



On the Occasion of Publication

UCHIBORI Masao
Governor, Fukushima Prefecture

It will soon be ten years since the Great East Japan Earthquake and accident at TEPCO's Fukushima Daiichi Nuclear Power Plant, which had a tremendous impact on the people of Fukushima Prefecture. During this period, evacuation orders have been lifted one by one, residents have returned to their homes, and along with other improvements, there have been favorable changes in health awareness among residents. However, there still remain some latent anxieties concerning health effects due to the nuclear power plant accident.

In response to this, Fukushima Prefecture has been conducting the Fukushima Health Management Survey (FHMS) since 2011, in cooperation with Fukushima Medical University (FMU), aiming to maintain and promote the health of the prefecture's residents well into the future. The Survey includes a Basic Survey for all the residents and four Detailed Surveys, including thyroid examinations. As each survey serves a large cohort of the prefecture's population, FMU's expertise in providing support, based on survey results, has enabled us to proceed in a meaningful way.

The Report of the Fukushima Health Management Survey 2011-2020, compiled by FMU, summarizes the survey itself and what has been learned from it over the past 10 years. Its publication is truly significant. We believe that this latest report will once again inform domestic and international audiences about efforts behind the FHMS and new knowledge gained from it, while also serving as a basis to guide our future directions.

We would like to express gratitude once again to Fukushima Medical University for their efforts in conducting the FHMS, as we continue to work with them to conduct the survey from the perspective of monitoring the health of the people of Fukushima Prefecture.



Message from the President

TAKENOSHITA Seiichi
President, Fukushima Medical University

Ten years have passed since the Great East Japan Earthquake of March 11, 2011. This magnitude 9.0 earthquake triggered a tsunami that hit the Pacific coast of the Tohoku region, and led to the accident at TEPCO's Fukushima Daiichi Nuclear Power Plant, resulting in unprecedented damage from the triple disaster of an earthquake, tsunami, and nuclear accident. Once again, I would like to express my deepest condolences for the many precious lives that were lost, and my heartfelt sympathy to those who are still living in evacuation. I would also like to express my respect to all those who are making efforts for the revitalization of affected areas.

Fukushima Medical University (FMU), established by Fukushima Prefecture, has been contributing to local medical care and has been closely involved with the local community for many years. Responding to the Great East Japan Earthquake, tsunami, and nuclear accident, the first compound disaster of its kind in human history, is an important responsibility of FMU, which embraces as one of its missions the health, safety, and security of the people of Fukushima Prefecture as a key institution for the prefecture's medical science and medical care. Immediately after the earthquake and tsunami, our university was responding to the needs of the injured and sick. Following the nuclear accident, we were involved in coordinating the evacuation of hospitalized patients and those in need of care from hospitals and nursing homes in evacuation zones to backup support facilities. After that, we were also involved in a medical response to the ongoing nuclear crisis, such as setting up an emergency radiation medical team to address physical health, mental health, and concerns about possible radiation effects on firefighters and other disaster response professionals working in affected areas. As the world's attention was focused on a situation that all humanity was facing, wisdom came to us from elsewhere in Japan and abroad.

On the other hand, with the prolonged impact of the nuclear accident, we constantly heard about people's anxiety about radiation effects on their health, and prolonged evacuation as another possible cause of physical and mental problems. As concerns about living in the prefecture and the health effects of radiation grew, so did our awareness about the importance of providing appropriate information to the people of the prefecture. Under these circumstances, it is essential to accurately understand and evaluate the effects of radiation and evacuation on health, so in June 2011, Fukushima Prefecture launched the Fukushima Health Management Survey to estimate the exposure dose of all prefectural residents and to monitor the physical and mental health of those from evacuation zones, with special attention to pregnant and nursing mothers, and to children. Fukushima Medical University has been conducting this survey on behalf of Fukushima Prefecture on an ongoing basis.

This report looks back on 10 years since the survey began, and provides information on what has become clear from the results of the survey to date. We would like to express our heartfelt gratitude to all the people of the prefecture who have cooperated with the survey and supported its implementation. We hope that this report will become a valuable asset for humanity in the future.



Ten years of the Fukushima Health Management Survey

KAMIYA Kenji

**Executive Director, Radiation Medical Science Center
for the Fukushima Health Management Survey
Fukushima Medical University**

The accident at TEPCO's Fukushima Daiichi Nuclear Power Plant that occurred in conjunction with the Great East Japan Earthquake had a profound impact not only on Fukushima Prefecture, but also on Japan and the world. Ten years have passed since then, and although the evacuation orders affecting some municipalities have been lifted, the fact that there are still areas that are difficult to return to, where entry is still restricted, shows the extent of the damage.

The widespread release of radioactive materials due to the accident at a nuclear power plant located in the prefecture has caused anxiety about radiation exposure and health effects, not only in municipalities near the plant, but also throughout the prefecture and beyond. In response to these circumstances, Fukushima Prefecture launched the Fukushima Health Management Survey (FHMS) in June 2011. It consists of a Basic Survey to estimate external exposure doses during the four months after the nuclear accident and four Detailed Surveys (Thyroid Ultrasound Examination, Comprehensive Health Check, Mental Health and Lifestyle Survey, and Pregnancy and Birth Survey). Fukushima Medical University (FMU) was commissioned to conduct the survey and our Radiation Medical Science Center for the Fukushima Health Management Survey was established as the implementing organization.

Our mission is to monitor the health of the people of Fukushima Prefecture over the long term through the FHMS. We have been using Basic Survey data for the long-term health support of Fukushima's people, and data from the Detailed Surveys to assess their health status and provide relevant support. The results have helped individuals to understand their own health conditions, leading to appropriate prevention, treatment, and support. We also accept the important role of disseminating lessons learned from the unprecedented compound disaster involving an earthquake, tsunami, and nuclear accident. By publishing the results of our findings, based on survey results, in academic journals, we hope to provide new perspectives pertaining to nuclear disasters and their health effects. This effort has garnered worldwide attention.

The 10th anniversary of the Great East Japan Earthquake and the nuclear accident motivated us to publish the Report of the Fukushima Health Management Survey 2011-2020. We hope that by sharing our findings with society through this report, we will be able to respond to the anxieties of the people of Fukushima regarding their health after the nuclear accident and help constructively address reputational damage to Fukushima.

Finally, let me express my deepest gratitude to the people of Fukushima Prefecture for their cooperation with the Fukushima Health Management Survey, and to the international organizations, domestic and international professional societies, and individual experts for their support and guidance in conducting the survey.