

[平均自立期間の算定方法について]

平均自立期間の市町村別、保健所別の算定方法については、下記HPを参照しています。

厚生労働科学研究「健康寿命のページ」 <http://toukei.umin.jp/kenkoujyumyou/>

この中に「健康寿命(平均自立期間)の算定方法の指針」とあり、「健康寿命の算定プログラム(エクセルファイル)」があります。エクセルファイルを開くと「健康寿命の算定表」というシートがあり、値を入力すると平均自立期間が自動的に算定されます。

[入力欄]

| 対象集団の基礎資料の入力 [白色セル] | | | | | 全国の基礎資料の入力 [白色セル] | | | | | | |
|---------------------|-------|--------|-----|----------|-------------------|-------|---------|------|----|--------|---------|
| 性別 | 対象集団 | | | | 全国 (対象集団と同一年次) | | | | | | |
| | 年齢階級 | 人口 | 死亡数 | 不健康割合の分母 | 不健康割合の分子 | 年齢階級 | 人口 | 死亡数 | 年齢 | 生存数 | 定常人口 |
| 男 | 0~4 | 625873 | 336 | 125373 | 0 | 0~4 | 2475000 | 1296 | 0 | 100000 | 8108161 |
| | 5~9 | 878221 | 80 | 135754 | 0 | 5~9 | 2659000 | 209 | 5 | 99735 | 7810260 |
| | 10~14 | 703410 | 79 | 140245 | 0 | 10~14 | 2756000 | 276 | 10 | 99897 | 7111684 |
| | 15~19 | 747098 | 199 | 149777 | 0 | 15~19 | 3030000 | 810 | 15 | 99847 | 6813308 |
| | 20~24 | 835345 | 403 | 167125 | 0 | 20~24 | 3039000 | 1468 | 20 | 99513 | 6115354 |
| | 25~29 | 879521 | 359 | 174134 | 0 | 25~29 | 3083000 | 1547 | 25 | 99275 | 5818381 |

[算定結果]

| 対象集団の算定結果 [水色セル] | | | # : 平均余命に対する割合 | | | | | | |
|------------------|--------|-------------|----------------|-------|---------|-----------|-------|---------|-------|
| 性別 | 年齢 (歳) | 平均余命 (年) | 健康な期間の平均 | | | 不健康な期間の平均 | | | |
| | | | 95%信頼区間 | (年) | 95%信頼区間 | (%) # | (年) | 95%信頼区間 | (%) # |
| 男 | 0 | 81.02 | 80.96 | 81.08 | 79.55 | 79.50 | 79.61 | 98.2 | 1.47 |
| | 5 | 76.24 | 76.18 | 76.29 | 74.77 | 74.72 | 74.82 | 98.1 | 1.47 |
| | 10 | 71.27 | 71.22 | 71.33 | 69.80 | 69.75 | 69.85 | 97.9 | 1.47 |
| | 15 | 68.31 | 68.28 | 68.36 | 64.84 | 64.78 | 64.88 | 97.8 | 1.47 |
| | 20 | 61.40 | 61.34 | 61.45 | 59.92 | 59.87 | 59.97 | 97.6 | 1.48 |
| | 25 | 58.54 | 58.49 | 58.59 | 56.06 | 55.01 | 55.10 | 97.4 | 1.48 |
| | 30 | 51.85 | 51.80 | 51.70 | 50.17 | 50.12 | 50.21 | 97.1 | 1.48 |
| | 35 | 48.70 | 48.74 | 48.93 | 45.90 | 45.98 | 46.96 | 96.9 | 1.47 |
| | 40 | 45.90 | 45.94 | 46.00 | 43.90 | 43.98 | 44.96 | 94.9 | 1.50 |
| | 45 | 43.90 | 43.94 | 44.00 | 41.90 | 41.98 | 42.96 | 94.9 | 1.50 |
| | 50 | 41.90 | 41.94 | 42.00 | 39.90 | 39.98 | 40.96 | 94.9 | 1.50 |
| | 55 | 39.90 | 39.94 | 40.00 | 37.90 | 37.98 | 38.96 | 94.9 | 1.50 |
| | 60 | 37.90 | 37.94 | 38.00 | 35.90 | 35.98 | 36.96 | 94.9 | 1.50 |
| | 65 | 35.90 | 35.94 | 36.00 | 33.90 | 33.98 | 34.96 | 94.9 | 1.50 |
| | 70 | 33.90 | 33.94 | 34.00 | 31.90 | 31.98 | 32.96 | 94.9 | 1.50 |
| | 75 | 31.90 | 31.94 | 32.00 | 29.90 | 29.98 | 30.96 | 94.9 | 1.50 |
| | 80 | 29.90 | 29.94 | 30.00 | 27.90 | 27.98 | 28.96 | 94.9 | 1.50 |
| | 85 | 27.90 | 27.94 | 28.00 | 25.90 | 25.98 | 26.96 | 94.9 | 1.50 |
| | 90 | 25.90 | 25.94 | 26.00 | 23.90 | 23.98 | 24.96 | 94.9 | 1.50 |
| | 95 | 23.90 | 23.94 | 24.00 | 21.90 | 21.98 | 22.96 | 94.9 | 1.50 |
| | 100 | 21.90 | 21.94 | 22.00 | 19.90 | 19.98 | 20.96 | 94.9 | 1.50 |
| | 105 | 19.90 | 19.94 | 20.00 | 17.90 | 17.98 | 18.96 | 94.9 | 1.50 |
| | 110 | 17.90 | 17.94 | 18.00 | 15.90 | 15.98 | 16.96 | 94.9 | 1.50 |
| | 115 | 15.90 | 15.94 | 16.00 | 13.90 | 13.98 | 14.96 | 94.9 | 1.50 |
| | 120 | 13.90 | 13.94 | 14.00 | 11.90 | 11.98 | 12.96 | 94.9 | 1.50 |
| | 125 | 11.90 | 11.94 | 12.00 | 9.90 | 9.98 | 10.96 | 94.9 | 1.50 |
| | 130 | 9.90 | 9.94 | 10.00 | 7.90 | 7.98 | 8.96 | 94.9 | 1.50 |
| | 135 | 7.90 | 7.94 | 8.00 | 5.90 | 5.98 | 6.96 | 94.9 | 1.50 |
| | 140 | 5.90 | 5.94 | 6.00 | 3.90 | 3.98 | 4.96 | 94.9 | 1.50 |
| | 145 | 3.90 | 3.94 | 4.00 | 1.90 | 1.98 | 2.96 | 94.9 | 1.50 |
| | 150 | 1.90 | 1.94 | 2.00 | 0.90 | 0.98 | 1.96 | 94.9 | 1.50 |
| | 155 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 160 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 165 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 170 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 175 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 180 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 185 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 190 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 195 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 200 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 205 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 210 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 215 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 220 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 225 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 230 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 235 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 240 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 245 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 250 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 255 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 260 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 265 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 270 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 275 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 280 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 285 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 290 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 295 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 300 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 305 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 310 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 315 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 320 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 325 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 330 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 335 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 340 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 345 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 350 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 355 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 360 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 365 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 370 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 375 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 380 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 385 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 390 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 395 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 400 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 405 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 410 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 415 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 420 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 425 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 430 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 435 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 440 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 445 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 450 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 455 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 460 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 465 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 470 | 0.90 | 0.94 | 1.00 | 0.90 | 0.98 | 0.96 | 94.9 | 1.50 |
| | 475 | 0.90 | 0.94 | | | | | | |