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Mental Health and Lifestyle Survey(KOKOKARA Survey)

**Reflecting on 15 Years of
“Mental Health and Lifestyle Survey
(KOKOKARA Survey)”
Activities for Disaster-Affected People**

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COI Disclosure Information

HORIKOSHI Naoko, OIKAWA Yuichi, MIURA Itaru

Nothing to disclose.

Mental Health and Lifestyle Survey (KOKOKARA Survey)

【Purpose】

- Follow mental health and lifestyle-related issues among affected people, with a long-term view
- Provide adequate, individually tailored support involving health and welfare **services** according to the results of KOKOKARA Survey



Outreach telephone support

【Survey population】

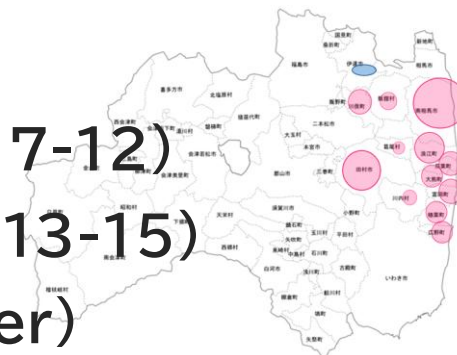
- Approximately 190,000 residents who, at the time of the disaster, were living in 13 municipalities that were designated by the Japanese government for evacuation.
- We divided all the participants into 5 groups according to age.

①Age 0-3 ②Age 4-6

③Elementary school (age 7-12)

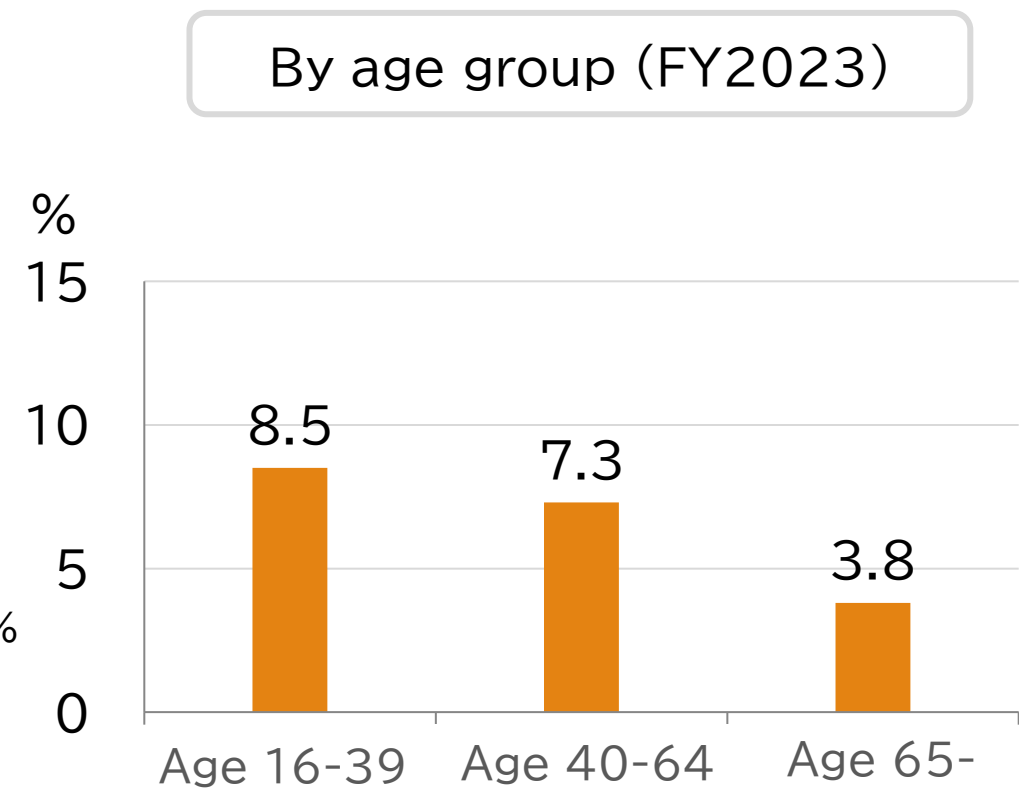
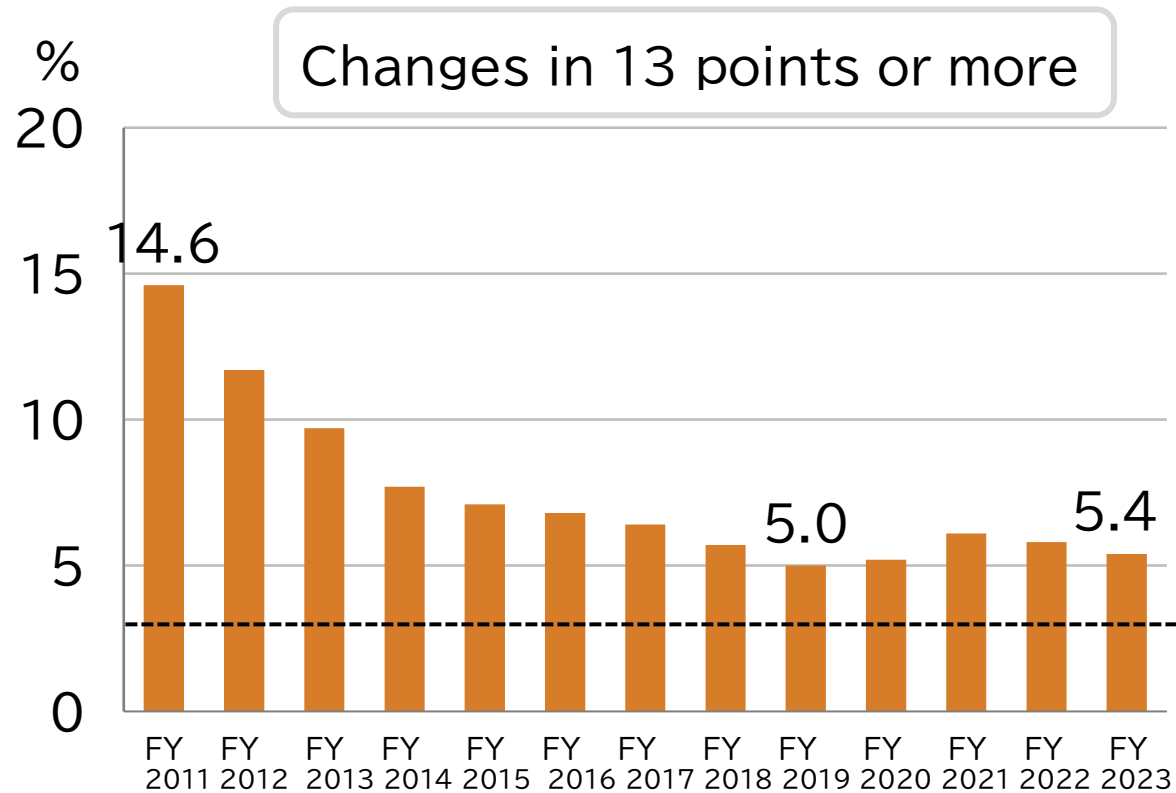
④Junior high school (age 13-15)

⑤Adult (16 years and older)



Results of the survey

Proportion of adults at high risk of general mental health problems, based on (*)K6, by age group

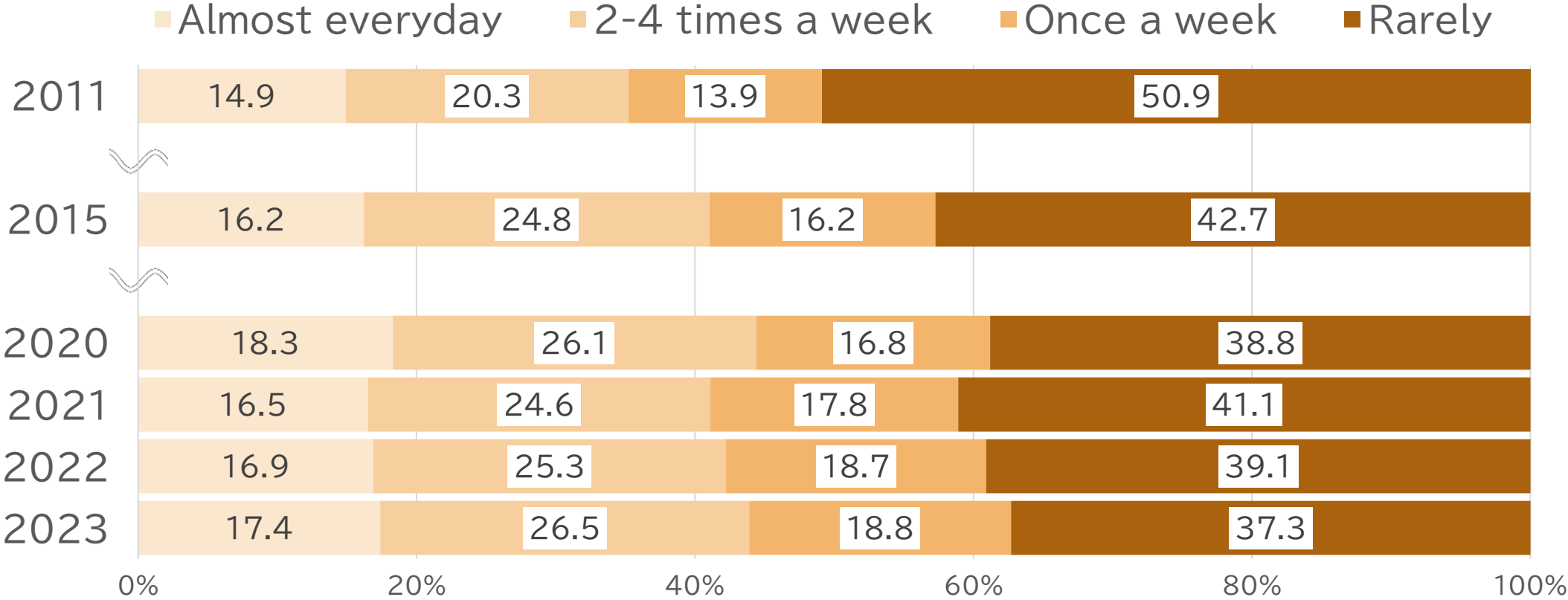


*High-risk proportion among the general population in Japan: approximately 3.0% (Kawakami et al. 2007)

(*)K6:Kessler Psychological Distress Scale (K6). A set of assessment questions designed to evaluate overall mental health, including psychological stress, depression, and anxiety disorders.

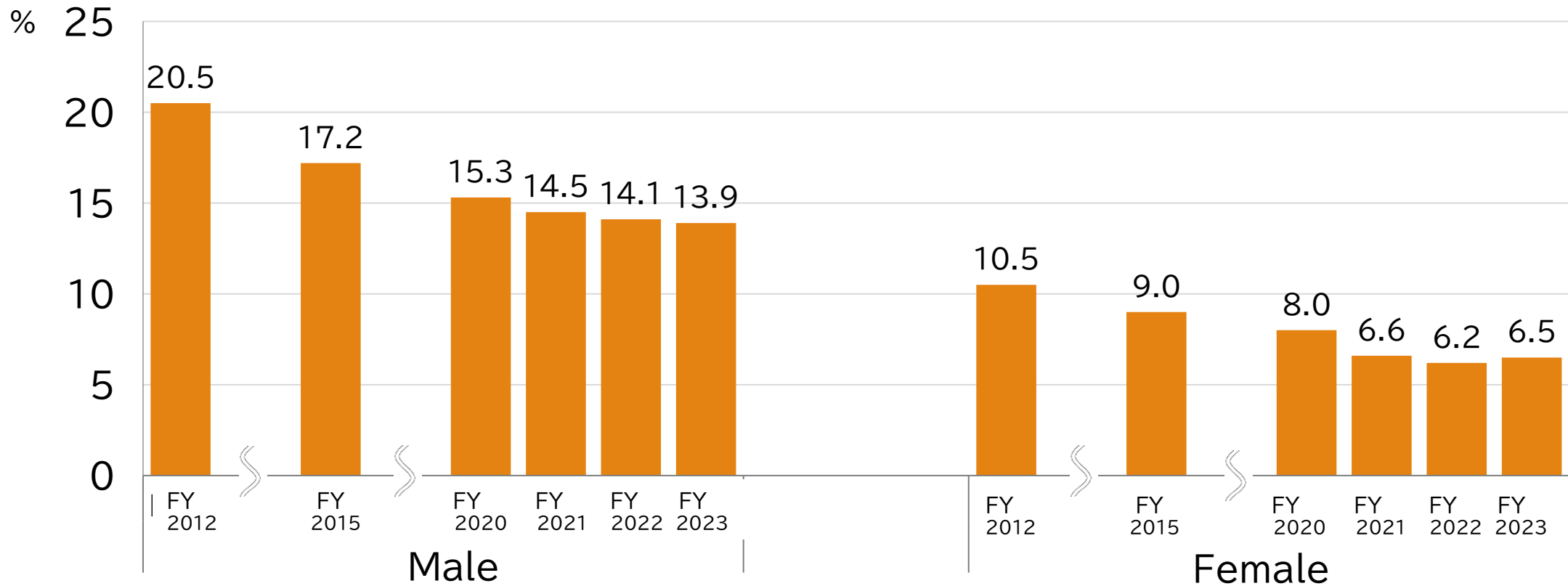
From the report to the 45th and 56th Prefectural Oversight Committee meeting

Changes in the frequency of daily exercise among adults



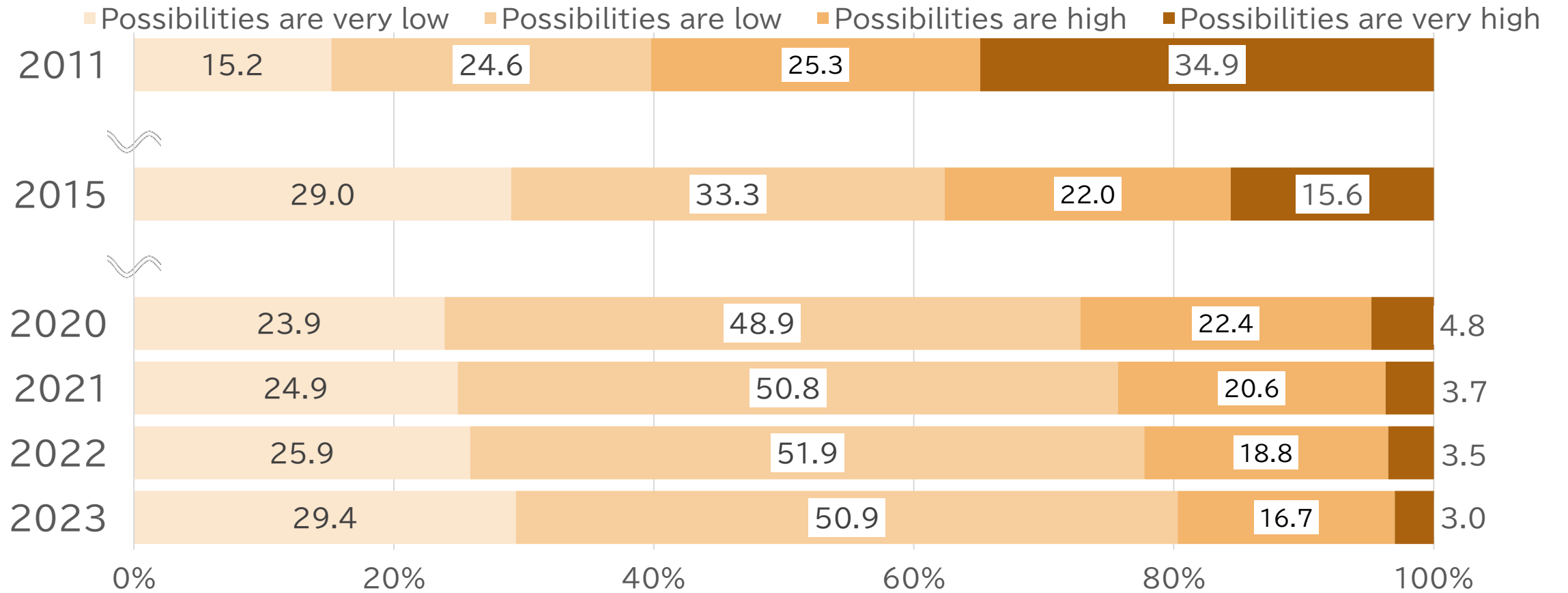
From the report to the 56th Prefectural Oversight Committee meeting

Changes in proportion of those disclosing evidence of problematic drinking (2 points or higher in (*)CAGE), by gender



(*)CAGE: Cutting down, Annoyance by criticism, Guilty feeling, and Eye-openers, is a four-item assessment test for alcohol dependence, focusing on drinking habits. From the report to the 56th Prefectural Oversight Committee meeting

Changes in risk perception of next-generation radiation effects



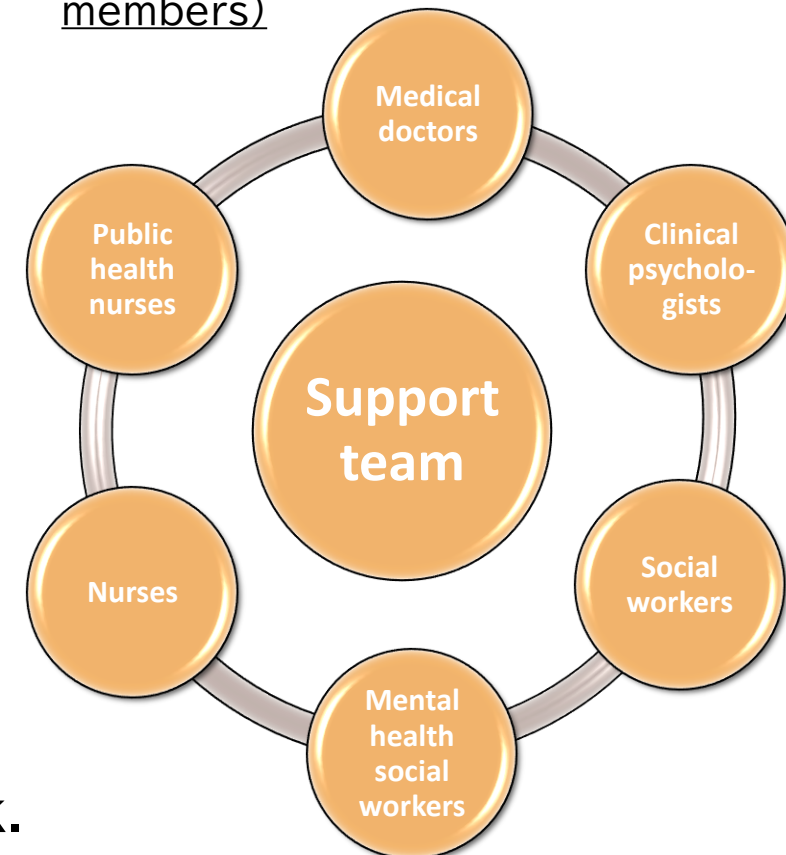
From the report to the 56th Prefectural Oversight Committee meeting

Telephone Support

Outreach telephone support

- We provide **outreach telephone support** for the respondents identified as needed support according to the results of MHLS.
- Telephone support is conducted with active listening and includes secondary screening, suggestions, psychoeducation, and referral to other facilities (clinics, local care centers, etc.) based in their needs.
- We have supported **over 40,000 people** thus far.
- On-call service is also available for all the eligible people seeking help, not limited to those at high risk.

Support team (approx.20 members)



Reflecting on 15 Years of Outreach telephone support

ふるさとのことを考えて眠れない日があるので、避難してから薬を飲んで寝ている。



健診で高血圧の疑いを指摘されたが、避難先の医療機関の情報がなく、まだ受診できていない。



避難後、することもなく、将来も不安なので、お酒を飲む量が増えてしまった。

自宅と避難先を行き来する生活で大変。



帰還について、家族と意見が合わない。ふるさとだからという気持ちだけでは戻れない。

現在、地元から離れた所にいるので、震災の話をする場所や相手がない。そんな中電話があり、お話できた。気にかけてもらっている感じがして、うれしかった。



昨年福島県に移住した。もし何かあったら、知り合いもおらず、相談できる場所がないので不安。

Great East Japan Earthquake

Evacuation

Lifestyle habits

Radiation

Traumatic response

Return

COVID-19 and other disasters

The present

福島県外の避難先の学校で原発事故や放射線について質問された。それが子どもにとって辛い体験となり、学校へ行きたくなくなってしまった。



放射線の影響で妊娠、出産の不安があった。友人が福島県で元気な赤ちゃんを産んだことが励みになった。病院で検査ができるという情報も安心材料だった。



地震速報が流れると、震災を思い出し、不安が強くなったり、動悸がする。

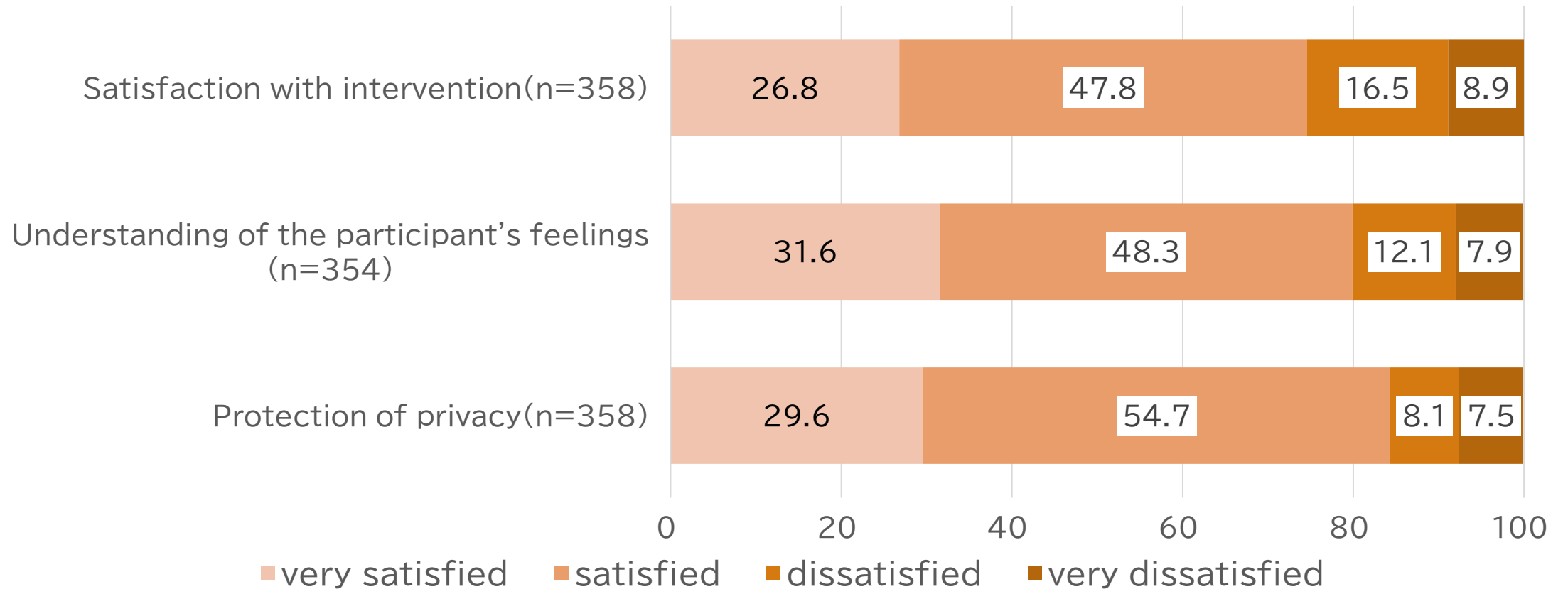
新しく付き合う人には、避難していることを隠しているほうが良いのではないかと感じている。

新型コロナウイルスの感染拡大を防ぐため休校になり、子どもが家において、エネルギーを発散できず兄弟げんかばかりしている。



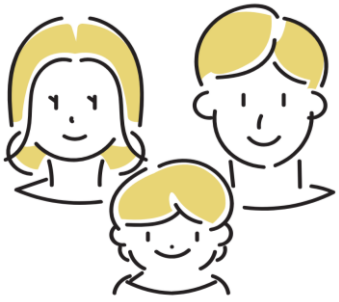
能登半島地震のニュースを見ると、東日本大震災を思い出し、悲しくなったり、気持ちが沈んでしまうので、一時的にテレビを見ないようにした。

Impressions of Outreach Telephone Support



Horikoshi et.al., Disaster Med Public Health Prep, 2022, 16(1):123-131.

Standing by Affected People: The “KOKOKARA Survey” Initiative



【1. Cooperate with the KOKOKARA survey】 Listen to the opinions of affected people



Reasons for responding to the Survey

Because I wanted to contribute

To convey my situation and feelings

Because it was an survey from Fukushima Prefecture and Fukushima Medical University

Because I had a habit of responding to surveys

Because I had time to respond to the survey

etc.

Reasons for not responding to the Survey

Because I did not have time to respond to the survey

Because I felt I didn't need it.

Because there were too many survey items.

Because responding to the survey was stressful.

Since the purpose of the survey was unclear.

etc.

Horikoshi et.al., Fukushima J Med Sci, 2017, 63(3), 152-9.

【1. Cooperate with the KOKOKARA survey】 Listen to the opinions of affected people



Proposed Improvements to the Survey

Reduce the volume of the questionnaire

Conduct the survey once every few years.

Enable responses to the survey as part of the health check

To inform respondents of the survey results

Improve the content of the questionnaire

Respond to the survey to receive a benefit

Enable online response

etc.



【1. Cooperate with the KOKOKARA survey】 Listen to the opinions of affected people

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etc.

FY2021-24
Simplified version
focused on support

FY2014-
Sending individual
result notifications.

FY2025(15th)
500 participants selected at
random will receive local specialty
products.

FY2016-
Online response has begun

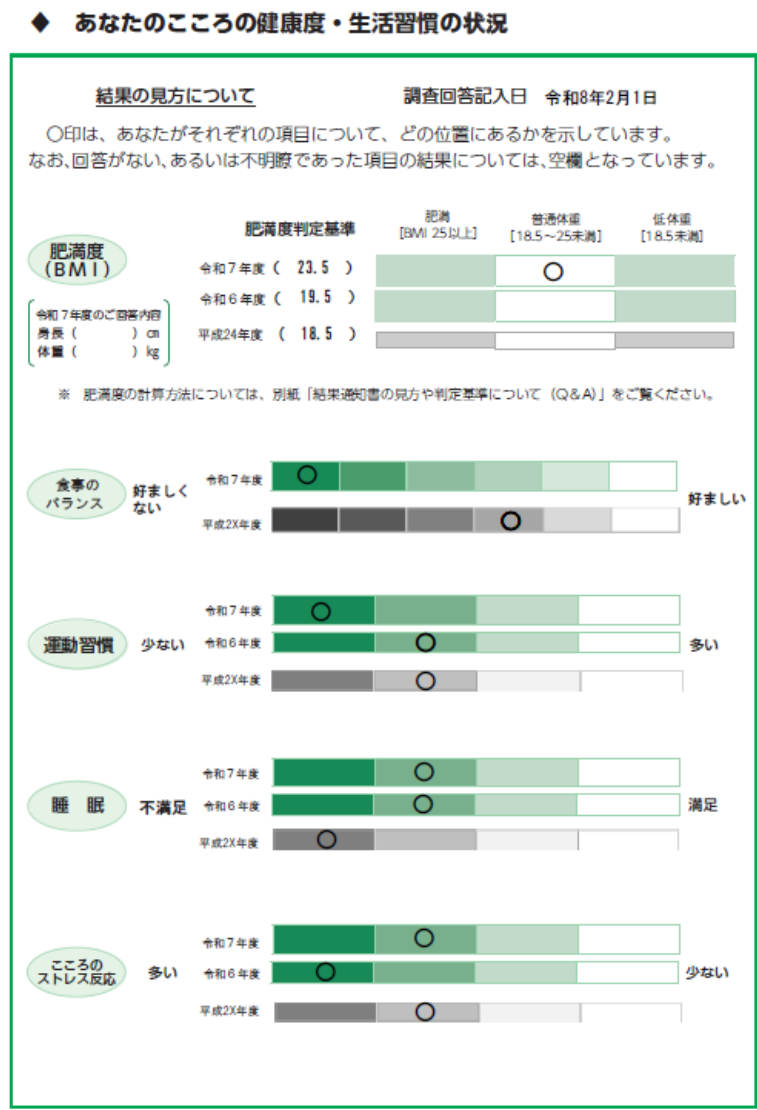
【2. Reporting the KOKOKARA Survey Results】

FY2014 -

＼ Sending individual result notifications ／

We provided each individual with an indication of their current mental and physical state, based on their responses, along with advice.

※The FY2025 survey will include results from the previous year as well as results from FY2011(or FY2012).



【2. Reporting the KOKOKARA Survey Results】

FY2022 -

＼ Issuing Newsletters ／

For Comprehensive Support

From the interview survey, we found that non-respondents were employed, socially isolated, and had psychological stress reactions. However, because they did not respond to the survey, it is difficult to provide them with support.

Horikoshi et.al., Fukushima J Med Sci, 2017, 63(3), 152-9.



We issue an informative magazine that clearly explains survey results and support services, and promotes self-care among all participants, including non-respondents.

ニュースレター
ここから vol.4
 2026年 2月発行
 「県民健康調査」こころの健康度・生活習慣に関する調査（ここから調査）

ここから調査～15年目～

これからの、あなたの
 こことからだの健康を見守ります

今号の内容

- 15年の電話支援を振り返って
- これまでの調査からわかったこと

【コラム】
 トラウマからの回復力
 (レジリエンス) について

2026年「県民健康調査」国際シンポジウム

日時：2026年3月12日(木)
 12:20～18:10(予定)

会場：福島県立医科大学
 福島駅前キャンパス
 ※Zoom配信あり

【問合せ】広報・国際連携室
 電話 024-581-5454

これからの調査から
 わかったこと

16歳以上の方のこころの健康度

16歳以上の方でこころのストレス反応が疑われる人の割合

調査年度	割合 (%)
H23	13.0%
H27	9.0%
R2	6.0%
R3	5.0%
R4	4.0%
R5	3.0%
R6	3.0%

問題飲酒

20歳以上の方で問題飲酒の可能性のある人の割合

調査年度	男性 (%)	女性 (%)
H24	15.0%	10.0%
H27	24.5%	19.5%
R2	12.0%	8.0%
R3	11.0%	7.0%
R4	10.0%	6.0%
R5	9.0%	5.0%
R6	8.0%	4.0%

こころの健康度

子どもでこころのストレス反応が疑われる人の割合

調査年度	小学生 (%)	中学生 (%)
H23	10.0%	5.0%
H27	19.5%	14.5%
R2	12.0%	7.0%
R3	11.0%	6.0%
R4	10.0%	5.0%
R5	9.0%	4.0%
R6	8.0%	3.0%

結果通知書をお届けしています。
 パイを健康づくりにご役立てください。

【 3. Supporting Health Promotion 】



Send
Self-Support Book

We send this booklet containing information on various support resources and self-care points to individuals who require lifestyle advice based on their responses or who were unable to connect with telephone support.

【 4. Collaborating with various support organizations 】

➤ Understanding and cooperation with the implementation of the survey

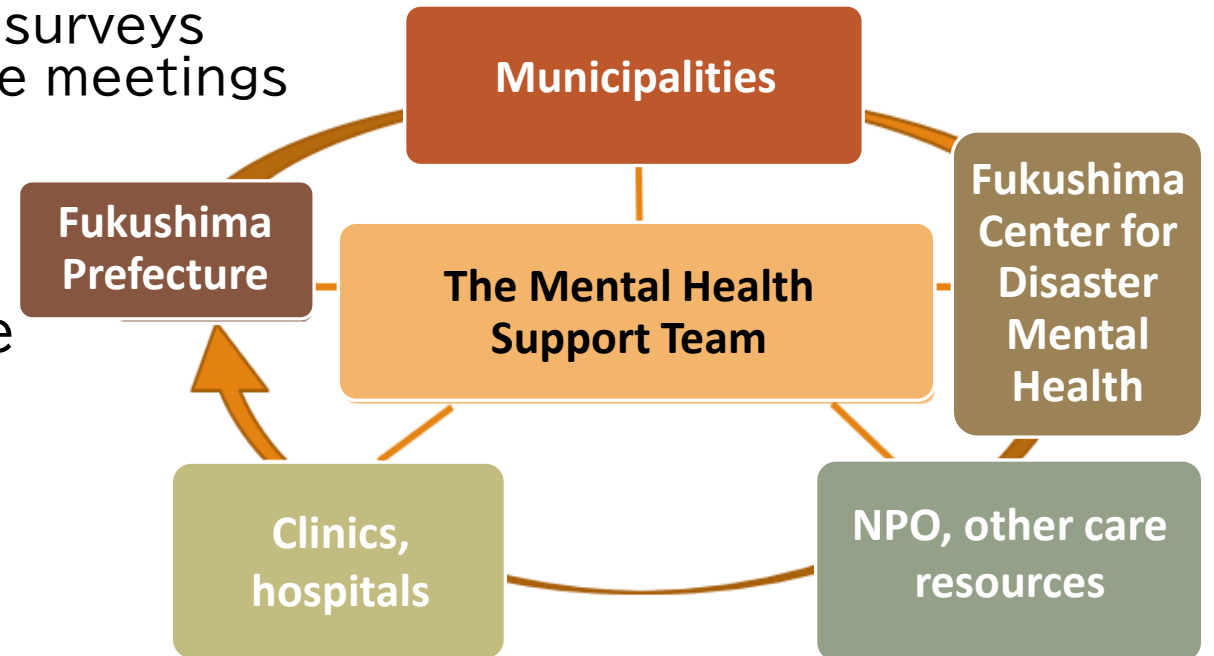
Requesting cooperation in responding to surveys through city newsletters and collaborative meetings

➤ Sharing of survey results and support information

Exchange information at collaborative meetings

➤ Seamless support for affected people in need

Requests for home-visit support and referrals to registered physicians



Summary

- This survey started with two objectives: research and support. We found that children's and adults' mental health improved markedly compared to the first year, but for adults, recovery has since slowed down and differences persist compared with national indices. On the other hand, there was a gradual improvement in lifestyle habits, such as exercise and problematic drinking.
- Fifteen years have passed since the Great East Japan Earthquake, and the problems faced by affected people have changed. We continue to provide support appropriate to each situation. We have provided support to over 40,000 people in total. Their satisfaction levels were generally high, indicating a certain level of usefulness.
- The KOKOKARA Survey, started in FY 2011, has collaborated with various support organizations to sincerely listen to the voices of affected individuals and improve programs and support services.

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