

Hereunder is an explanation of the items displayed in the Portfolio's "Annual Health Check-up Results" Please contact the Health Care Center (branch annex) if you have any questions.

### BMI (Body Mass Index)

• BMI is calculated by dividing your body weight (in kilograms) by the square of your height (in meters). It is used as a measure of obesity alongside waist measure.

Those with BMI between 18.5 and 25 have "normal weight." Those with BMI of less than 18.5 are "underweight," and those with BMI of 25.0 or higher are "overweight."

• Many people whose weight is outside the normal weight range may have unhealthy lifestyle habits that they need to address.

• However, BMI and body weight vary depending on the mass of bones, muscles and fat, so someone whose weight is outside the normal weight range is not always unhealthy.

• You should see a doctor if you are markedly underweight or overweight, or if you experience sudden changes in body weight. A person can be underweight due to factors like thyroid disorders, bowel conditions, or eating disorders. If your BMI is under 16.5 or over 30, the Health Care Center (branch annex) might contact you through the Kyogaku Web.

• Pay attention to what you eat and exercise appropriately. Also, you should weigh your self regularly at home or elsewhere. You can also weigh yourself at the Health Care Center.

### Obesity Index (Japan Society for the Study of Obesity: JASSO)

BMI	Classification
<18.5	Underweight
18.5<25	Normal weight
25<30	Obesity (class 1)
30<35	Obesity (class 2)
35<40*	Obesity (class 3)
>40*	Obesity (class 4)

### Blood pressure

A systolic blood pressure of 140 mmHg or higher, or a diastolic blood pressure of 90 mmHg or higher, is considered high blood pressure, or hypertension.

Hypertension causes problems in the heart and blood vessels. It is caused by factors like obesity, constitution, unhealthy life style , and endocrine disorders.

Please visit the Health Care Center (branch annex) for a further examination if you experience hypertension or hypotension

Blood Pressure Chart (based on the Japanese Society of Hypertension Guidelines and WHO criteria)

Category	Systolic blood pressure (mmHg)		Diastolic blood pressure (mmHg)
Hypotension	<100	or	<60
Optimal blood pressure	100<120	and	60<80
Normal blood pressure	120<130	and	80<85
Normal blood pressure to hypertension	130<140	or	85<89
Hypertension	>140	or	>90

#### Visual acuity

Decline in visual acuity can occur because of eye diseases or eye strain from playing video games or staring at computer screens, smartphones, or similar devices.

Please visit the Health Care Center (branch annex) if you want to check your visual acuity.

#### Chest X-ray

A chest X-ray can detect lung diseases like tuberculosis, pneumonia, and pneumothorax. It can also detect abnormalities in the backbone and mediastinum.

The Health Care Center (branch annex) will contact those who require a detailed examination (★★) via the Kyogaku Web.

#### Urine test

Abnormalities in urine might be due to posture, physical condition, constitution, or disease.

Those with abnormalities (★★) will require a further examination. The Health Care Center (branch annex) will contact such persons via the Kyogaku Web.

#### • Urine protein Normal = Negative reading

This is an examination to determine whether there is protein in the urine. A positive reading might indicate problems with the kidney or bladder, such as nephritis, nephrotic syndrome, or bladder inflammation. Sometimes healthy people will temporarily get positive readings because of intense exercise or high fever. A positive reading might also indicate orthostatic proteinuria, a benign condition in which protein appears in urine only when the person is in an upright or bent posture.

▪ **Urine sugar** Normal = Negative reading

This is an examination to determine whether there is sugar glucose in the urine. A positive reading might indicate diabetes or renal glycosuria (when glucose is excreted in the urine despite the person not being diabetic).

▪ **Urine occult blood** Normal = Negative reading

This is an examination to determine whether there is blood in the urine. It can detect trace amounts of blood that are difficult to spot with the naked eye. A positive reading might indicate nephritis, urinary tract stones, or cystitis. Sometimes healthy people will have a positive reading after intense exercise or exposure to the cold for a long time. Also, women can sometimes have blood in their urine during their period.

#### **Physical examination**

A medical doctor use a stethoscope to check for heart murmurs or respiratory murmurs and palpate the anterior region of the neck to check for thyroid lumps.

The Health Care Center (branch annex) will contact those who require an examination (★★) via the Kyogaku Web.