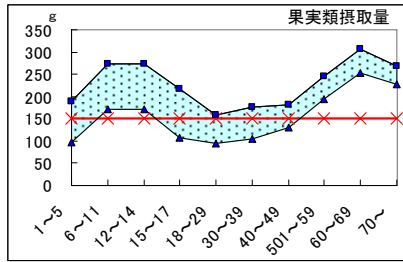
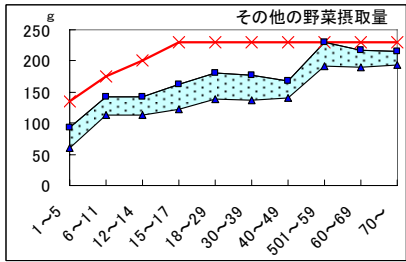
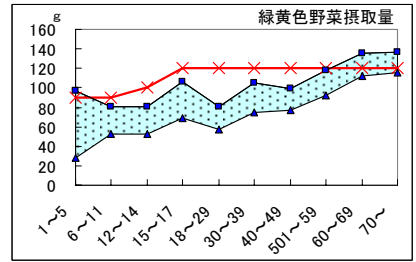
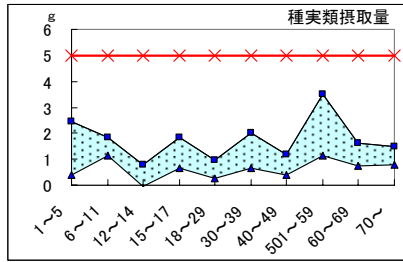
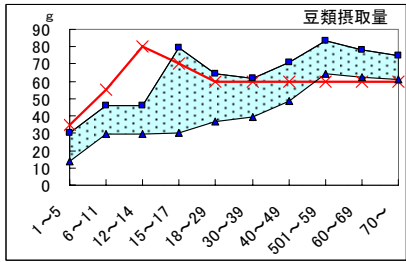
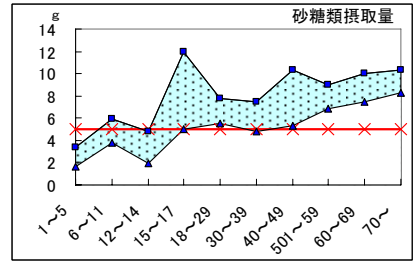
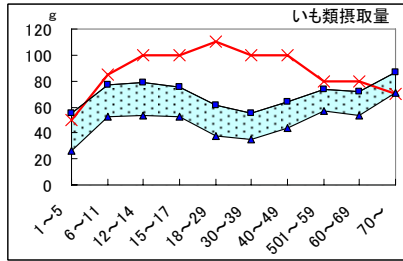
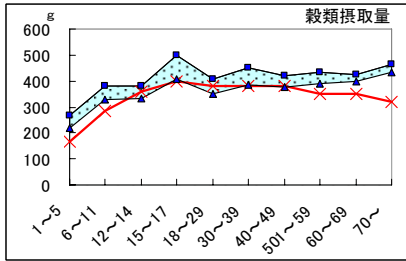
—x— 食品群別摂取目標量
 ※「第六次改定 日本人の栄養所要量 -食事摂取基準-の活用」から抜粋
—■— 平均値+2SE
—▲— 平均値-2SE
 平均値±2SEの範囲

各栄養素における年代別の摂取状況と評価（女性）



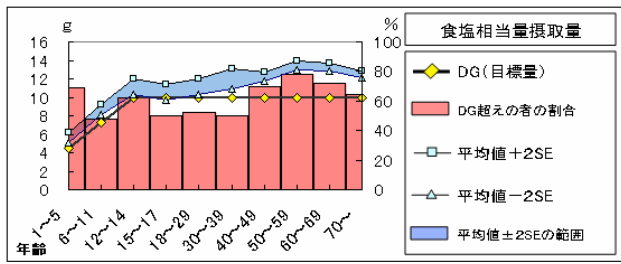
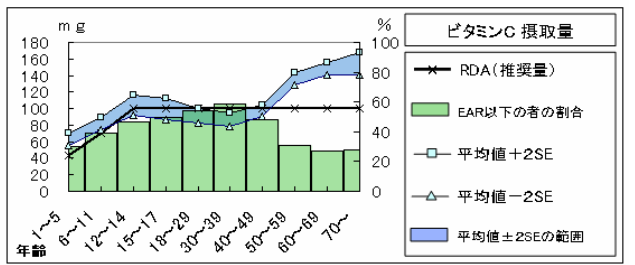
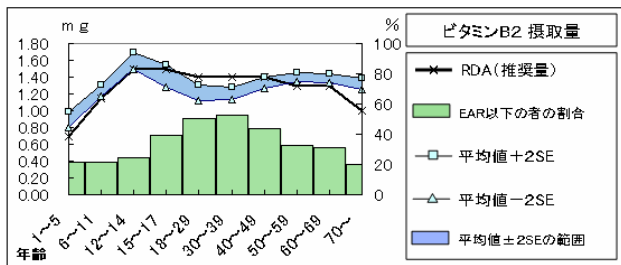
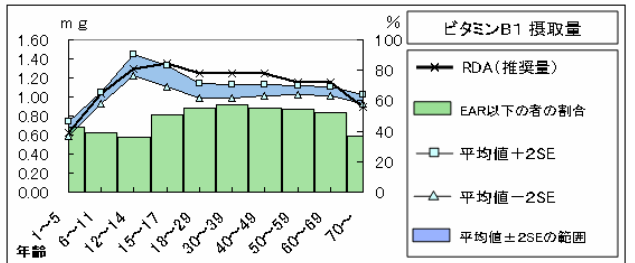
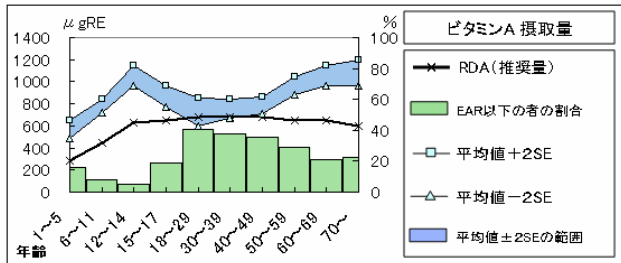
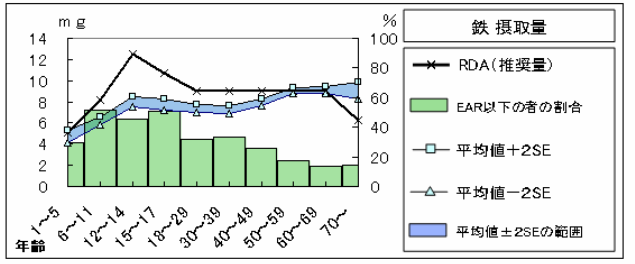
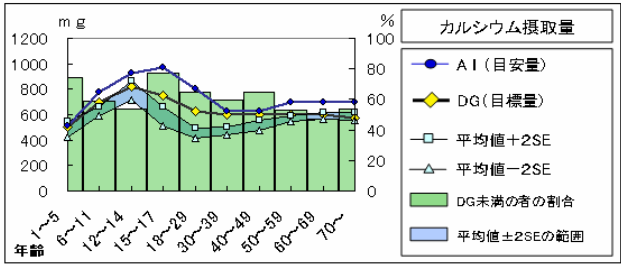
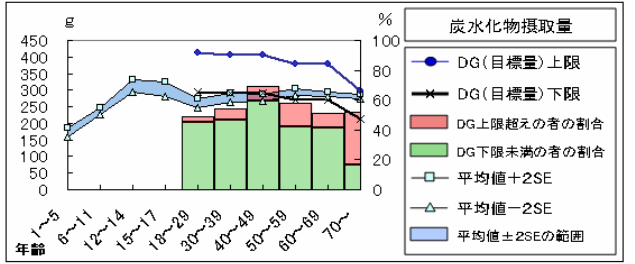
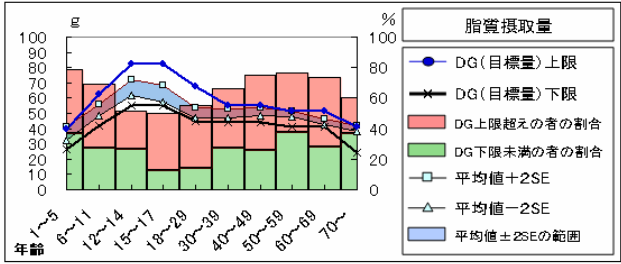
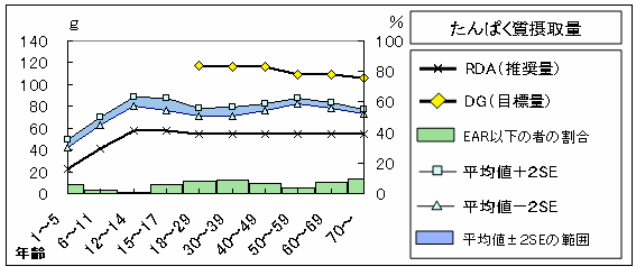
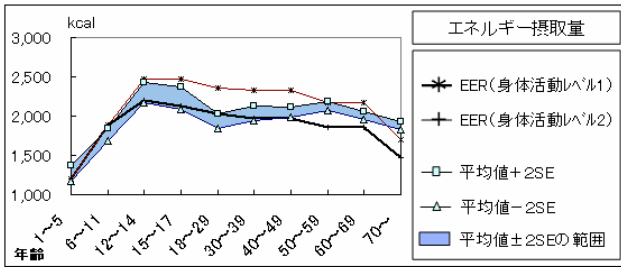
※ 折れ線グラフは、左の数値軸を参照してください。
棒グラフは右の数値軸を参照してください。

各食品群における年代別の摂取目標量と摂取状況（女性）



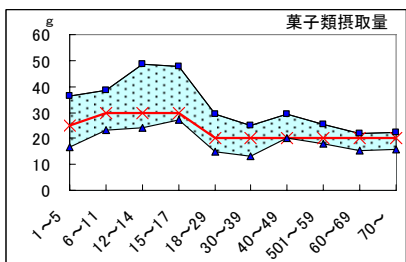
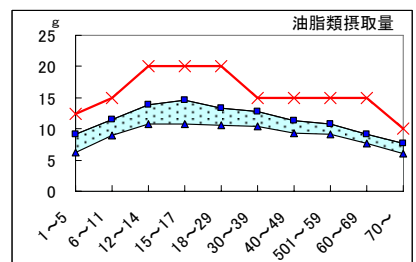
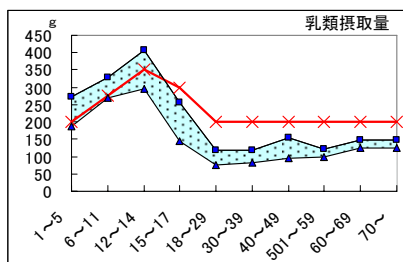
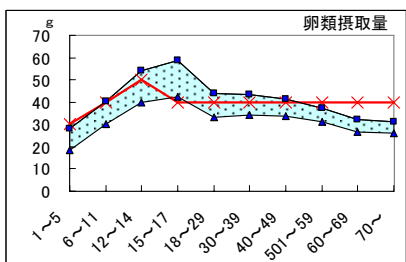
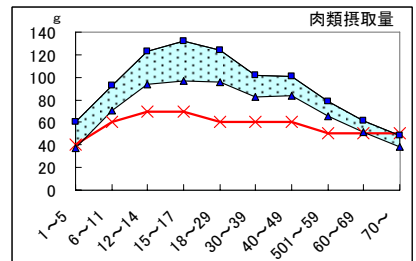
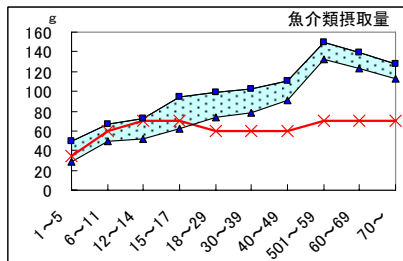
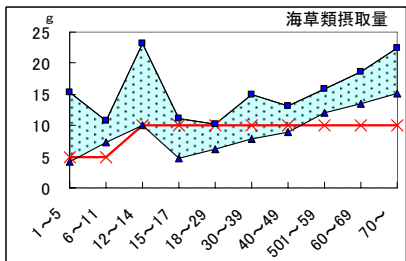
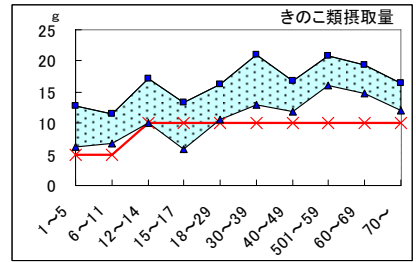
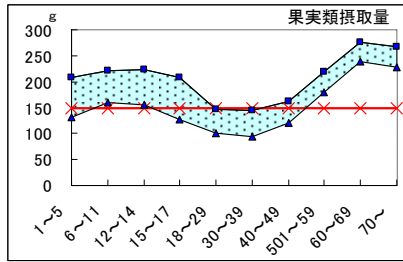
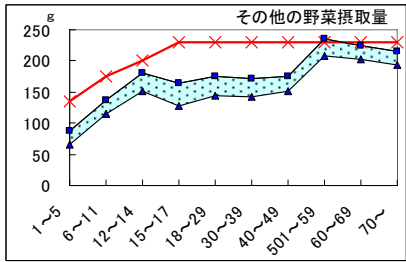
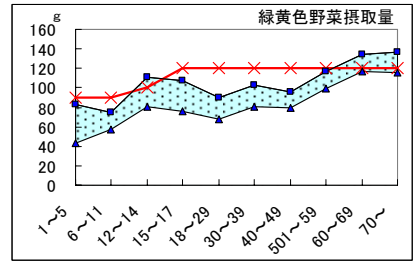
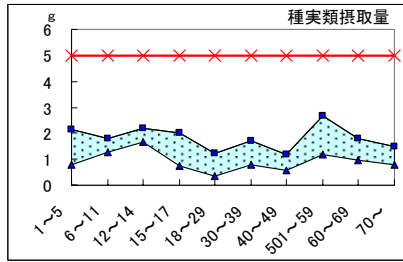
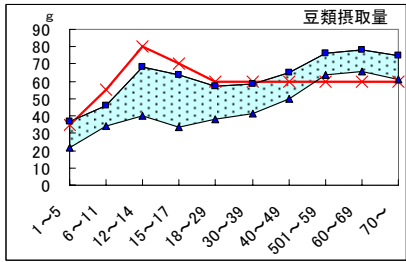
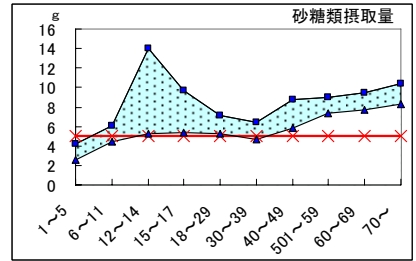
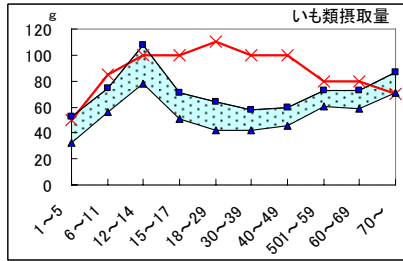
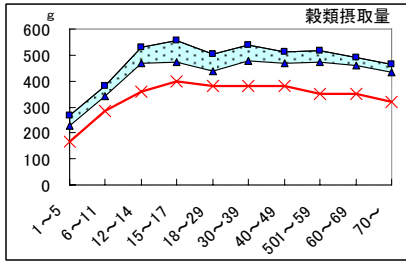
—x— 食品群別摂取目標量
 ※「第六次改定 日本人の栄養所要量 - 食事摂取基準-の活用」から抜粋
—■— 平均値+2SE
—▲— 平均値-2SE
 平均値±2SEの範囲

各栄養素における年代別の摂取状況と評価（全体）



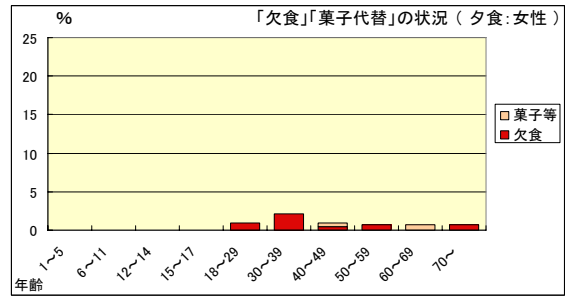
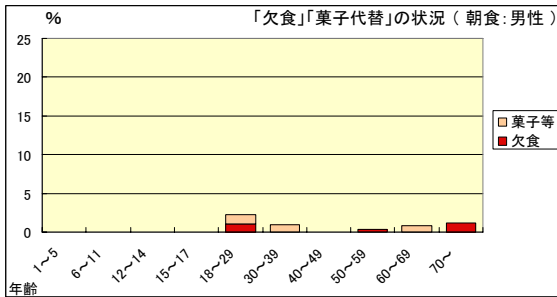
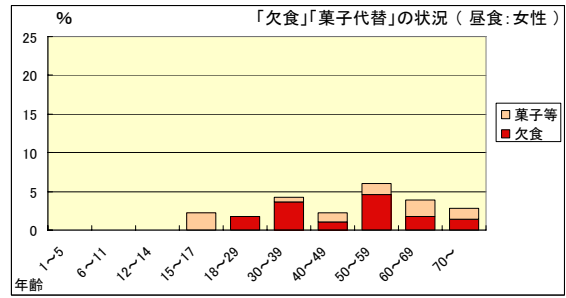
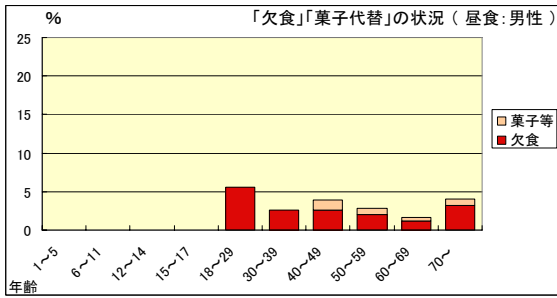
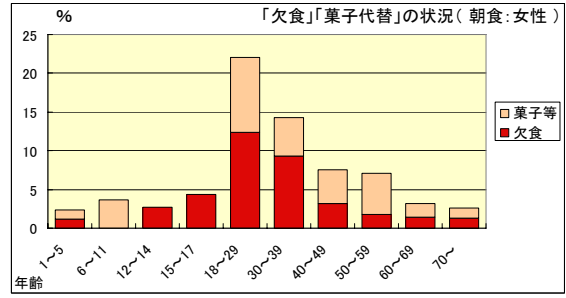
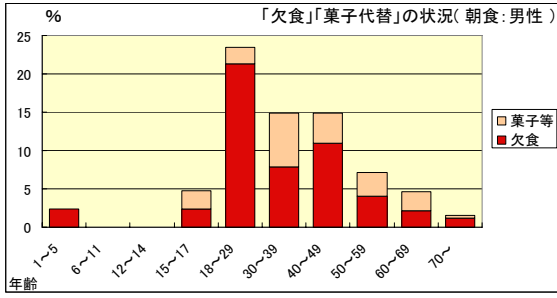
※ 折れ線グラフは、左の数値軸を参照してください。
棒グラフは右の数値軸を参照してください。

各食品群における年代別の摂取目標量と摂取状況（全体）



—x— 食品群別摂取目標量
 ※「第六次改定 日本人の栄養所要量 - 食事摂取基準-の活用」から抜粋
—■— 平均値+2SE
—▲— 平均値-2SE
 平均値±2SEの範囲

「欠食」「菓子代替」の状況について



「外食」「中食」の状況について

