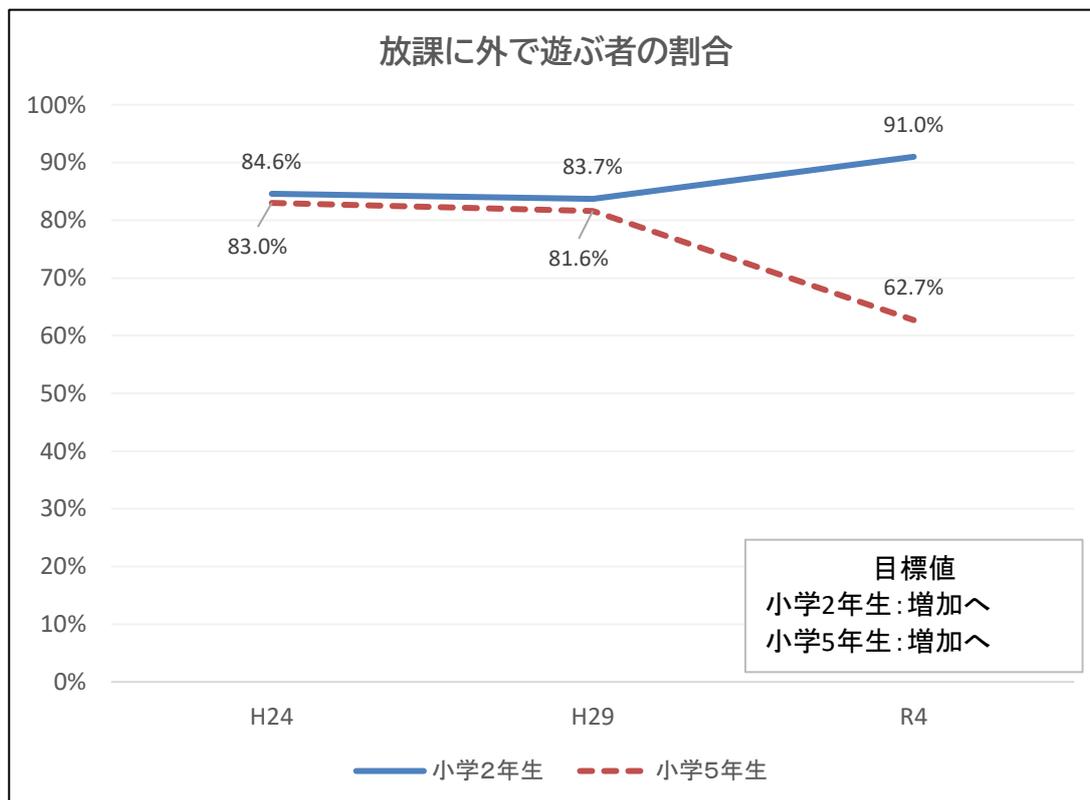
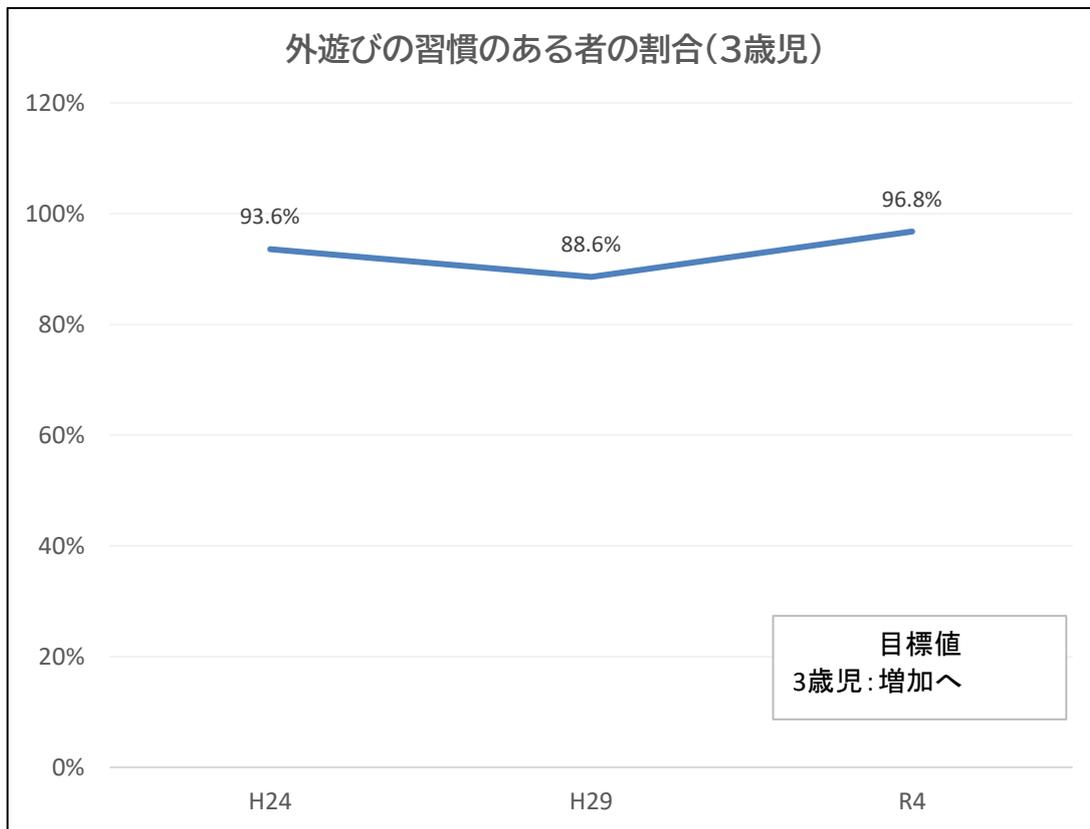


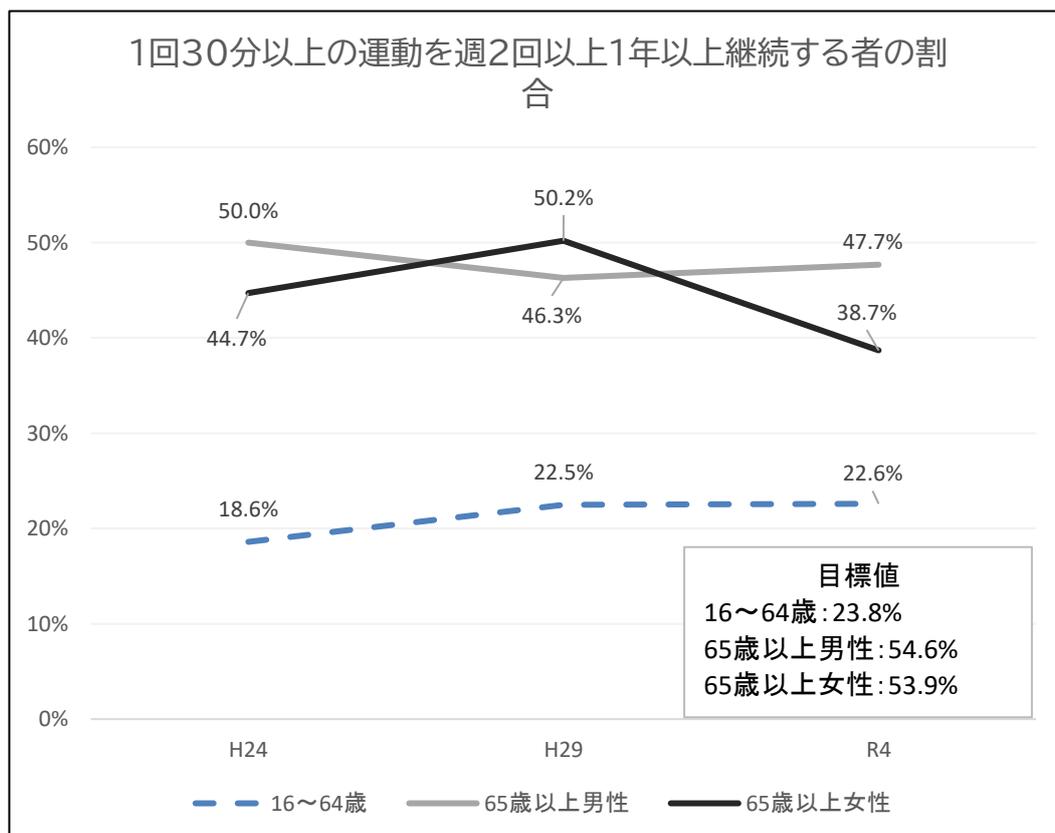
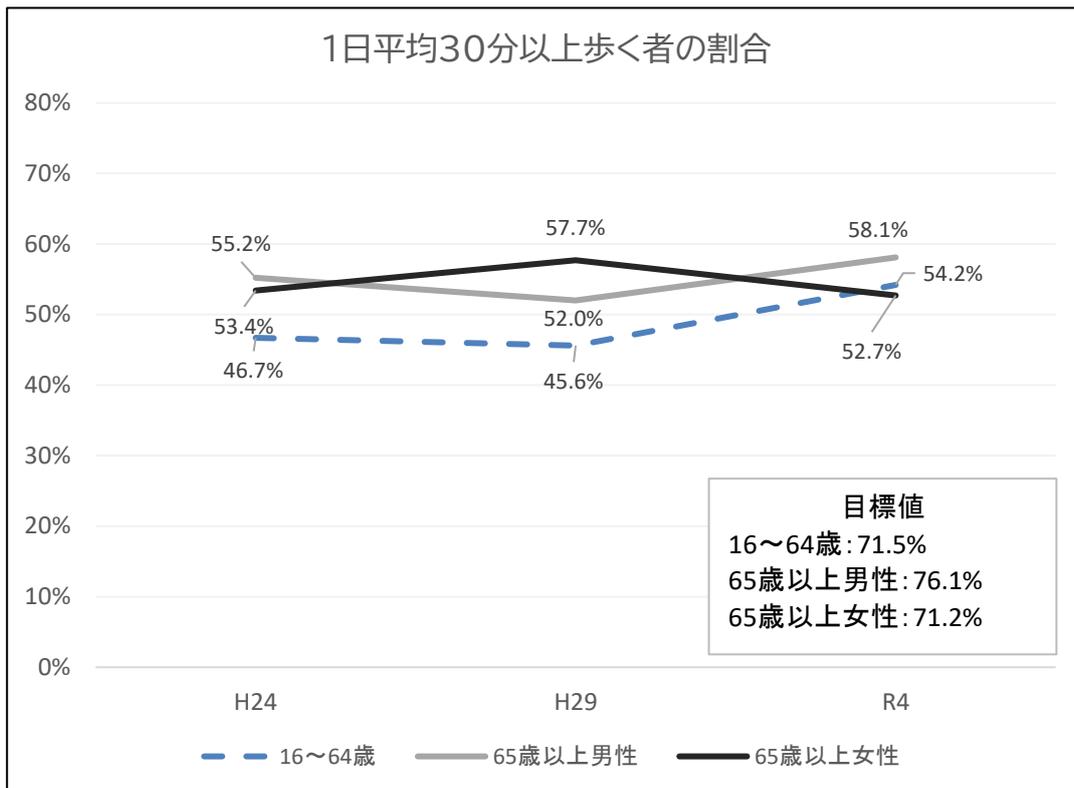
いきいき東郷21(第2次計画) 評価指標の推移

1. 健康増進分野の指標

(1)運動・身体活動

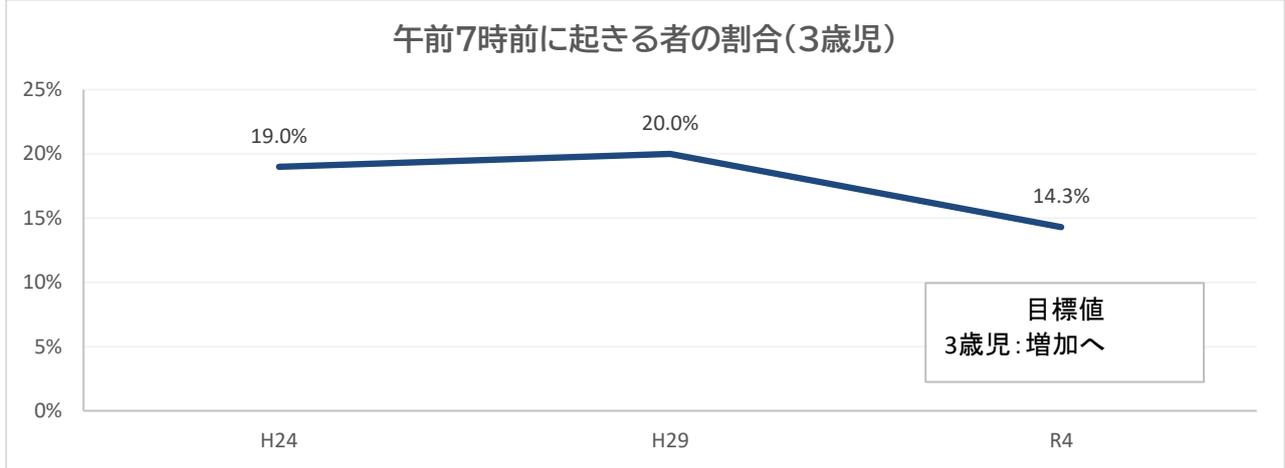
子どもの運動習慣



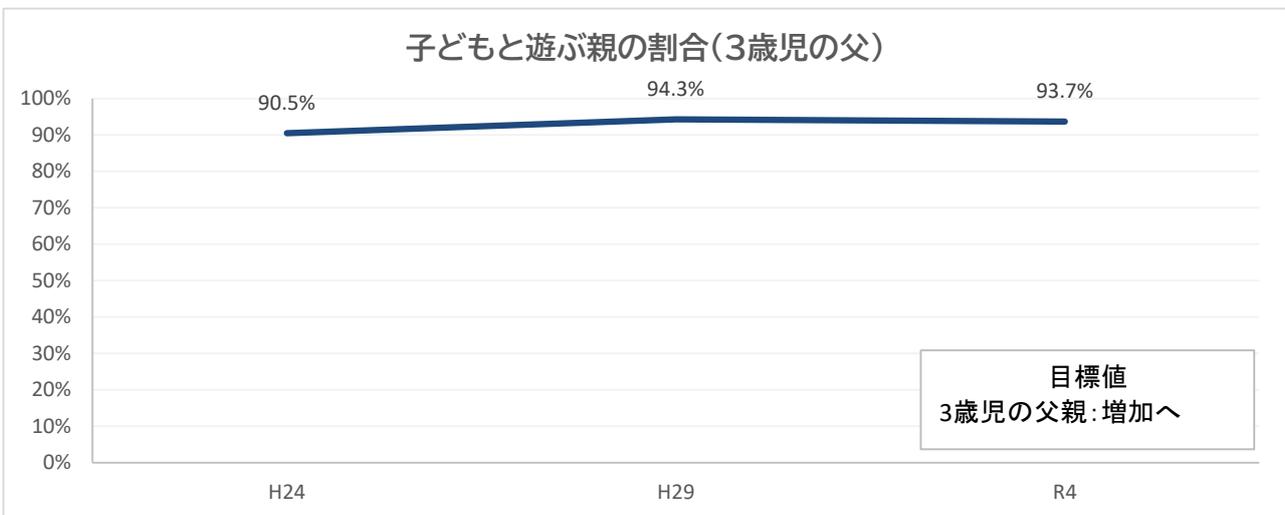
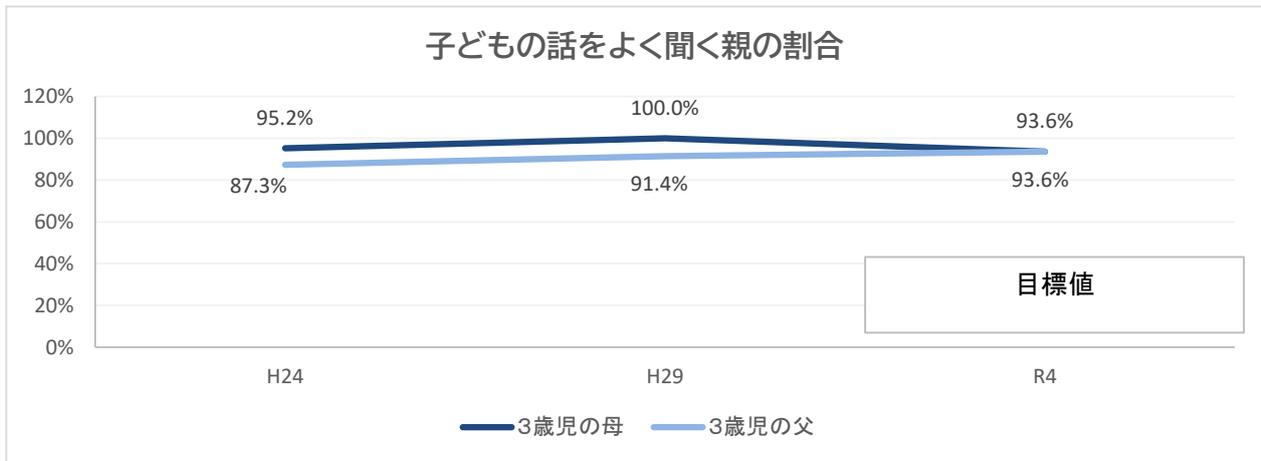


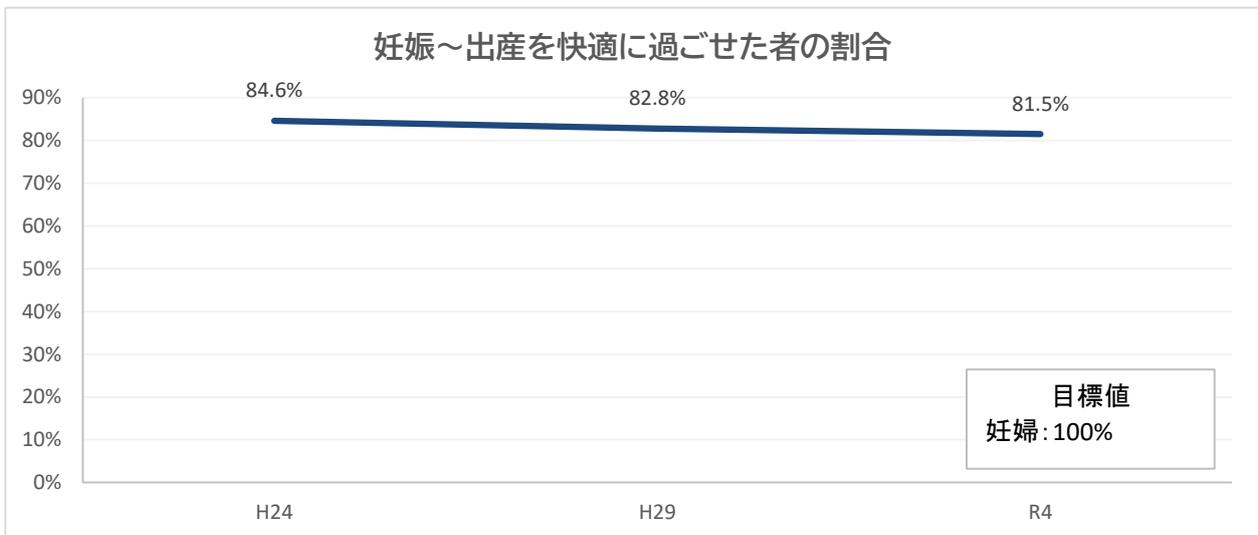
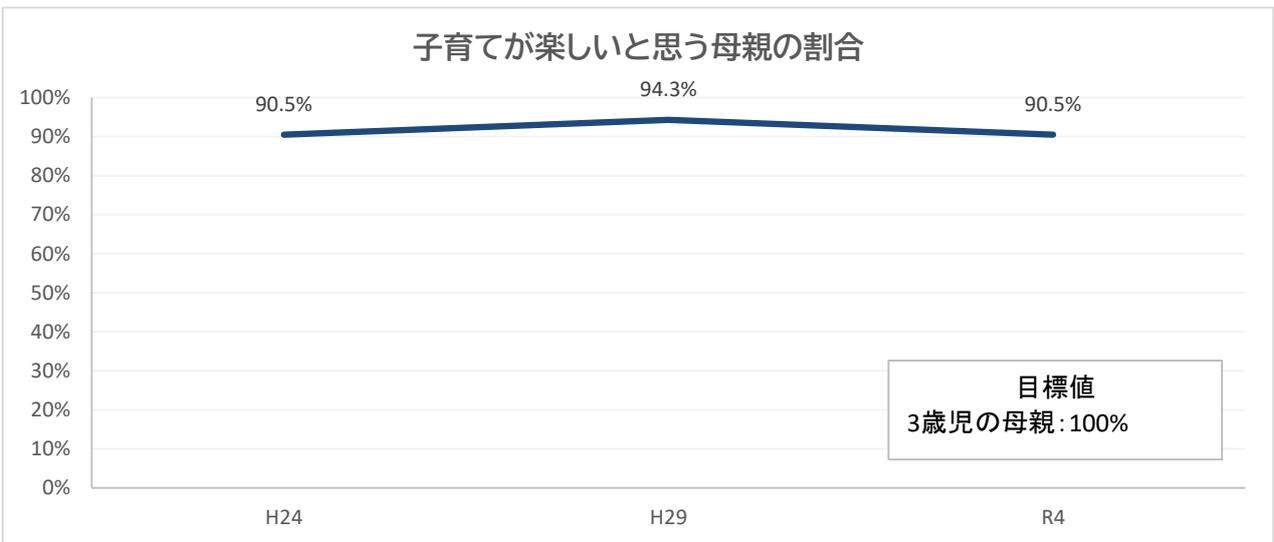
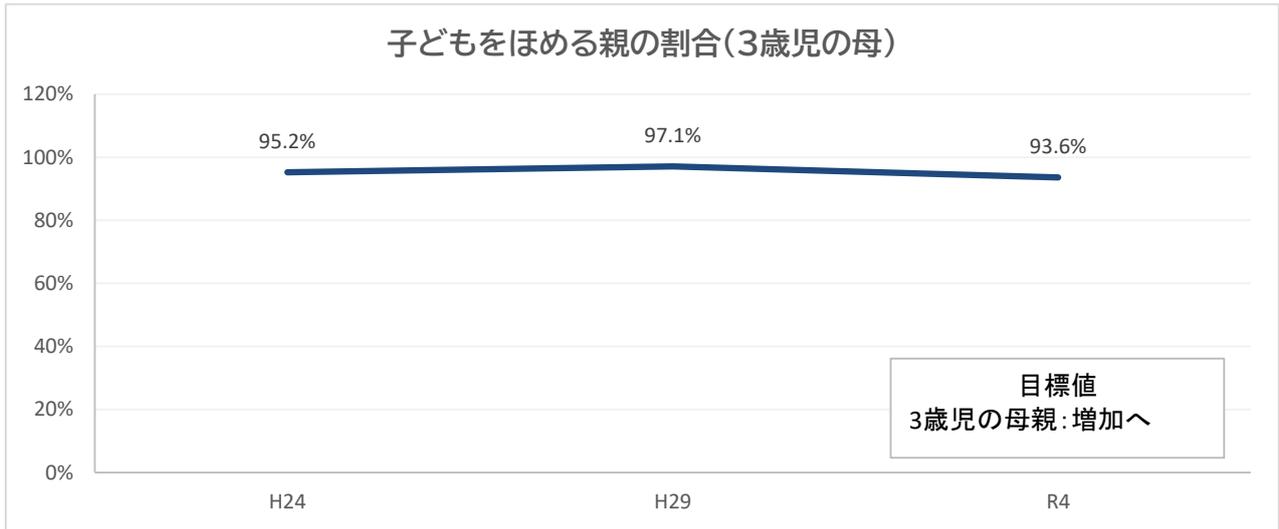
(2) 休養・こころの健康

子どもの睡眠

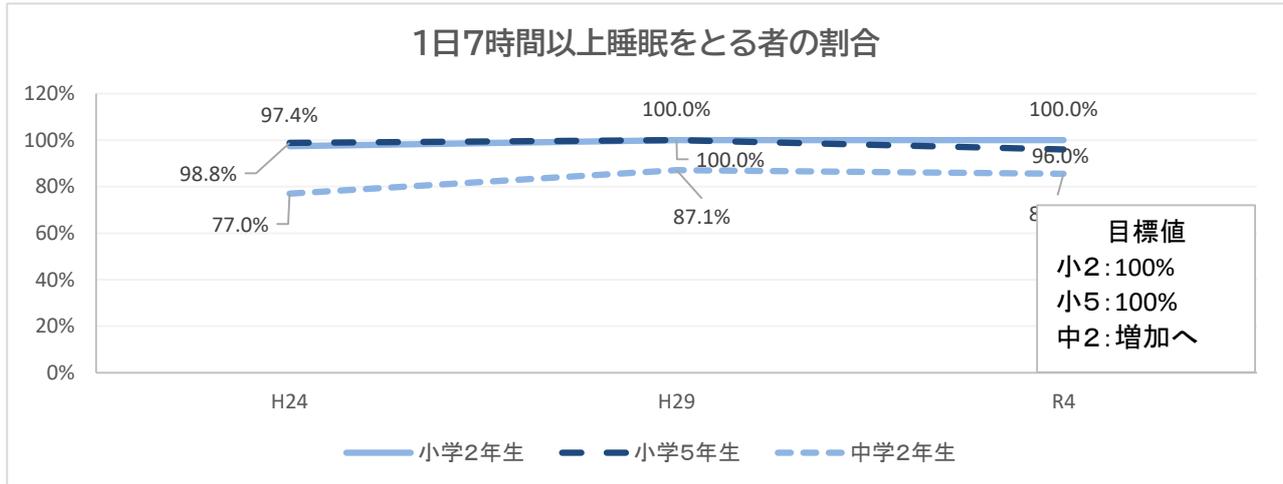


育児

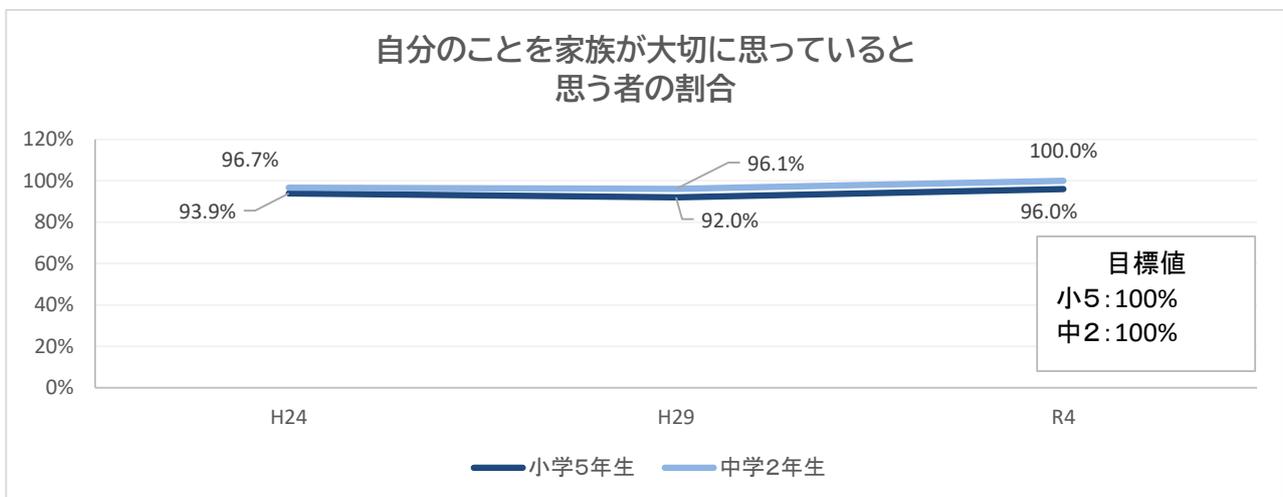
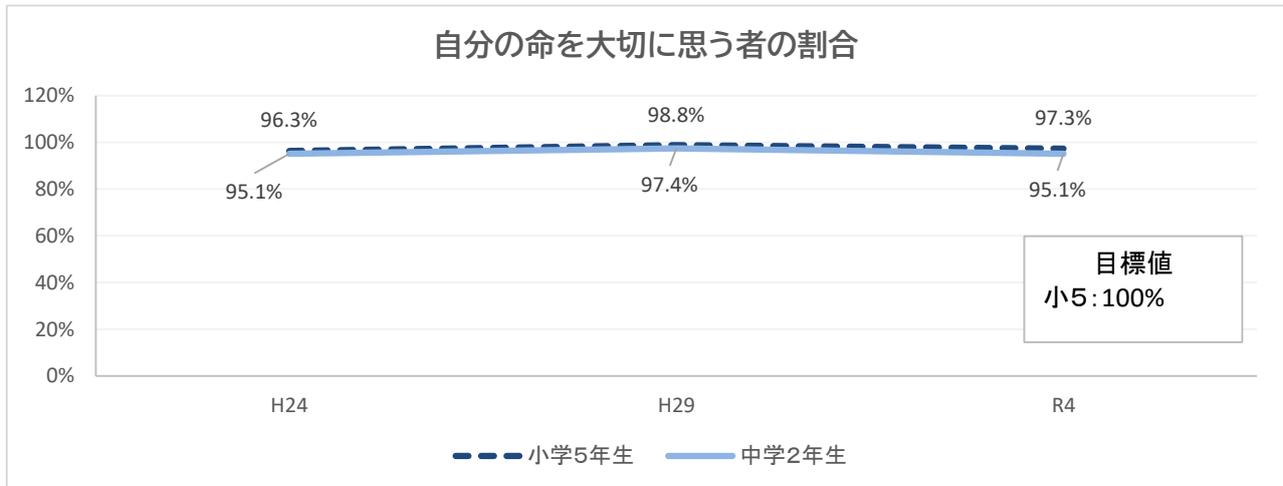


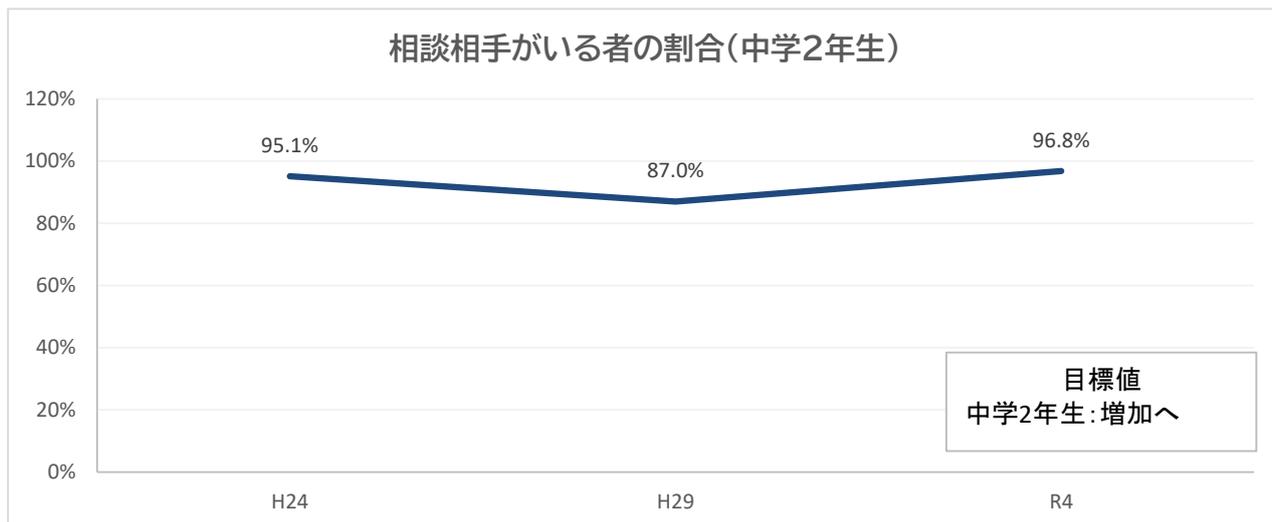


子どもの睡眠

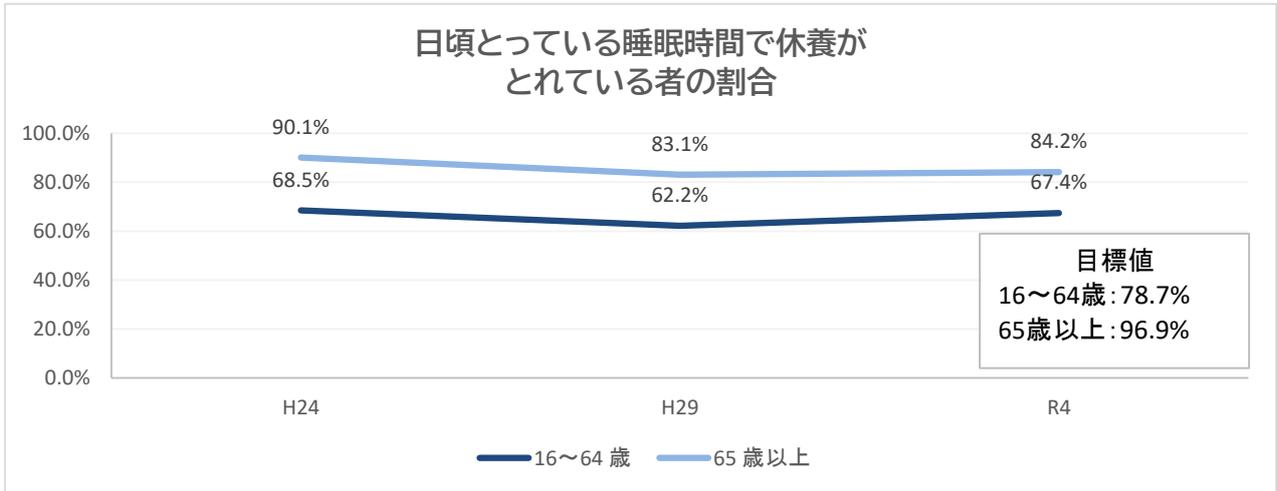


子どものこころの健康

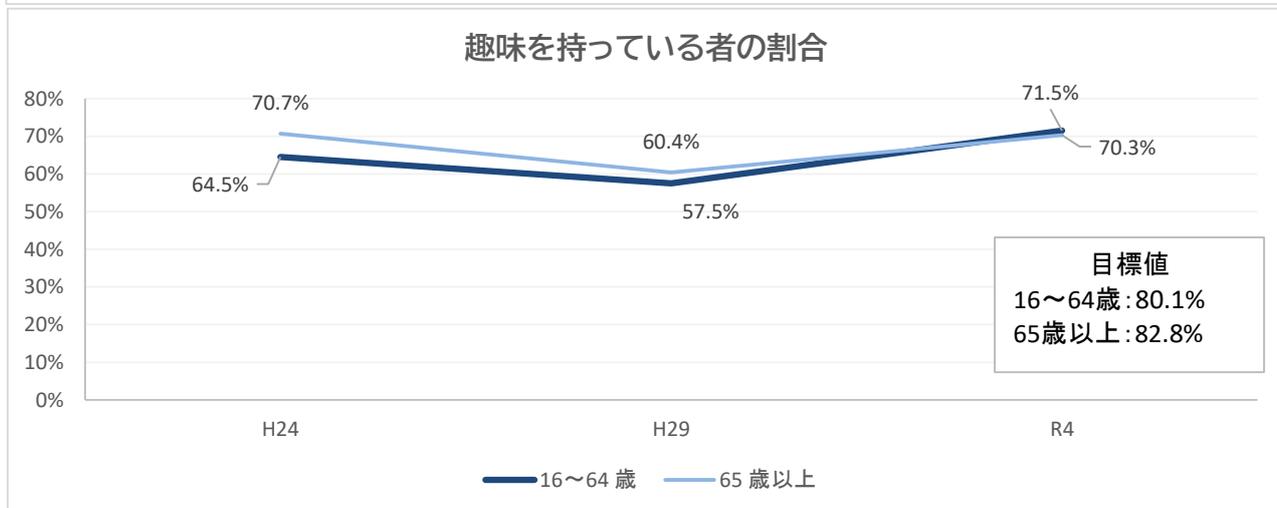
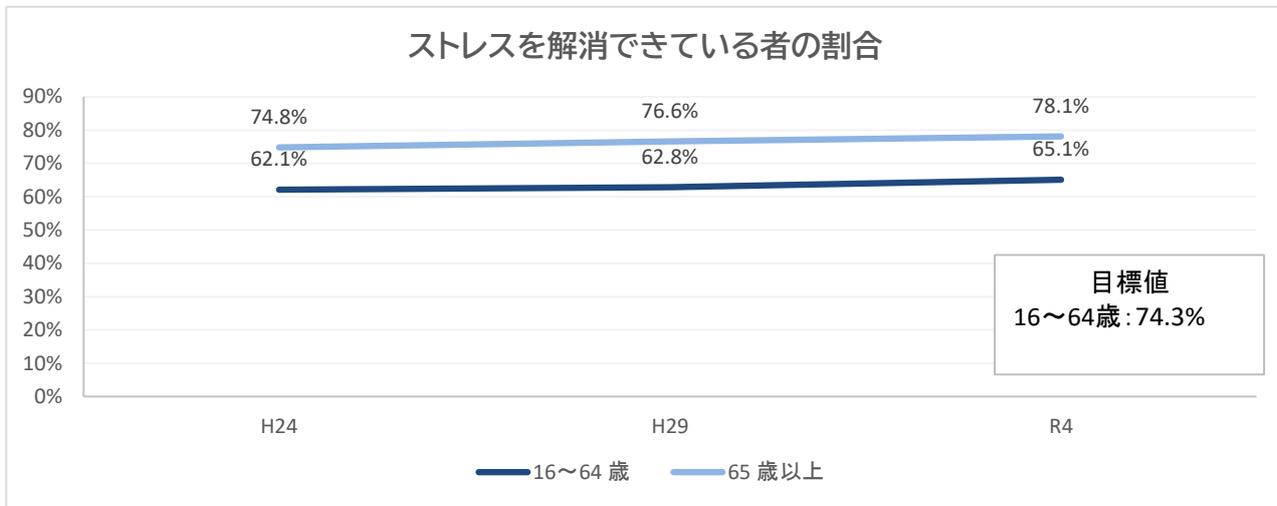


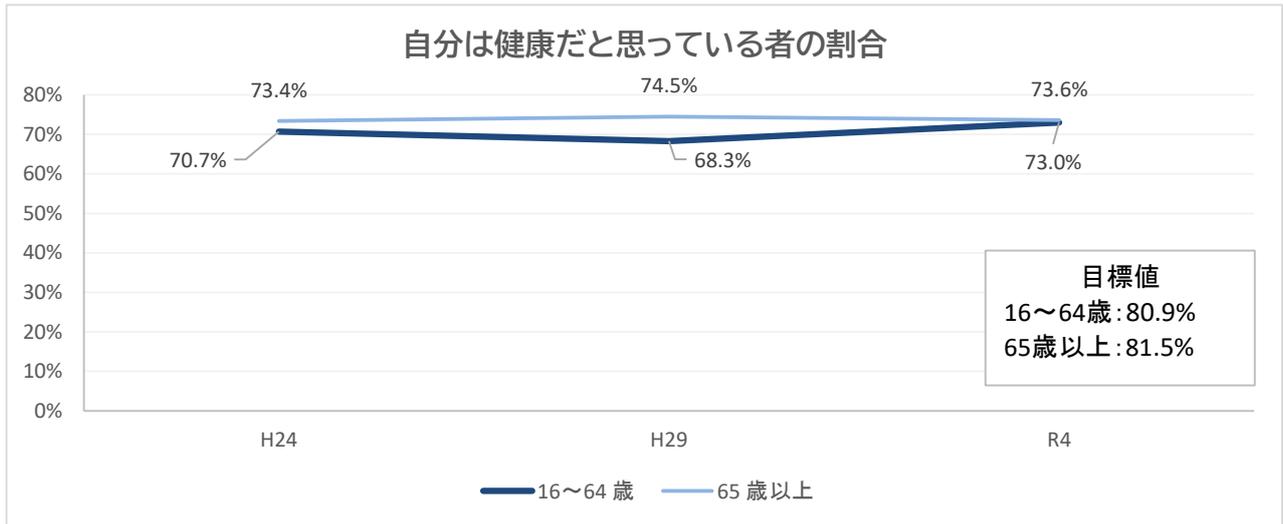


大人の睡眠・休養



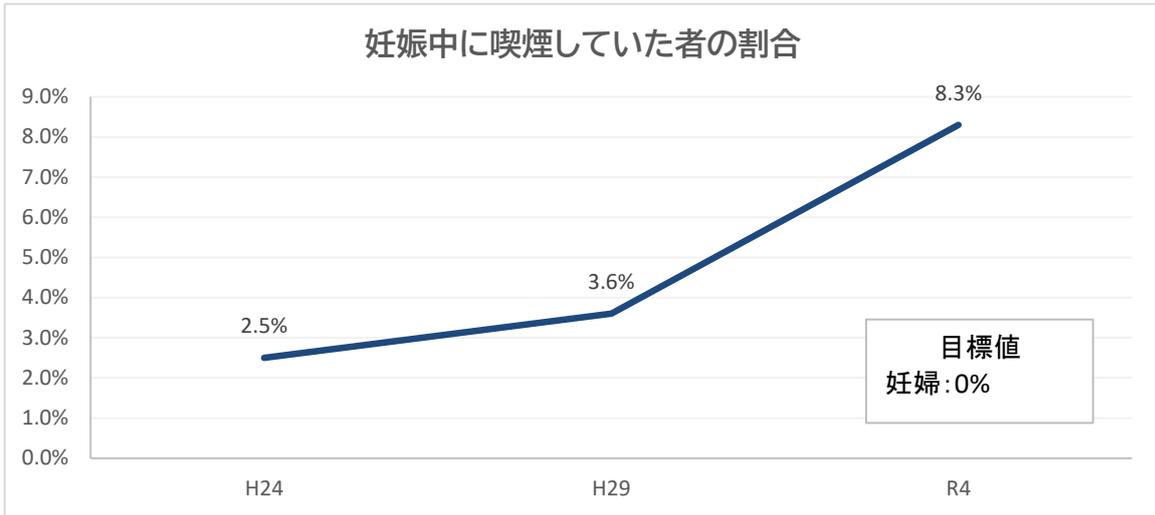
大人のこころの健康



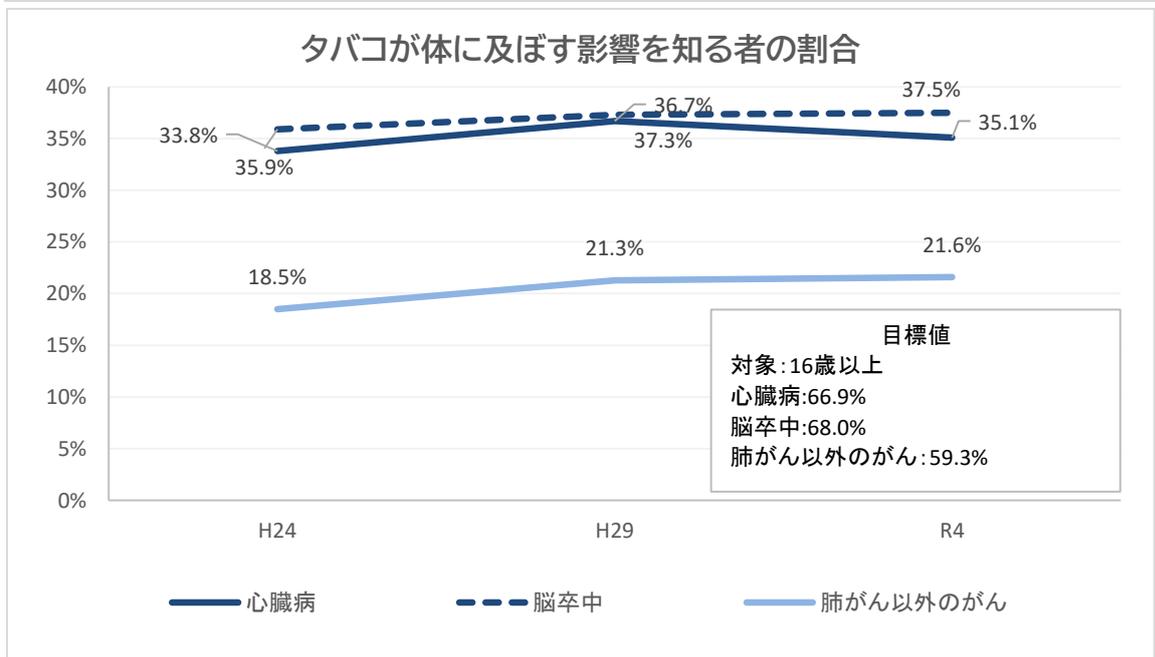
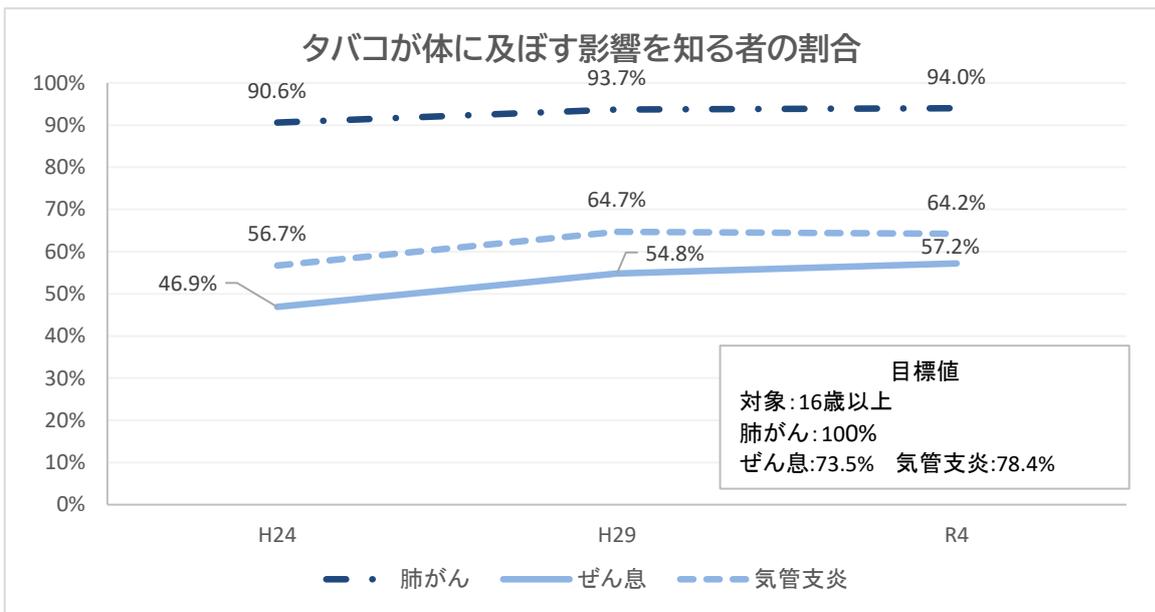


(3)たばこ・アルコール

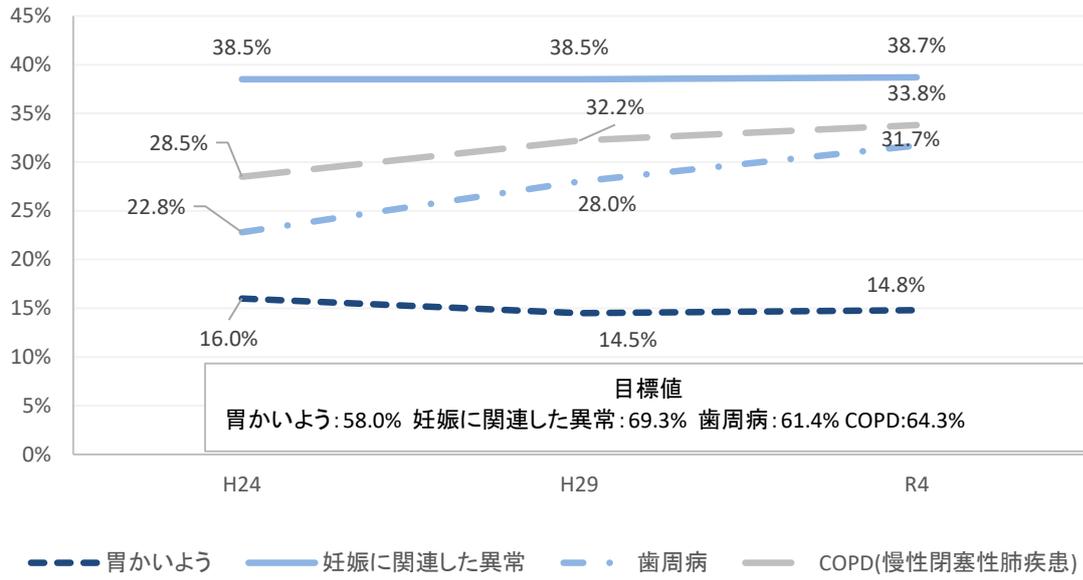
飲酒・喫煙の経験

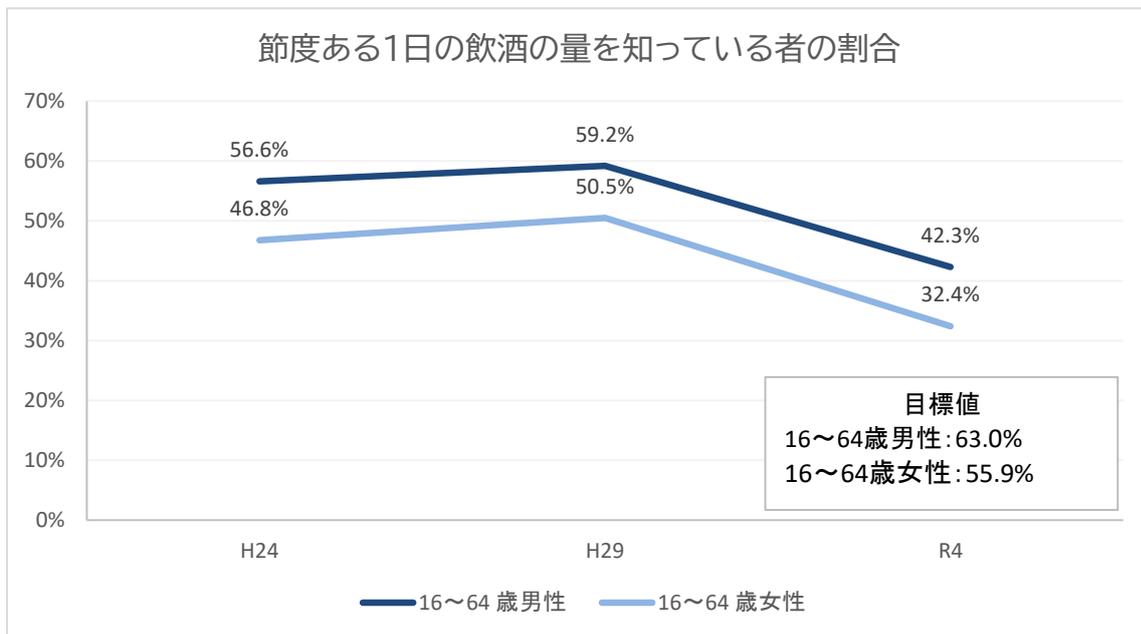
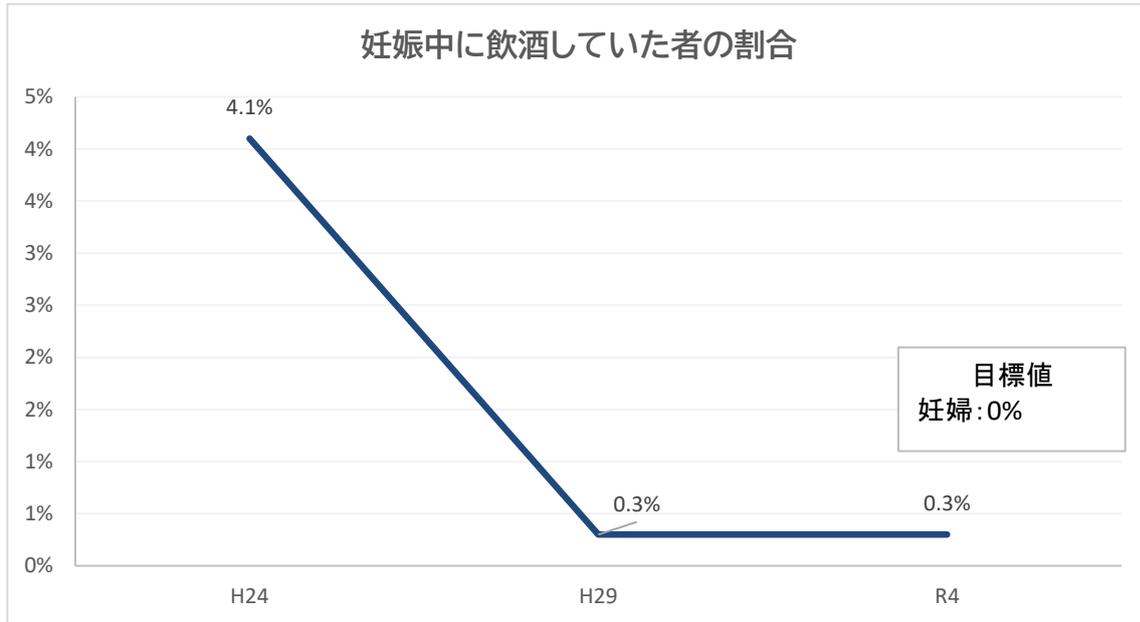


たばこの影響の認知度



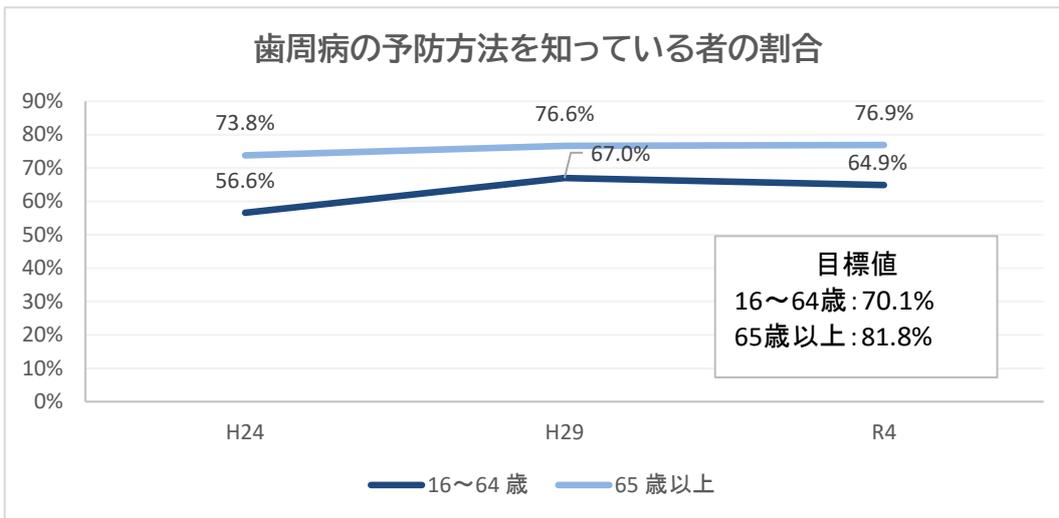
タバコが体に及ぼす影響を知る者の割合



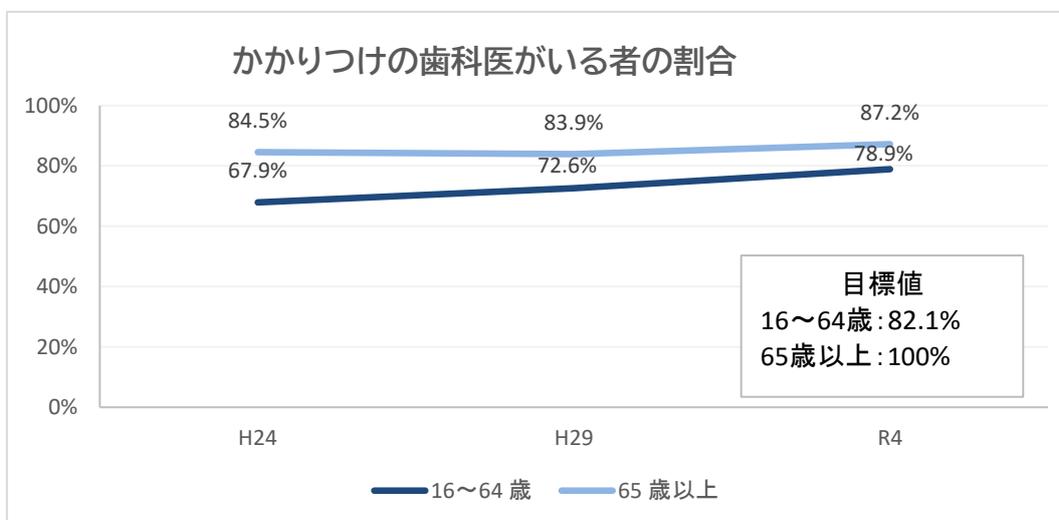


(4) 歯・口腔の健康

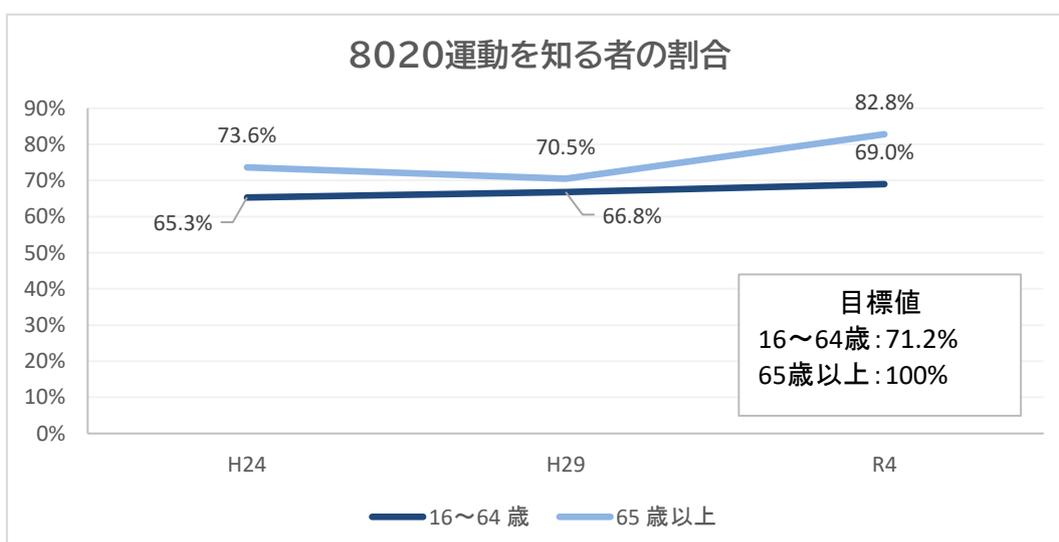
歯周病の予防方法



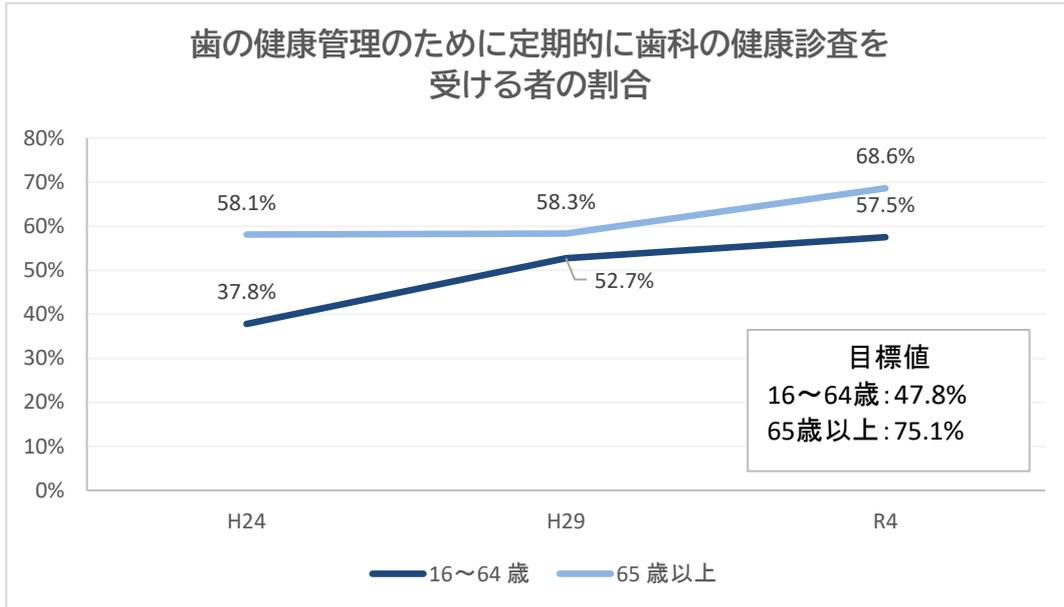
定期的な歯科検診



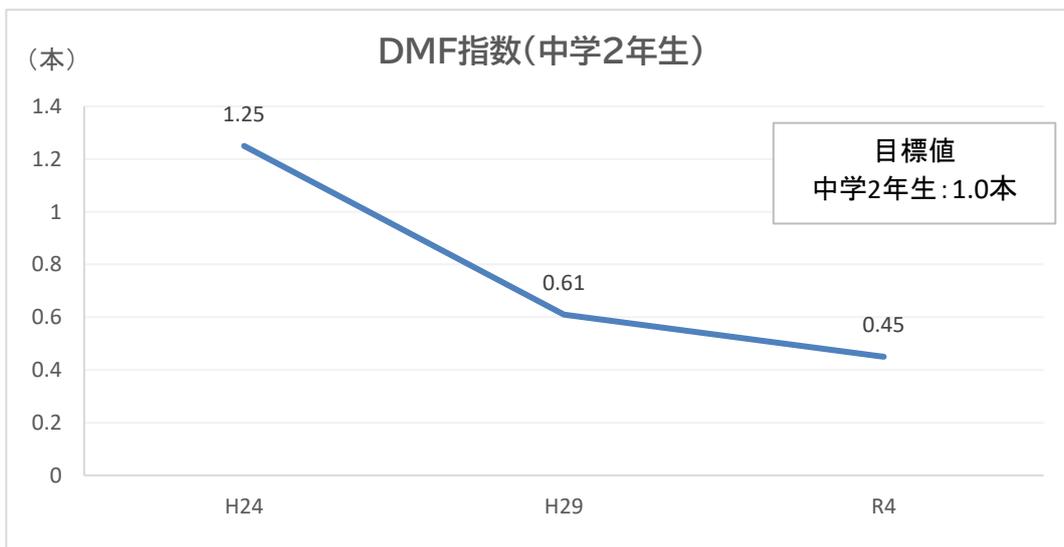
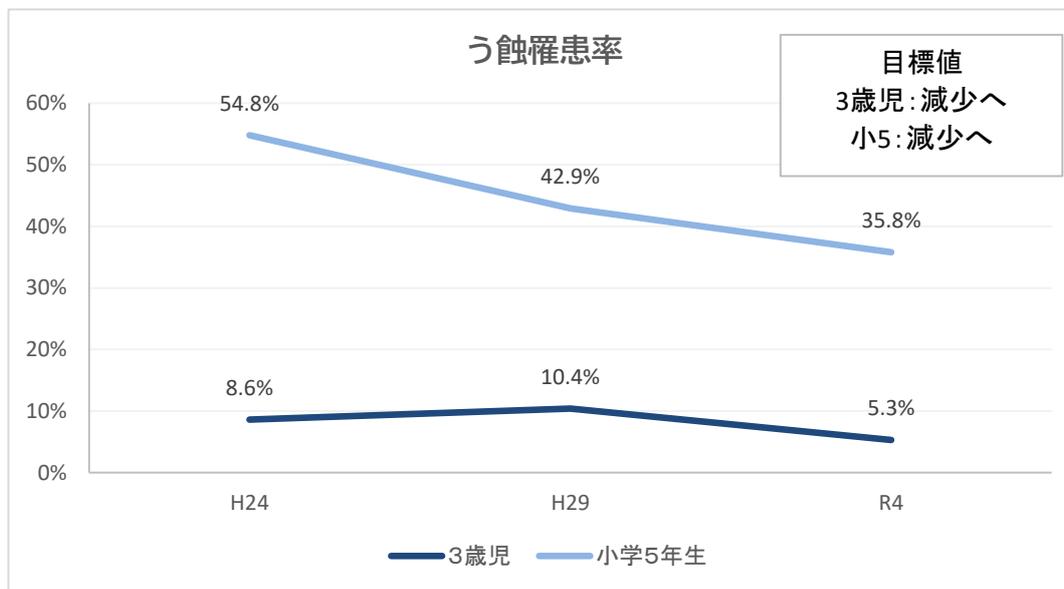
歯や口腔状態



定期的な歯科検診

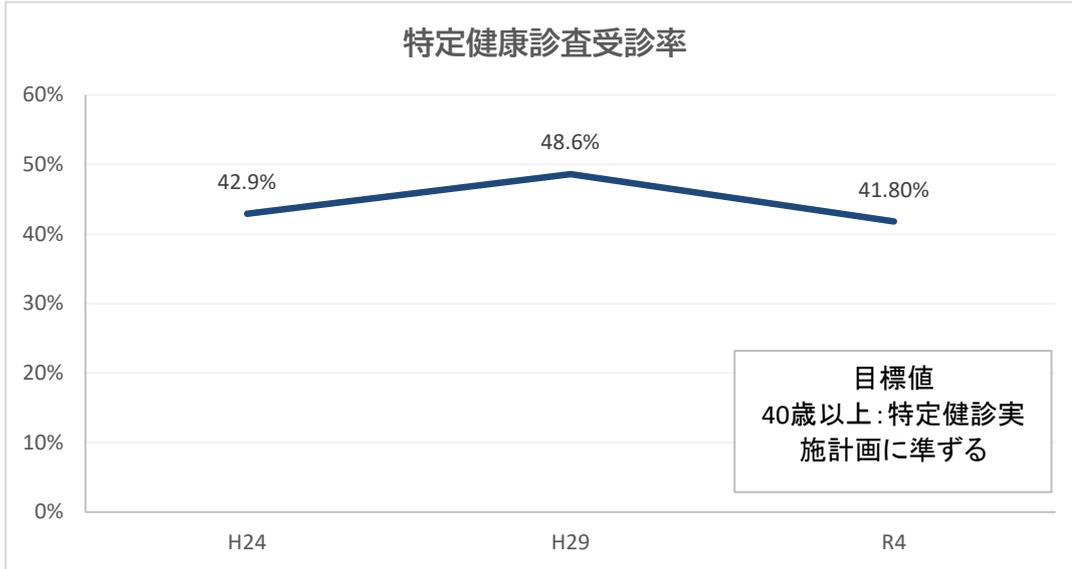


歯や口腔状態

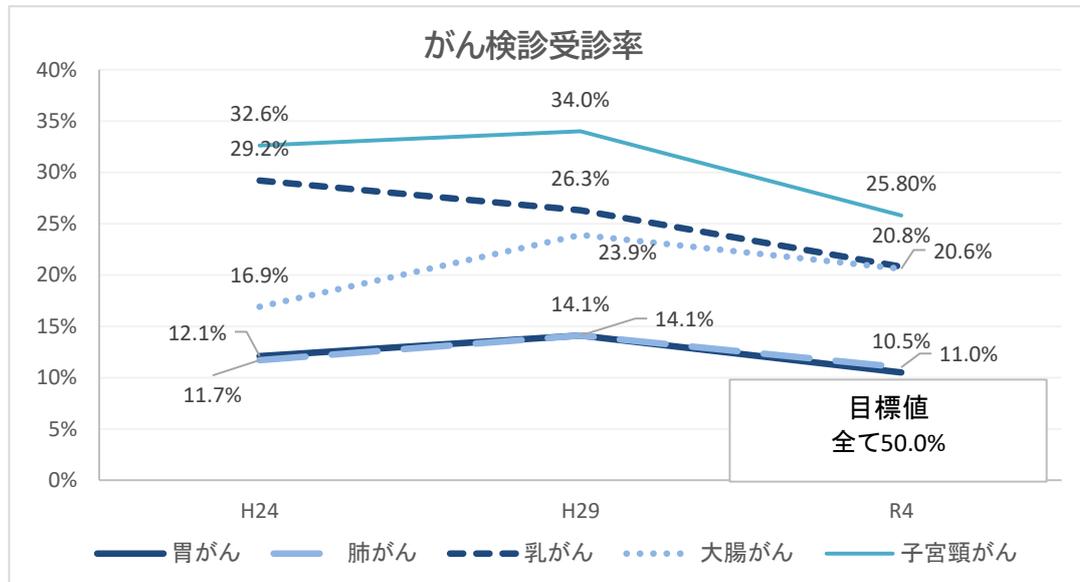


(5)健康管理

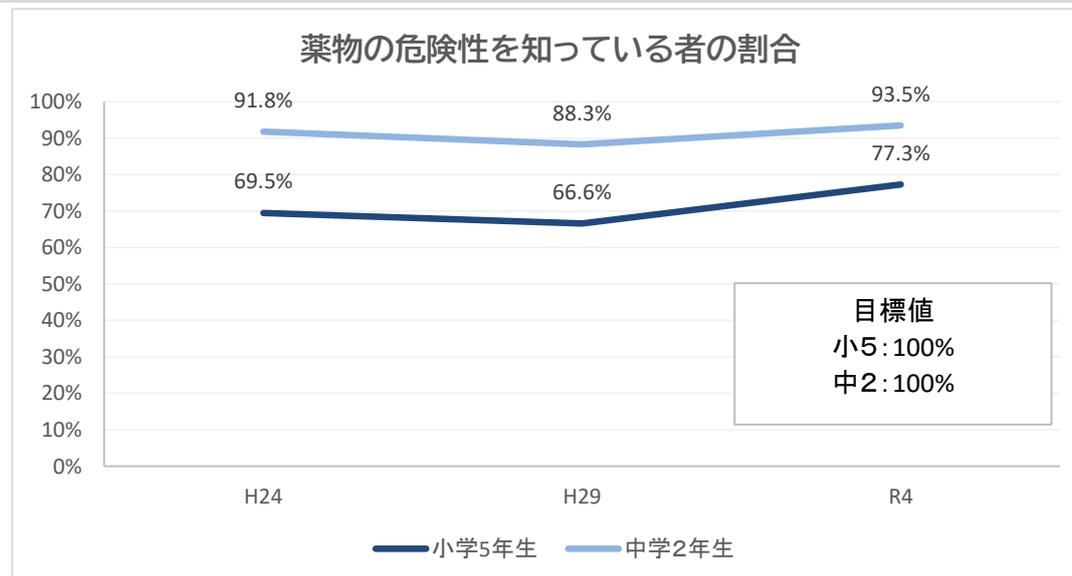
特定健診



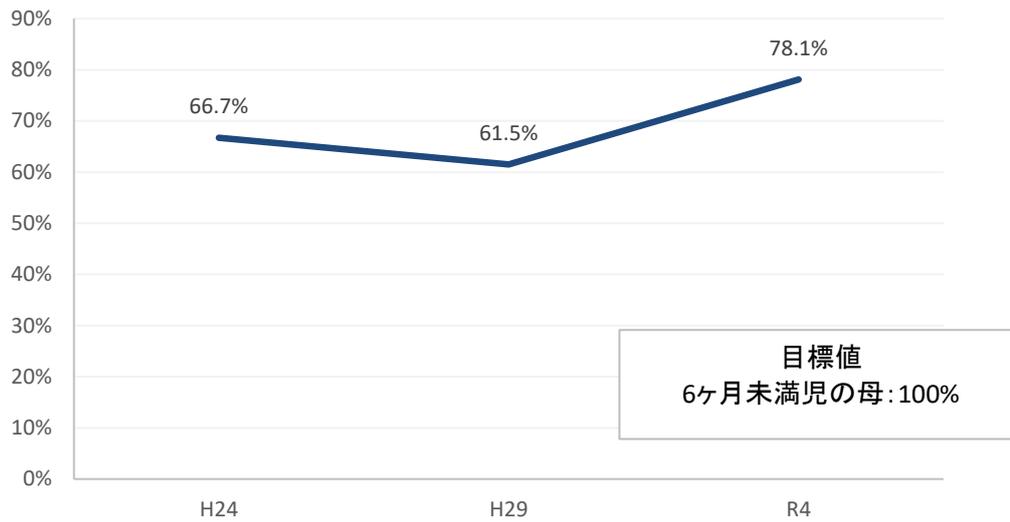
がん健診



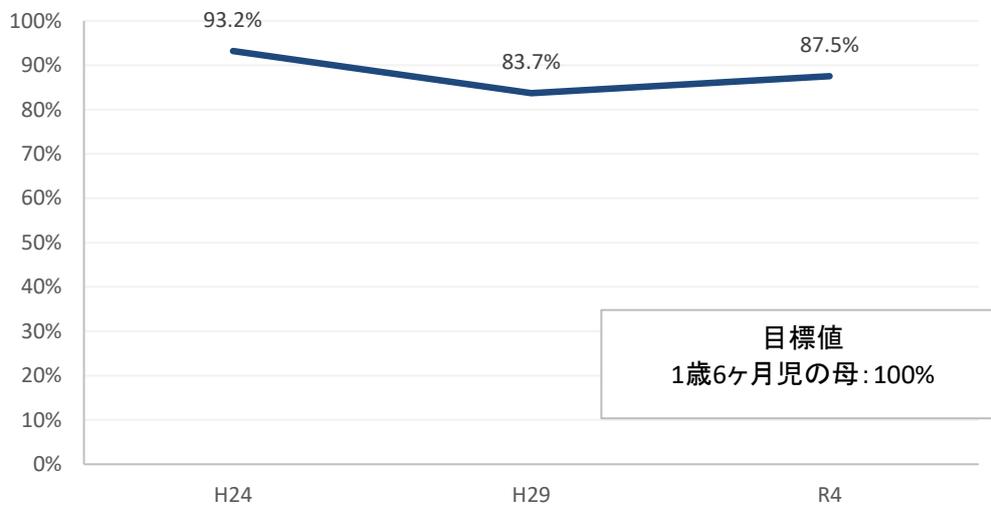
薬物の危険性



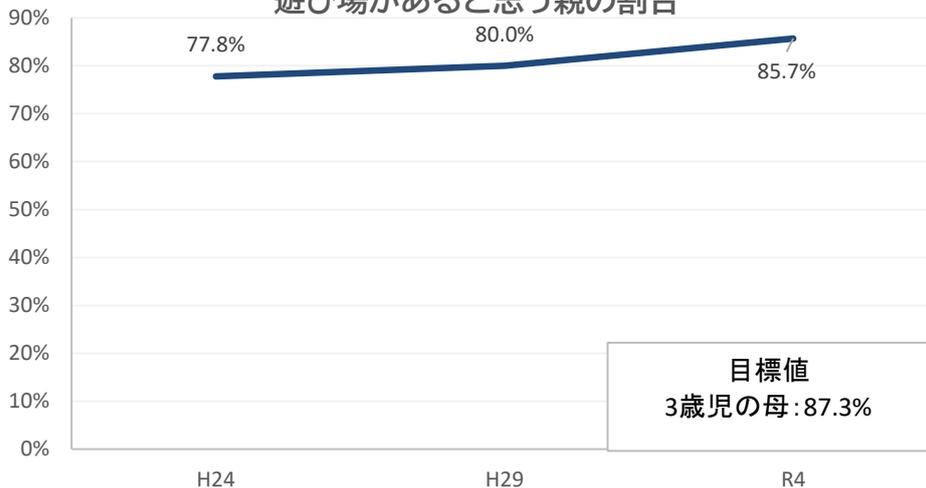
休日・夜間の小児救急医療を知っている者の割合



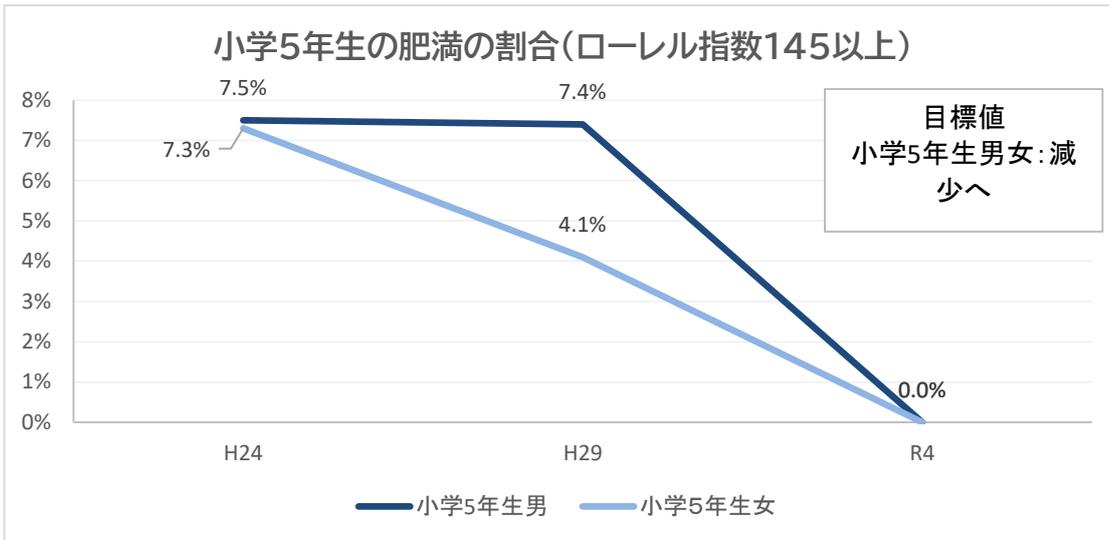
事故防止のために家の中を工夫している親の割合



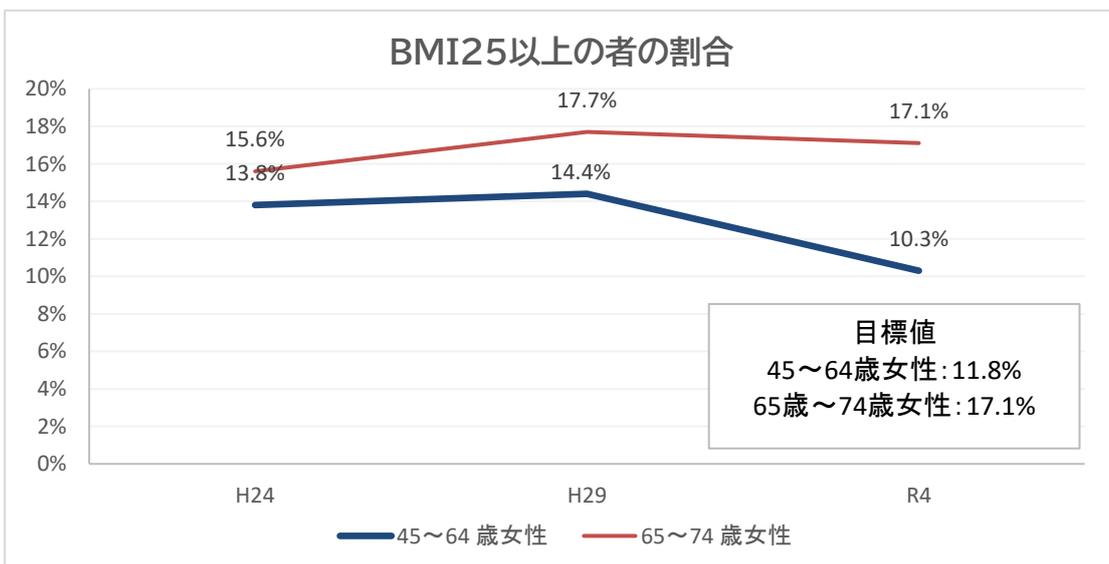
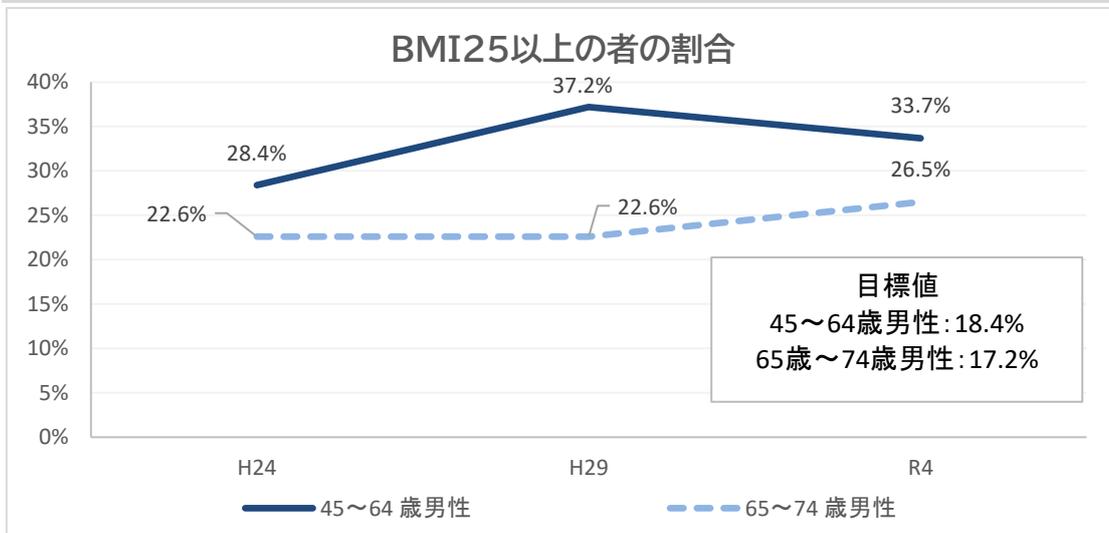
子どもを安心して遊ばせるための施設、
遊び場があると思う親の割合



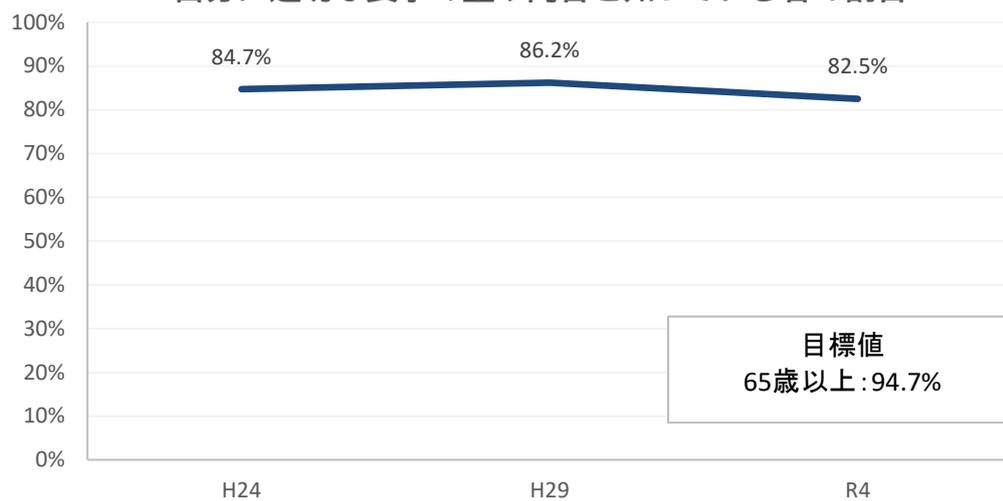
(6) 栄養・食生活
 子どもの栄養状態



大人の栄養状態



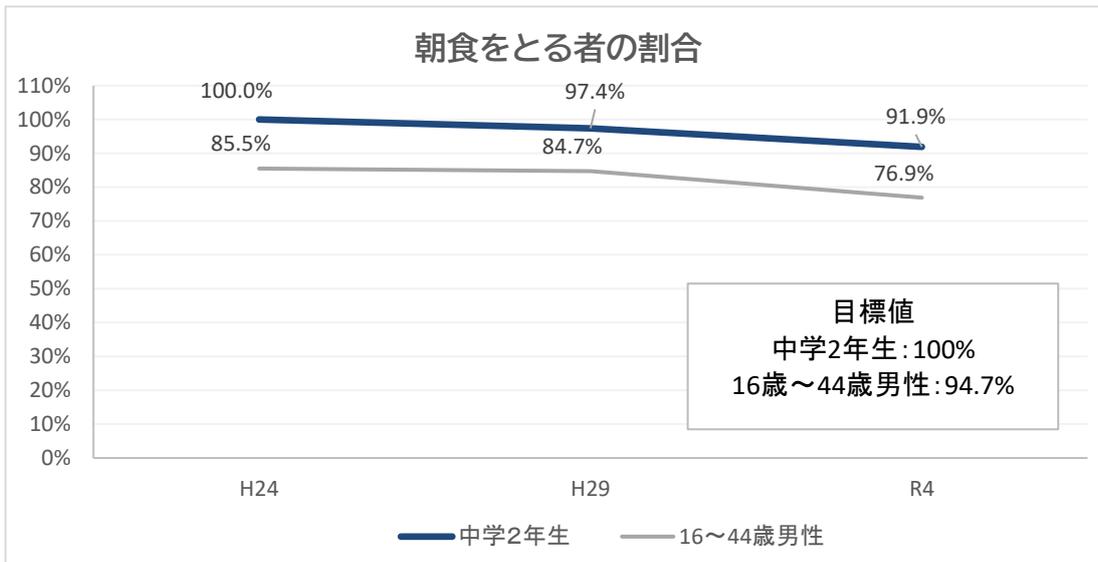
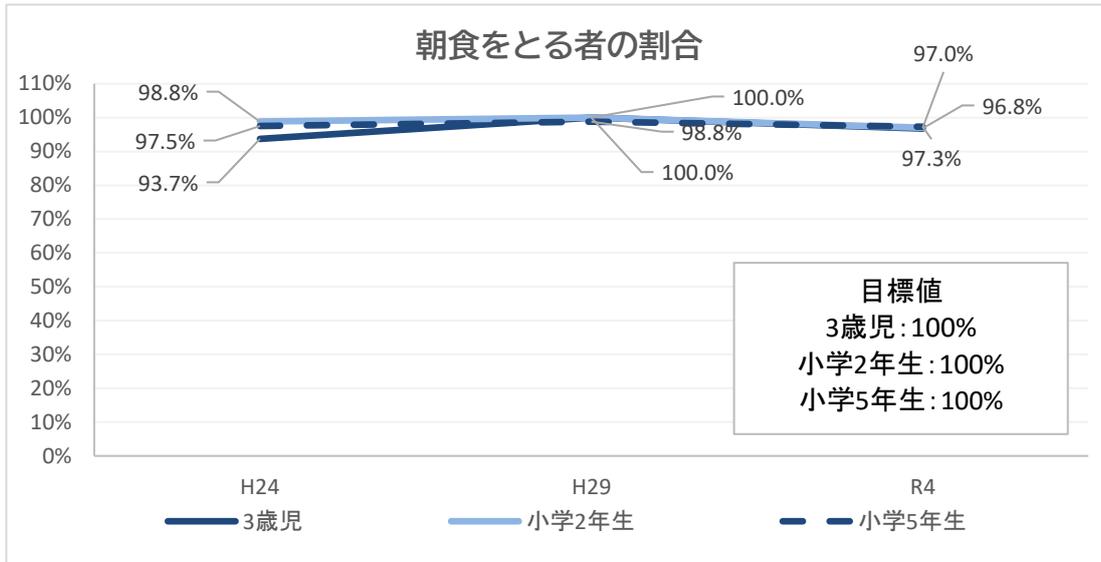
自分に適切な食事の量や内容を知っている者の割合



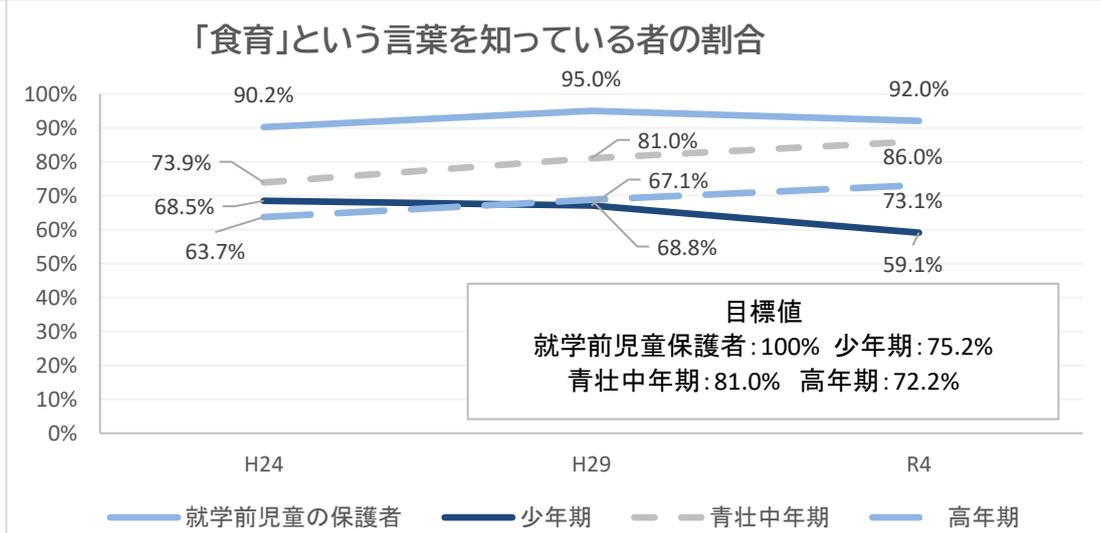
2. 食育分野の指標

(1) 食を通じた健康づくり

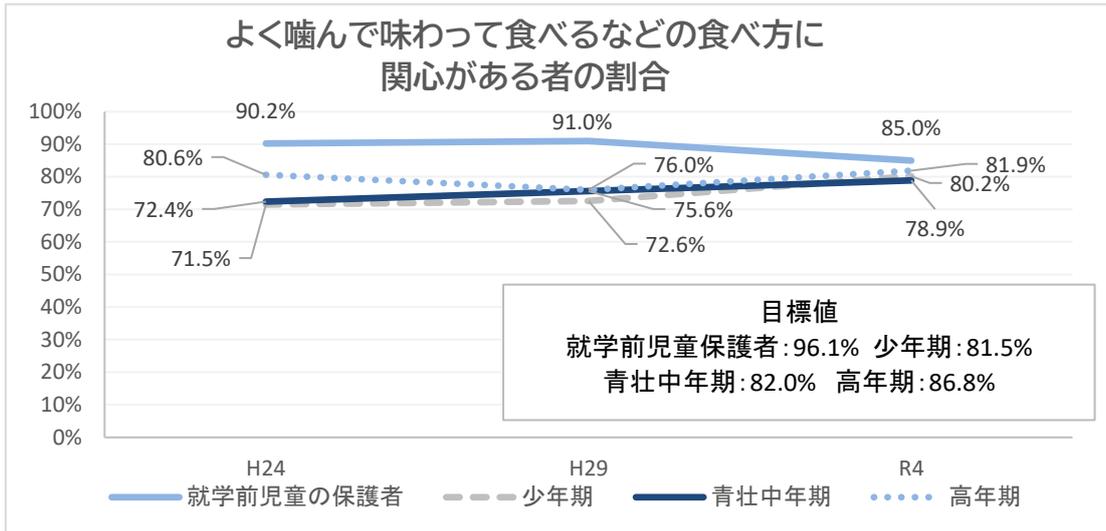
朝食



食育の認知度

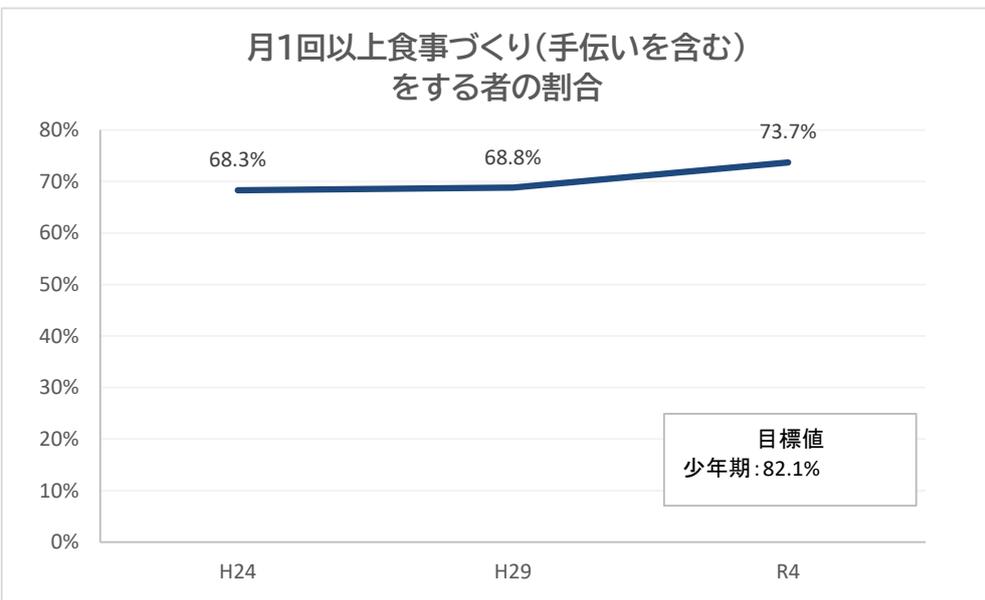
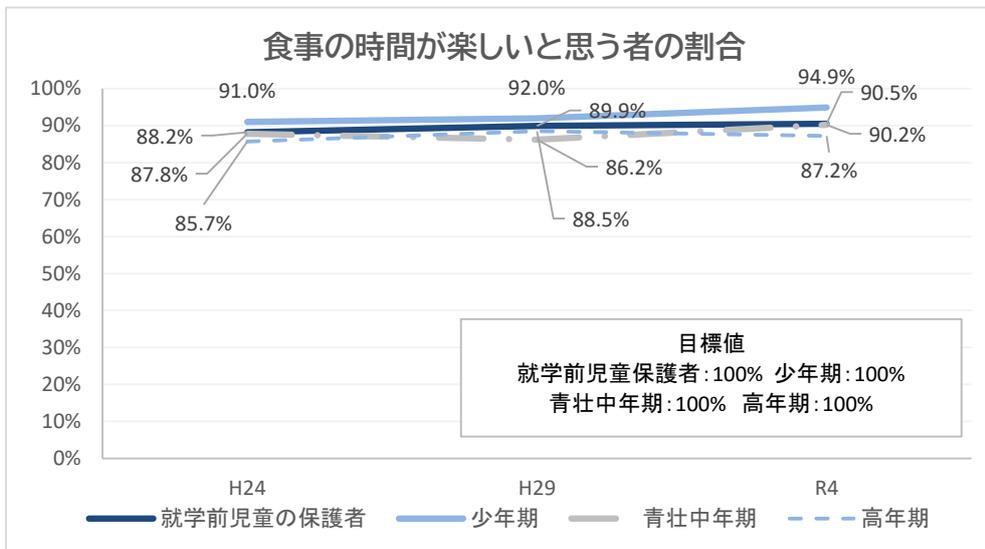
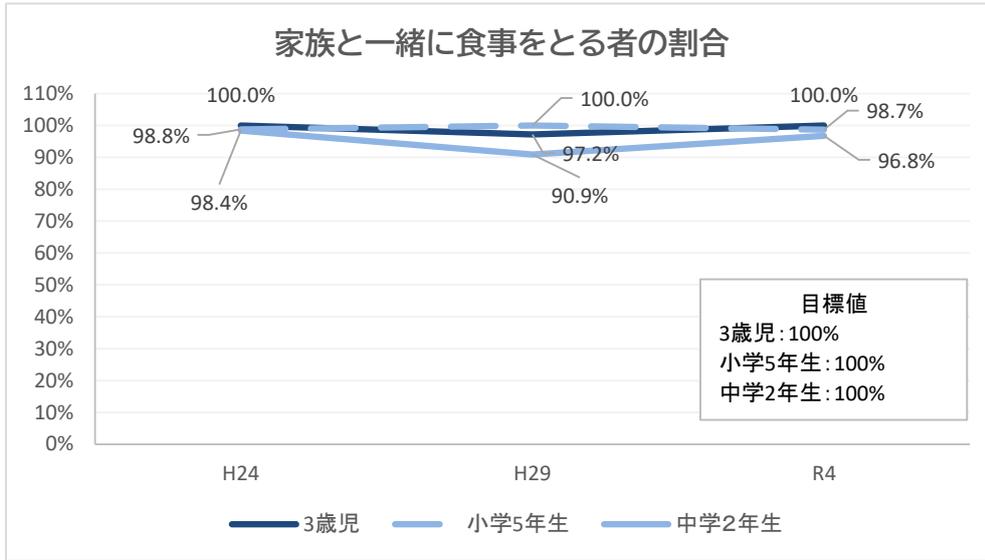


食事の食べ方

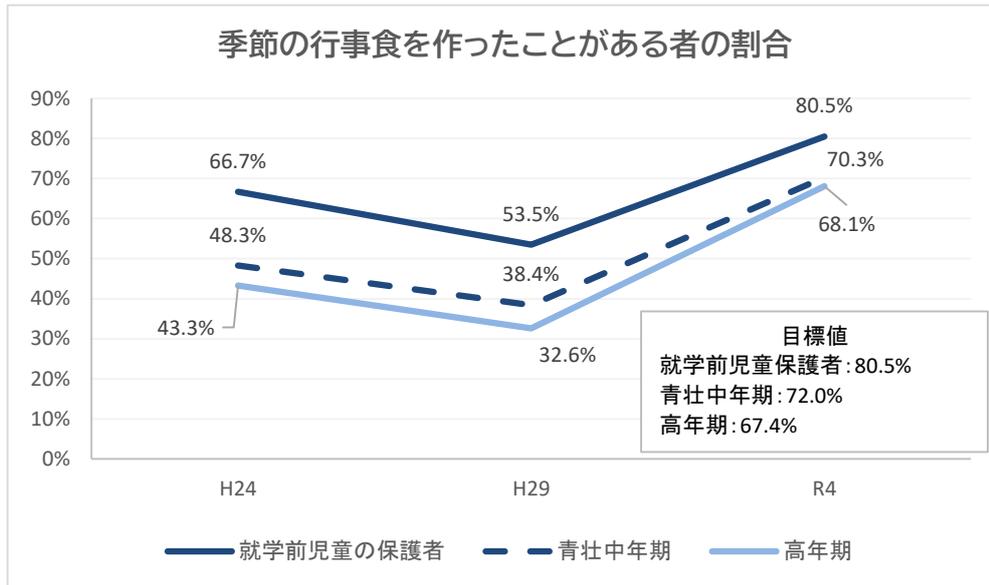


(2)食ではぐくむ豊かなこころづくり

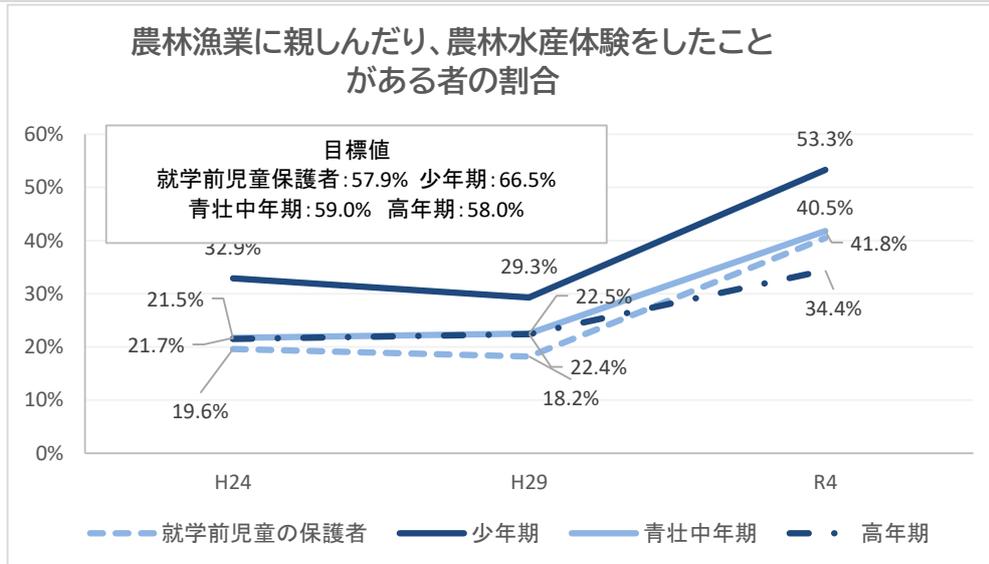
食事の楽しみ



食文化の継承

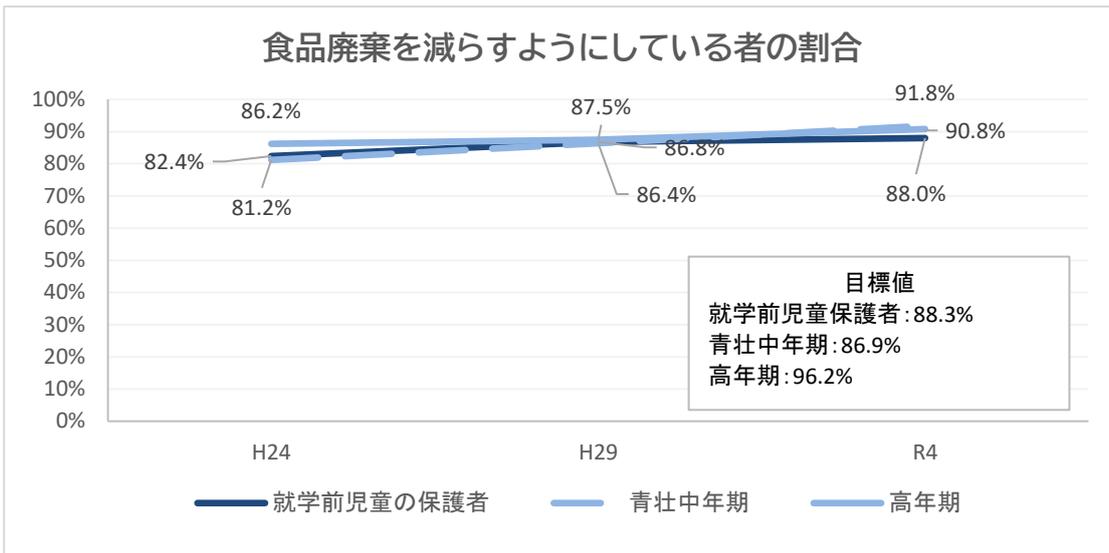


食の体験



(3)環境に配慮した食の推進

食品廃棄



地産地消

