

[第 2 部 区市町村別の調査結果]

(第 2 章 区市町村及び二次保健医療圏・性・年齢 2 階級別結果（Z スコア）)

85 ページから 113 ページに示した区市町村別の結果に加え、区市町村・二次保健医療圏ごとに、性・年齢2階級別の特徴の「見える化」を図るため、Zスコアを用いたグラフを作成した。

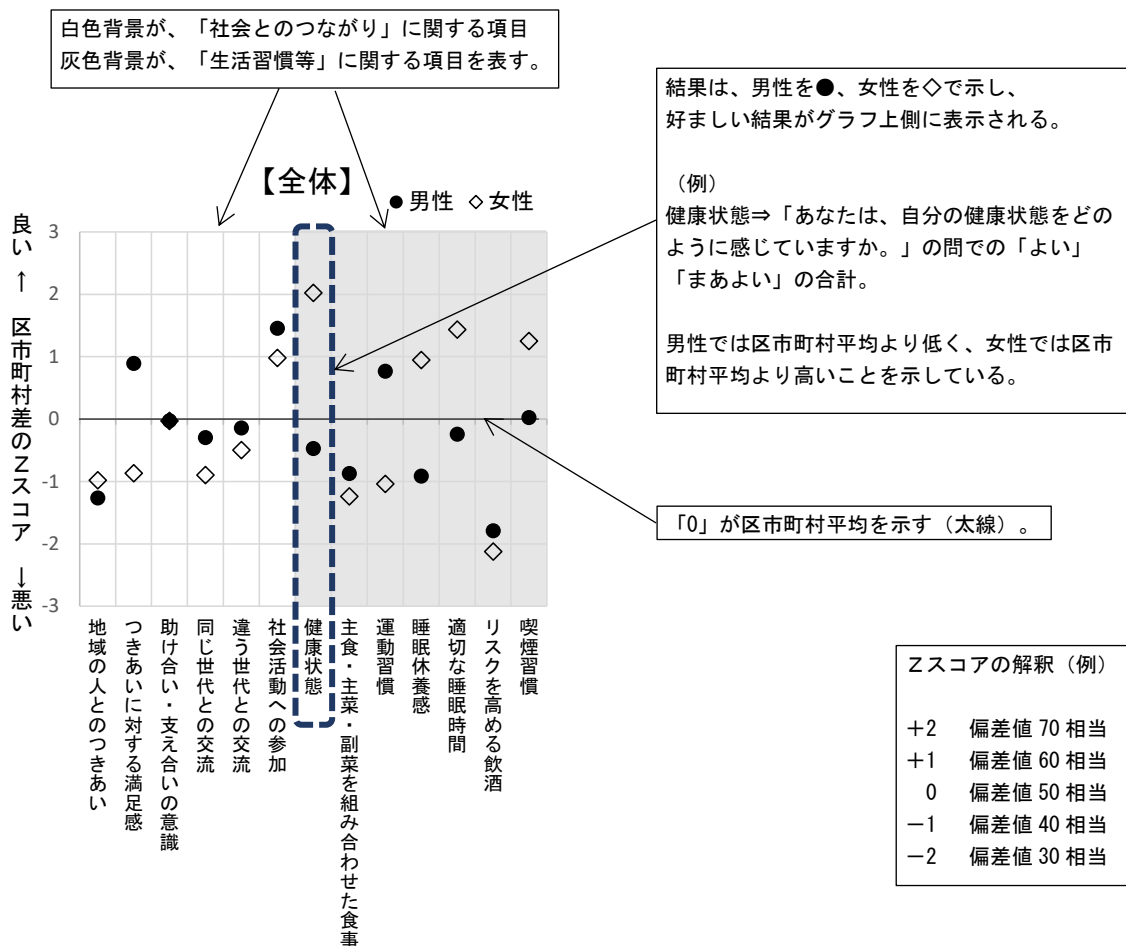
このグラフでは、各区市町村及び二次保健医療圏の値が、区市町村全体の平均と比べてどの程度高いか低いかを示している。

Zスコアは「0」が平均を示しており、値が正であるほど好ましい結果を示す。各項目の定義は以下のとおりとする。

＜項目の定義＞

○ 地域の人とのつきあい	: 地域の人とのつきあいの程度（問2）（『つながりがある（計）』）
○ つきあいに対する満足感	: 地域の人とのつきあいに対する満足感（問3）（『そう思う（計）』）
○ 助け合い・支え合いの意識	: 地域における困ったときの助け合い、支え合いの意識（問4）（『そう思う（計）』）
○ 同じ世代との交流	: 地域における同じ世代の人との交流の機会（問5）（『ある（計）』）
○ 違う世代との交流	: 地域における違う世代の人との交流の機会（問6）（『ある（計）』）
○ 社会活動への参加	: いずれかの社会活動（就労・就学を含む）（問7×職業）（『参加している』）
○ 健康状態	: 自分の健康状態に対する意識（問1）（『よい（計）』）
○ 主食・主菜・副菜を組み合わせ せた食事	: 主食・主菜・副菜を組み合わせた食事の頻度（問8）（『ほぼ毎日（計）』）
○ 運動習慣	: 運動習慣の状況（問9）（『はい』）
○ 睡眠休養感	: 睡眠充足感の状況（問10）（『とれている（計）』）
○ 適切な睡眠時間	: 適切な睡眠時間（問11×年齢）（『適切な睡眠時間』）
○ リスクを高める飲酒	: 生活習慣病のリスクを高める量の飲酒（問12×問12-1×性別）（『生活習慣病のリスクを高める量以外』）
○ 喫煙習慣	: 喫煙の習慣（問13）（『現在吸っていない（計）』）

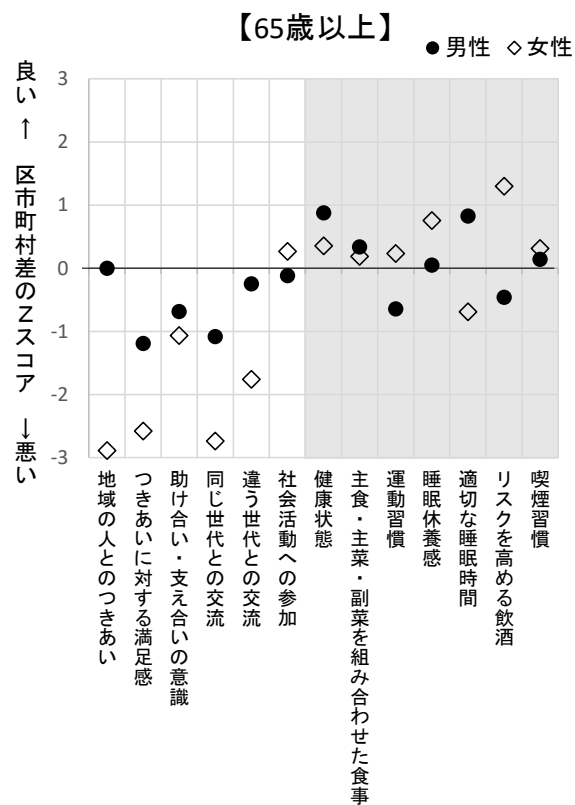
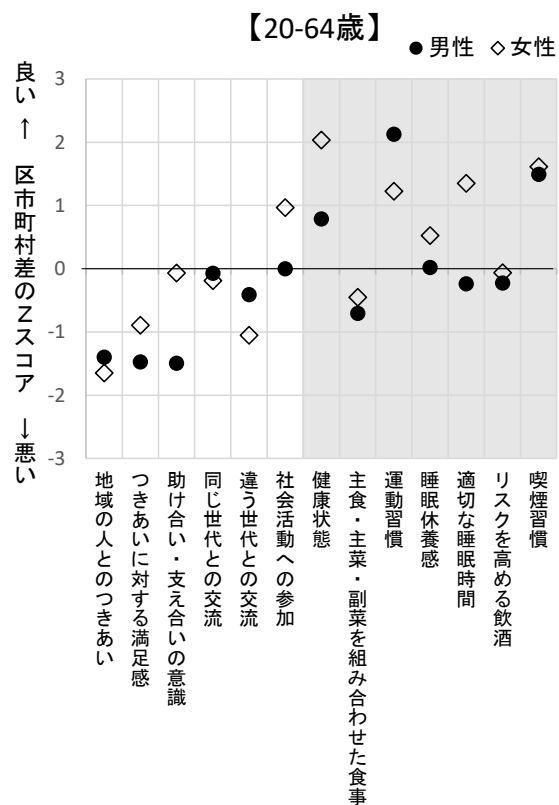
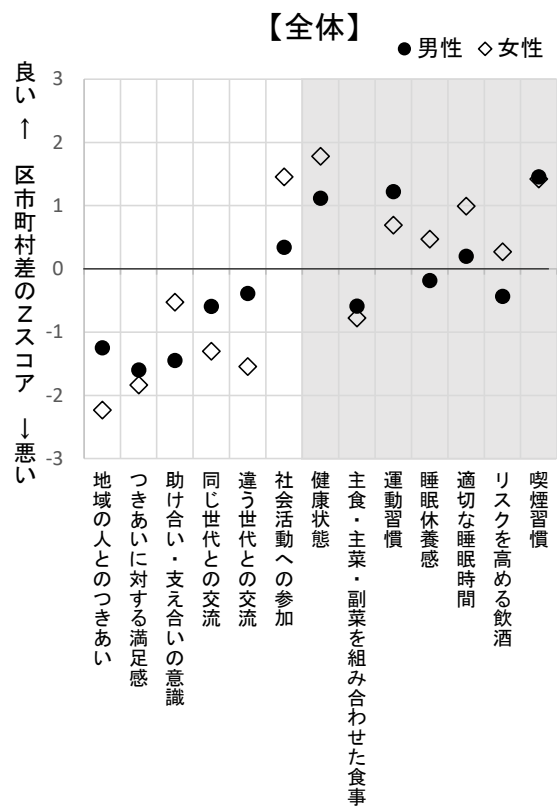
＜グラフの見方＞



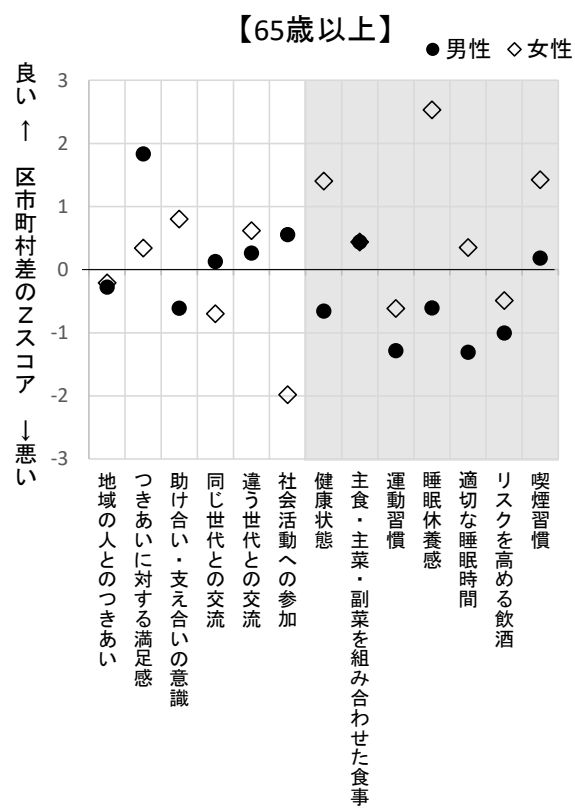
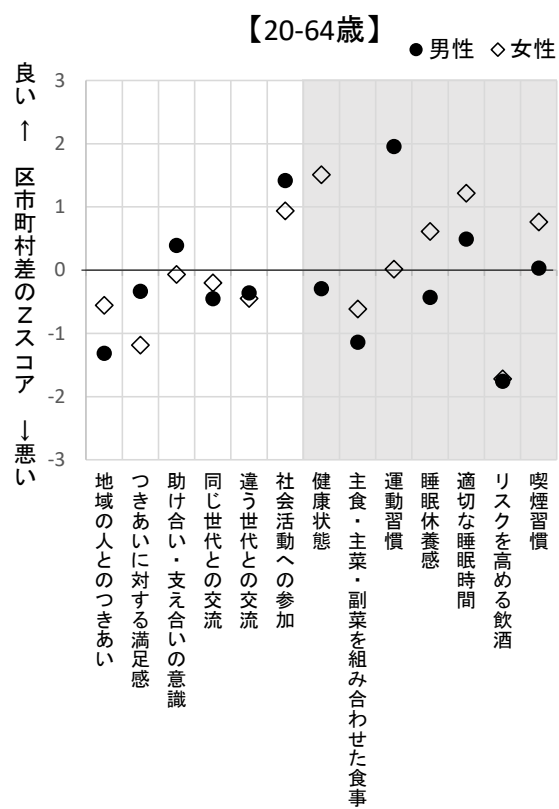
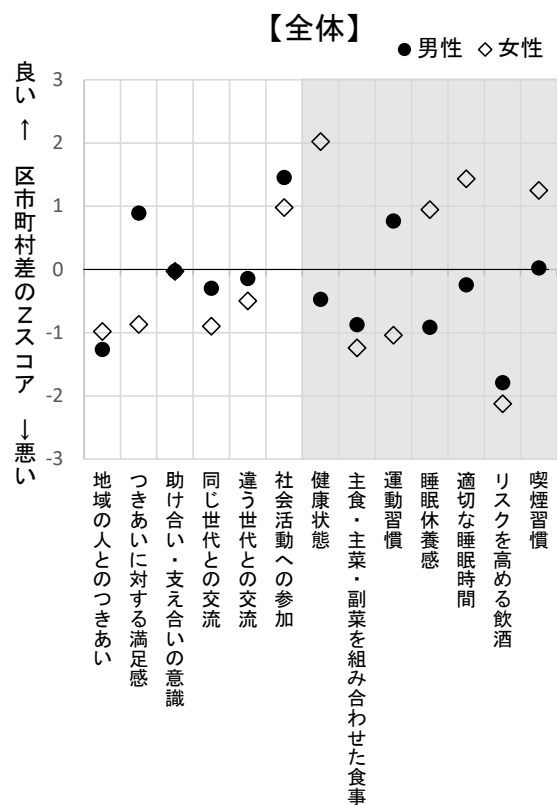
第2章 区市町村及び二次保健医療圏・性・年齢2階級別結果（Zスコア）

1 区市町村・性・年齢2階級別結果

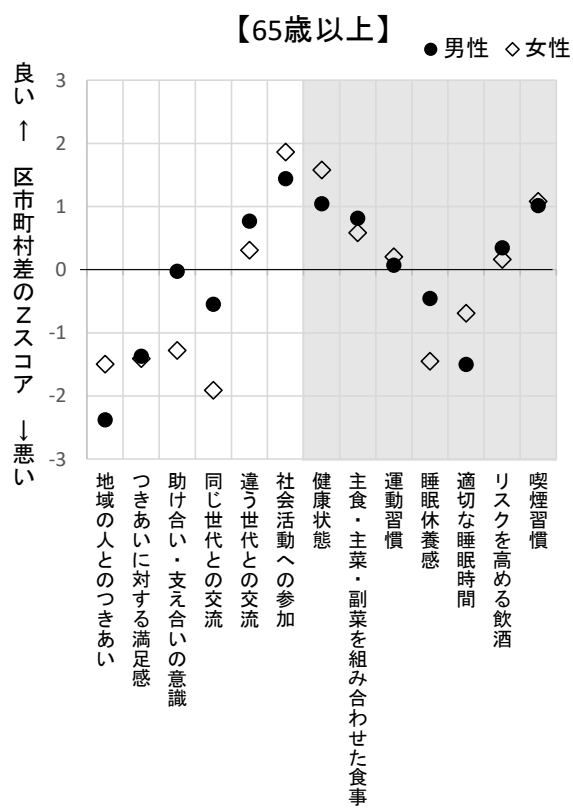
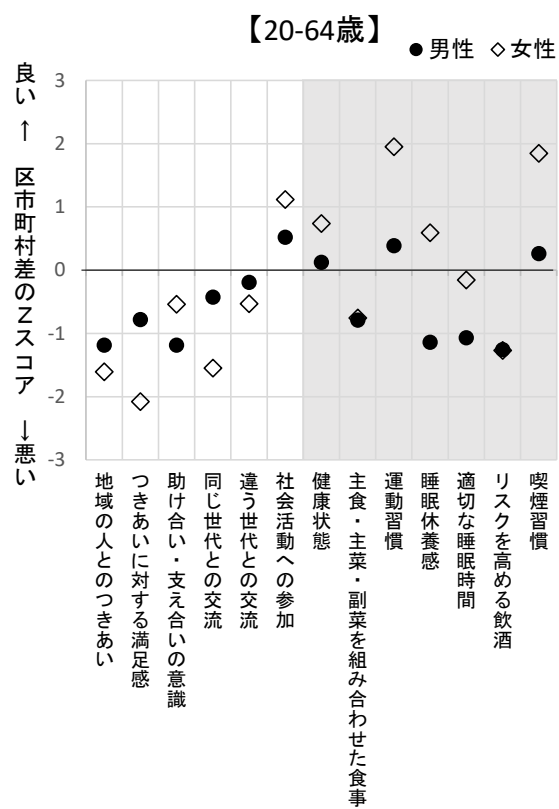
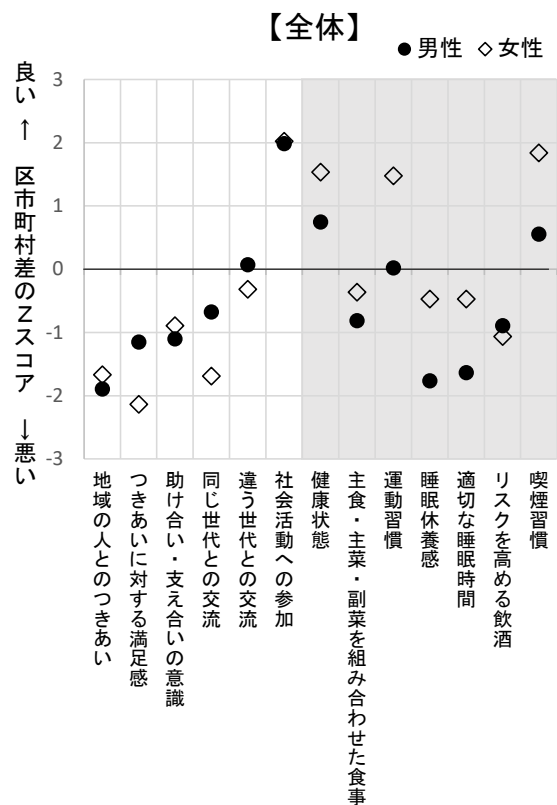
【千代田区】



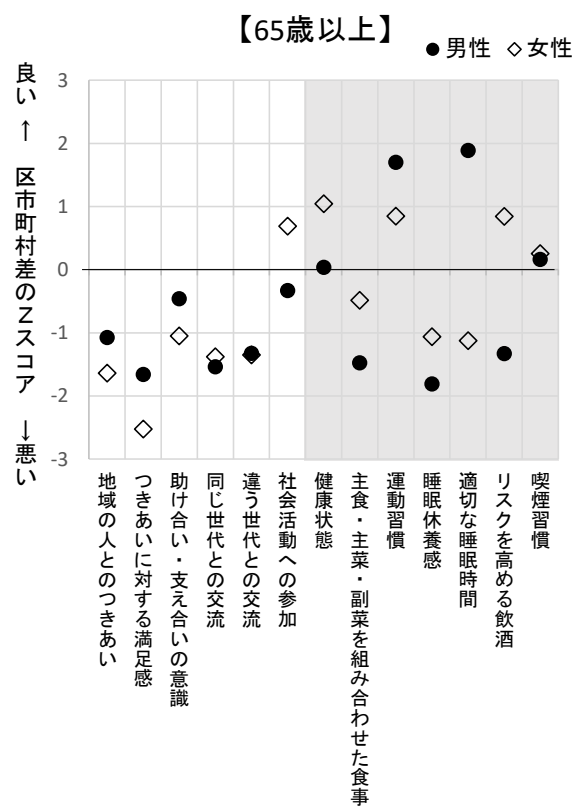
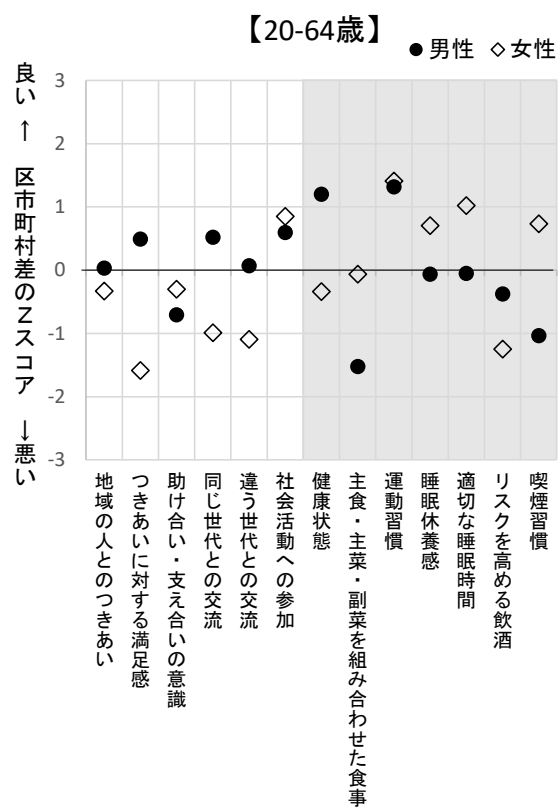
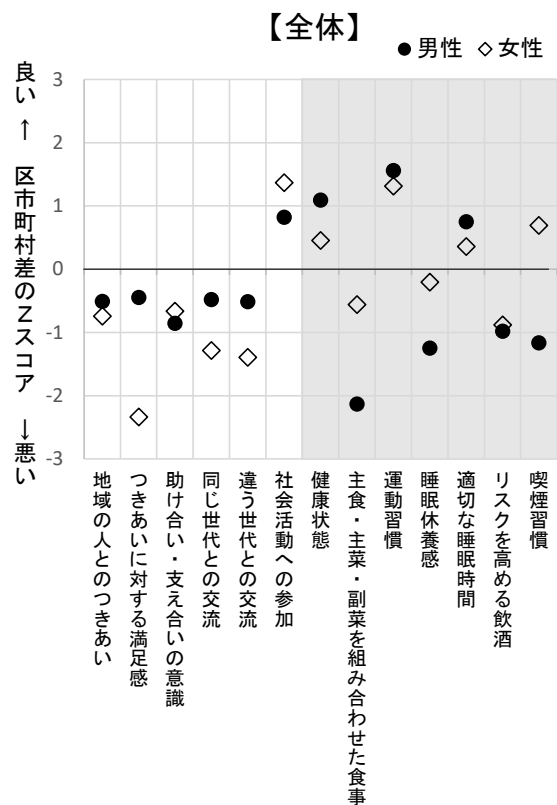
【中央区】



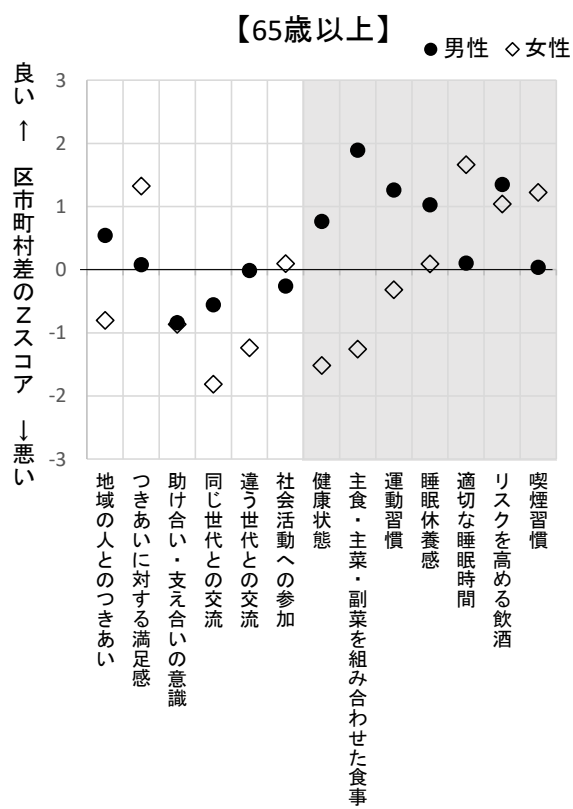
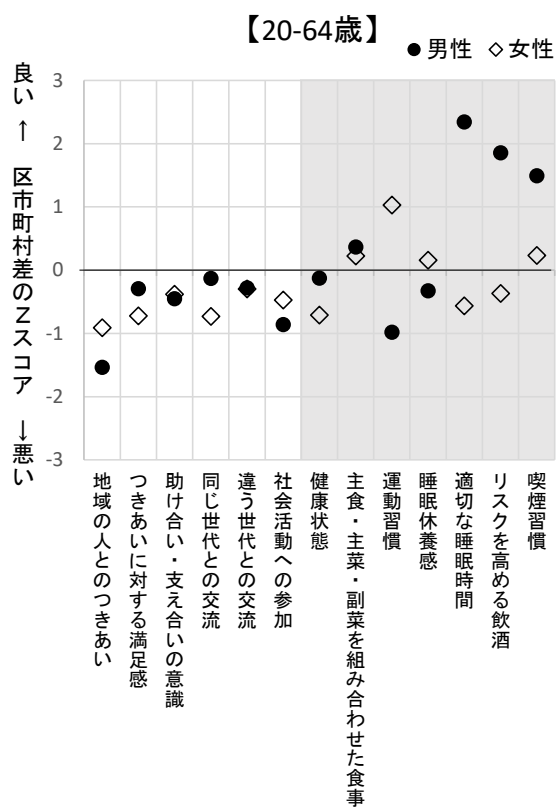
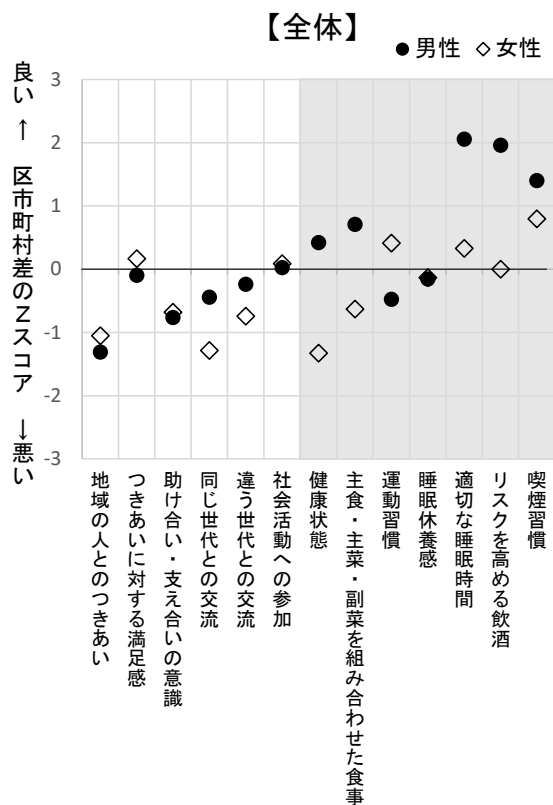
【港区】



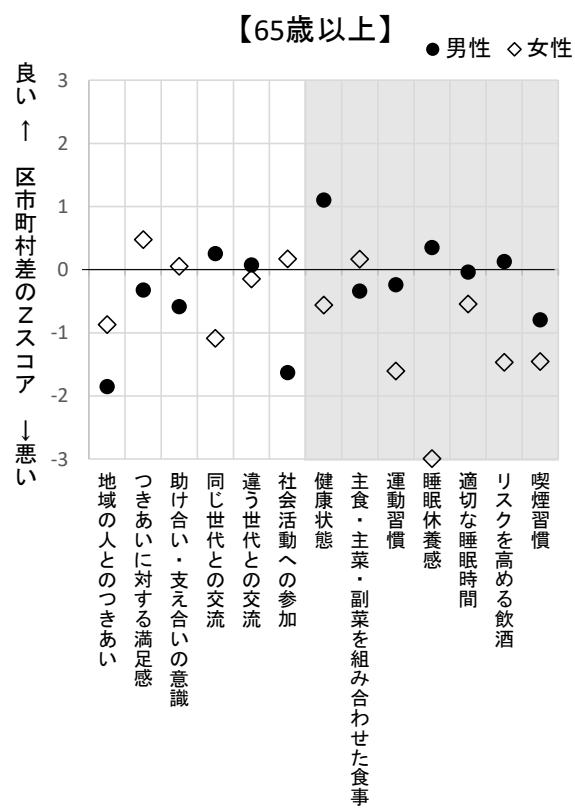
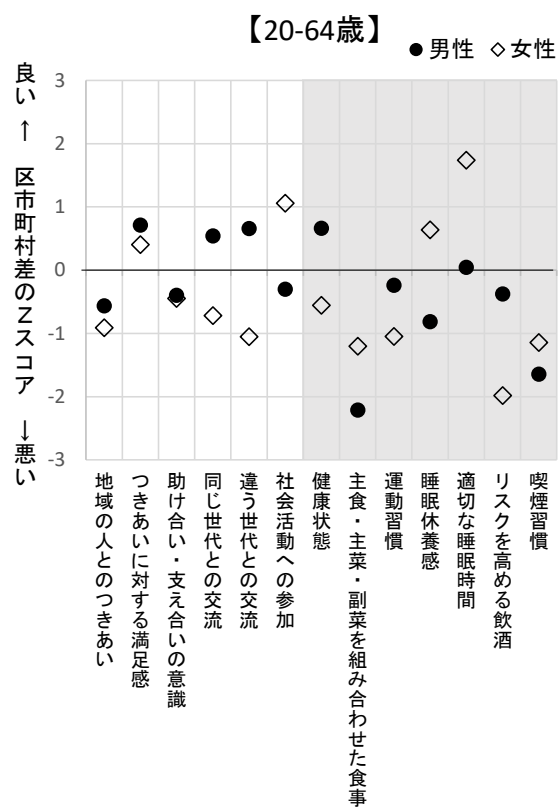
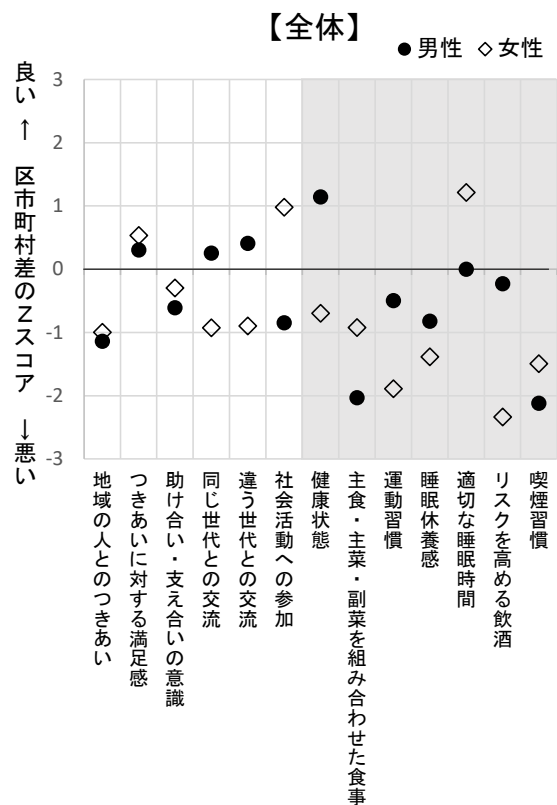
【新宿区】



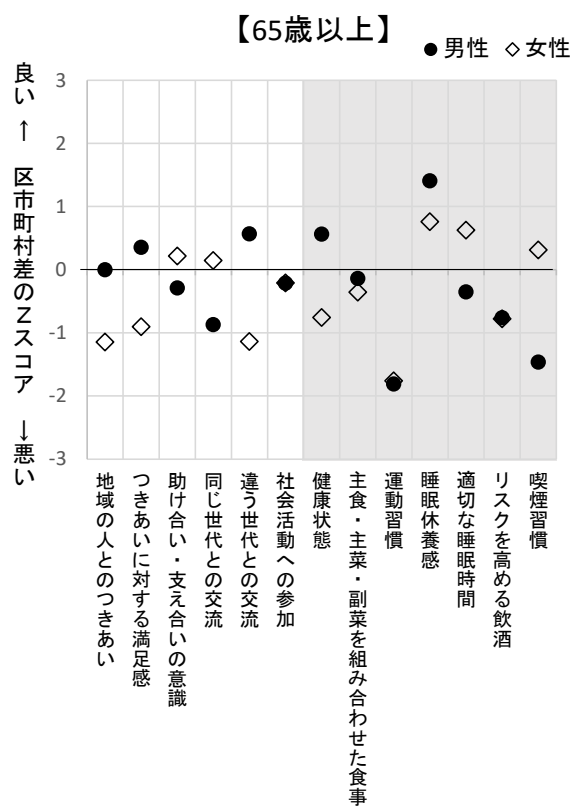
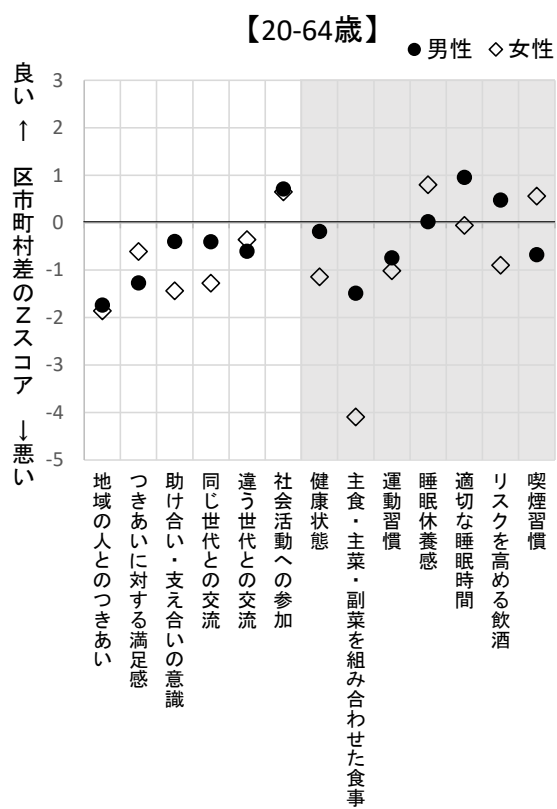
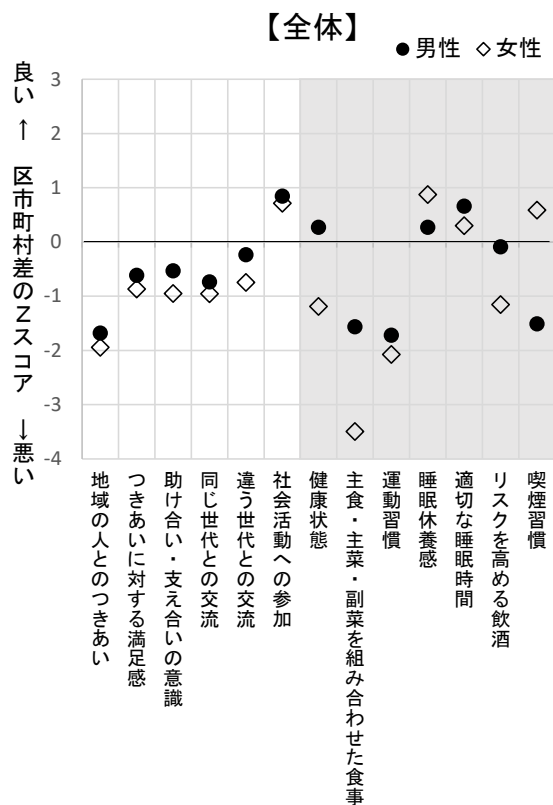
【文京区】



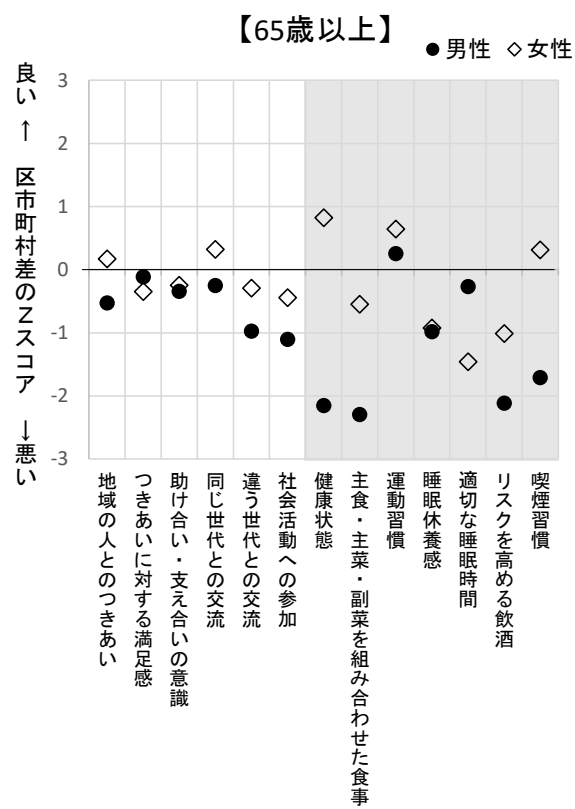
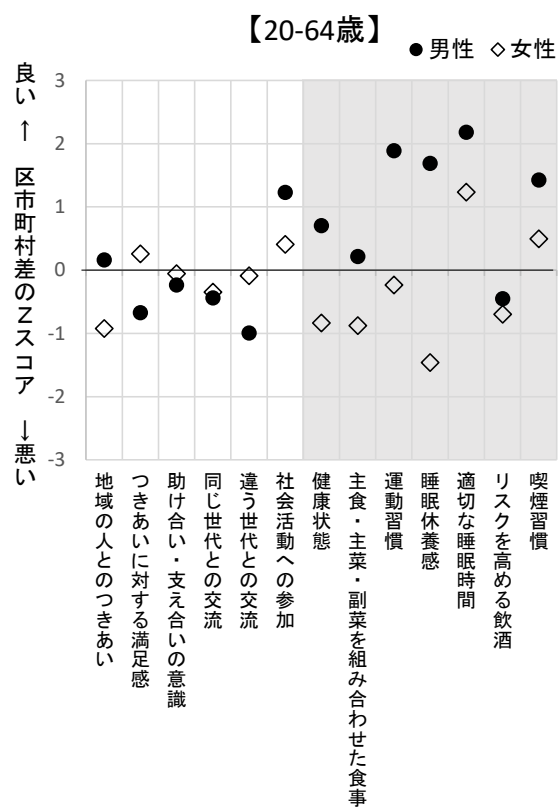
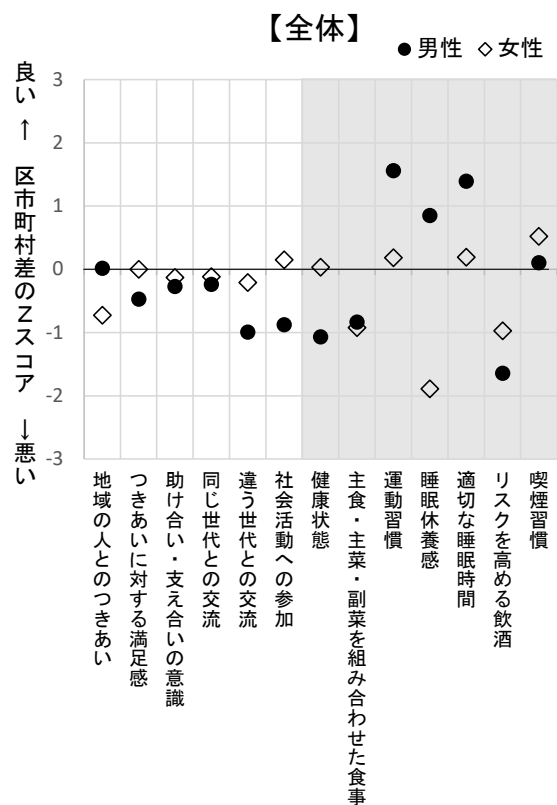
【台東区】



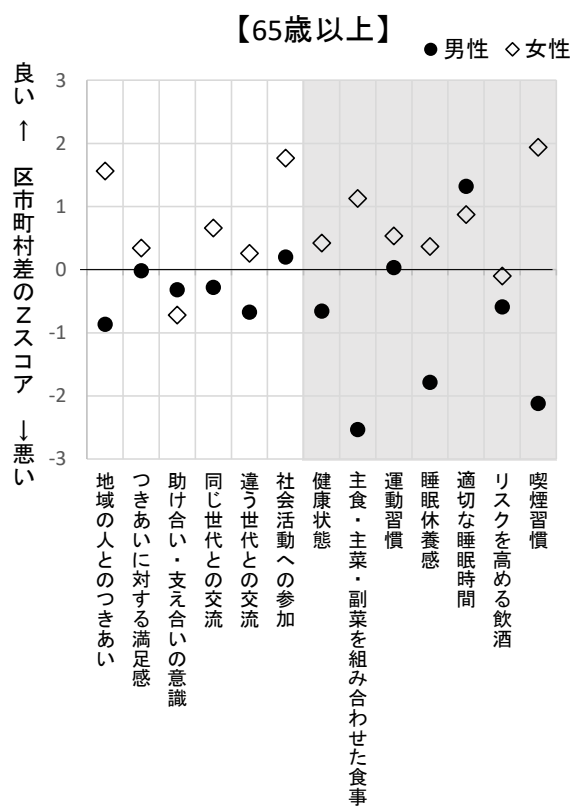
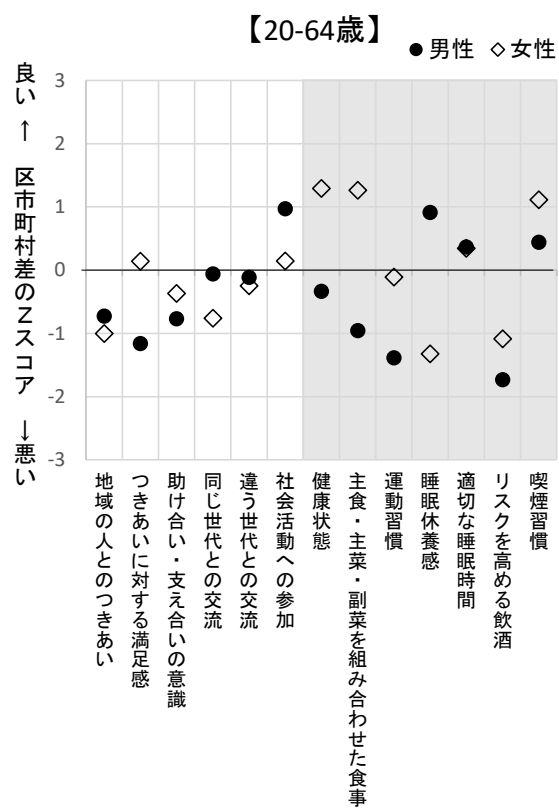
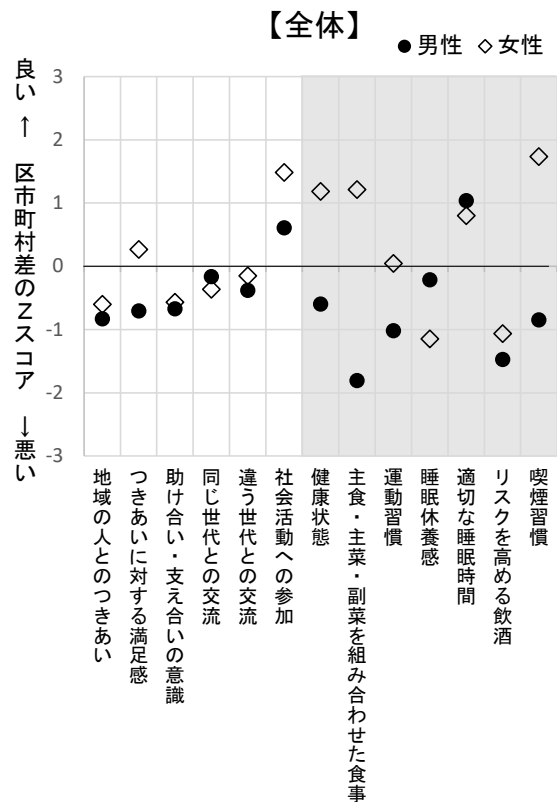
【墨田区】



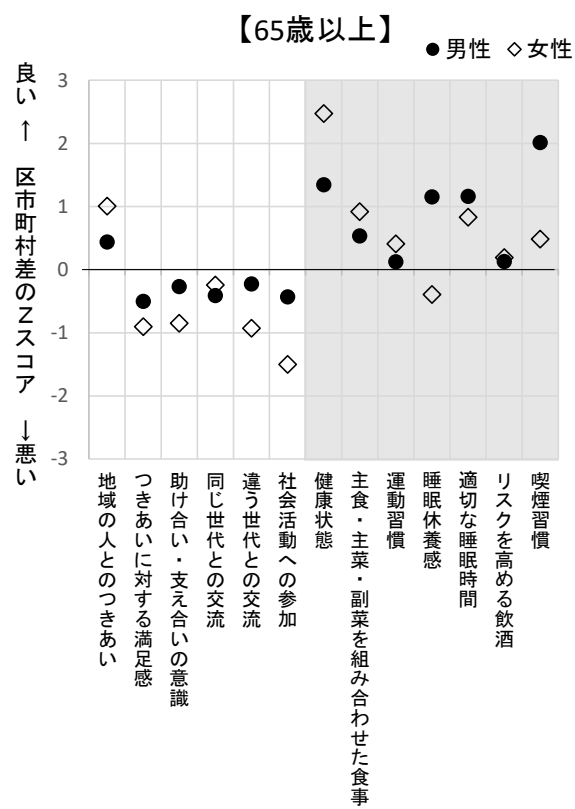
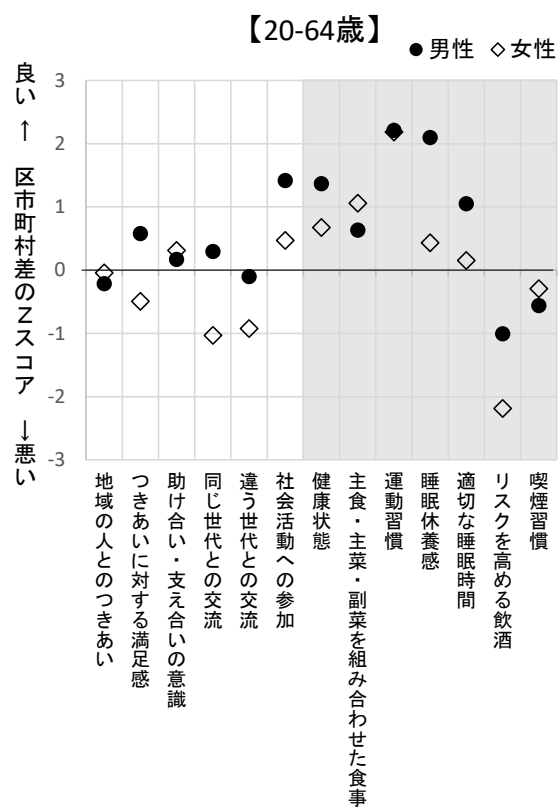
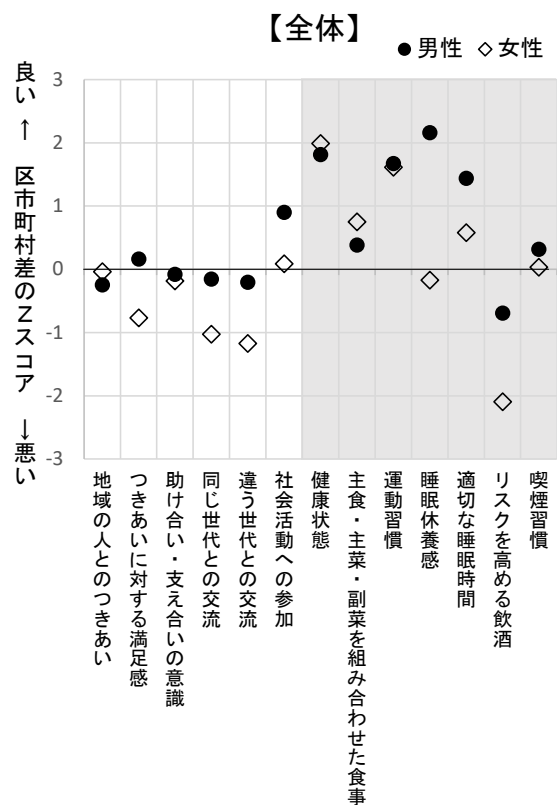
【江東区】



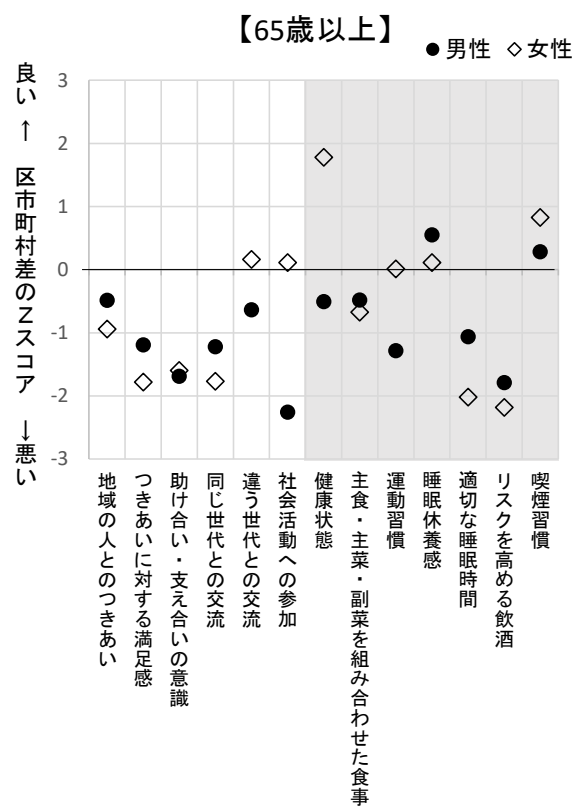
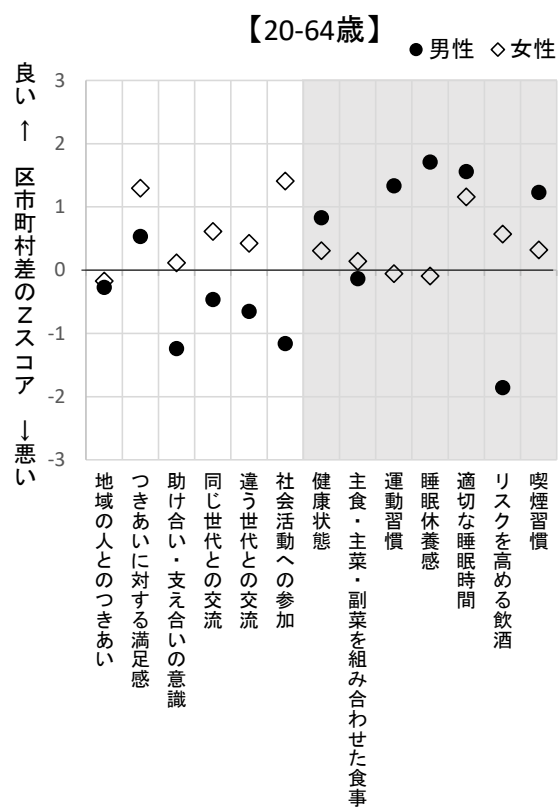
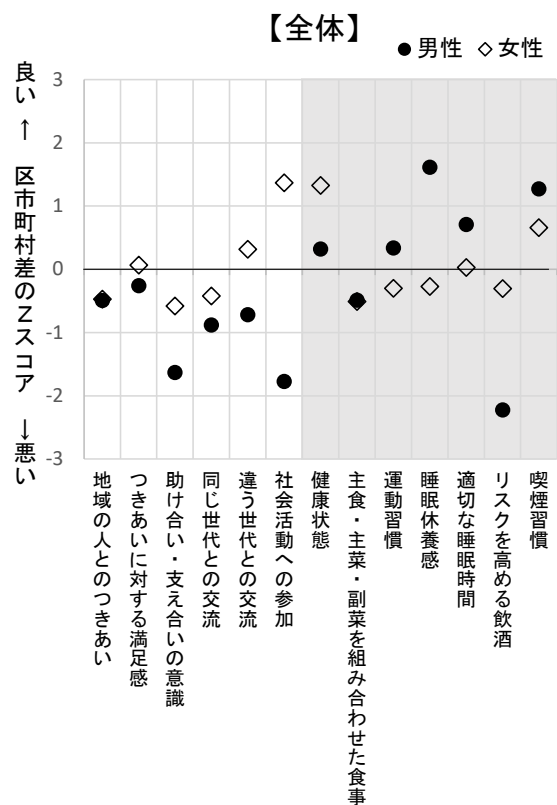
【品川区】



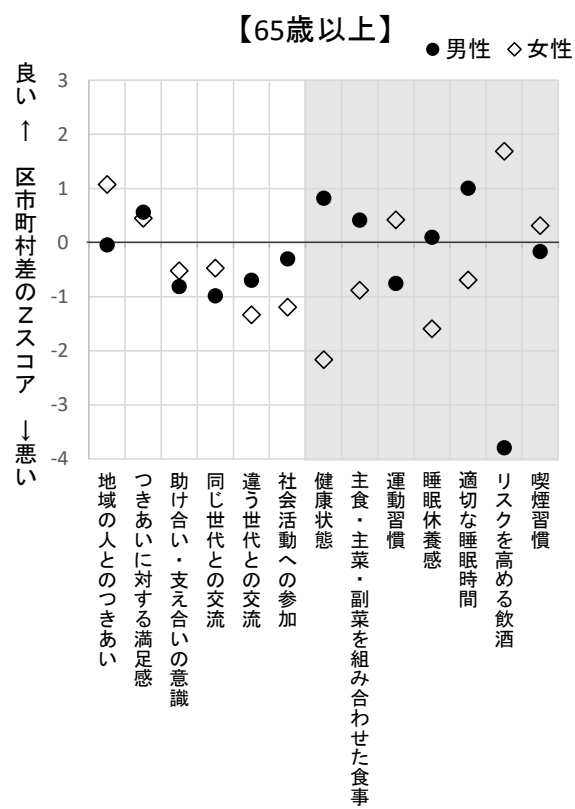
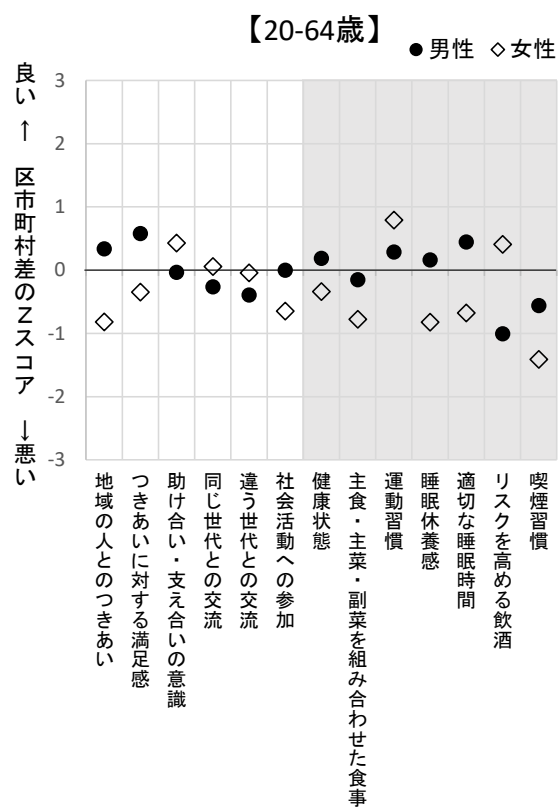
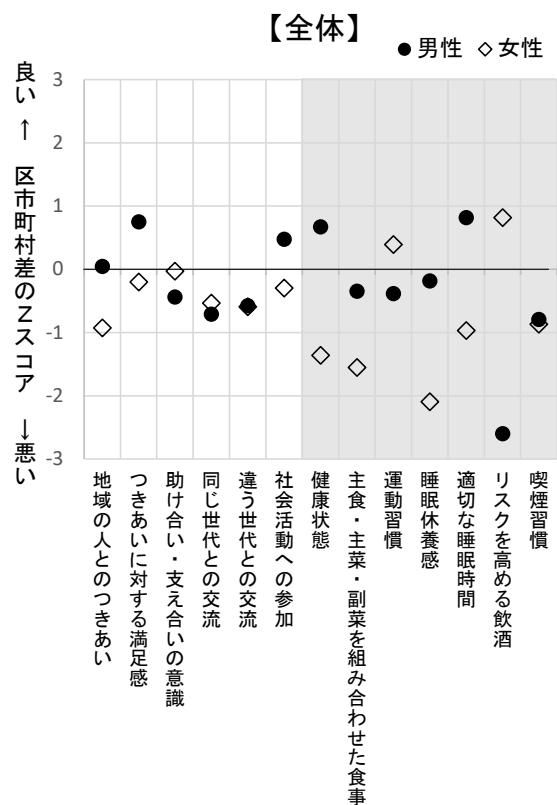
【目黒区】



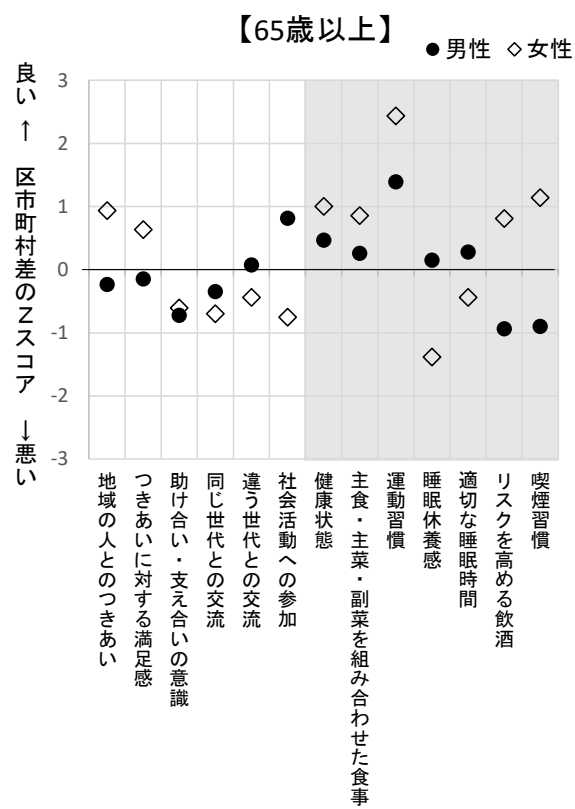
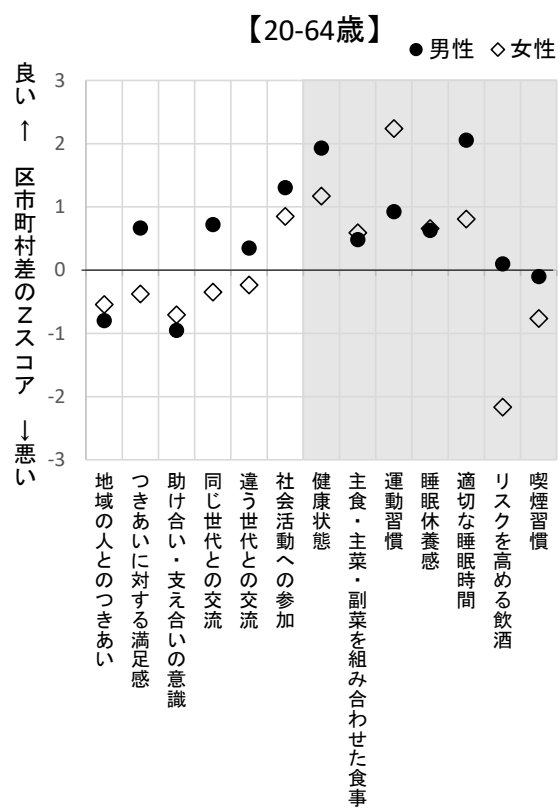
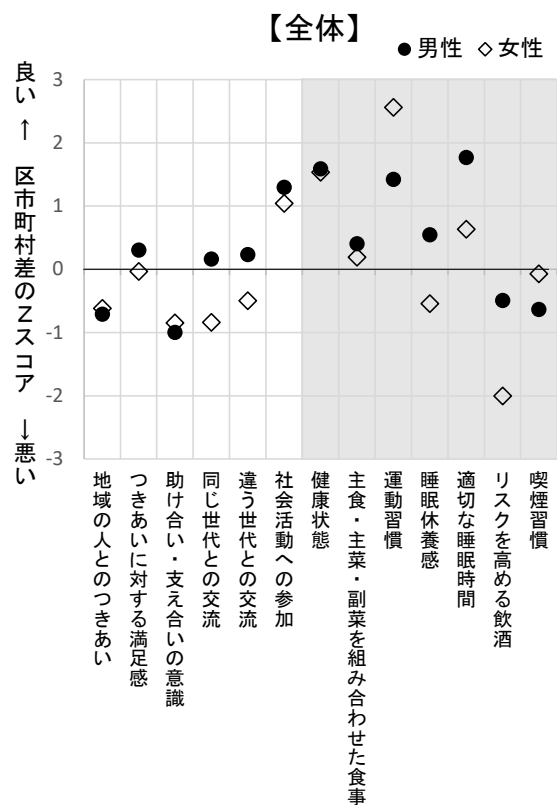
【大田区】



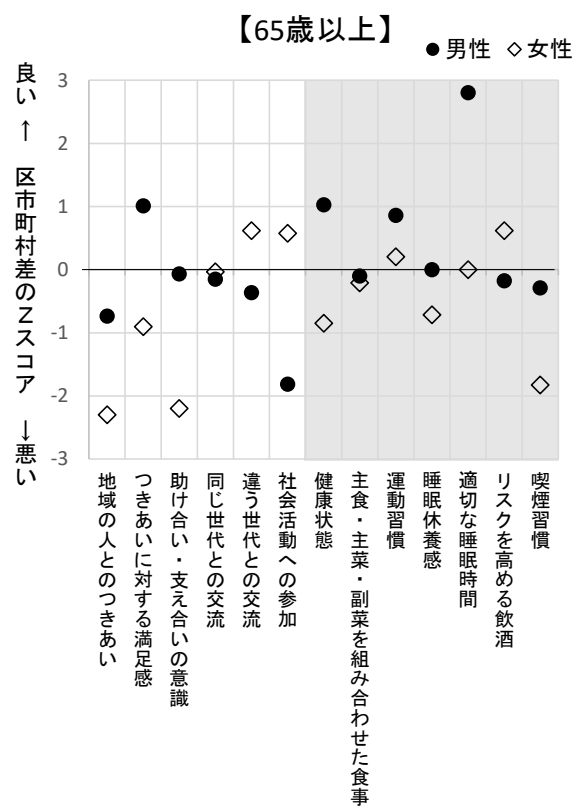
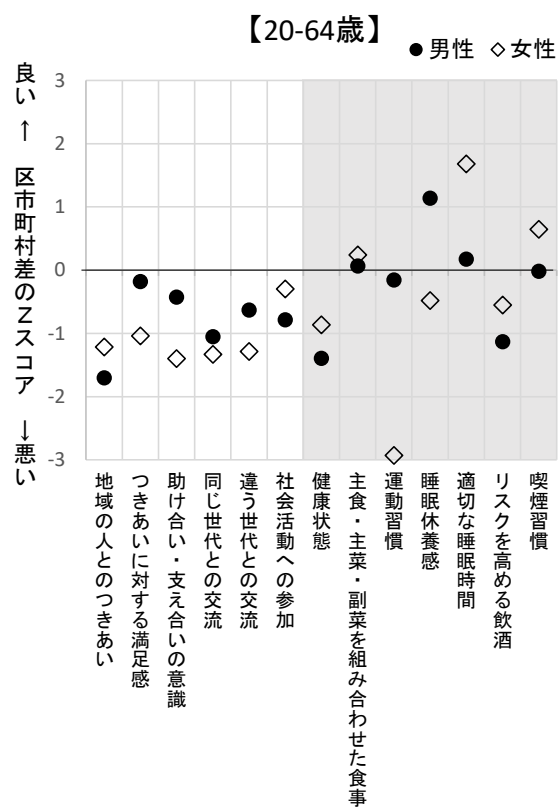
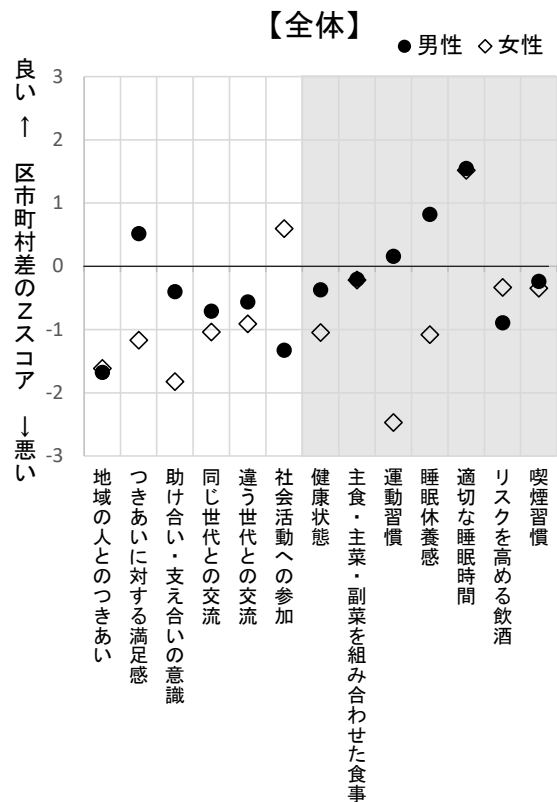
【世田谷区】



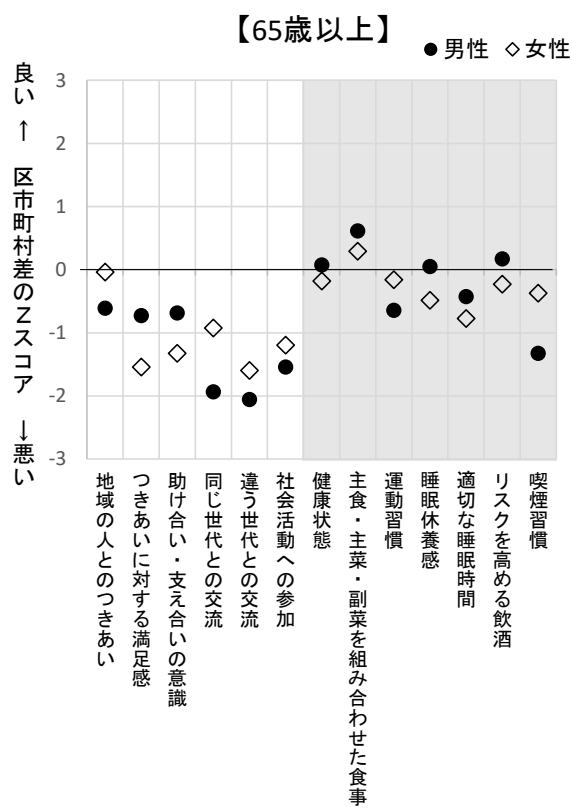
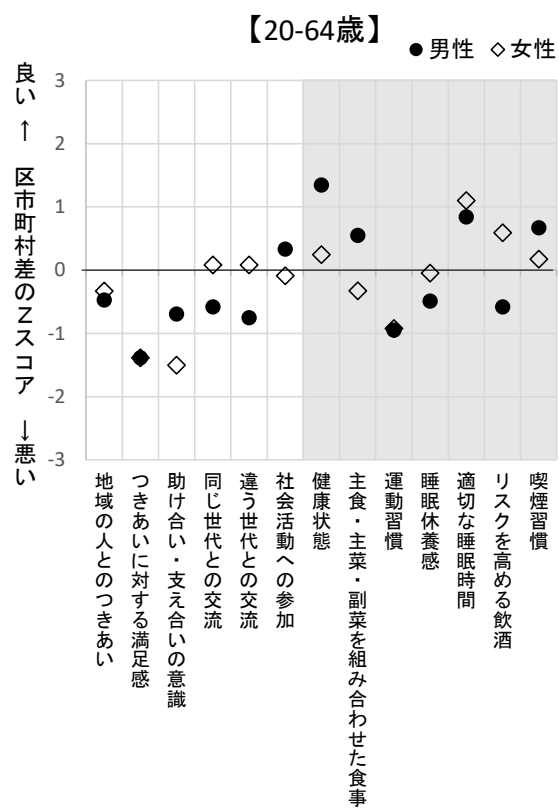
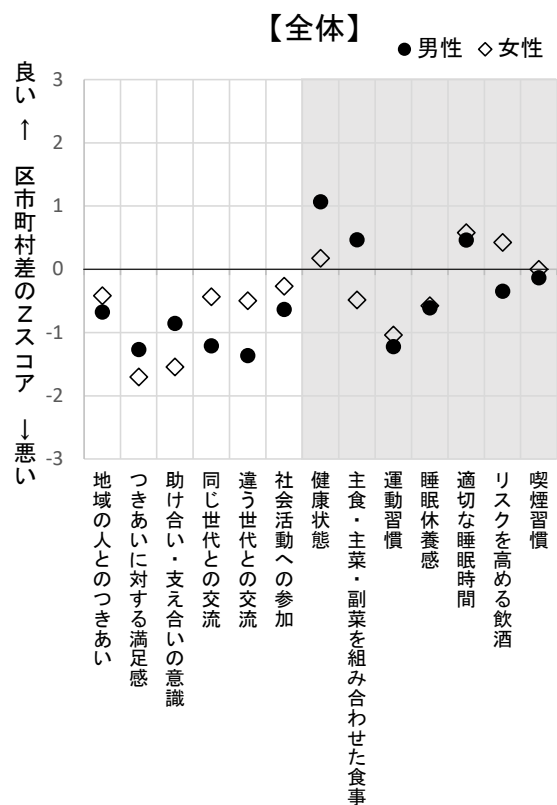
【渋谷区】



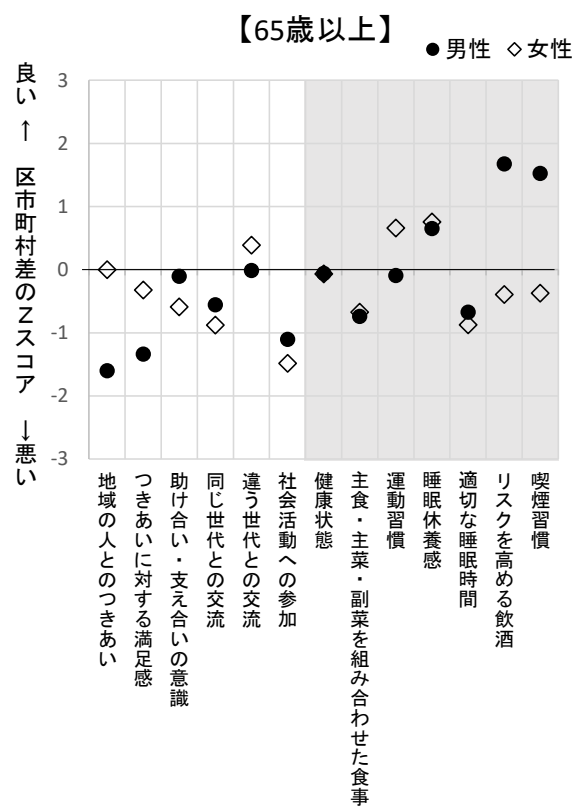
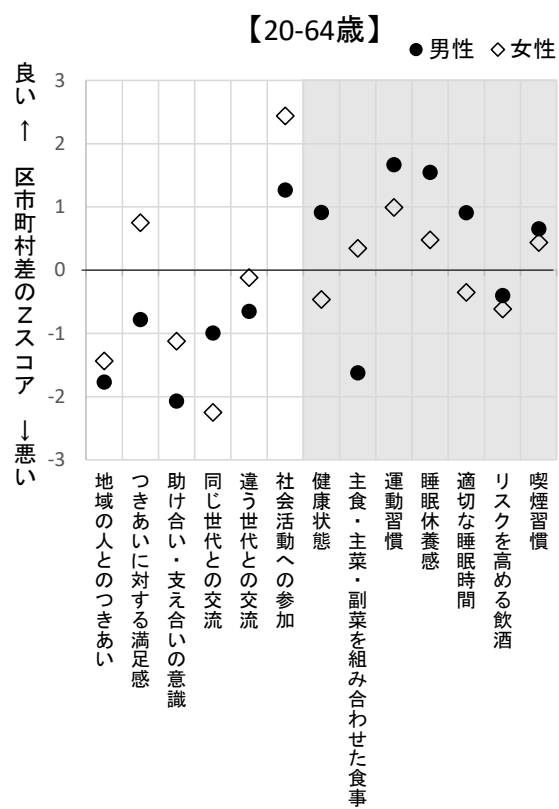
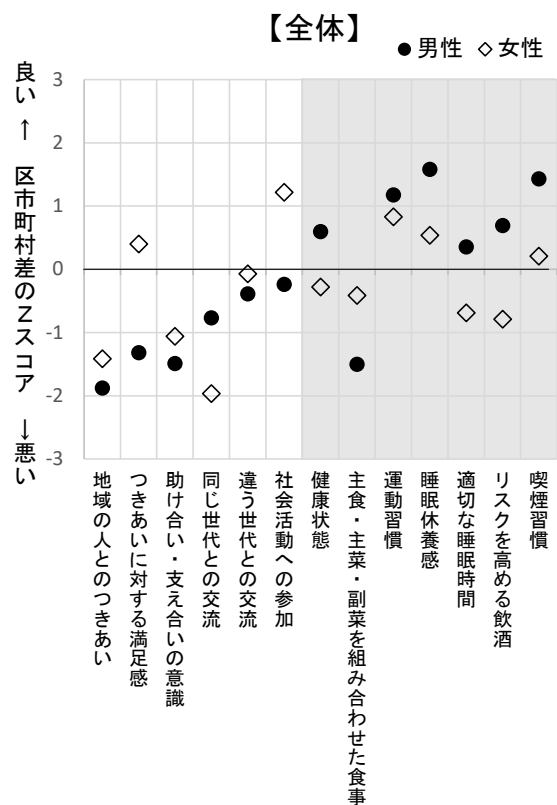
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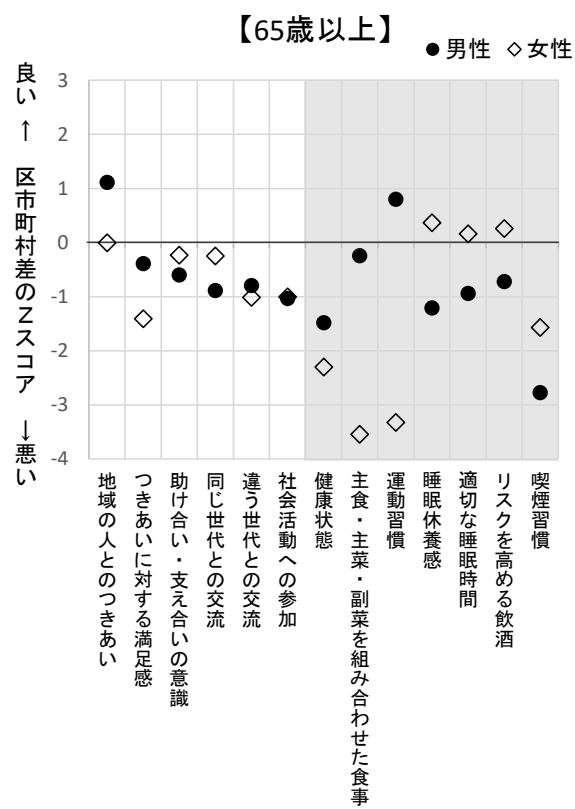
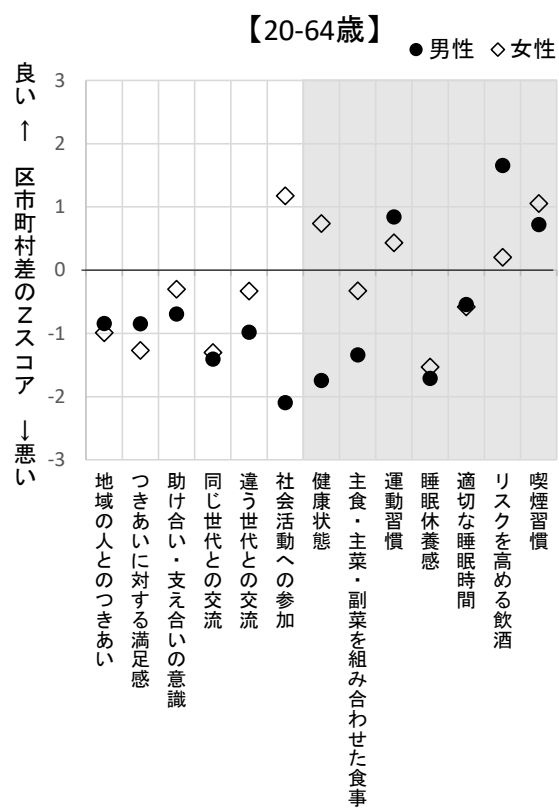
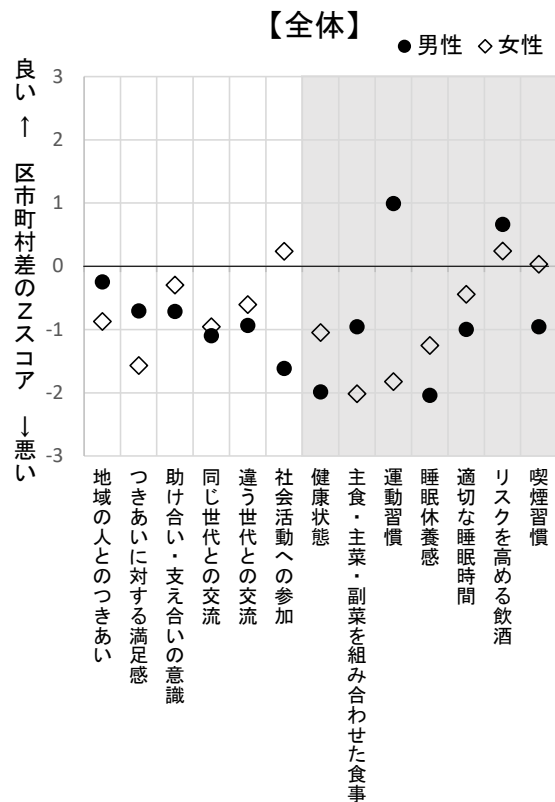
【杉並区】



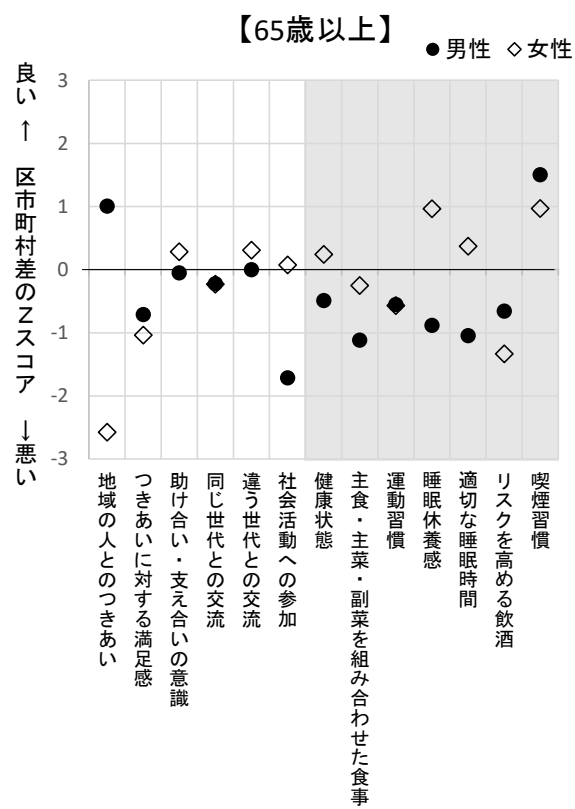
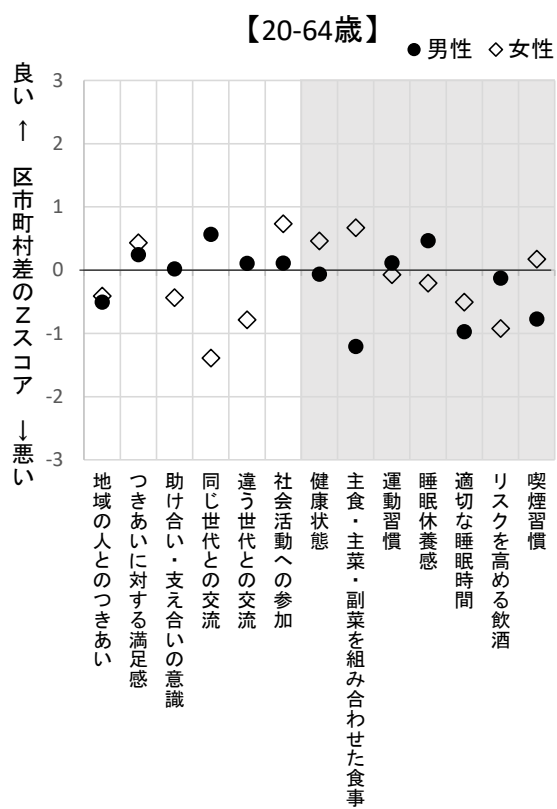
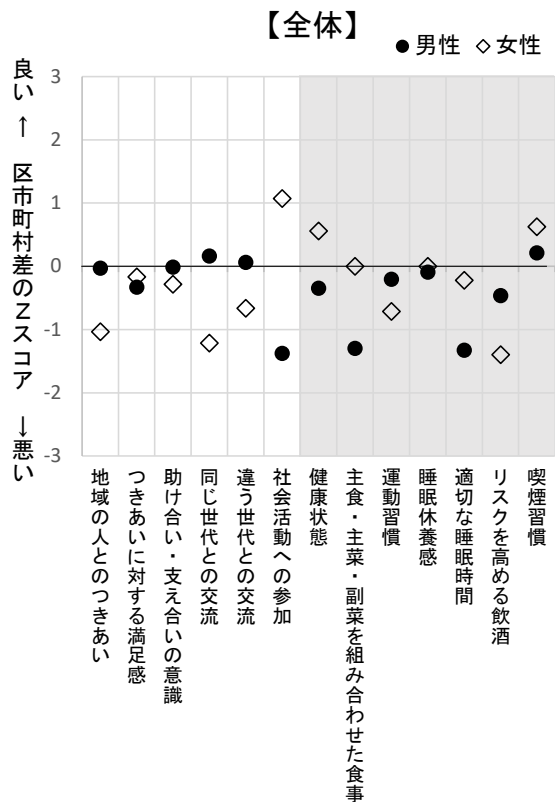
【豊島区】



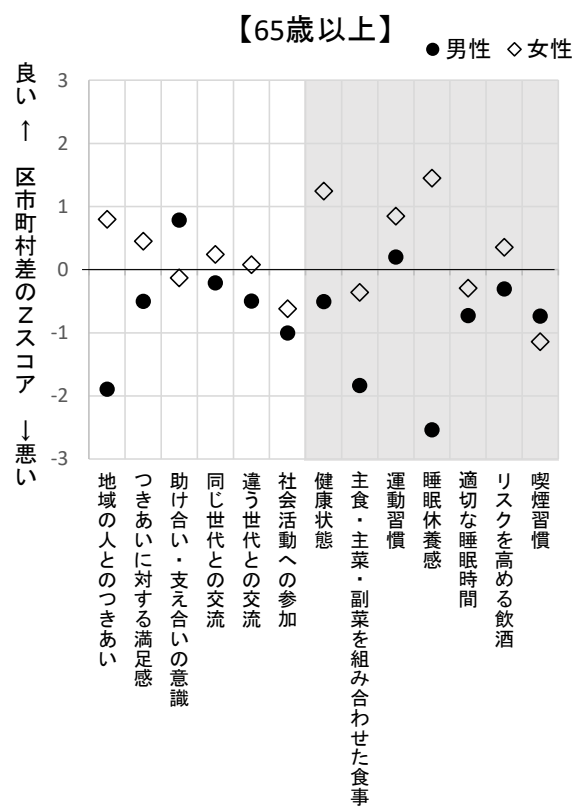
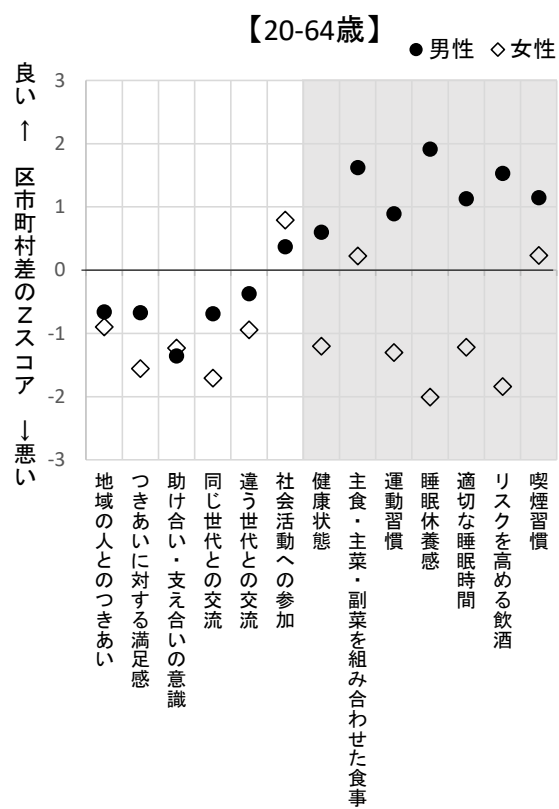
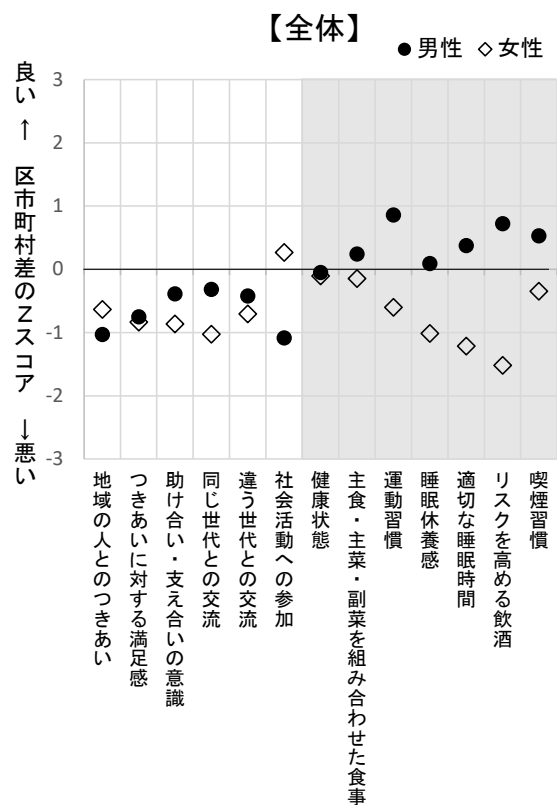
【北区】



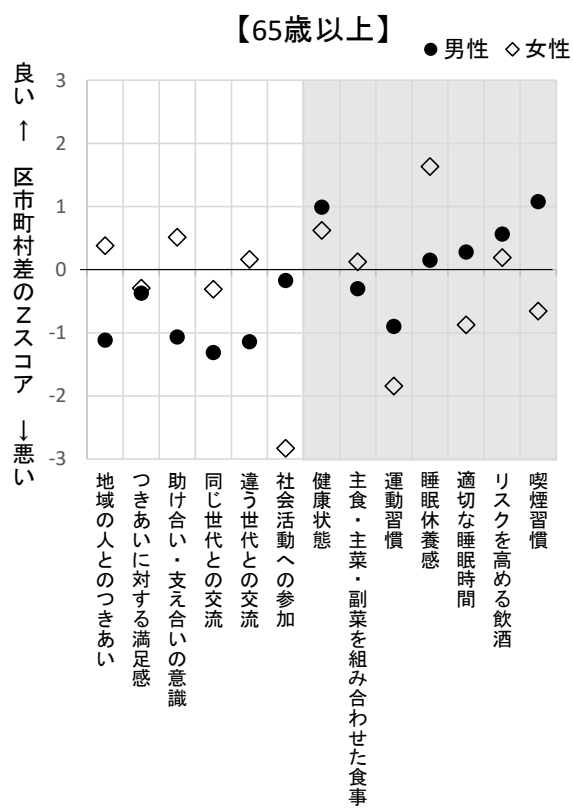
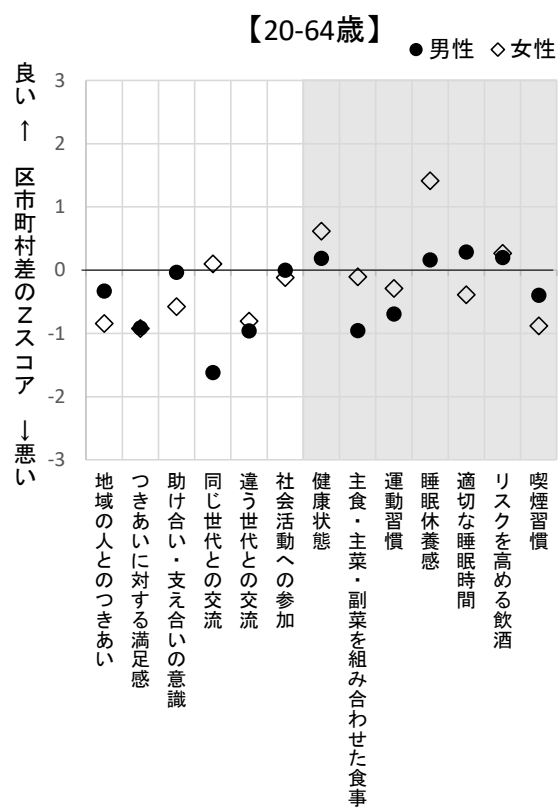
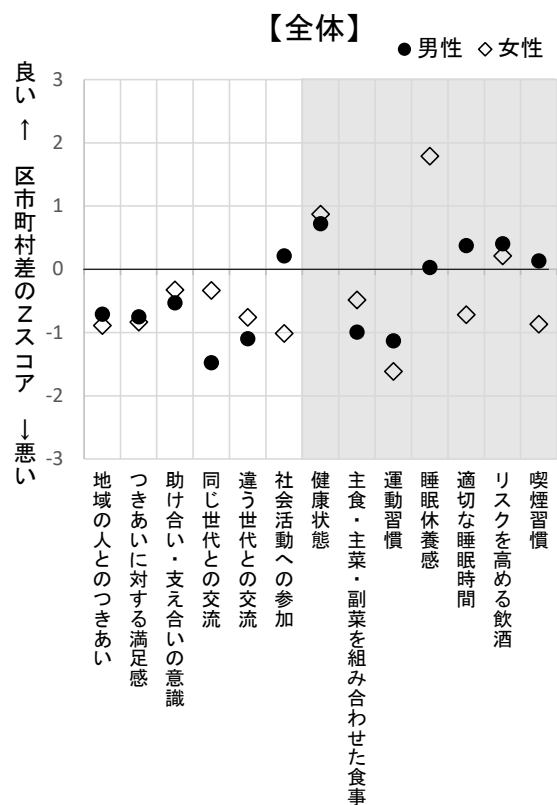
【荒川区】



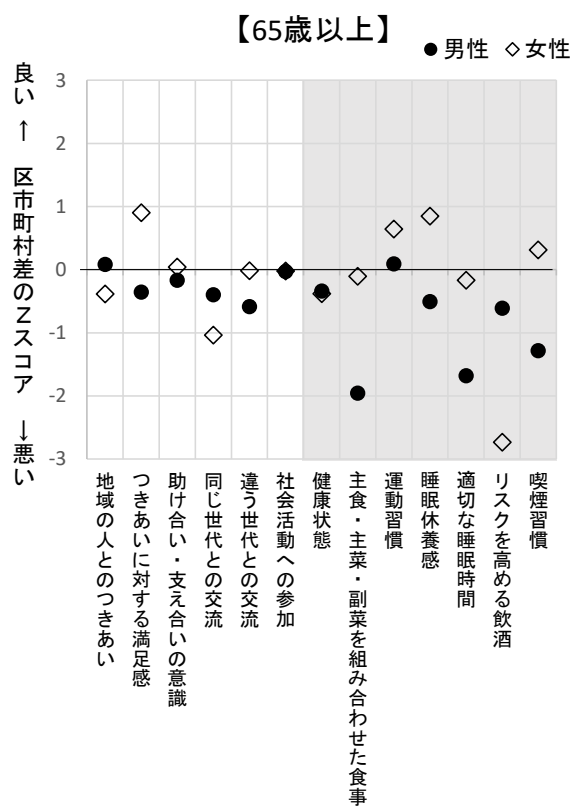
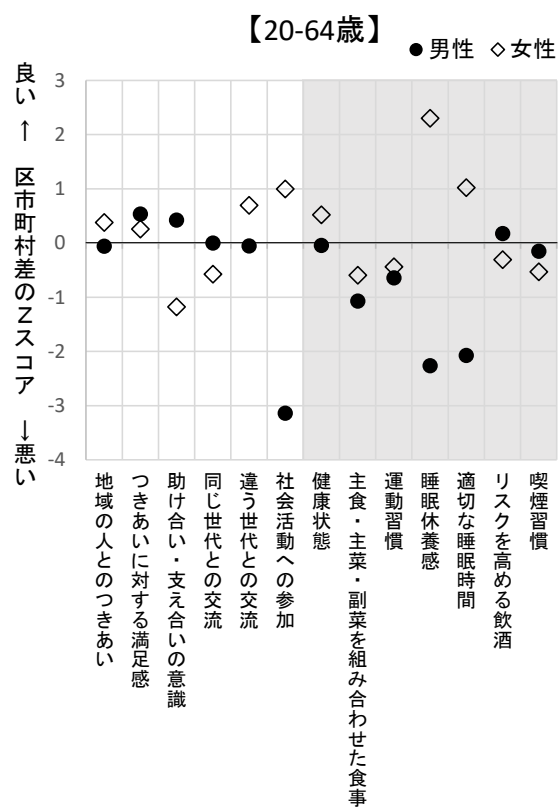
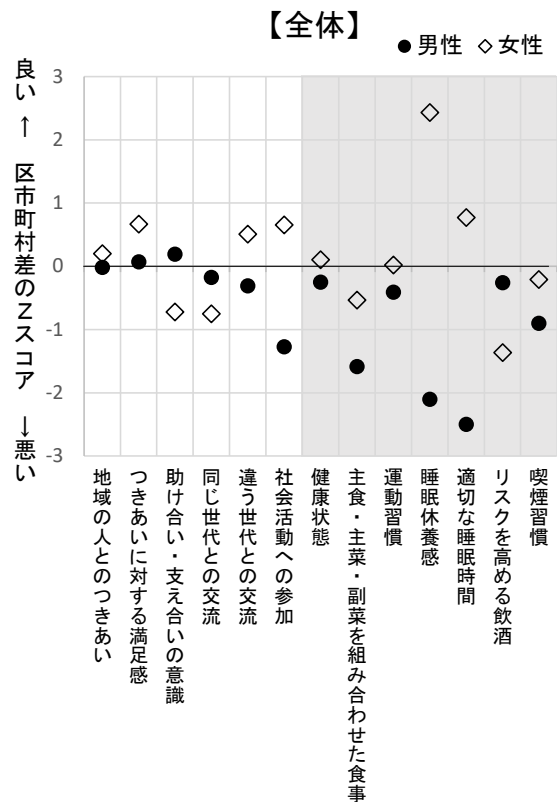
【板橋区】



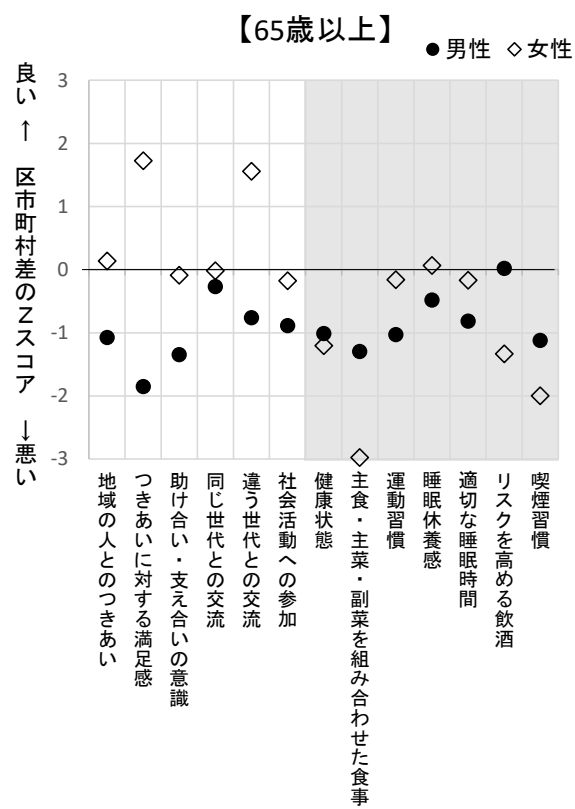
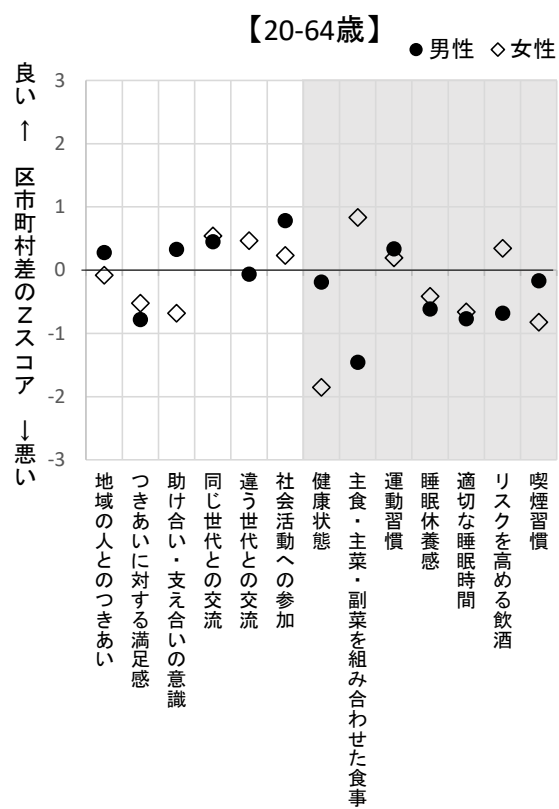
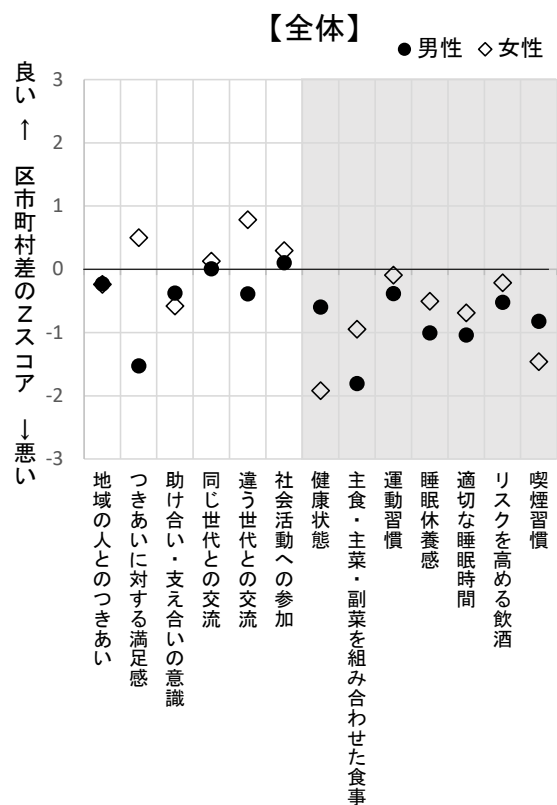
【練馬区】



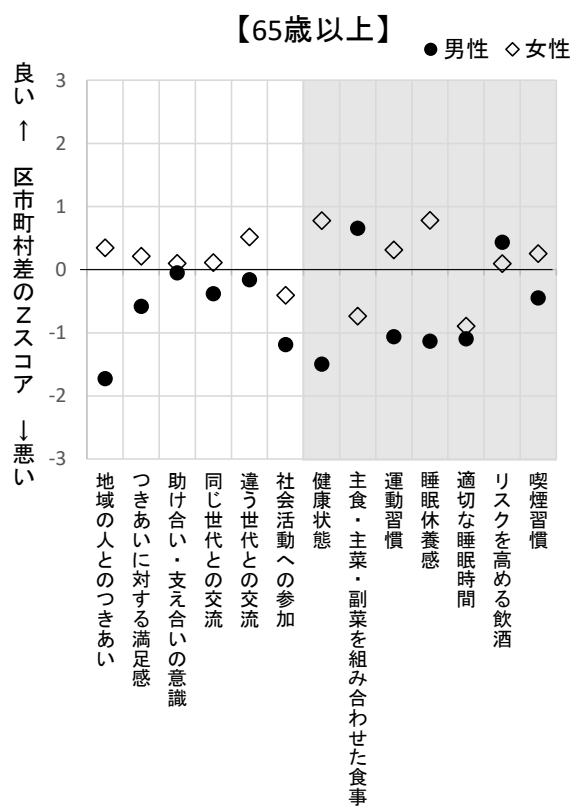
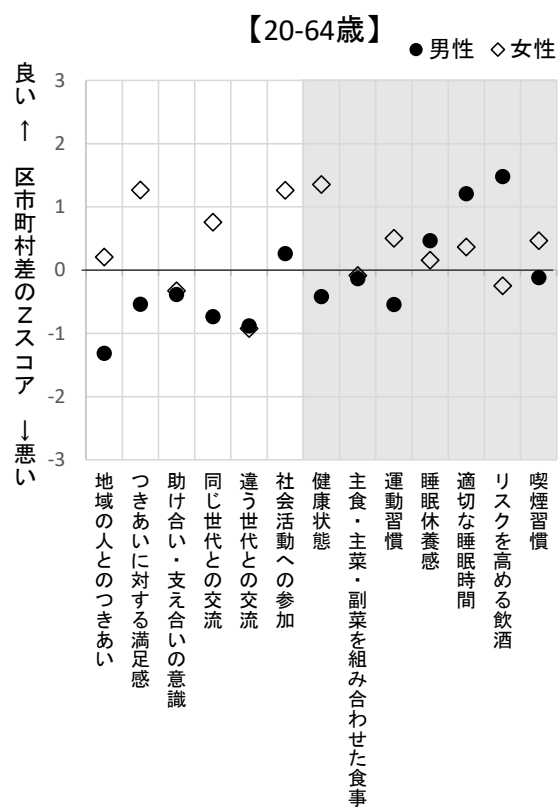
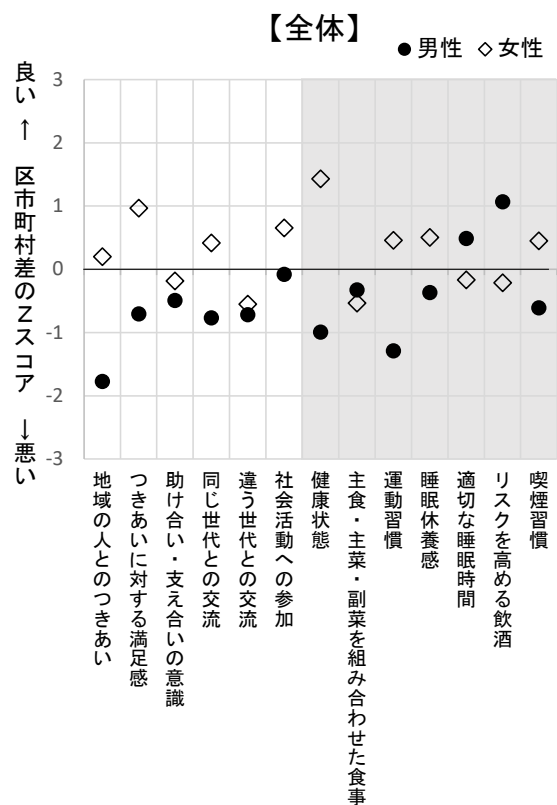
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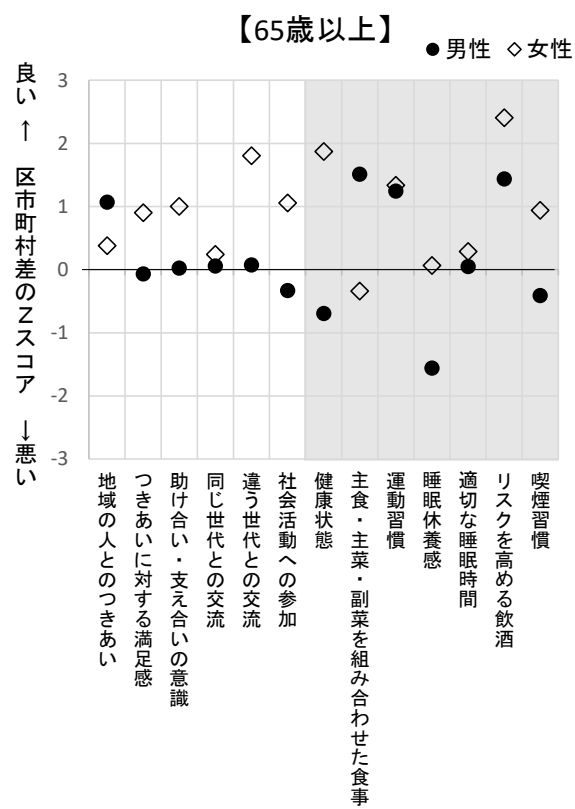
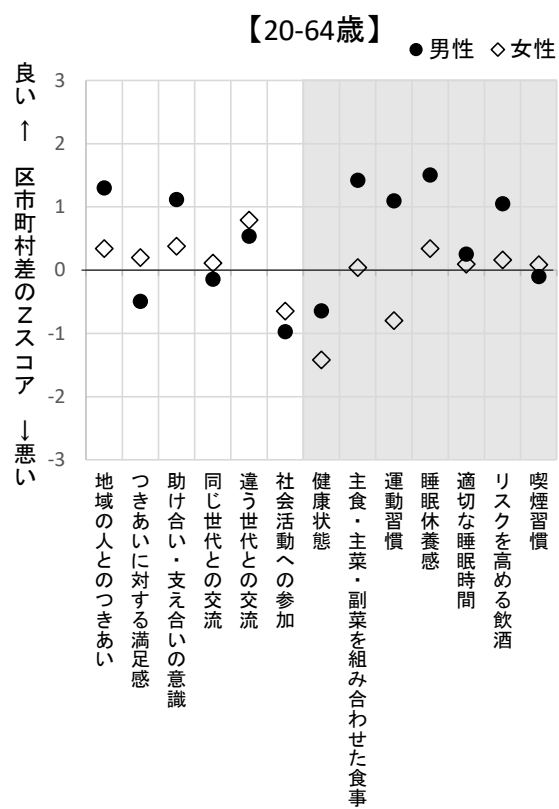
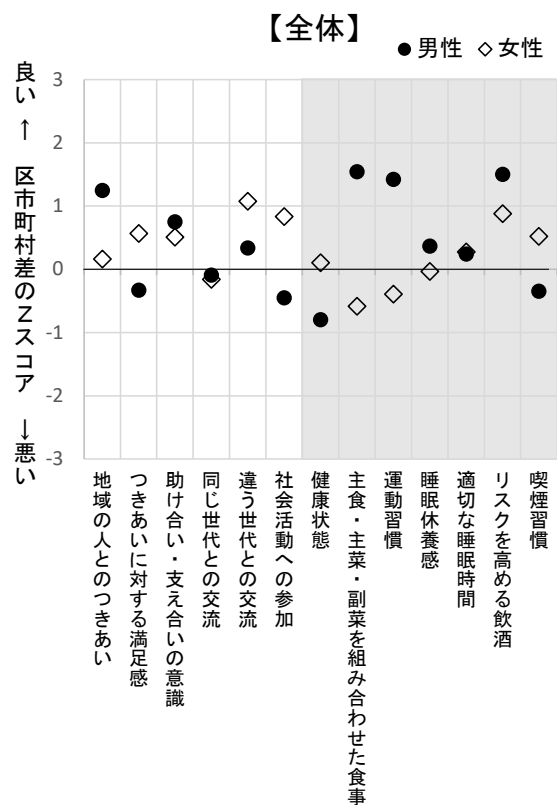
【葛飾区】



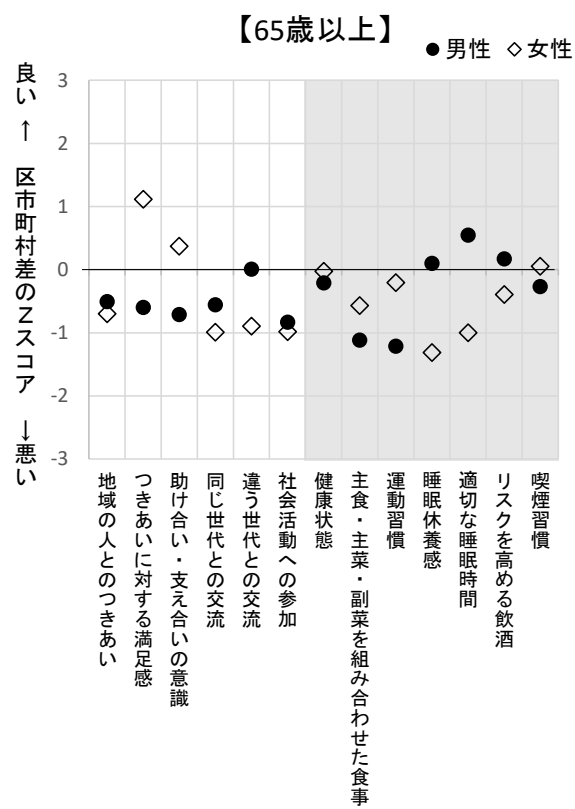
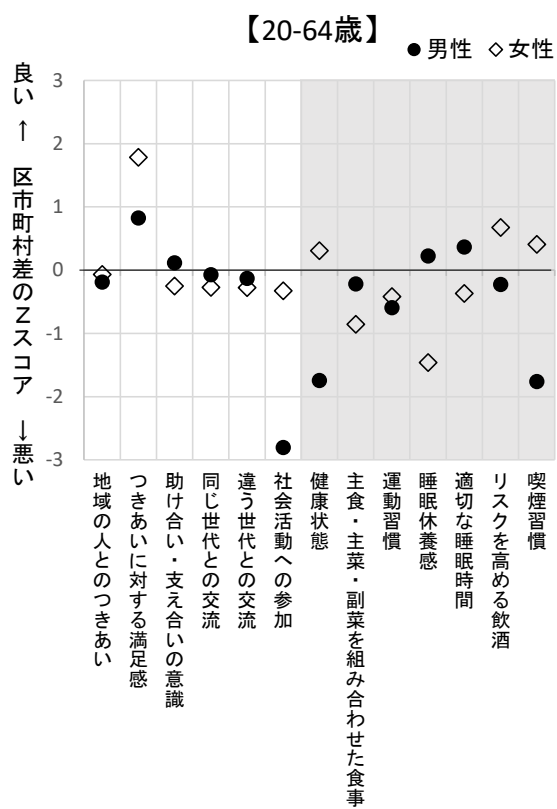
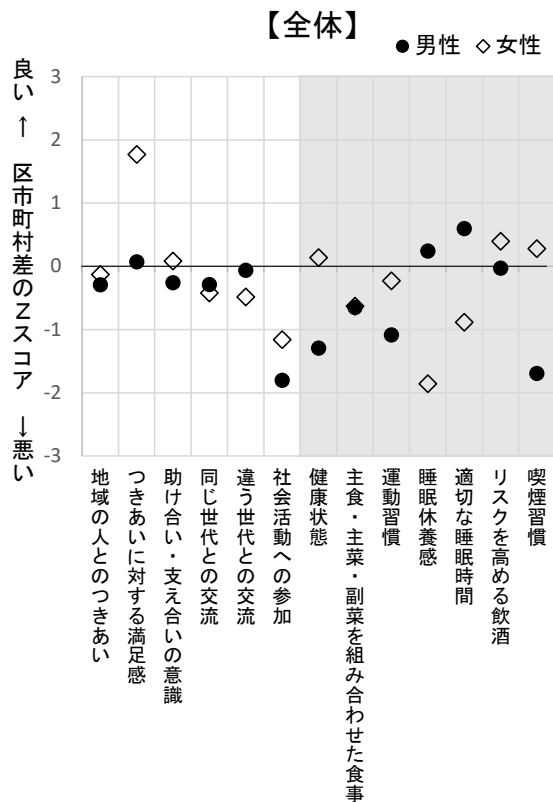
【江戸川区】



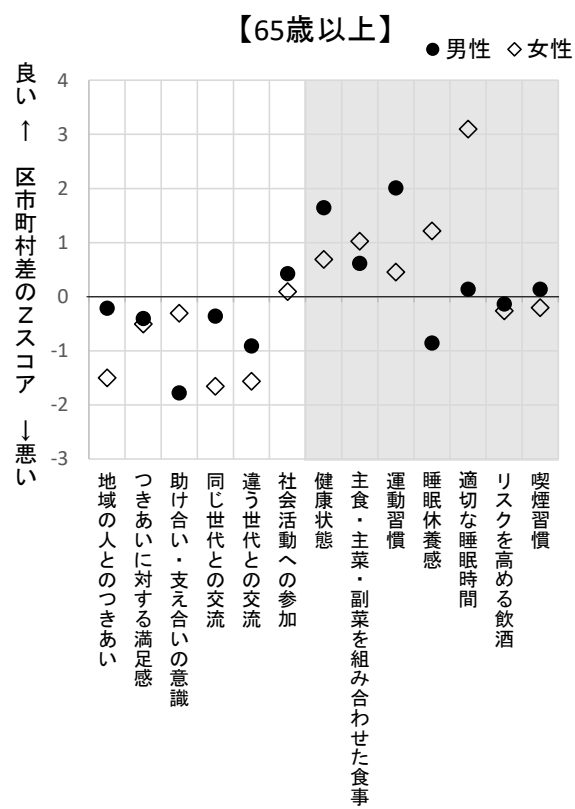
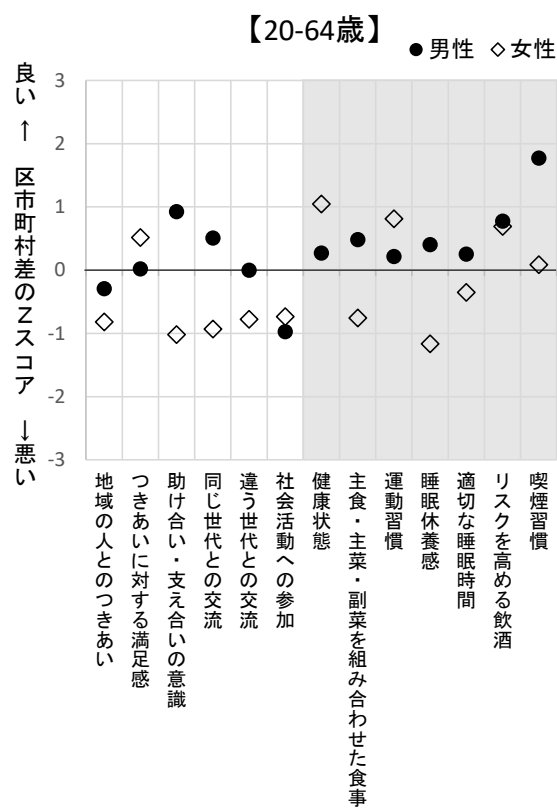
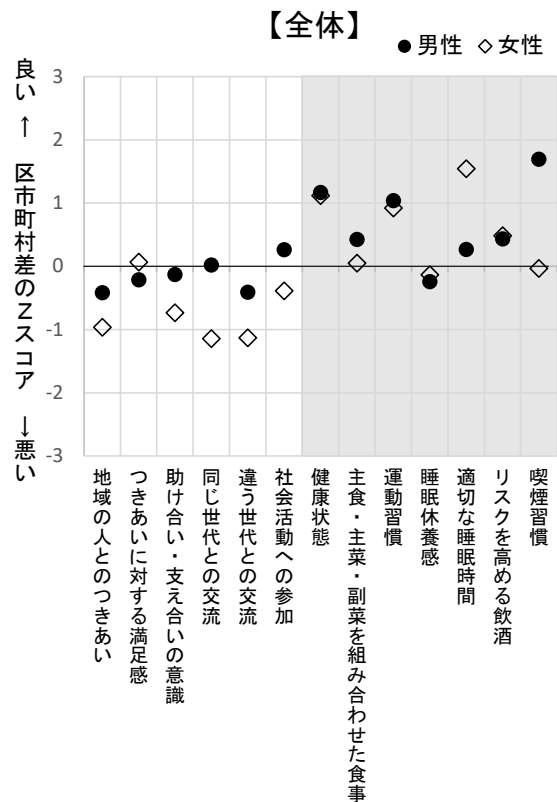
【八王子市】



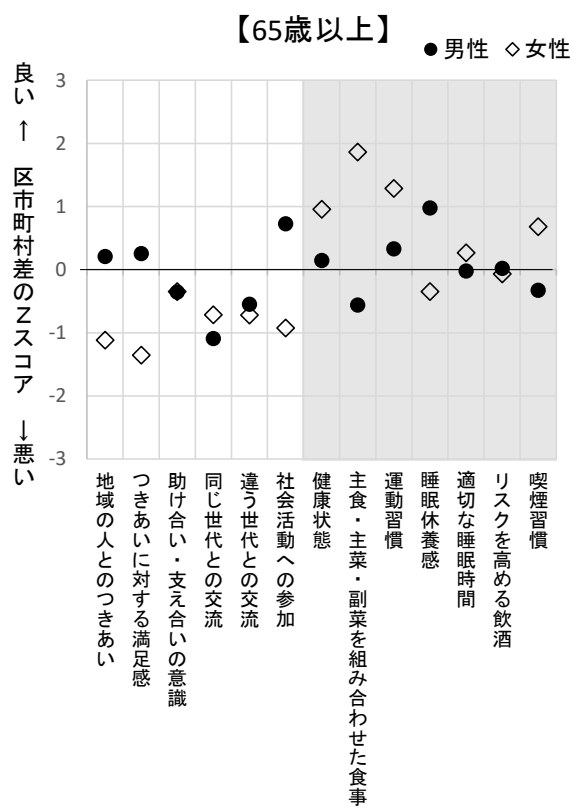
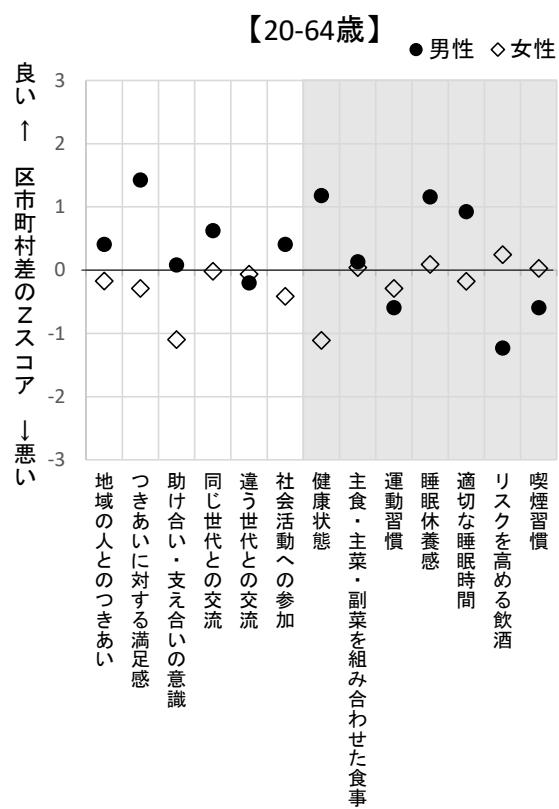
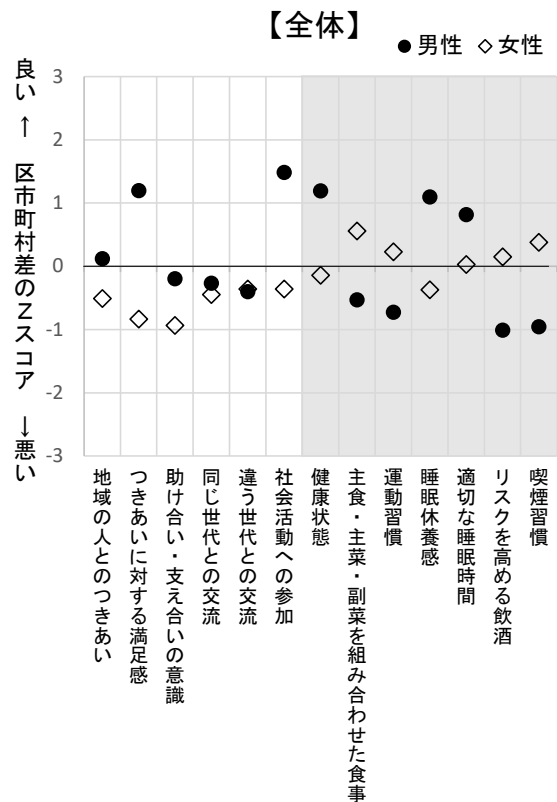
【立川市】



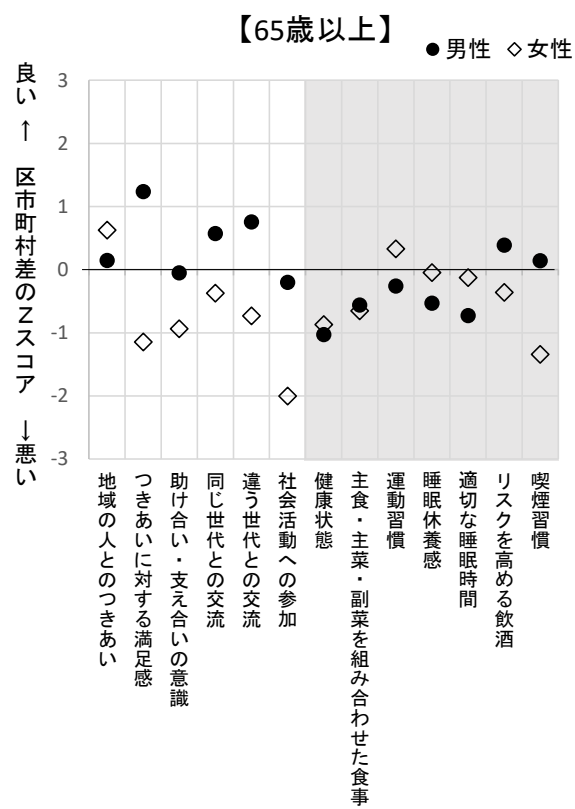
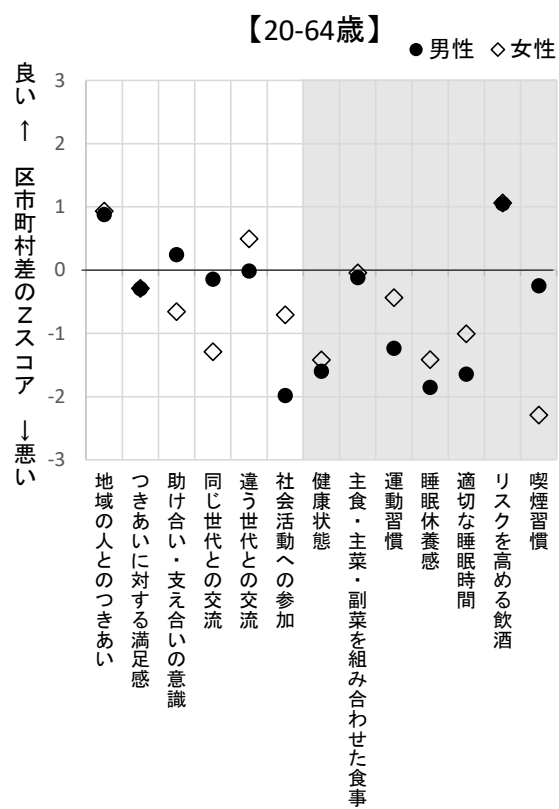
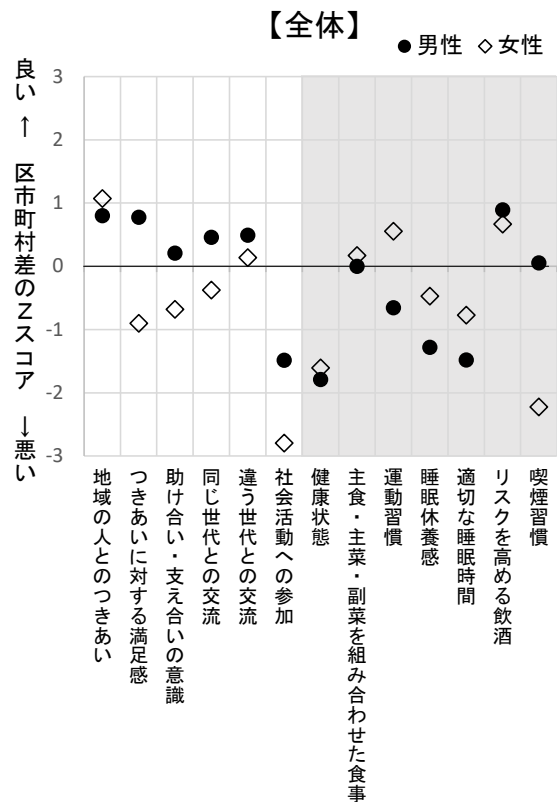
【武蔵野市】



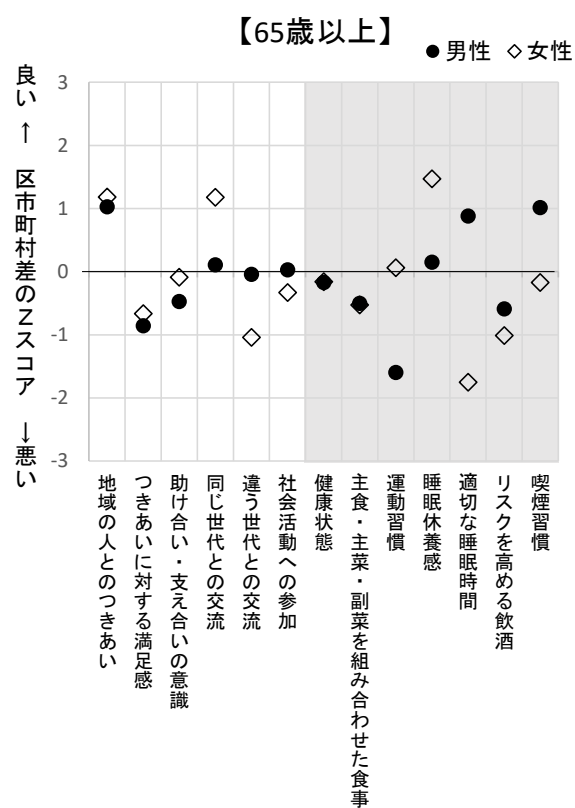
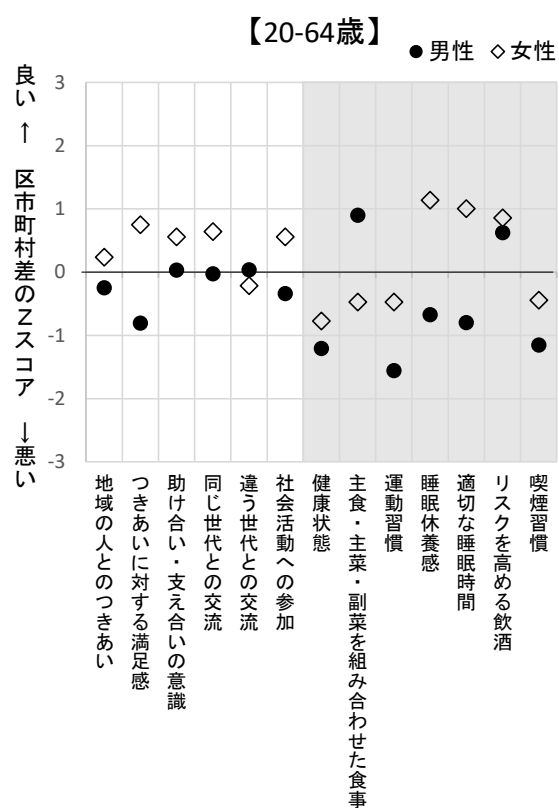
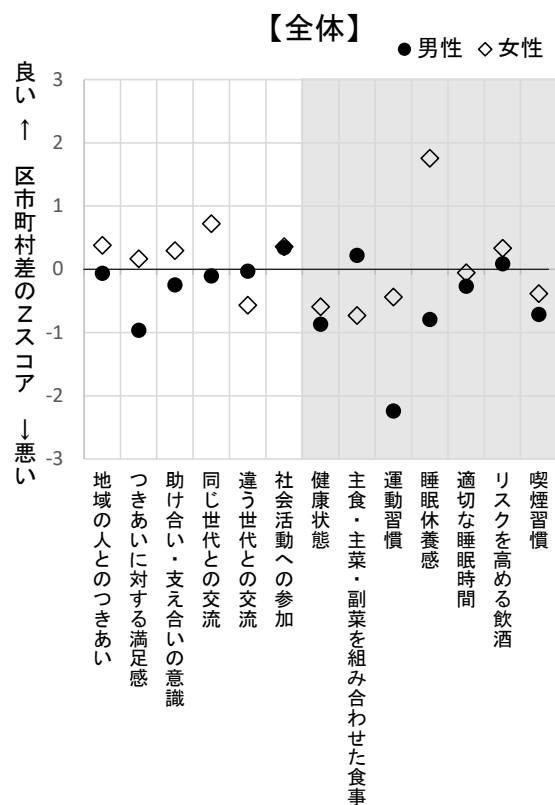
【三鷹市】



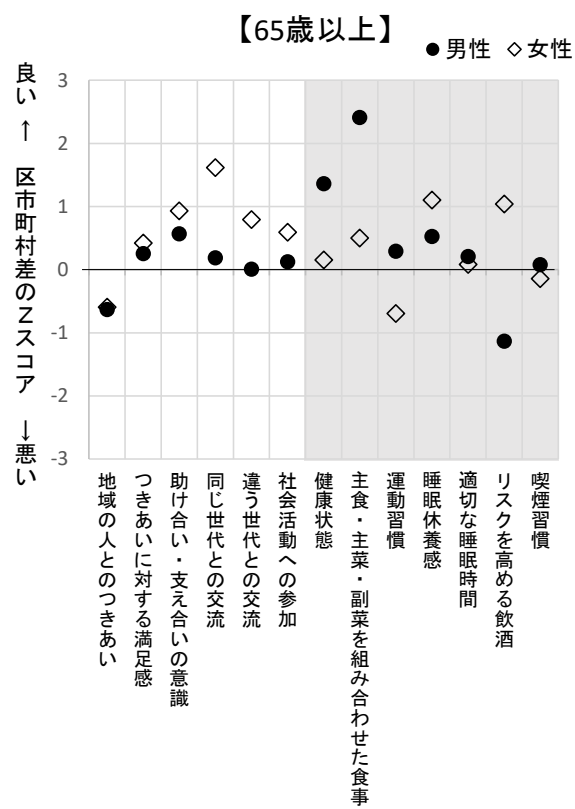
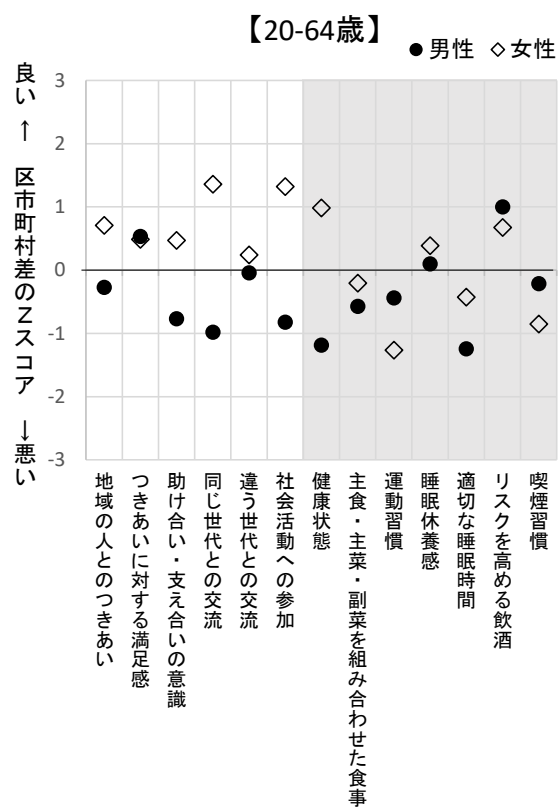
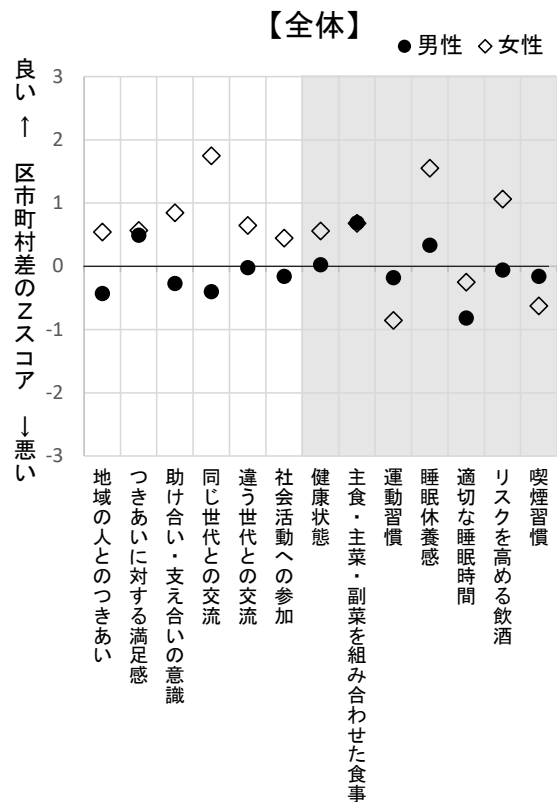
【青梅市】



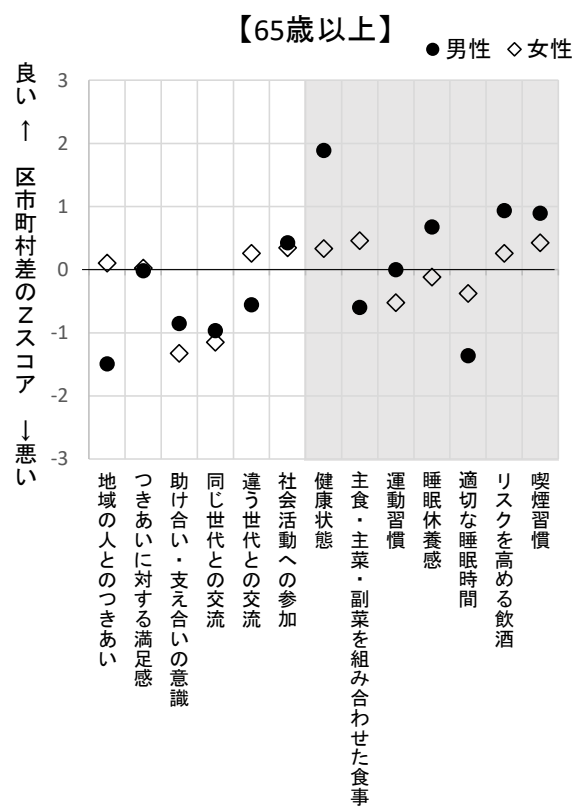
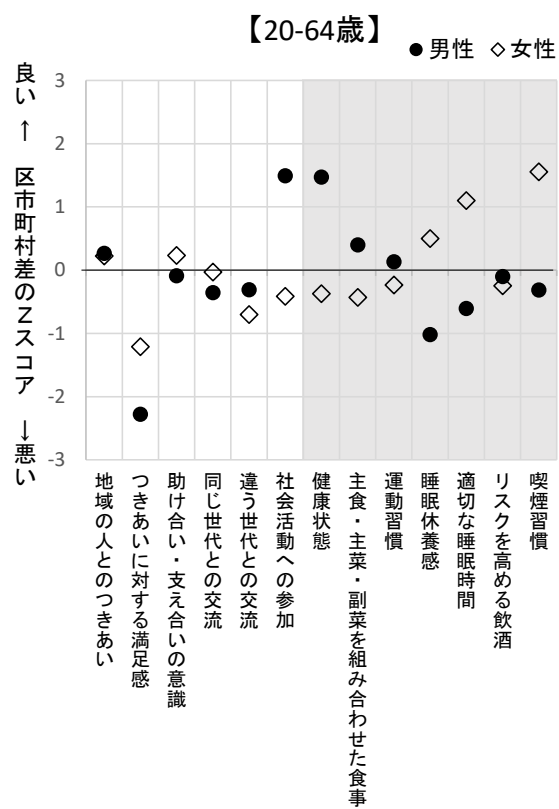
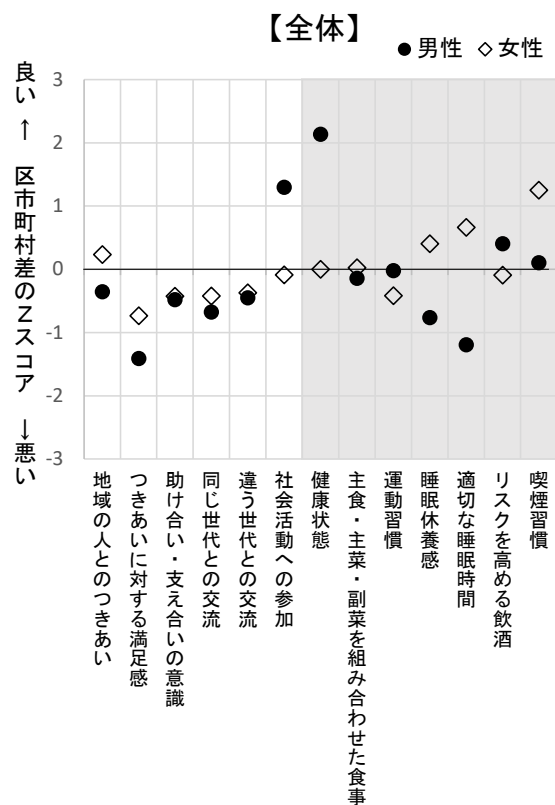
【府中市】



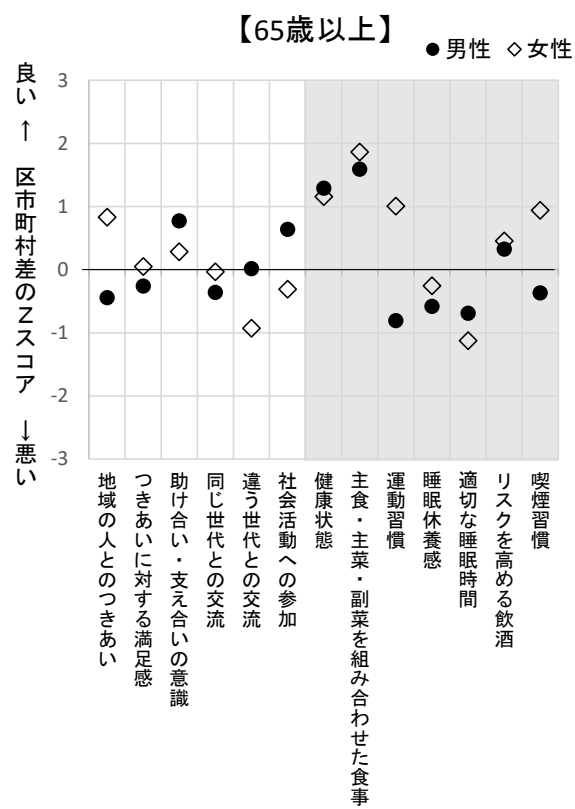
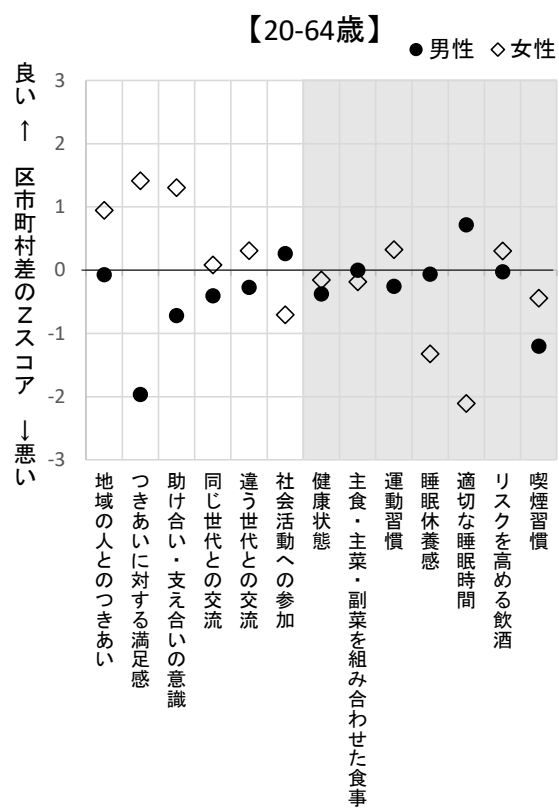
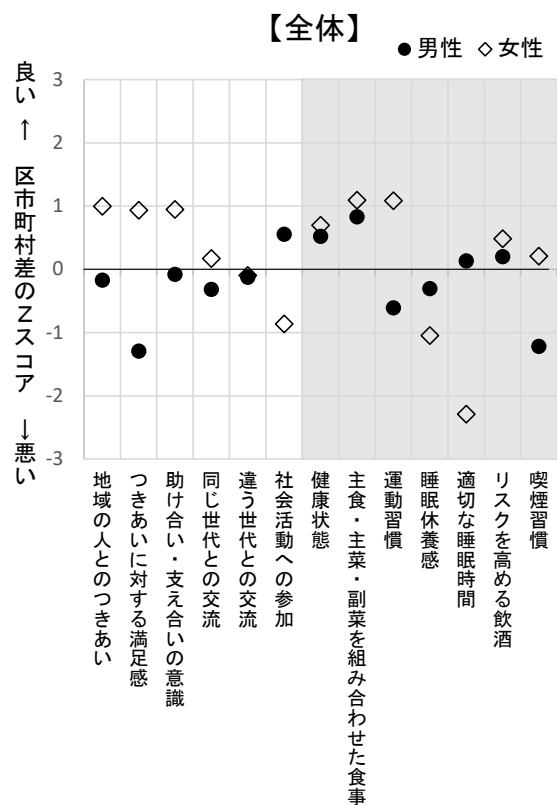
【昭島市】



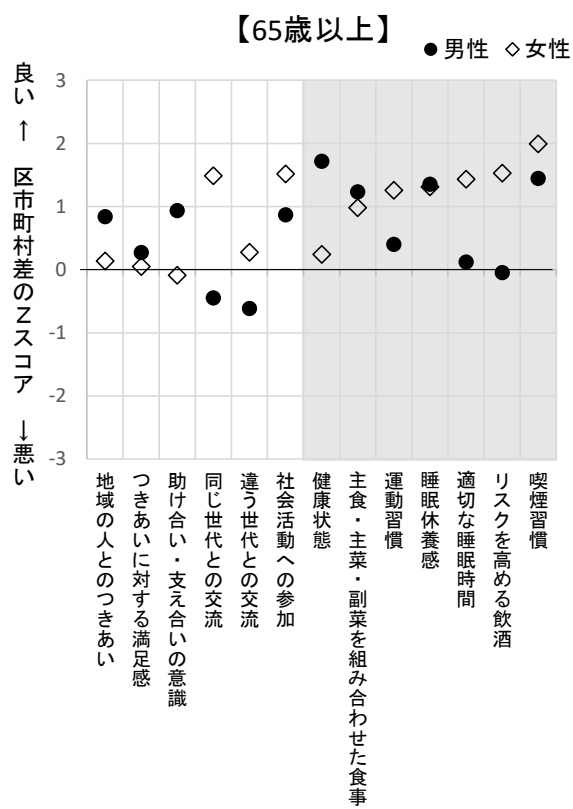
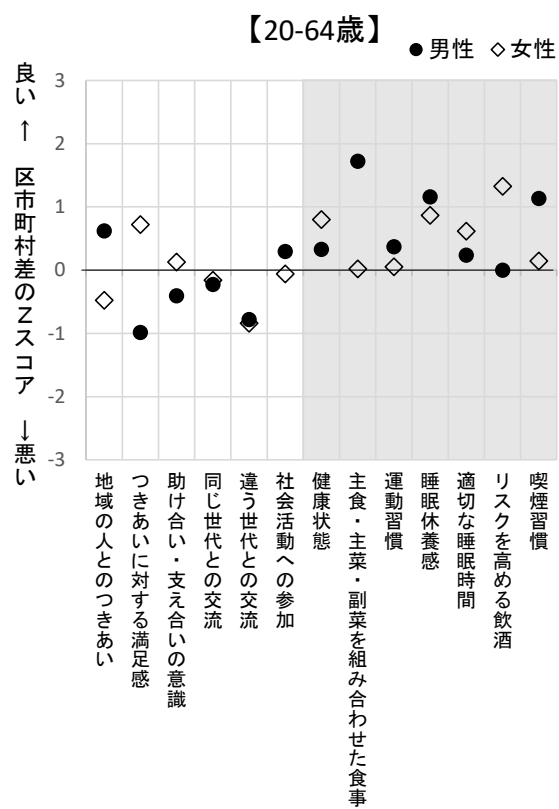
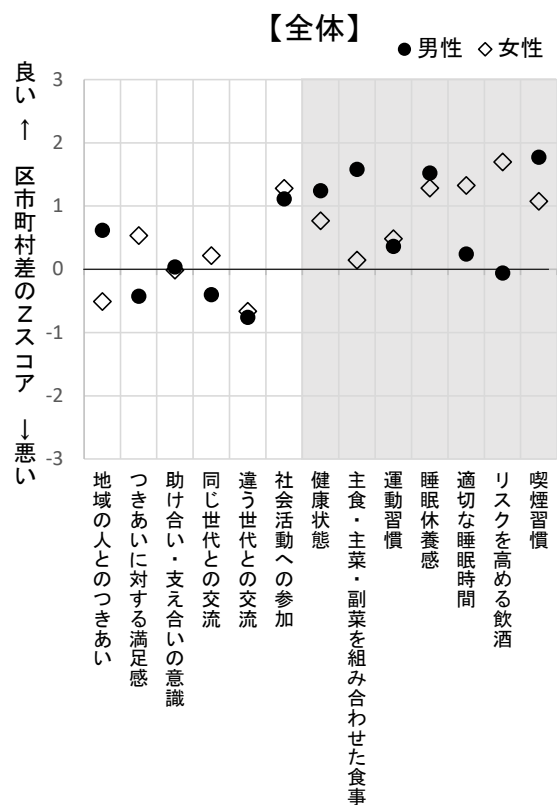
【調布市】



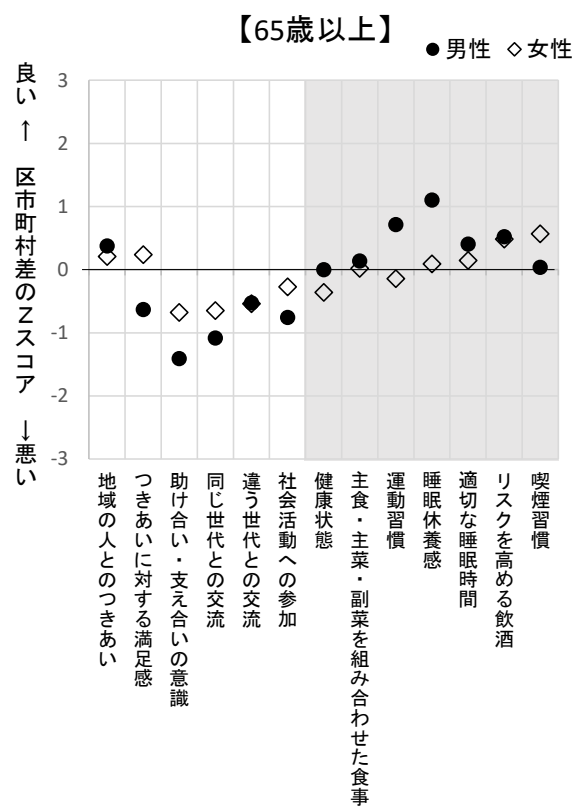
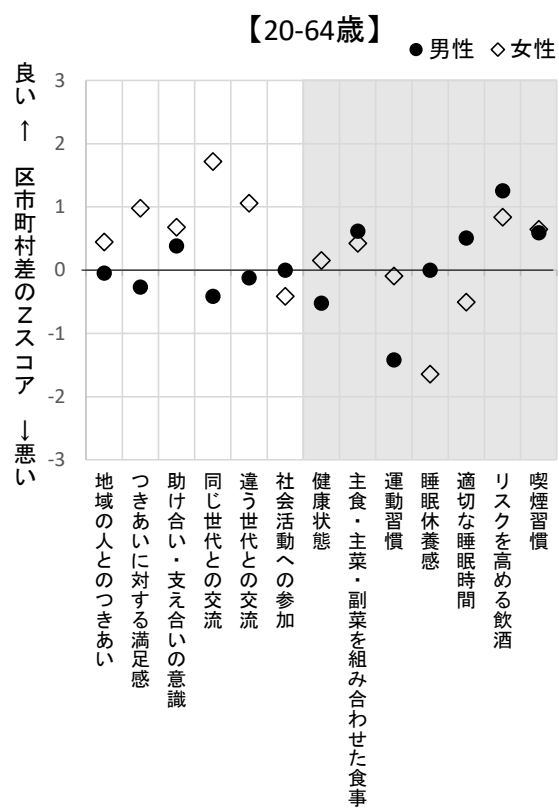
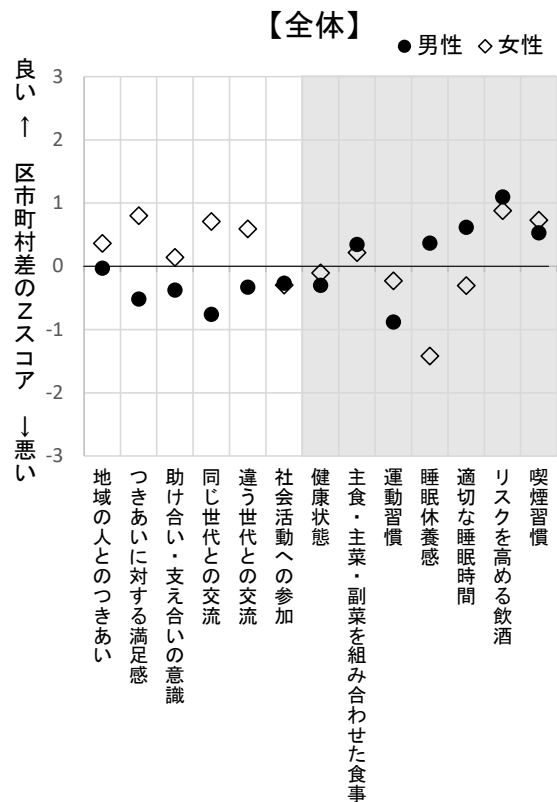
【町田市】



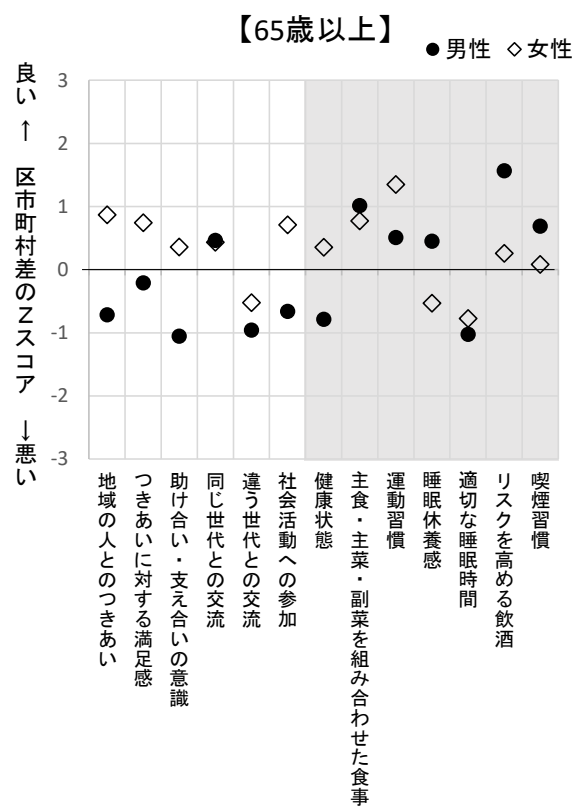
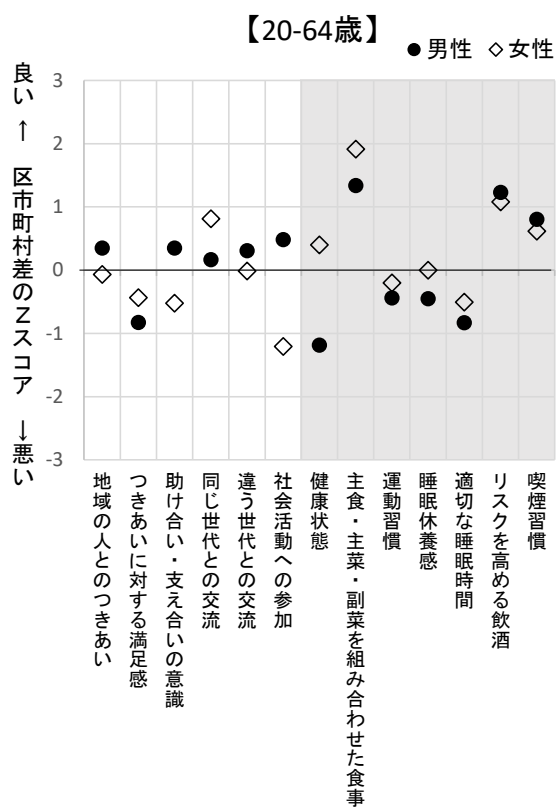
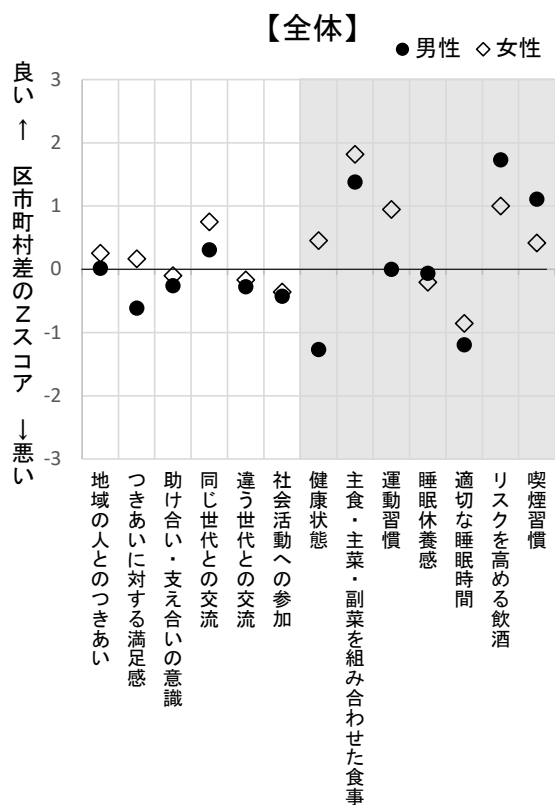
【小金井市】



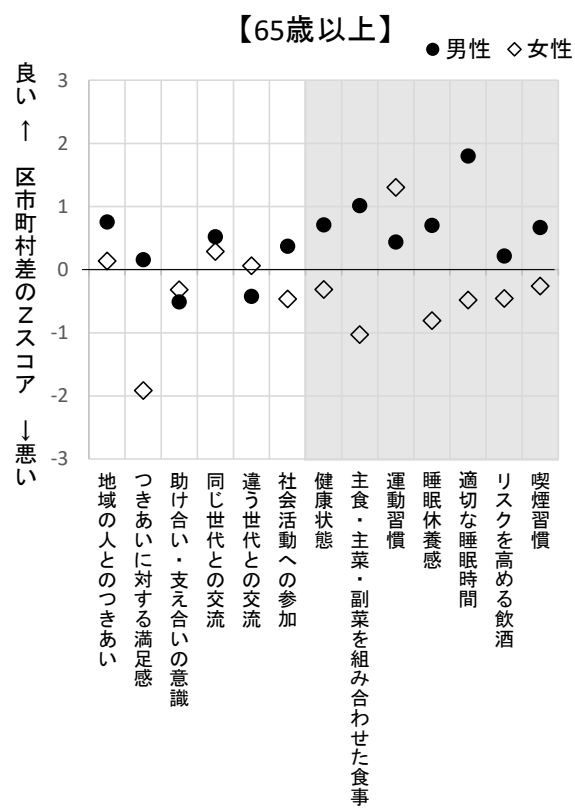
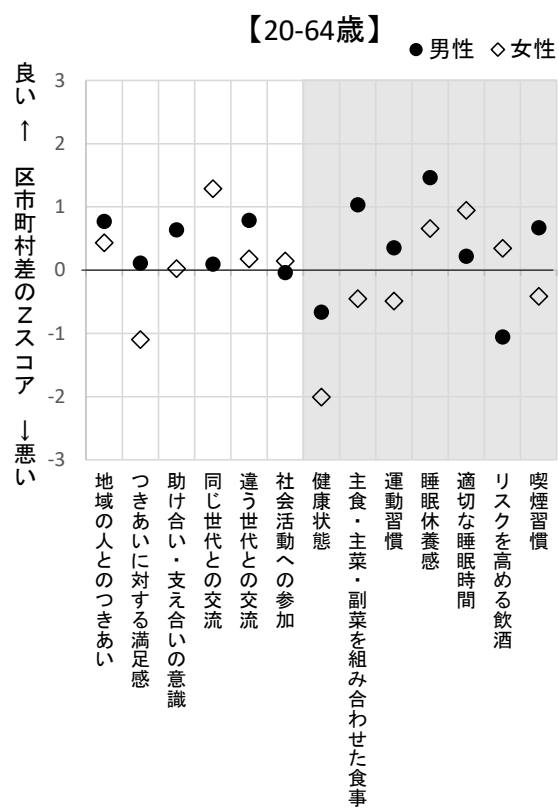
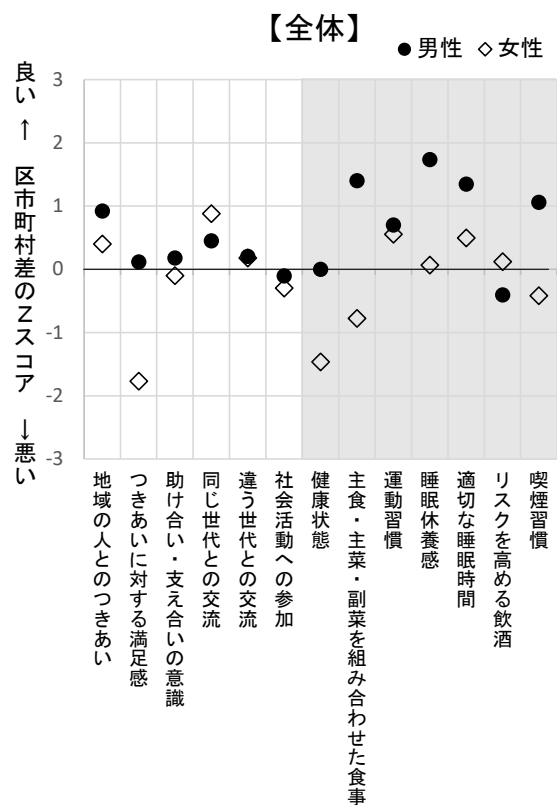
【小平市】



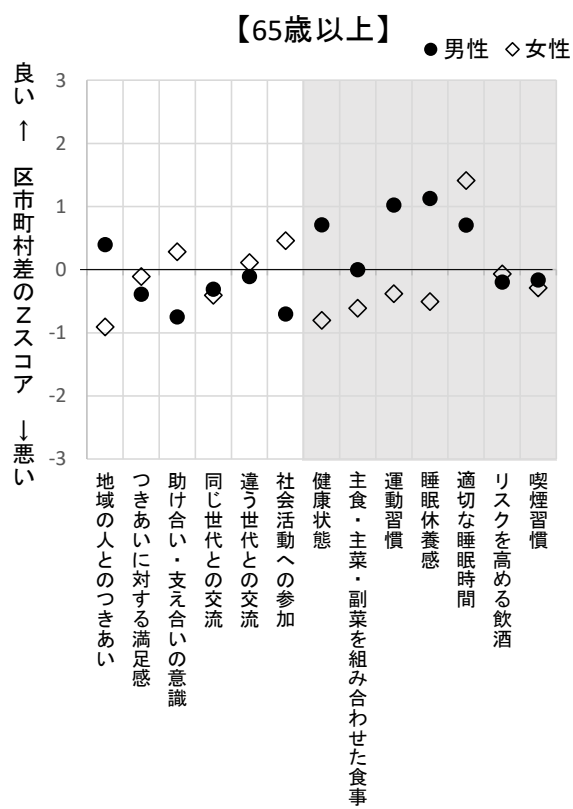
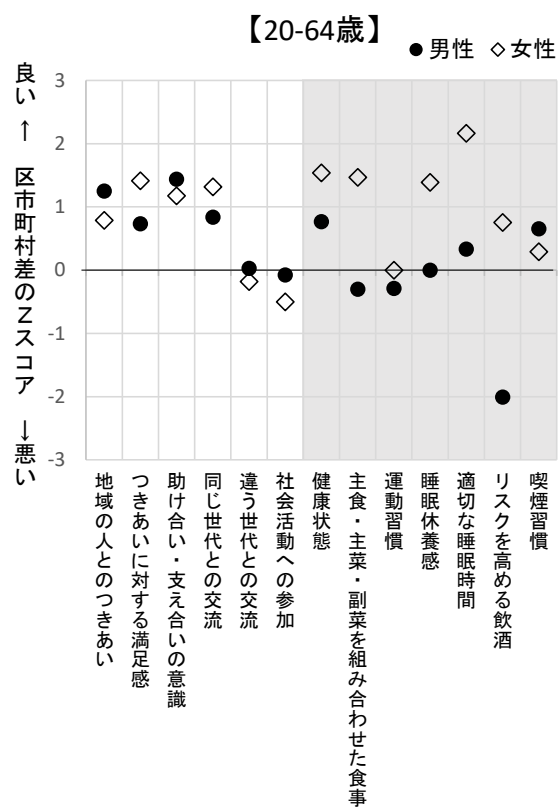
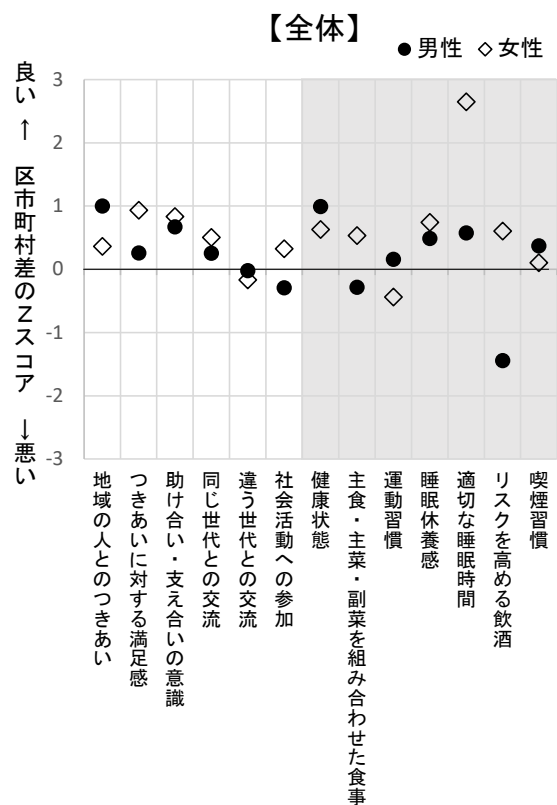
【日野市】



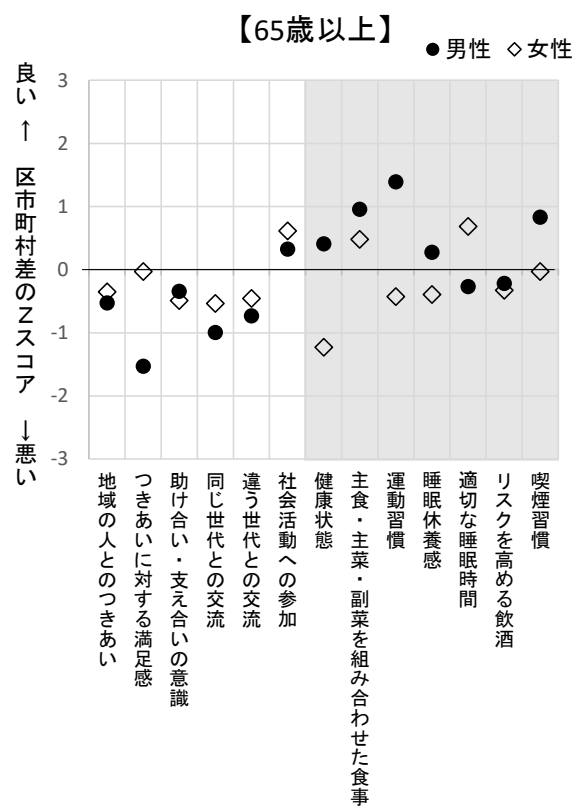
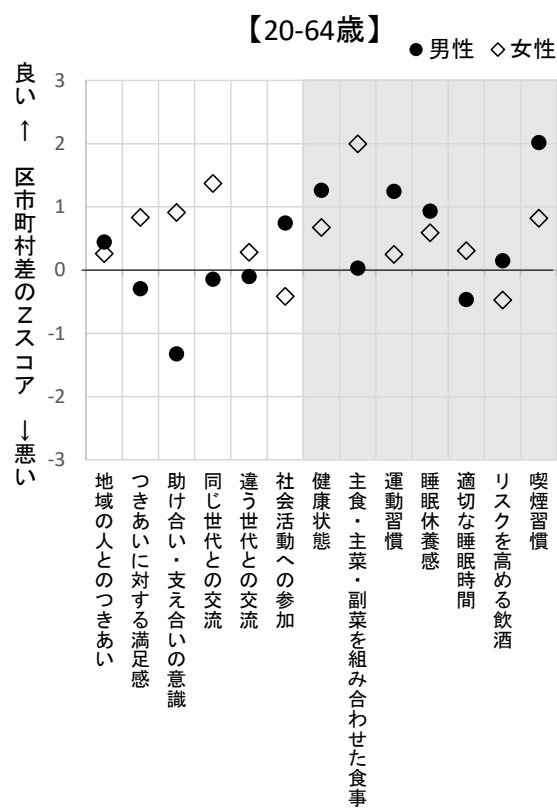
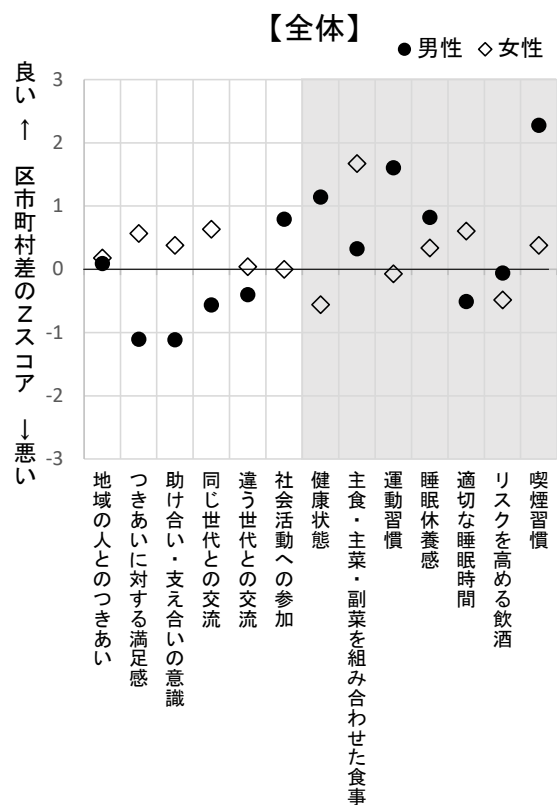
【東村山市】



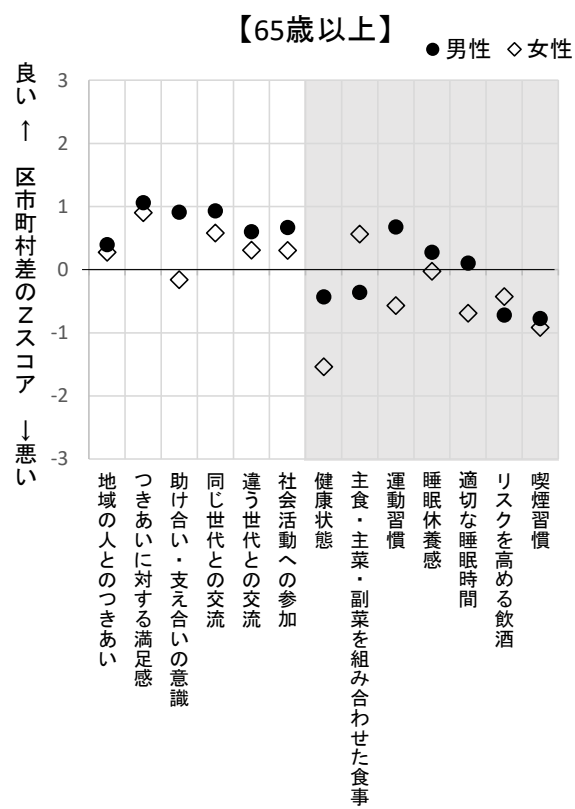
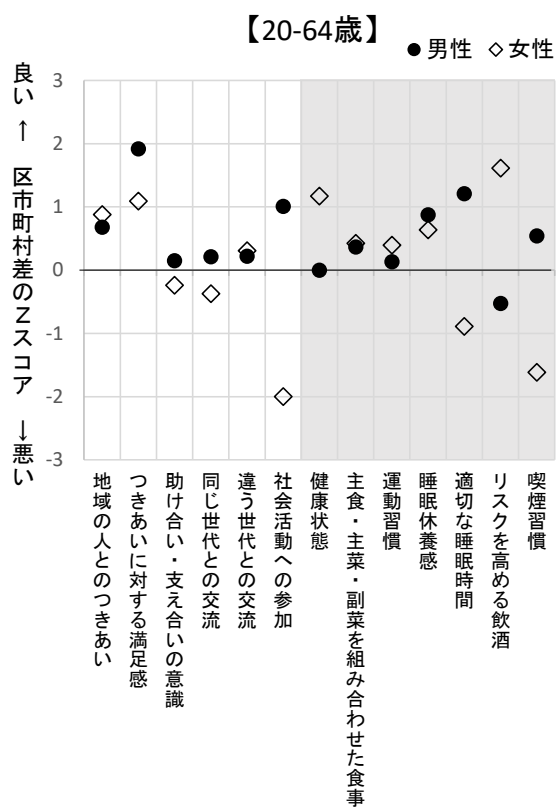
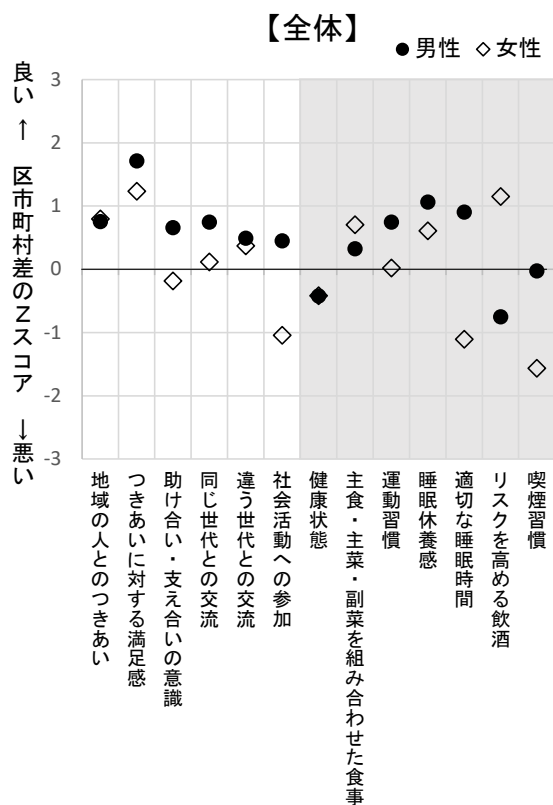
【国分寺市】



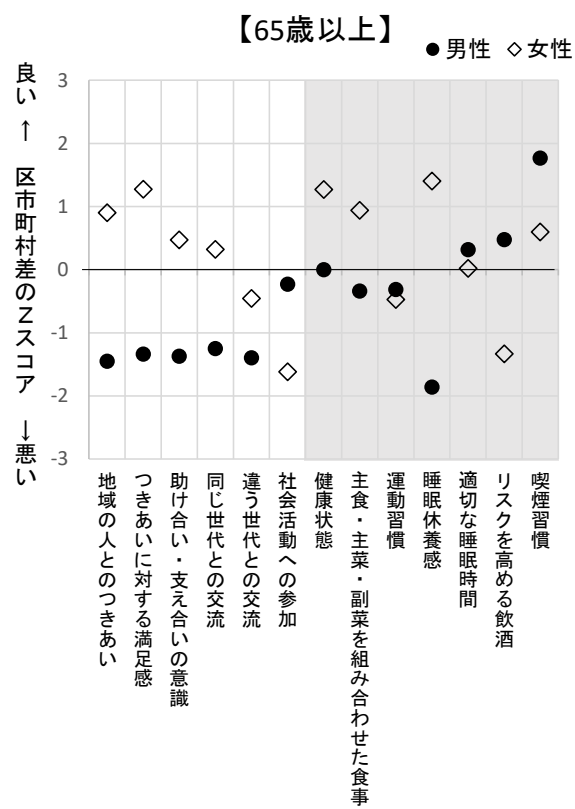
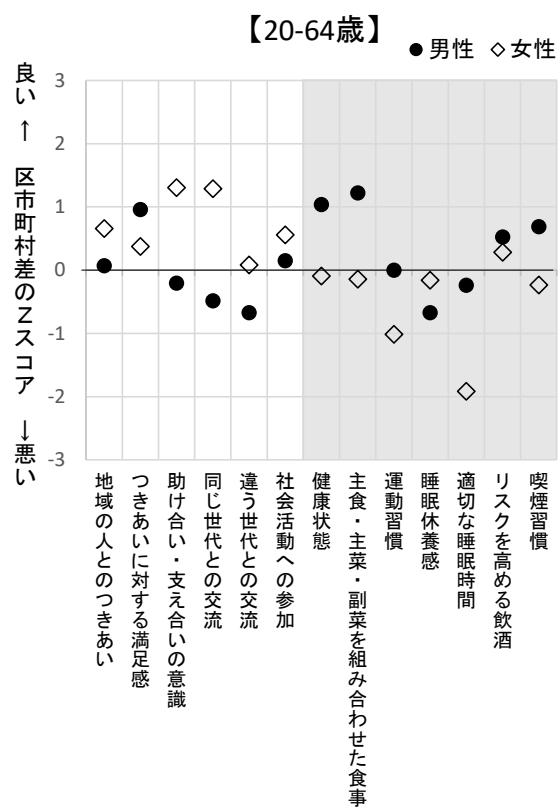
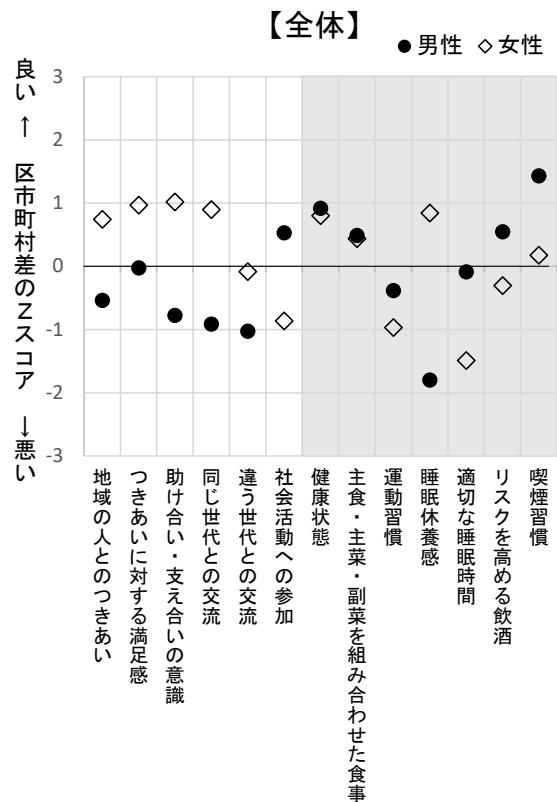
【国立市】



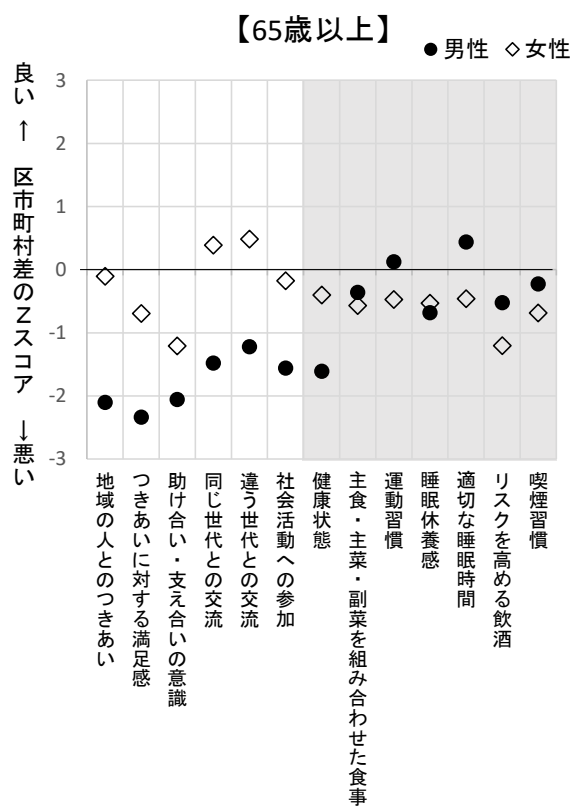
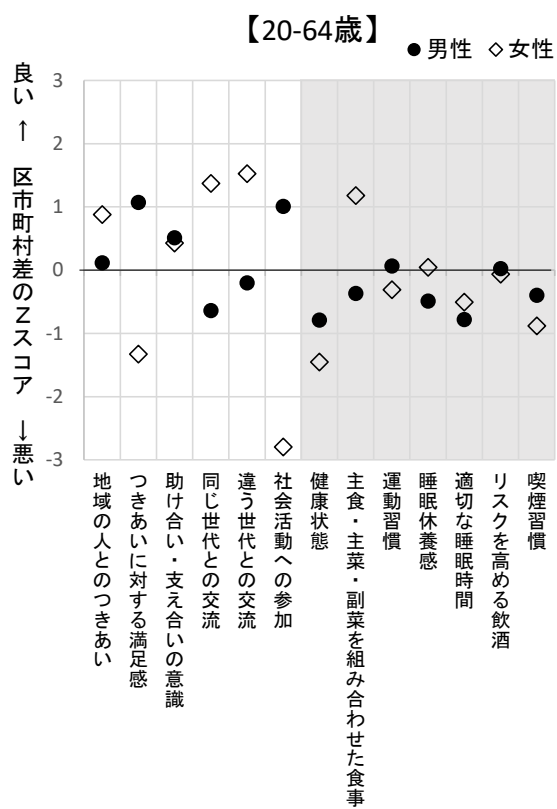
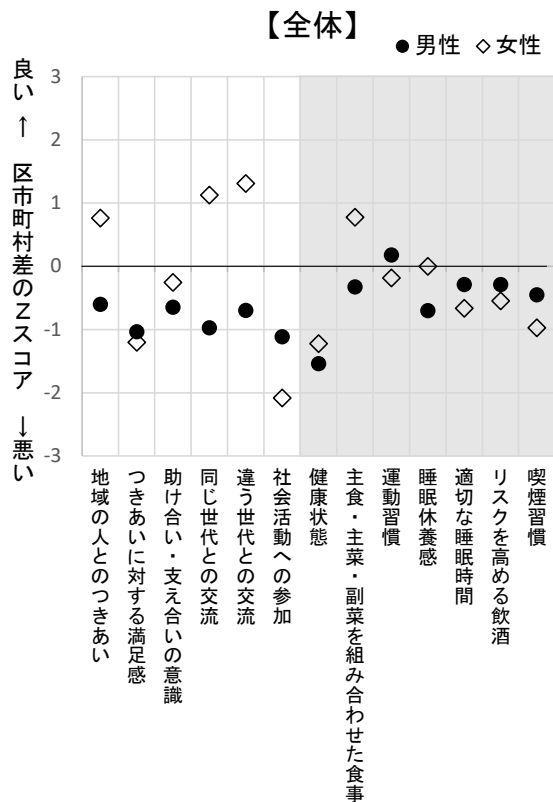
【福生市】



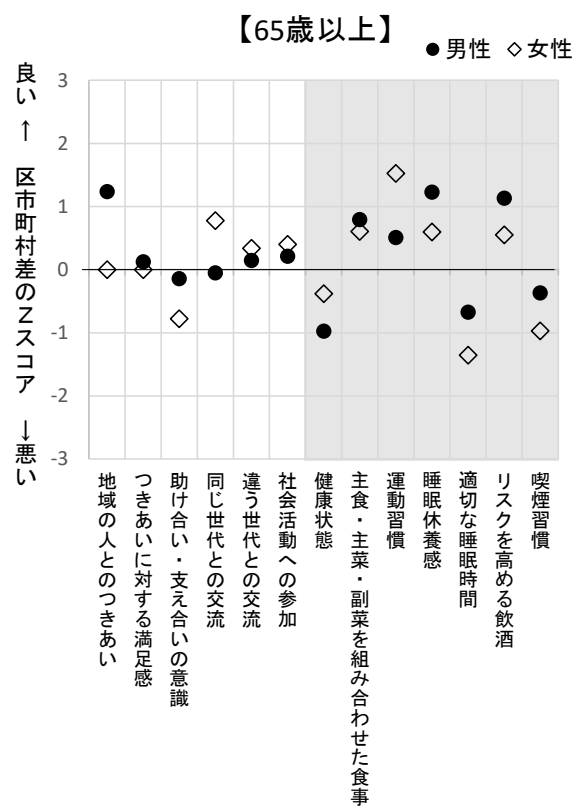
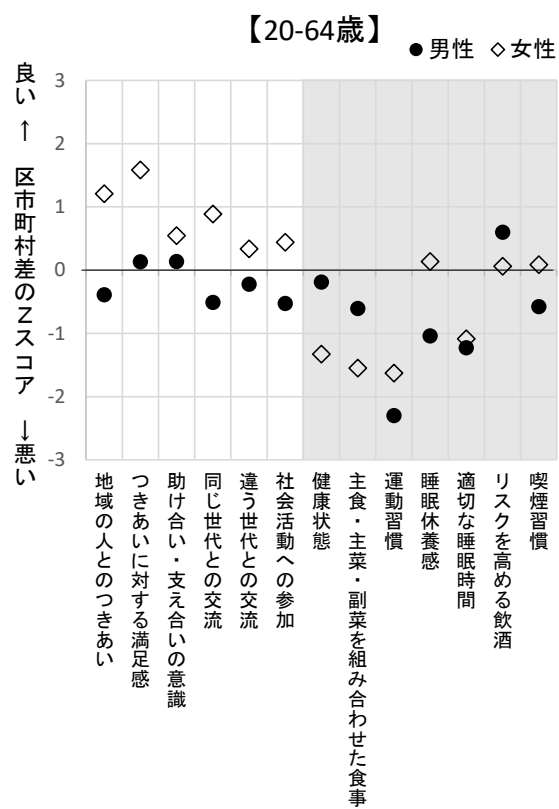
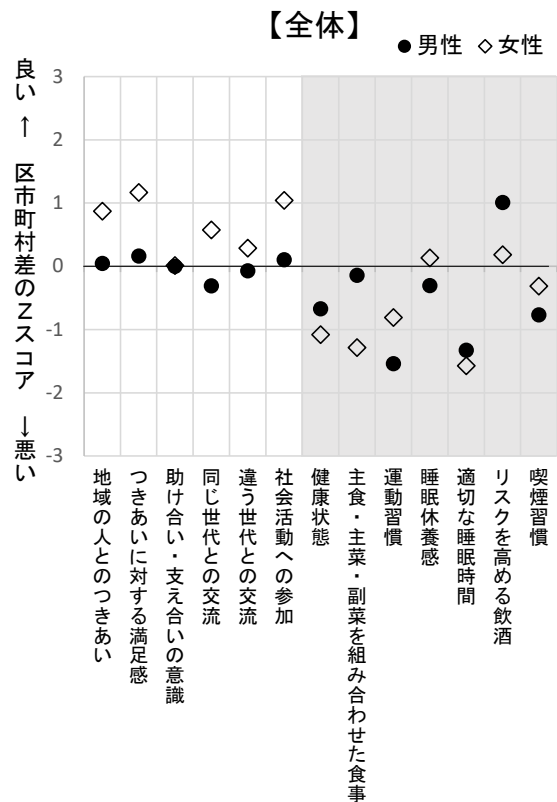
【狛江市】



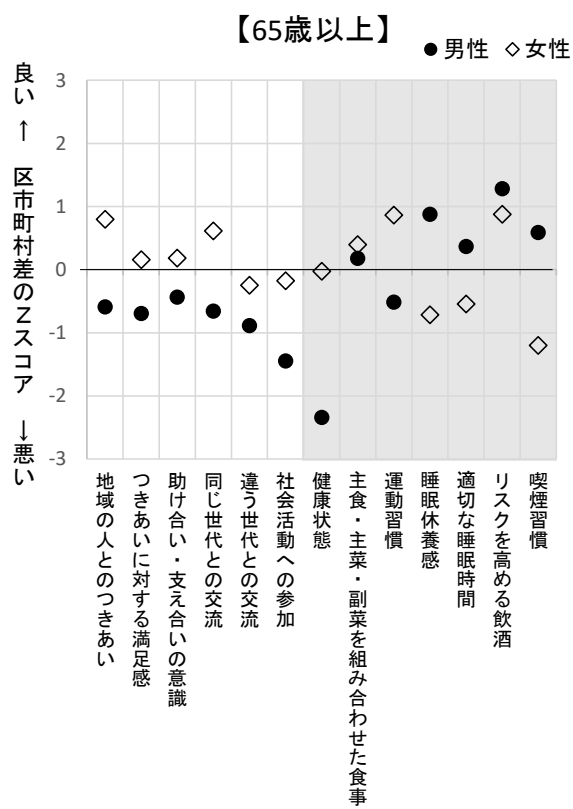
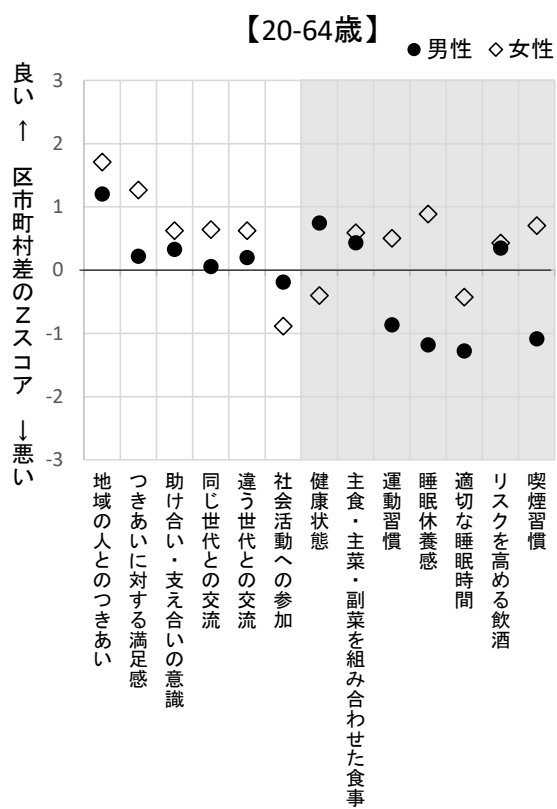
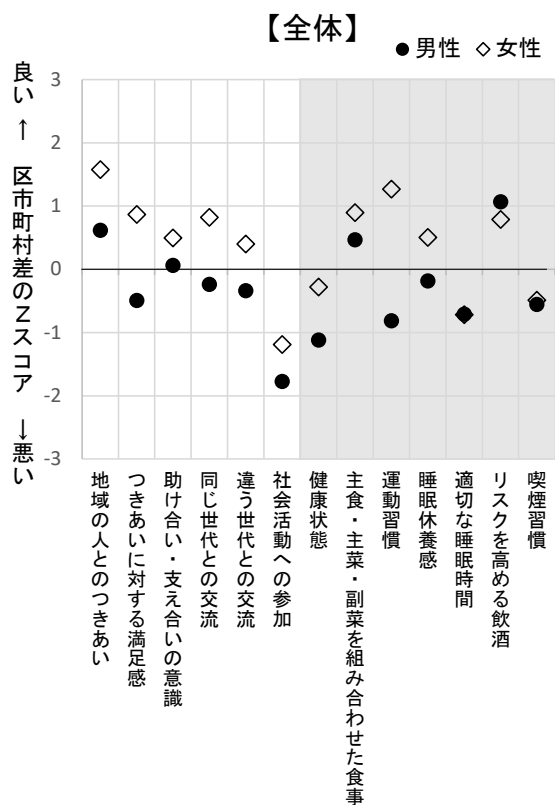
【東大和市】



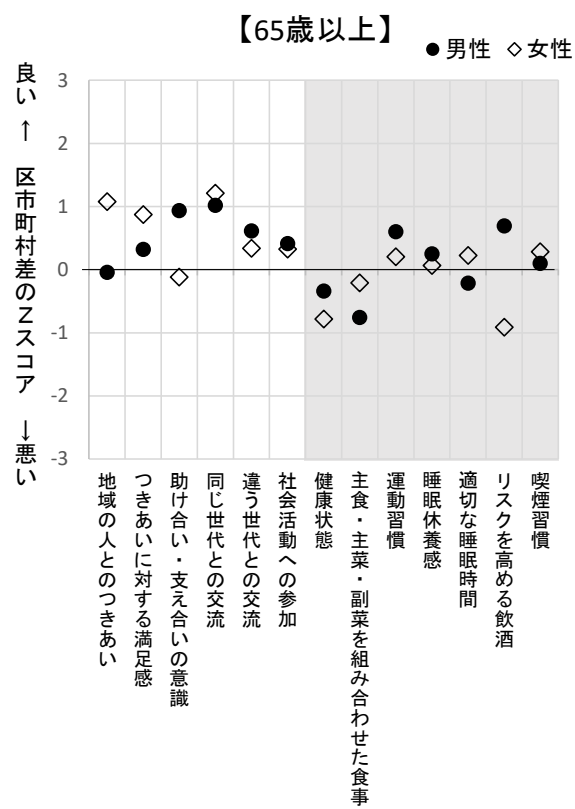
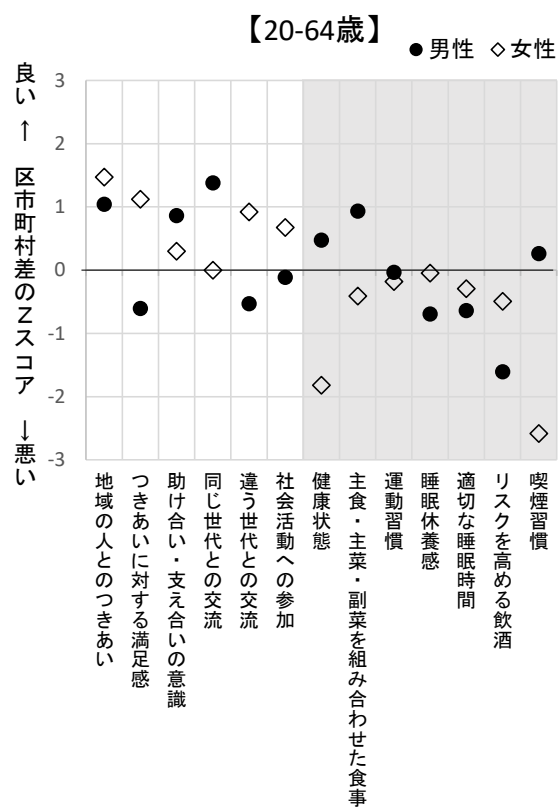
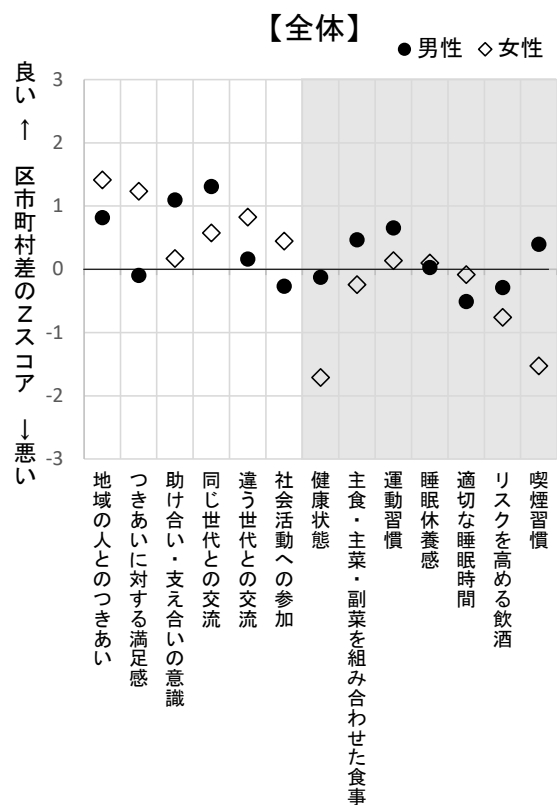
【清瀬市】



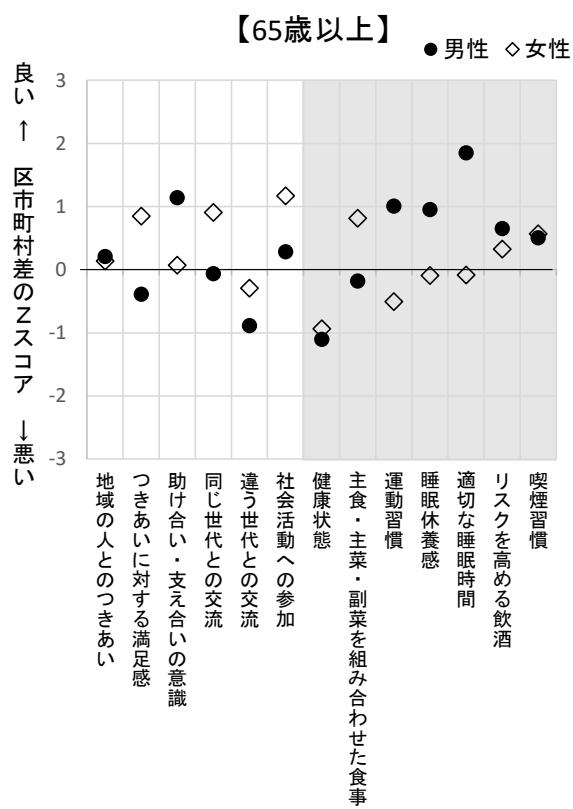
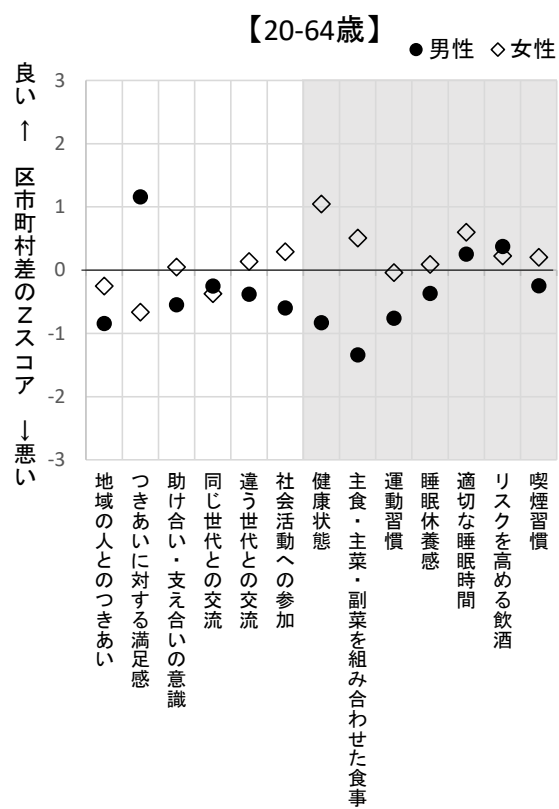
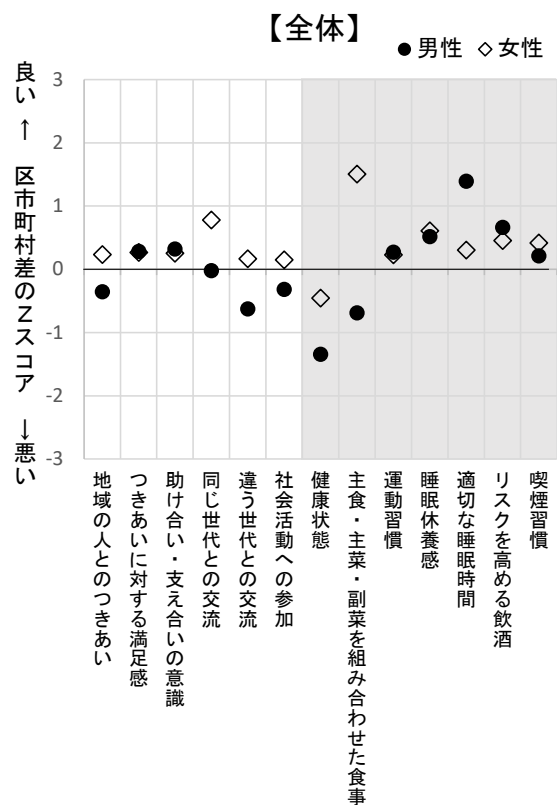
【東久留米市】



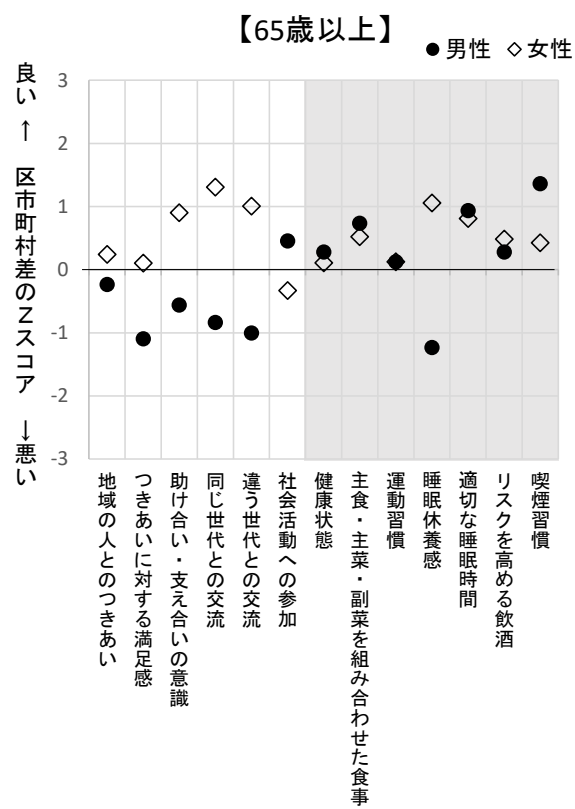
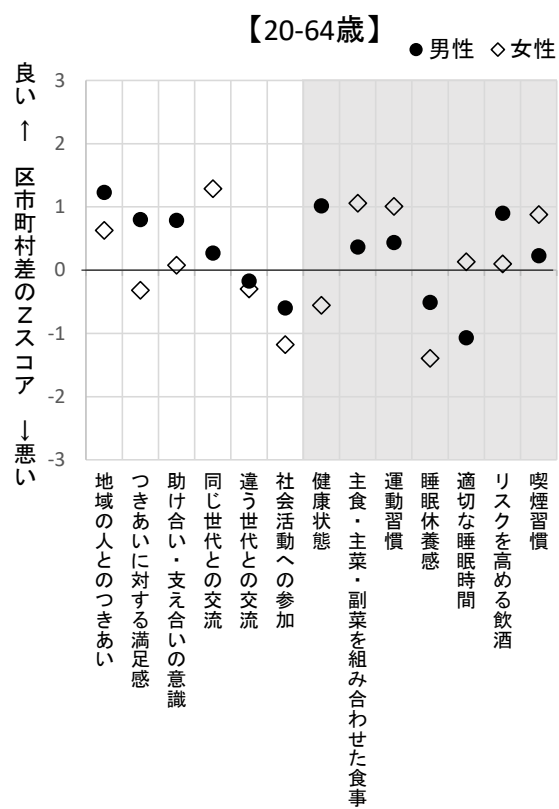
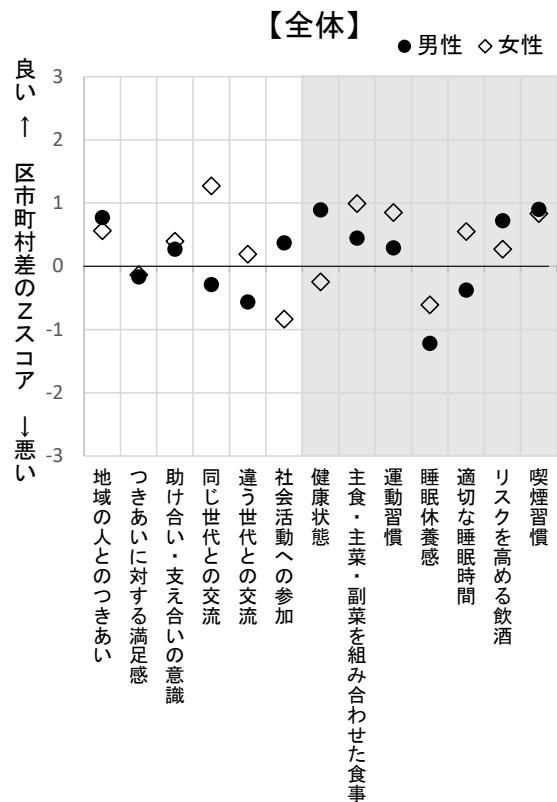
【武蔵村山市】



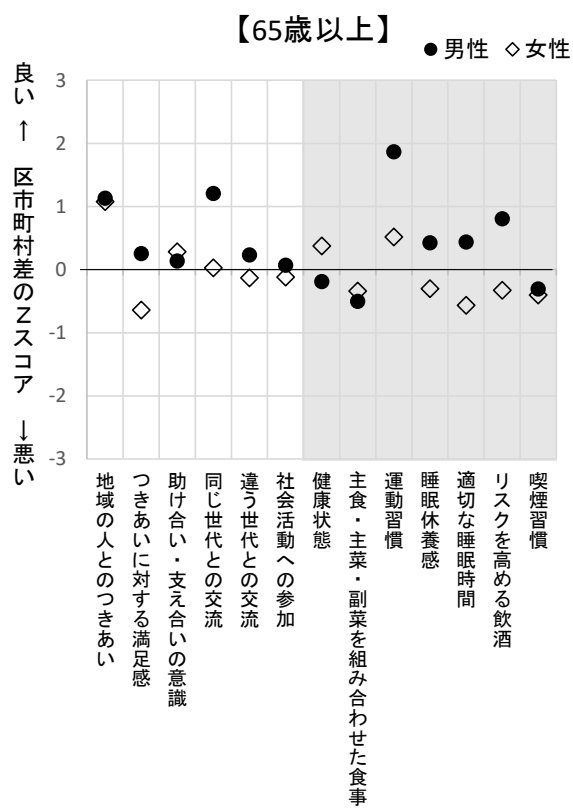
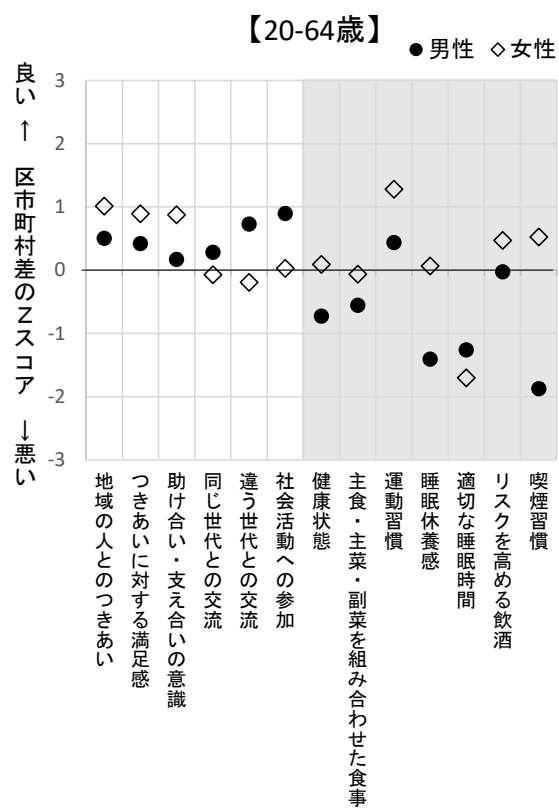
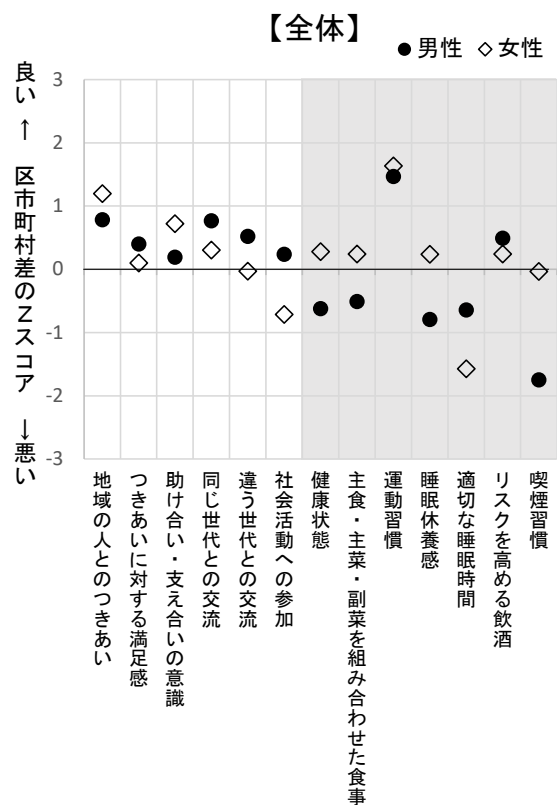
【多摩市】



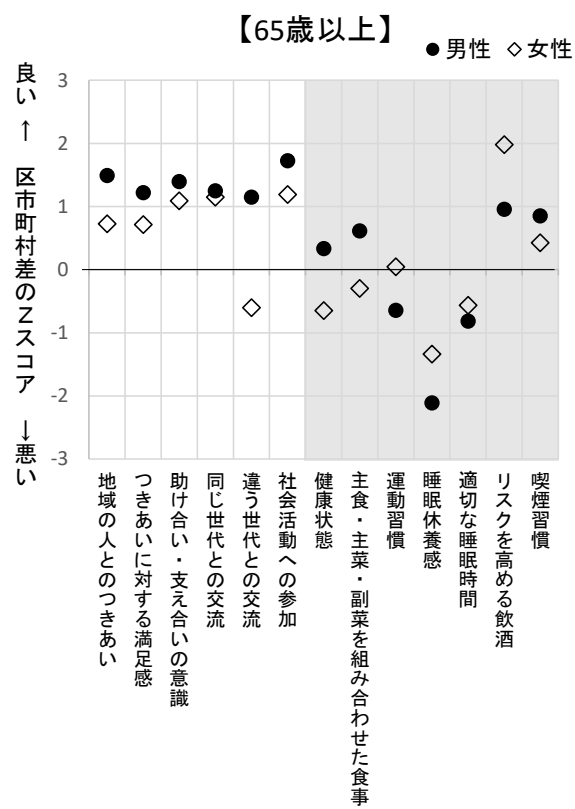
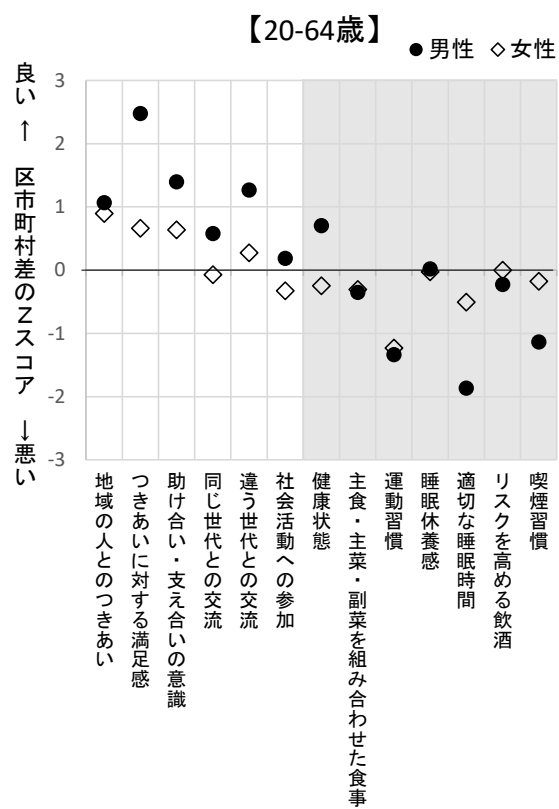
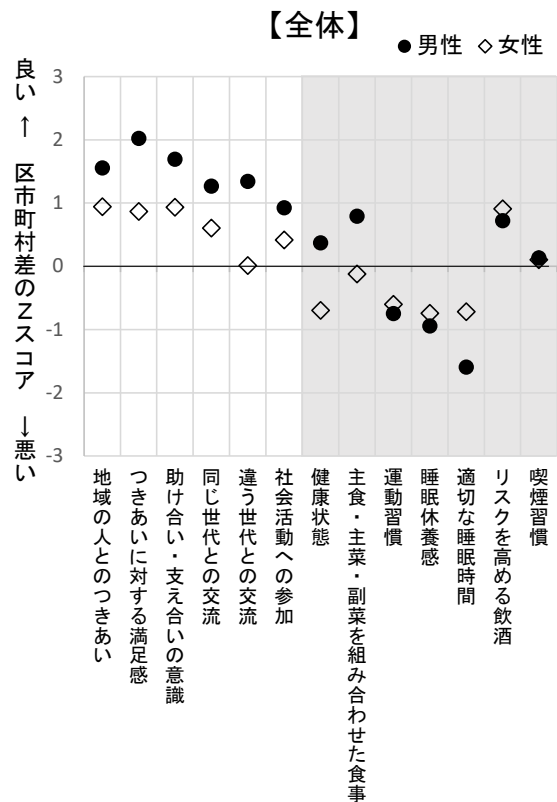
【稲城市】



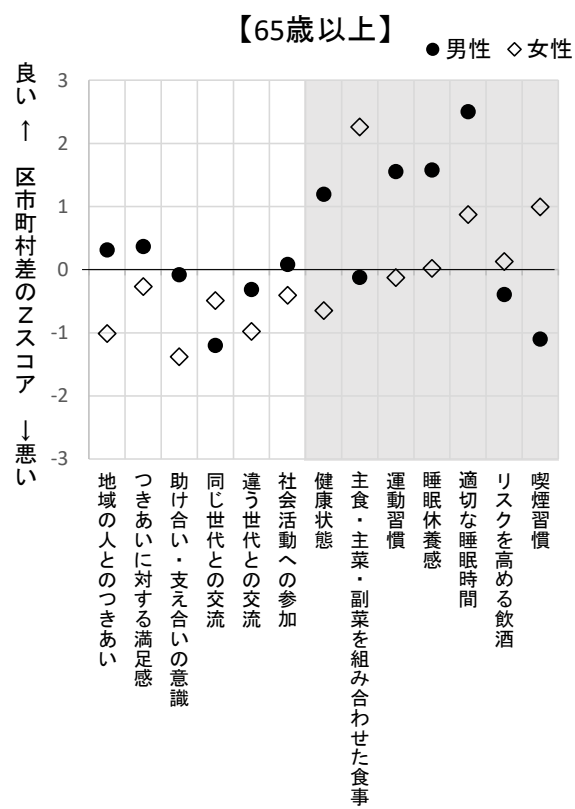
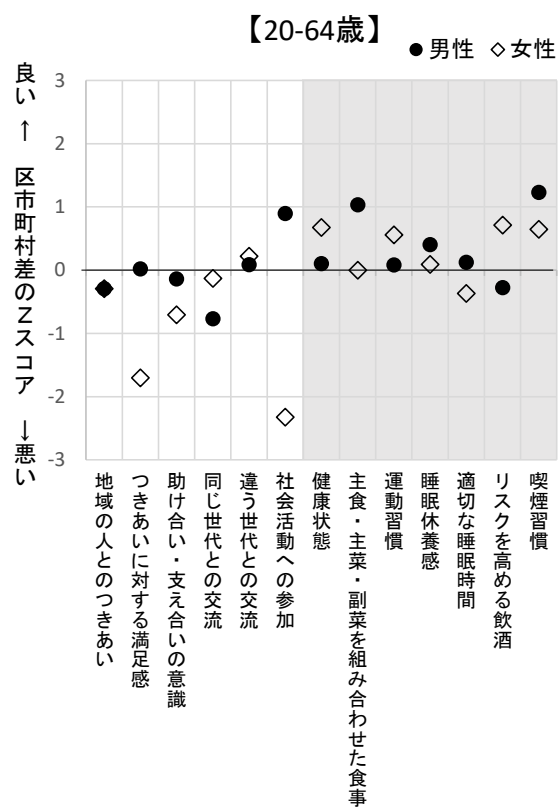
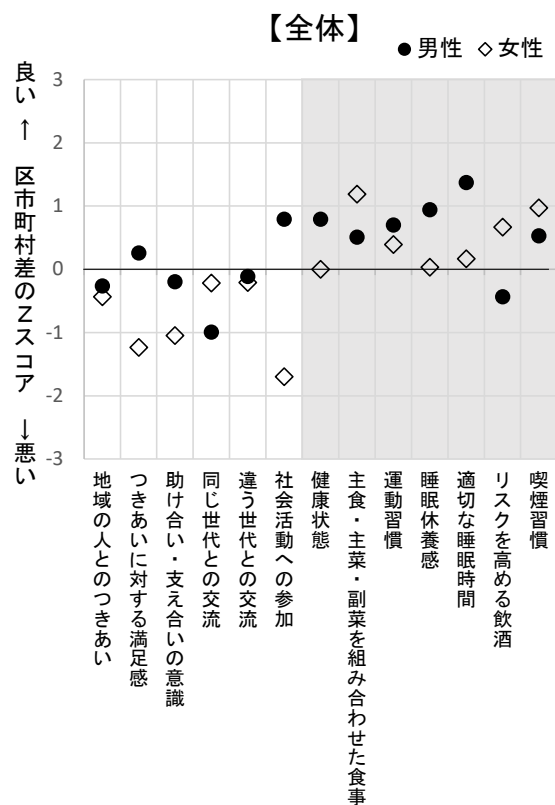
【羽村市】



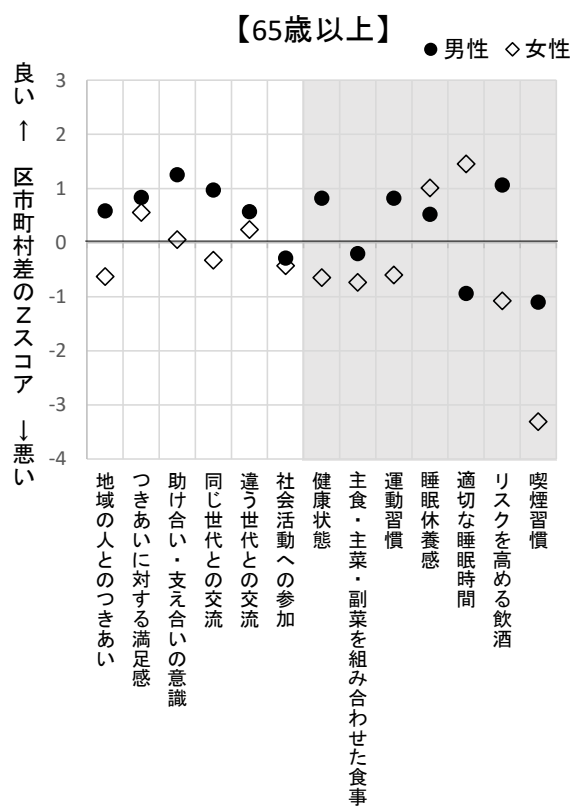
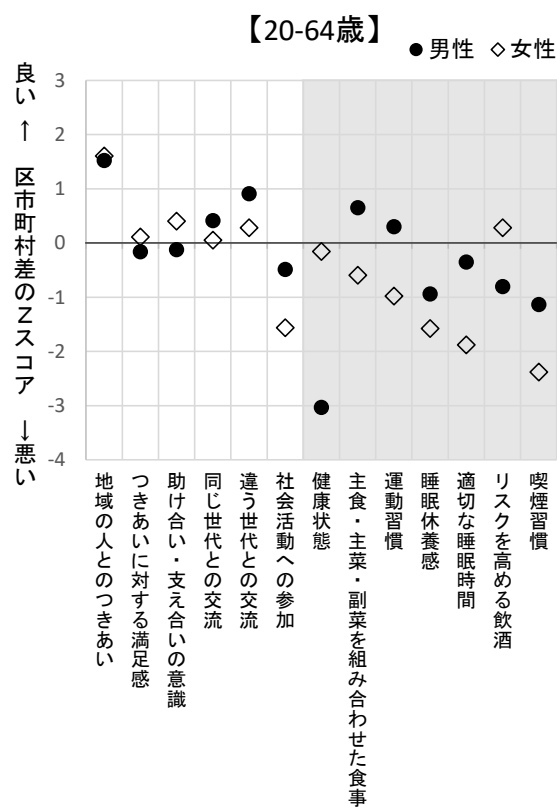
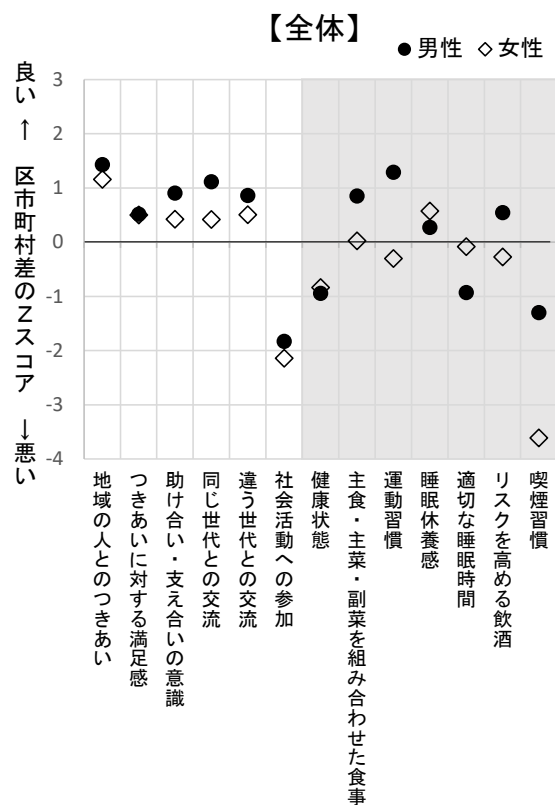
【あきる野市】



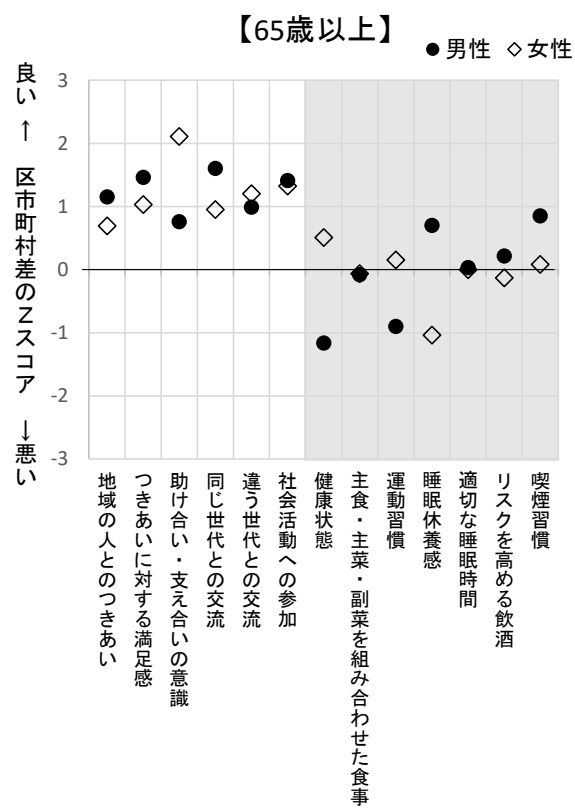
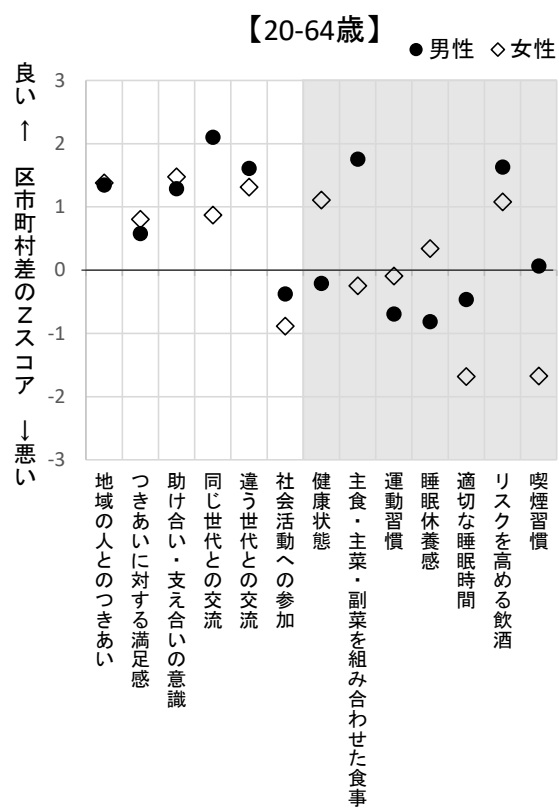
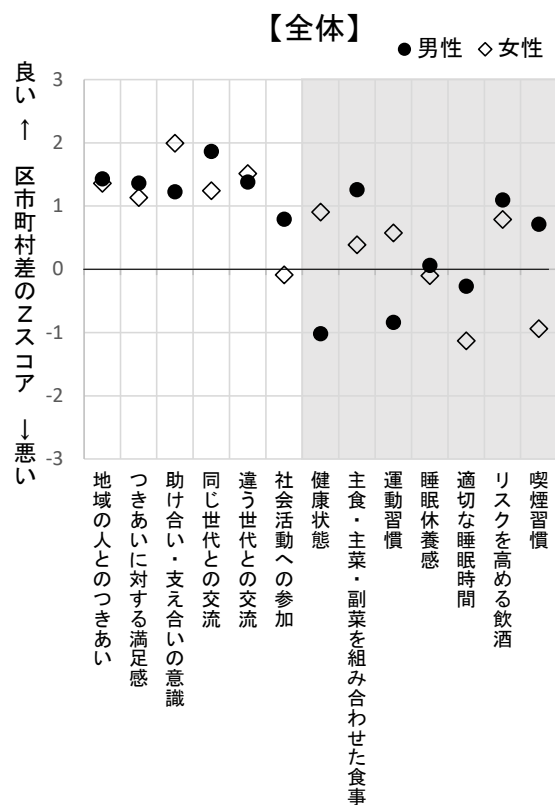
【西東京市】



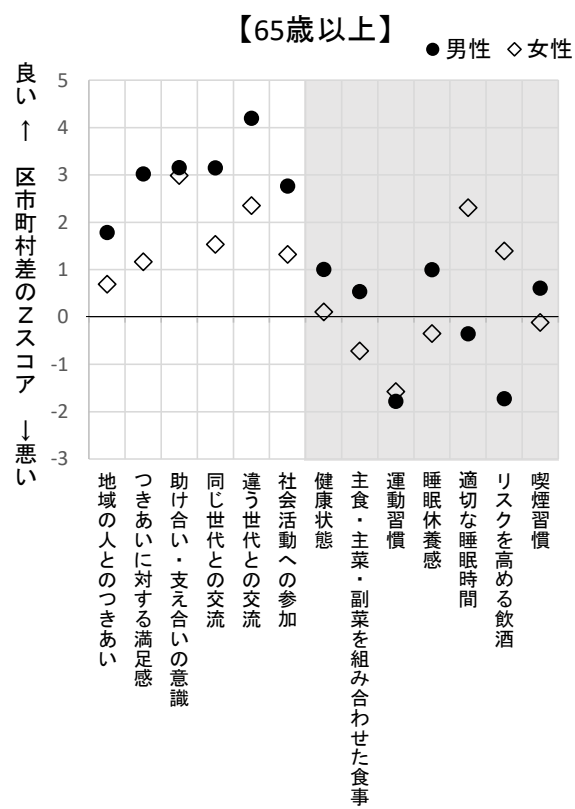
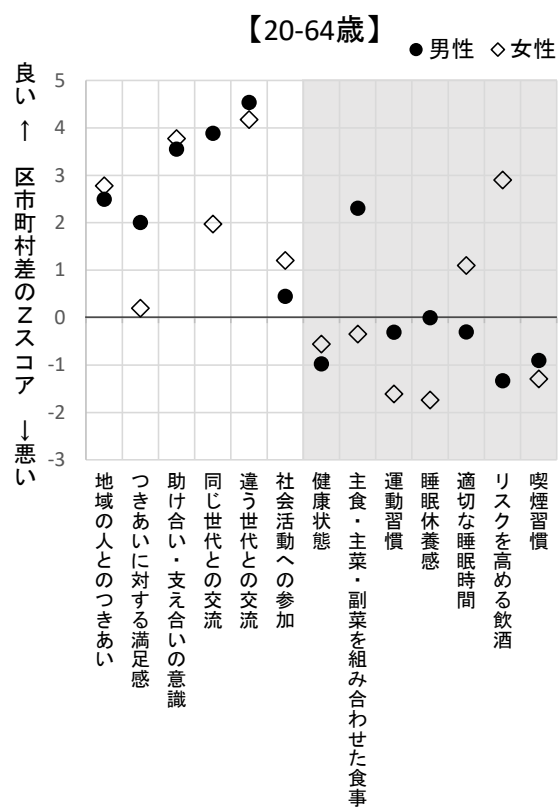
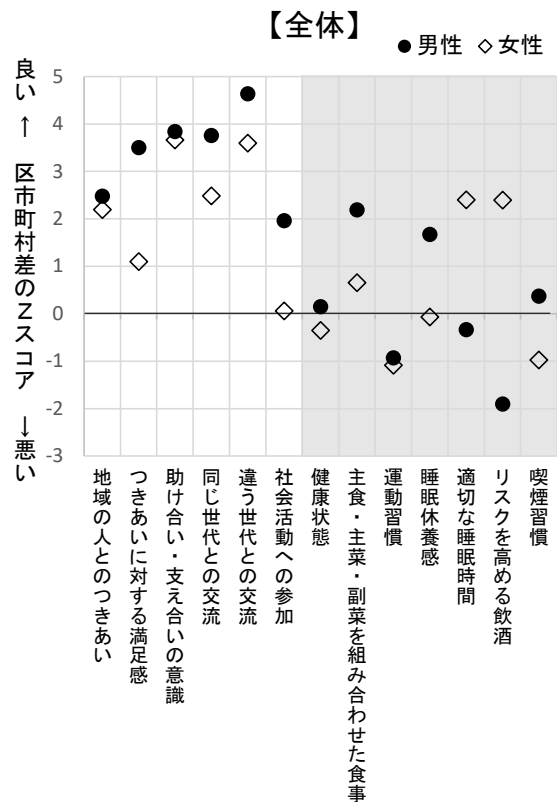
【瑞穂町】



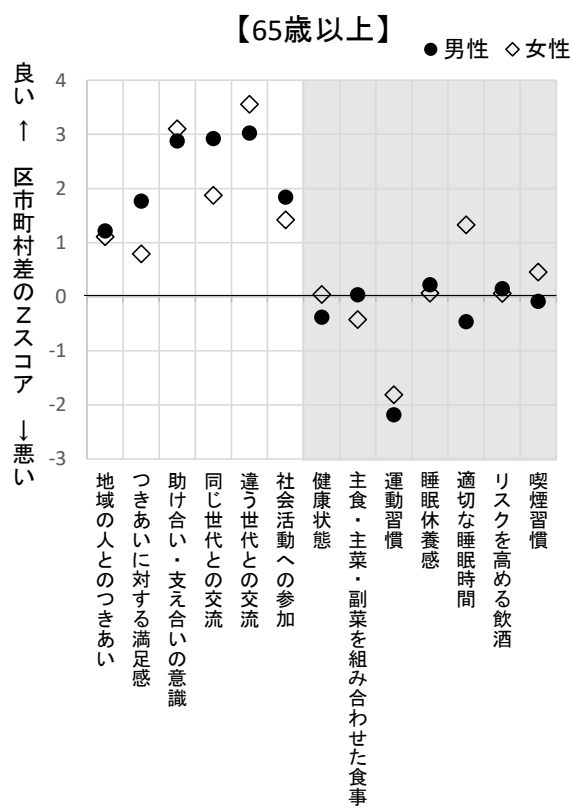
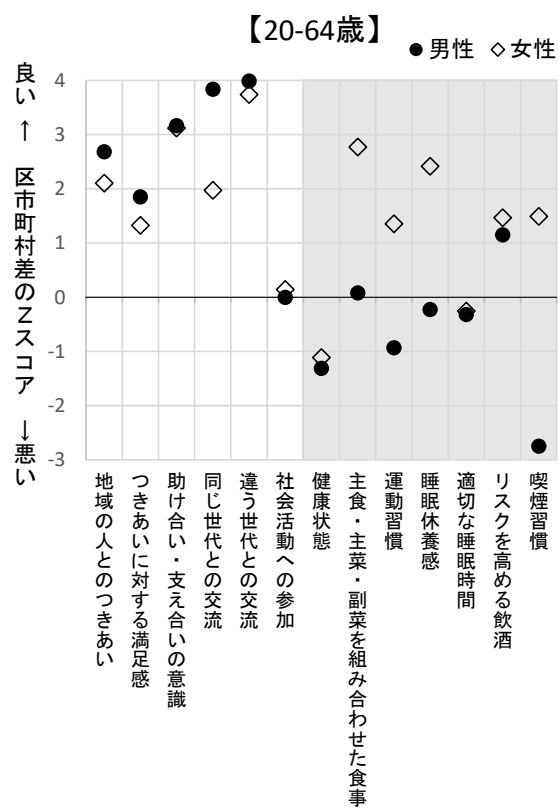
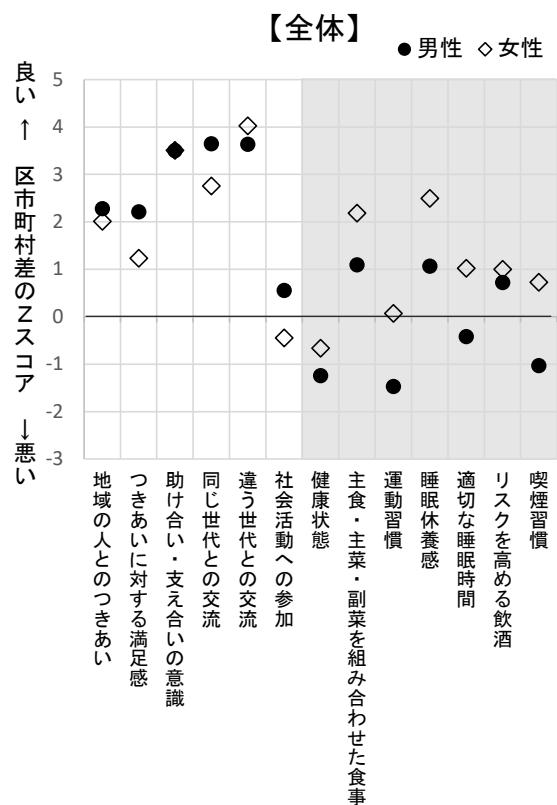
【日の出町】



【檜原村】

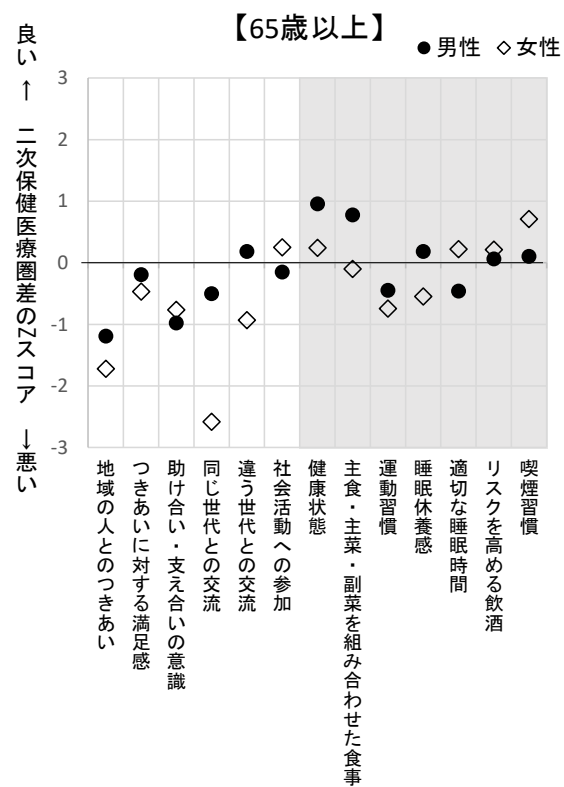
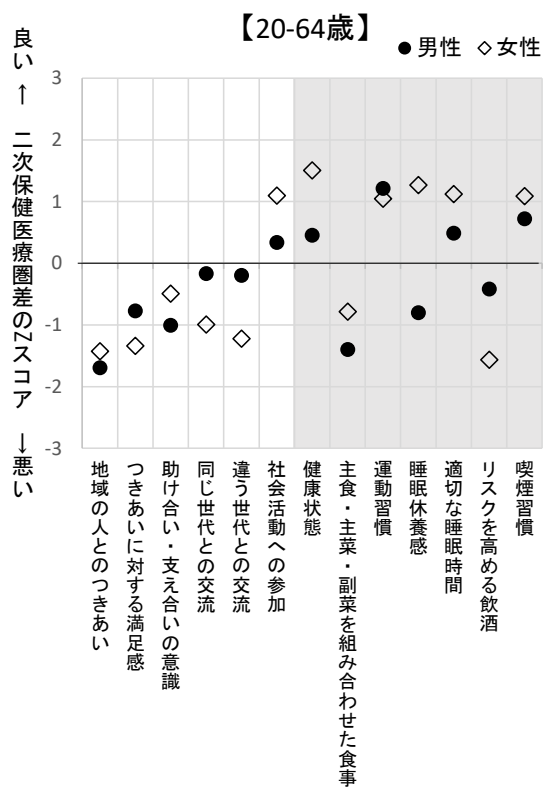
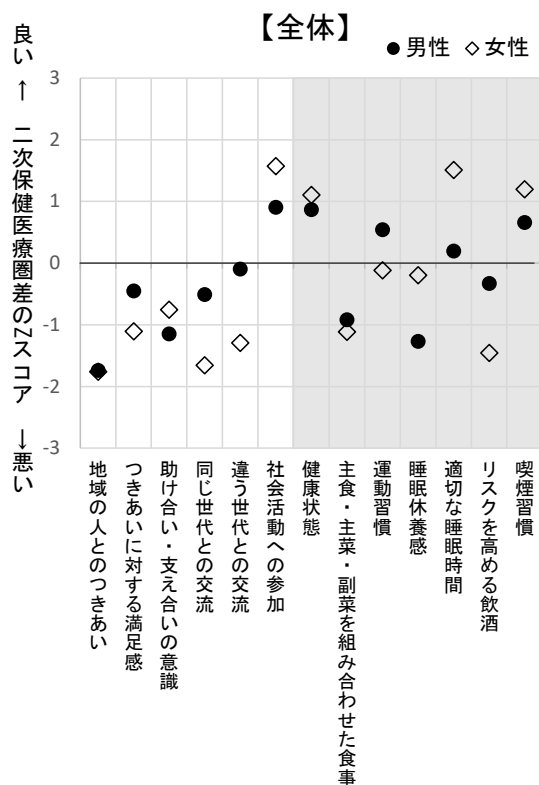


【奥多摩町】

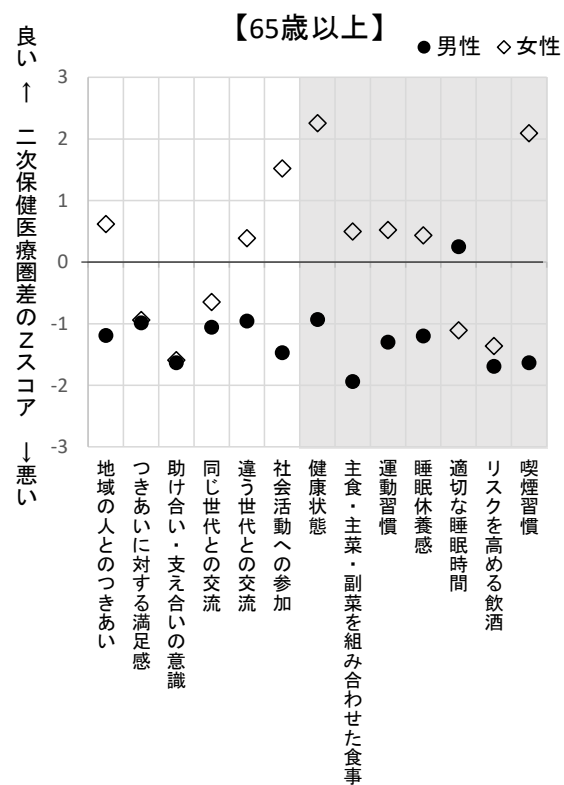
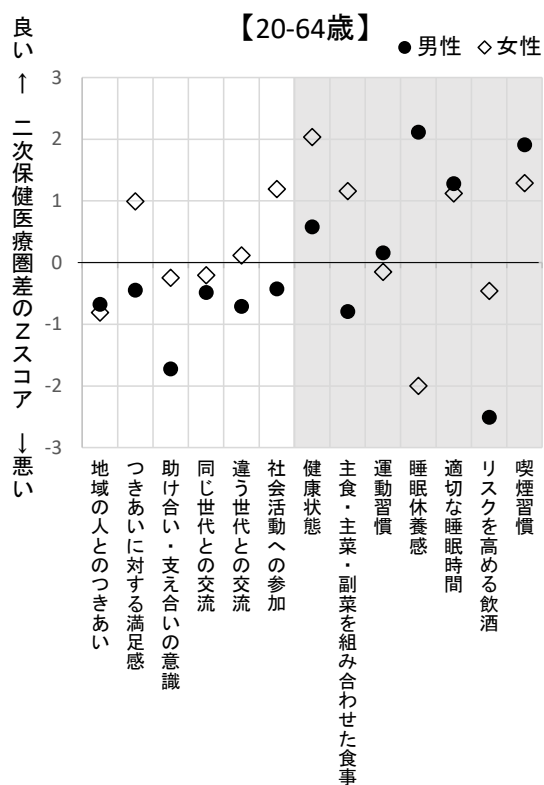
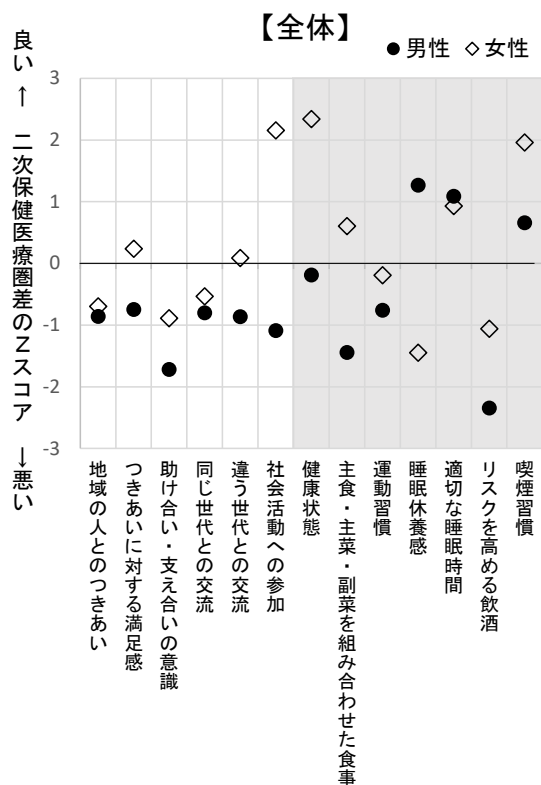


2 二次保健医療圏・性・年齢2階級別結果

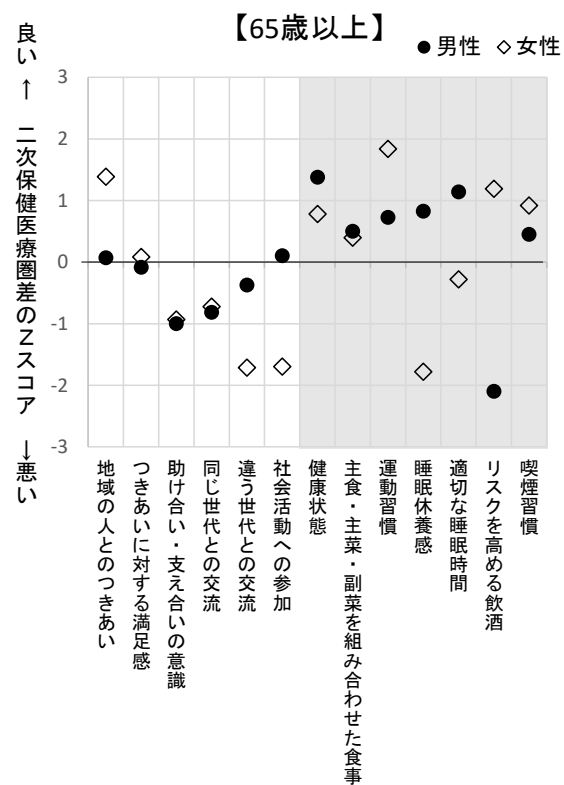
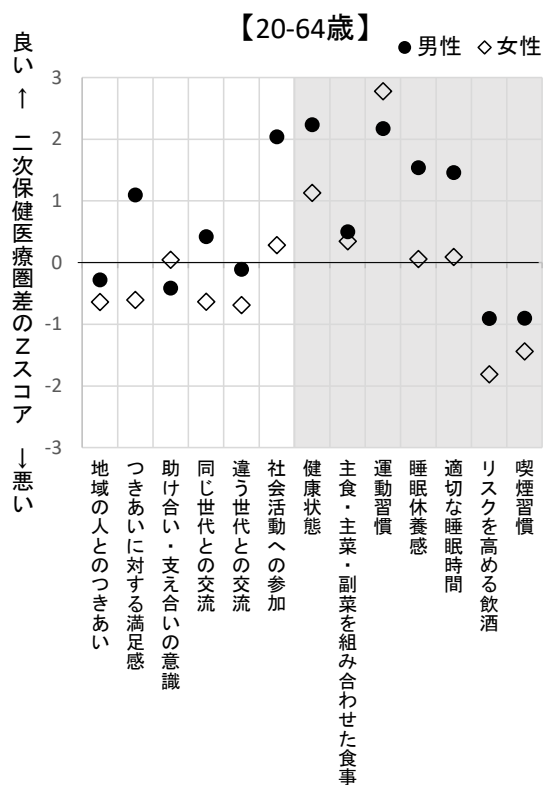
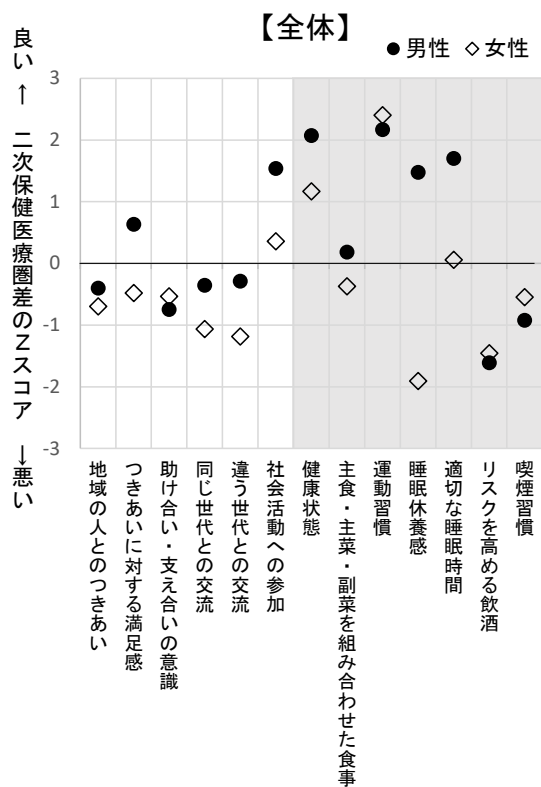
【区中央部保健医療圏】 ※千代田区、中央区、港区、文京区、台東区の合計



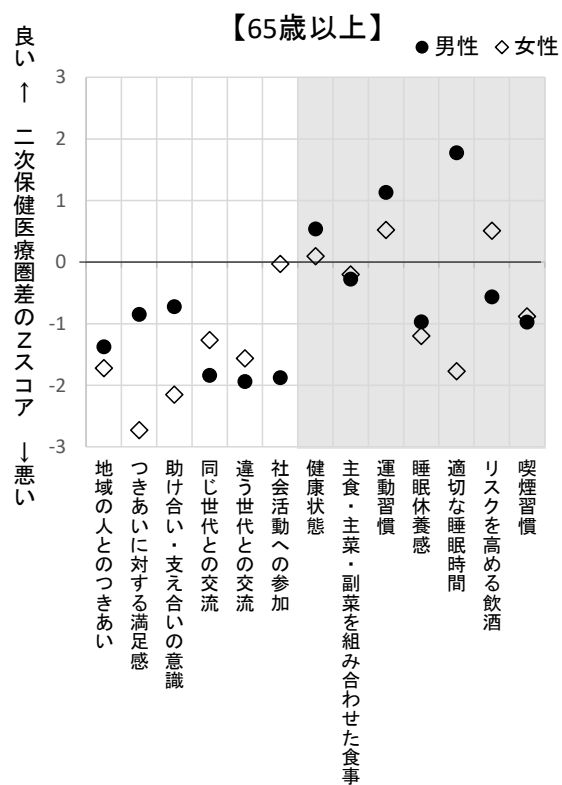
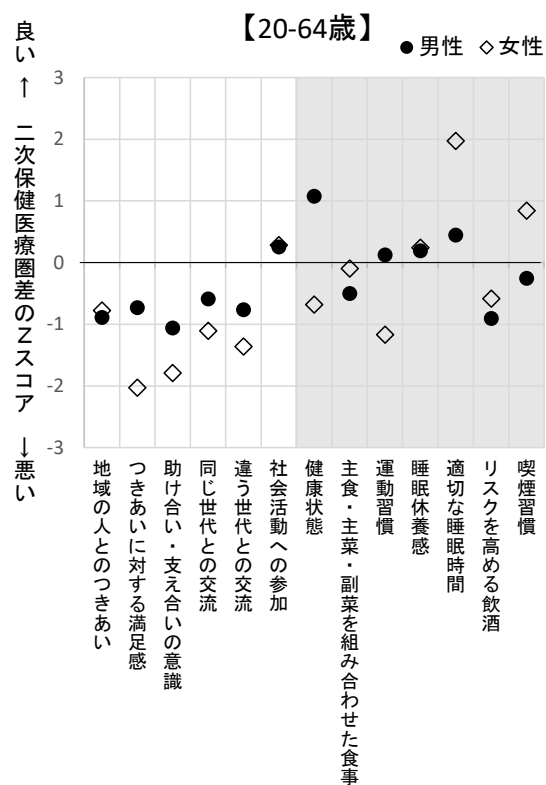
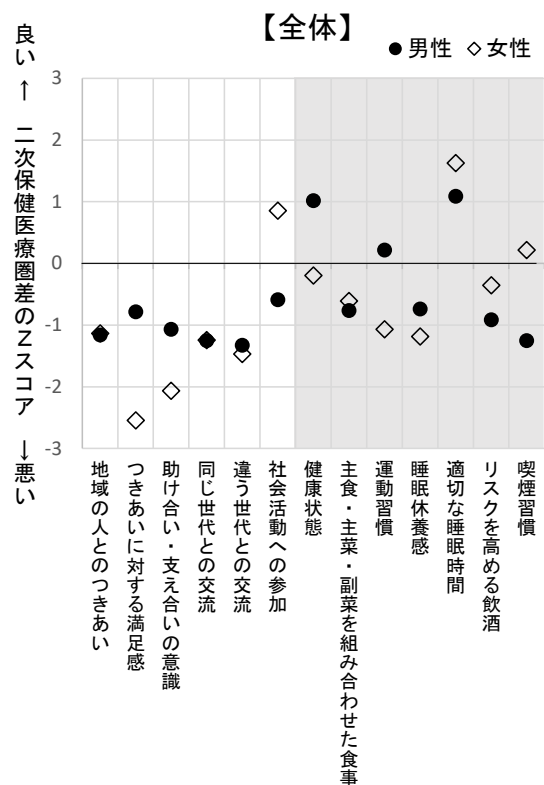
【区南部保健医療圏】 ※品川区、大田区の合計



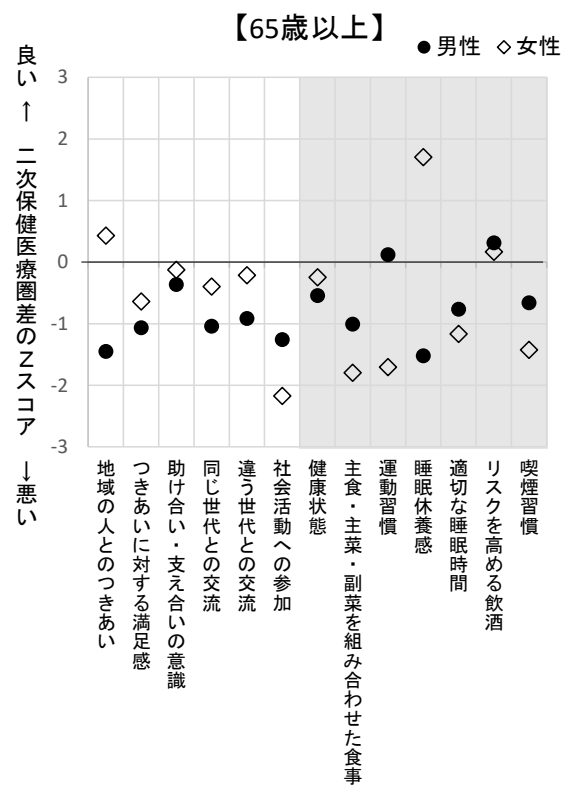
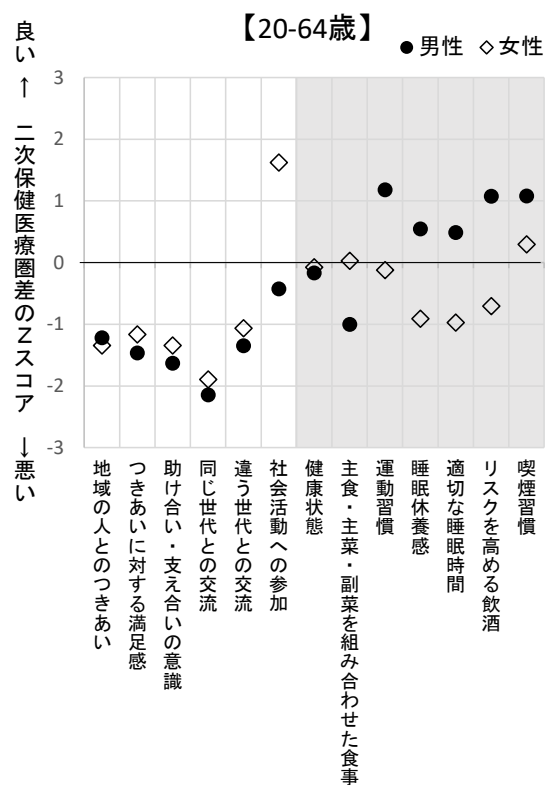
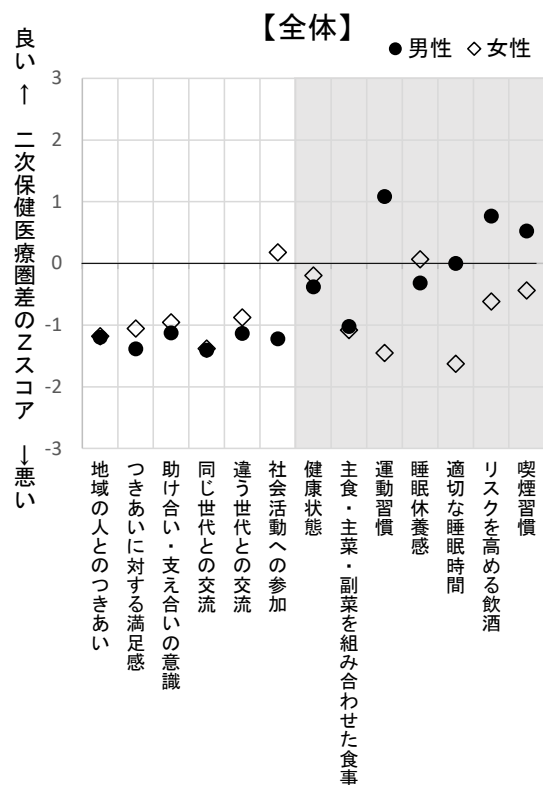
【区西南部保健医療圏】 ※目黒区、世田谷区、渋谷区の合計



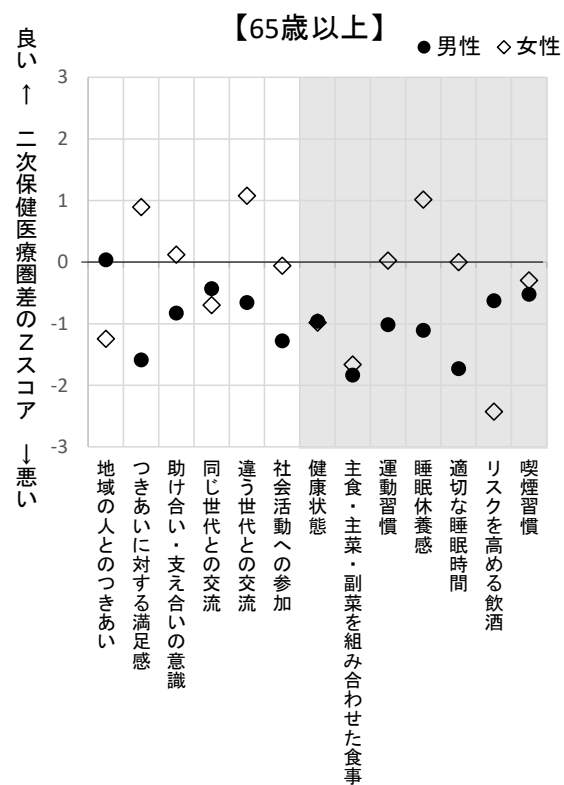
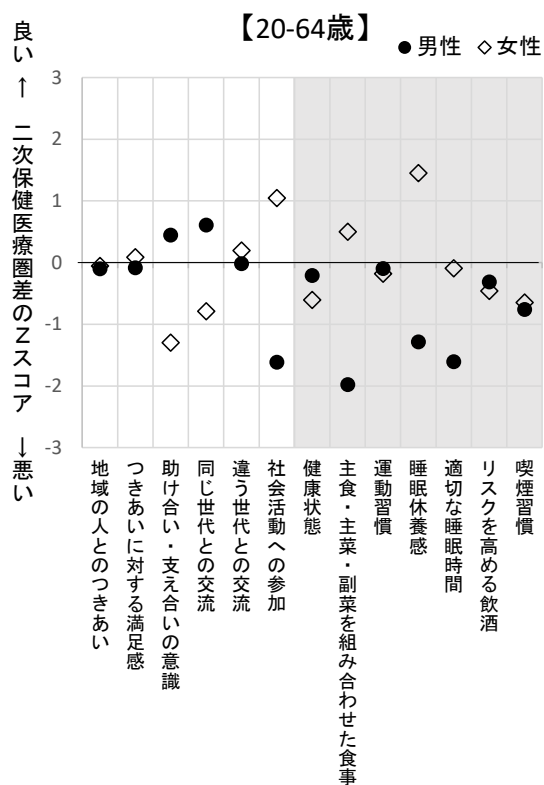
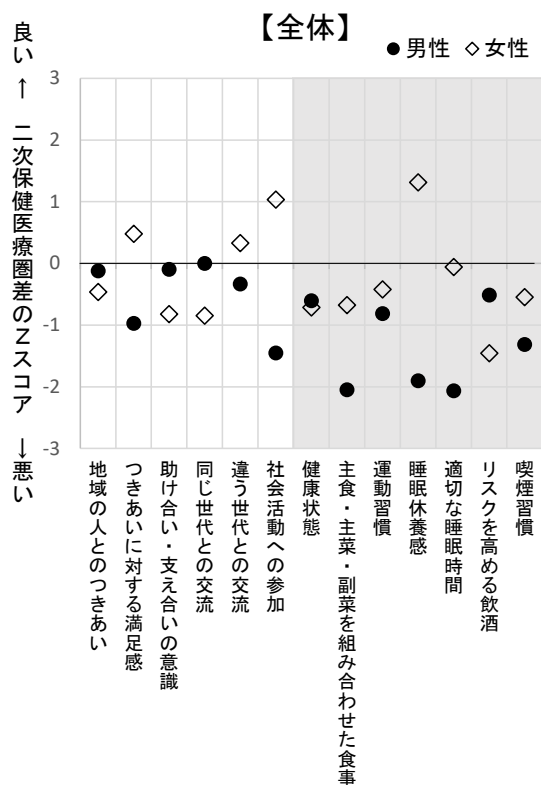
【区西部保健医療圏】 ※新宿区、中野区、杉並区の合計



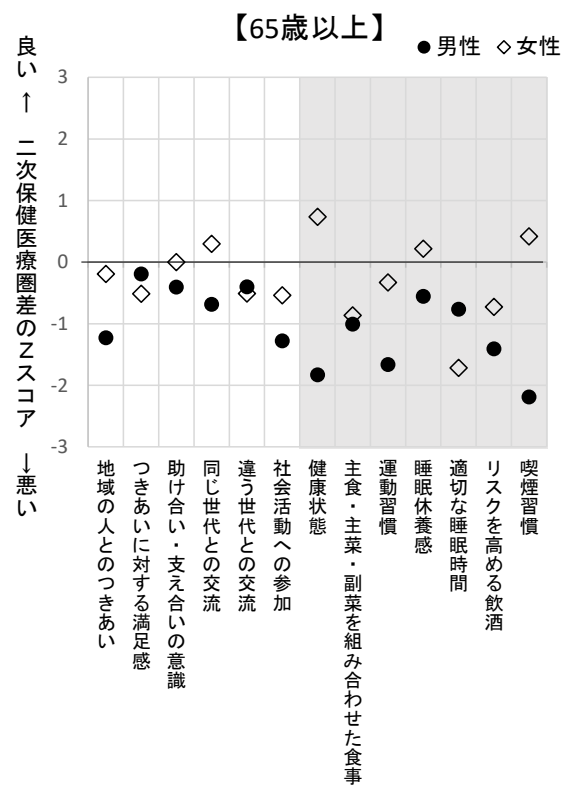
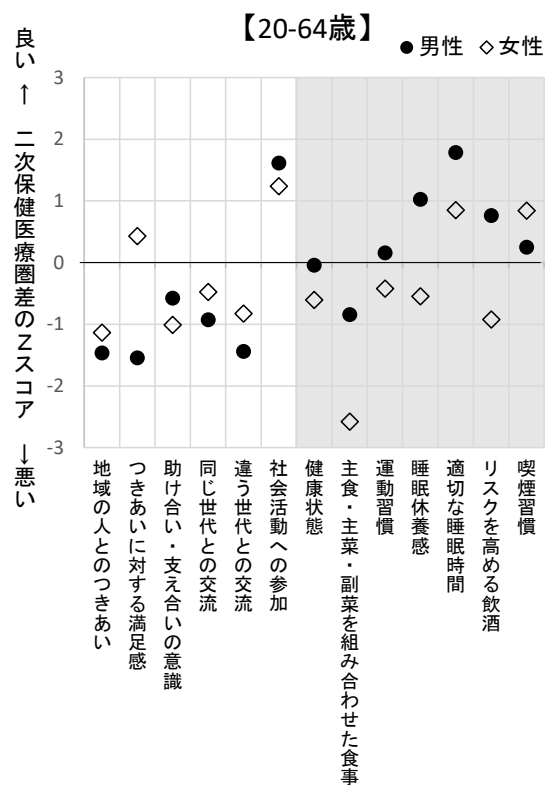
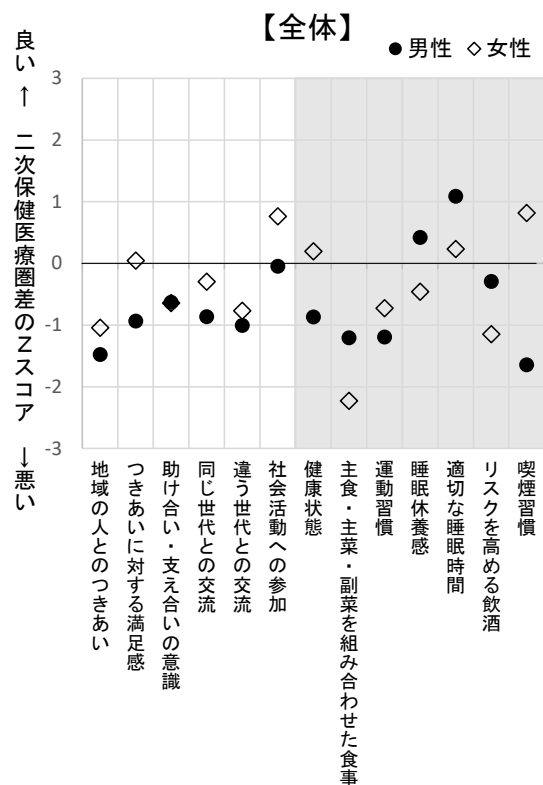
【区西北部保健医療圏】 ※豊島区、北区、板橋区、練馬区の合計



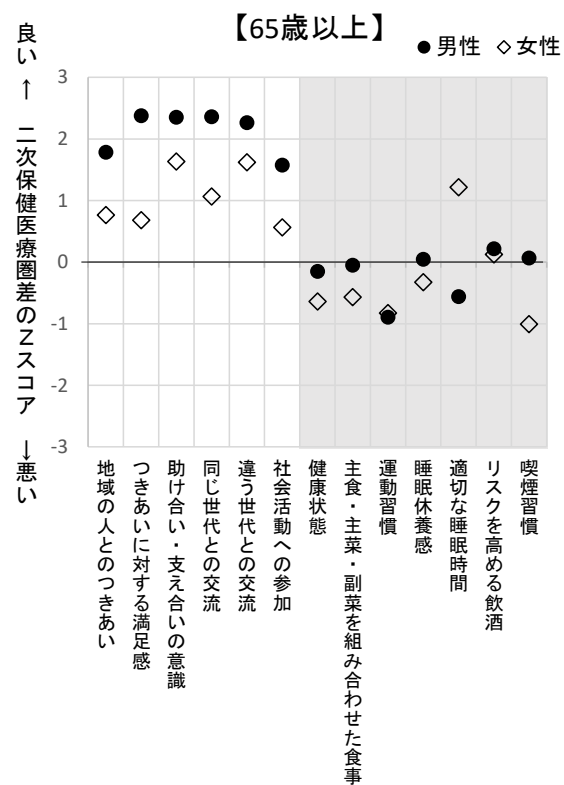
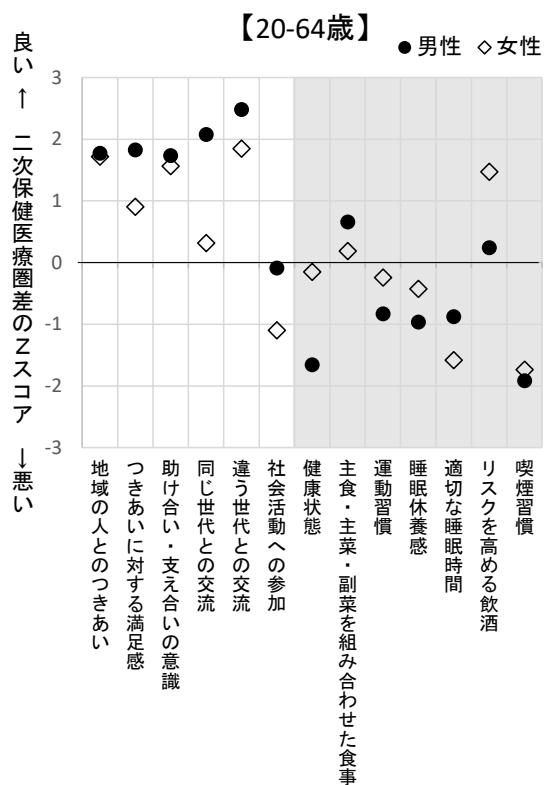
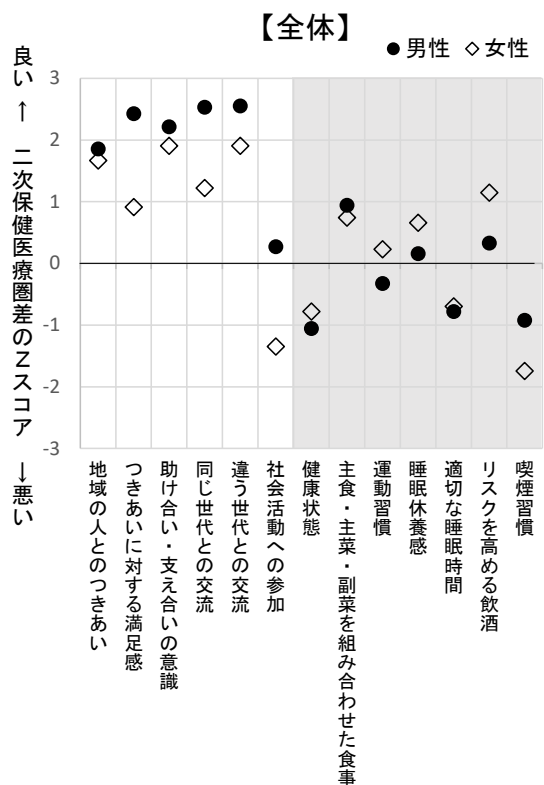
【区東北部保健医療圏】 ※荒川区、足立区、葛飾区の合計



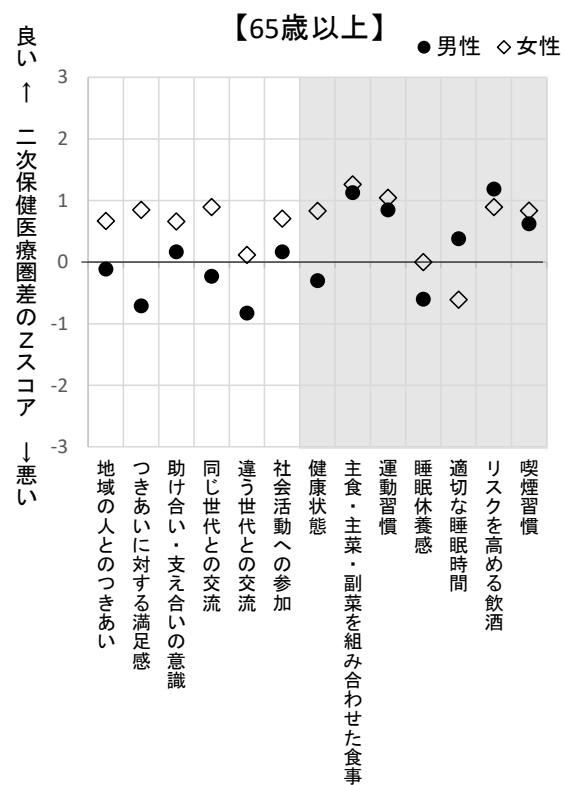
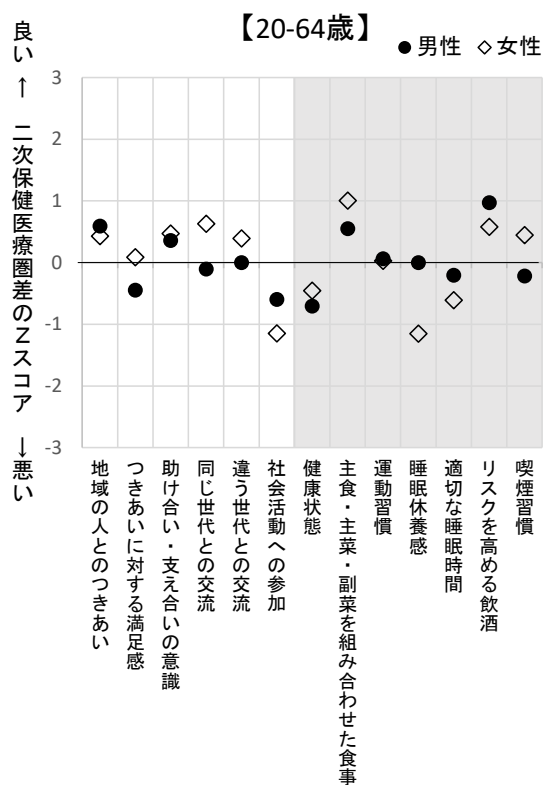
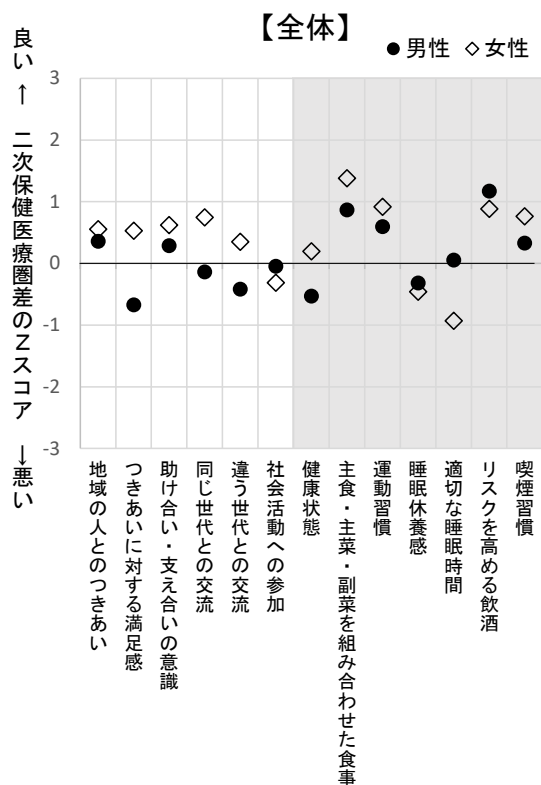
【区東部保健医療圏】 ※墨田区、江東区、江戸川区の合計



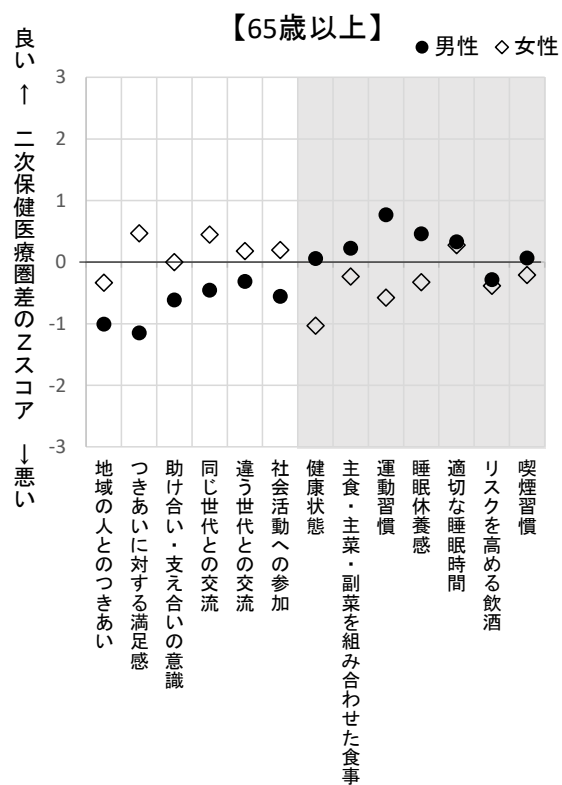
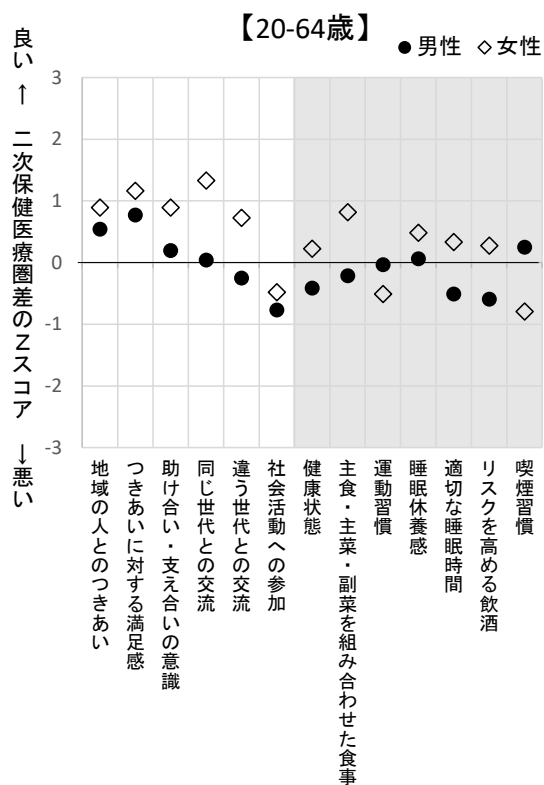
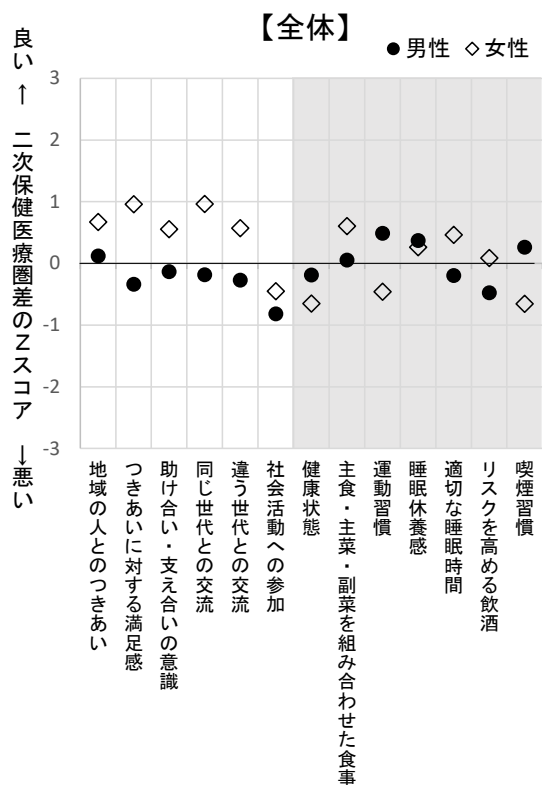
【西多摩保健医療圏】 ※青梅市、福生市、羽村市、あきる野市、瑞穂町、日の出町、檜原村、奥多摩町の合計



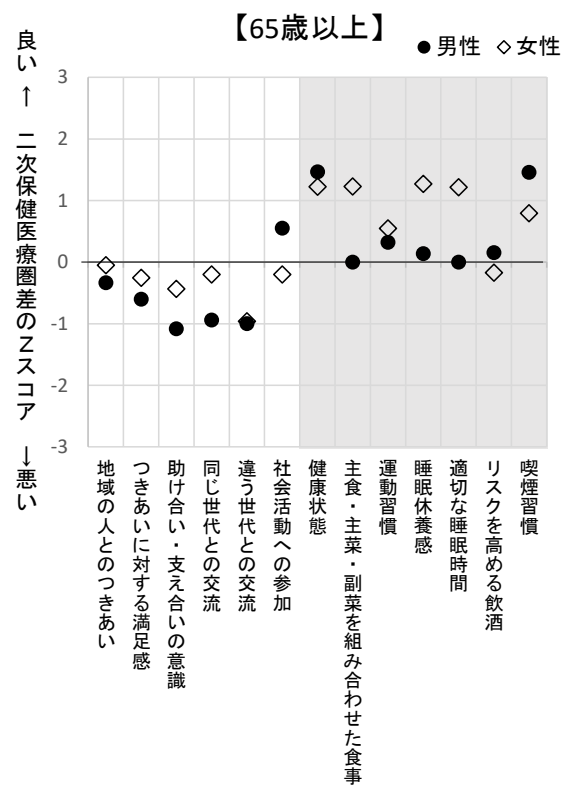
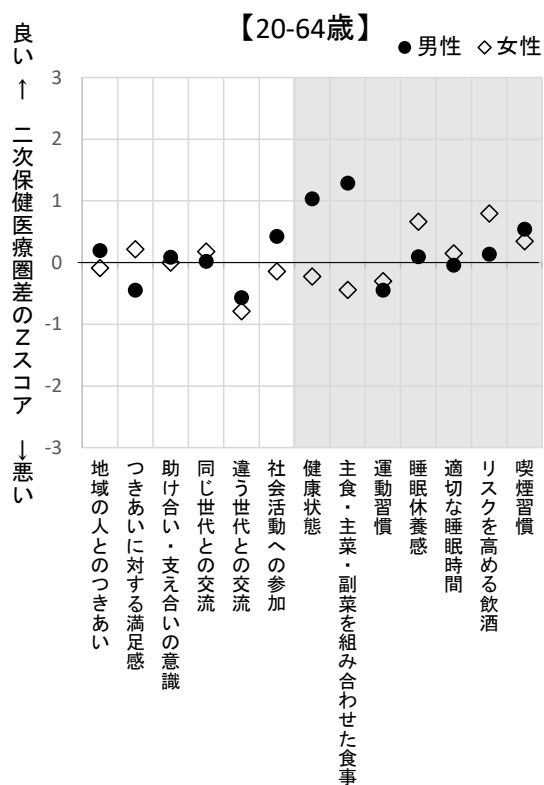
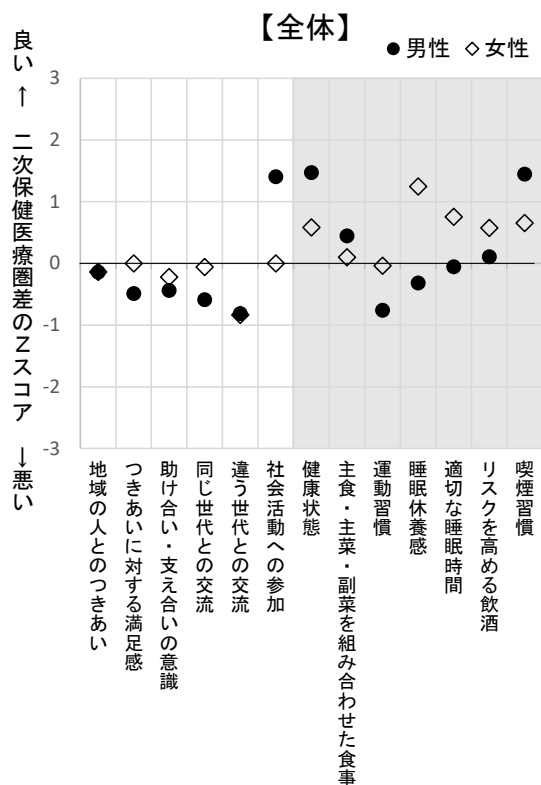
【南多摩保健医療圏】 ※八王子市、町田市、日野市、多摩市、稲城市の合計



【北多摩西部保健医療圏】 ※立川市、昭島市、国分寺市、国立市、東大和市、武蔵村山市の合計



【北多摩南部保健医療圏】 武蔵野市、三鷹市、府中市、調布市、小金井市、狹江市の合計



【北多摩北部保健医療圏】 ※小平市、東村山市、清瀬市、東久留米市、西東京市の合計

