

# **Health check-up needs to prevent lifestyle-related diseases**

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## **Background**

Health counseling in the community is expected to play many roles such as maintenance and promotion of health, prevention of diseases, and early detection of abnormalities. In this study, we examined the needs of community residents who participated in our past surveys in measuring indicators of lifestyle-related diseases. We also statistically confirmed whether there was a relationship between the motivation to participation in measurement and the index of lifestyle-related diseases.

## **Methods**

A questionnaire survey was conducted on those who measured the lifestyle-related disease index. The research method has already been reported in previous studies (Nagai et al.,2013).

## **Results**

The reason for measuring the calcaneal ultrasonic propagation velocity (N = 206) was "I wanted to know my bone density" N = 130 (63%) and "I was interested in the measurement" N = 56 (27%). Regarding the arteriosclerosis measurement (N = 150), "I wanted to know my arteriosclerosis" N = 98 (65%) and "I was interested in the measurement" N = 42 (28%). There were many positive opinions about the measurement, and it was confirmed that they would like to improve their health management and lifestyle in the future. In addition, more than 90% wanted future measurements. However, there was no statistical association between measurement motivation and lifestyle-related disease indicators.

## **Conclusions**

Community residents have a need to measure lifestyle-related disease-related indicators in health counseling. Through these measurements, it is possible to improve lifestyle-habits such as eating habits and physical activity, which is useful as a motivation for health promotion.