FIG 1

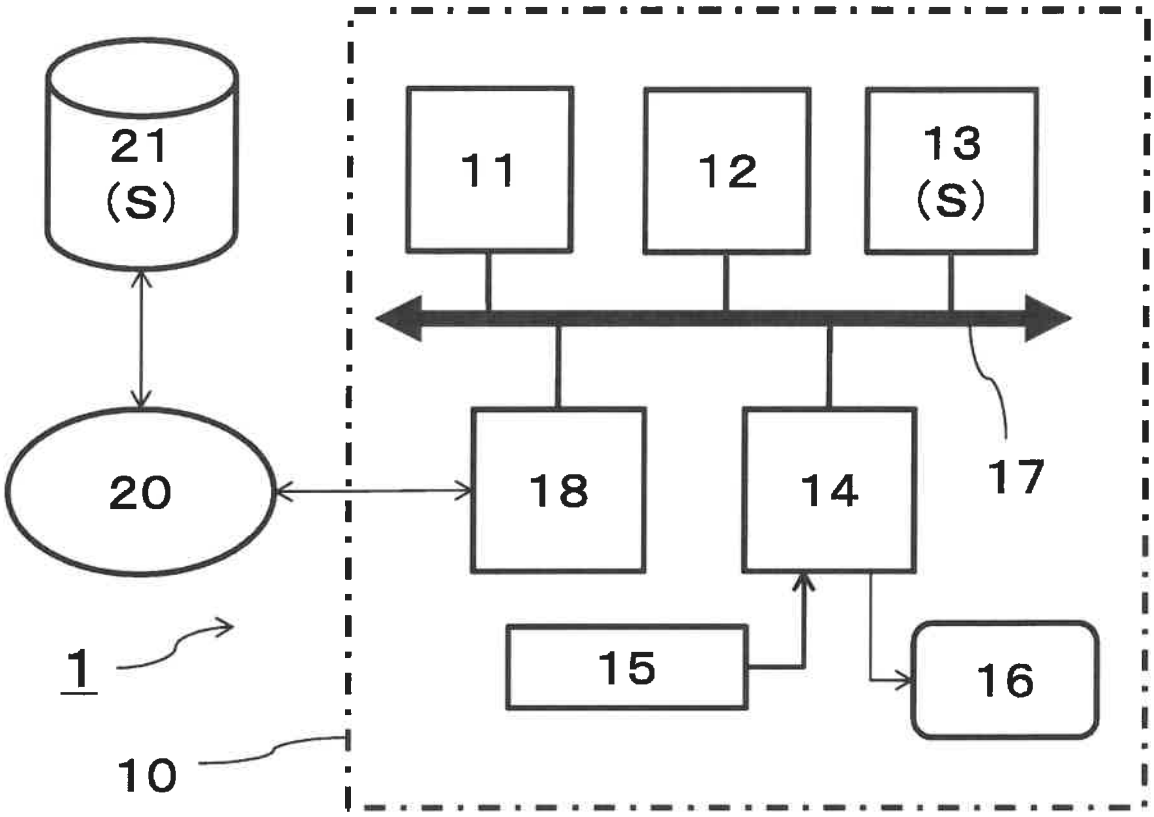


FIG 2

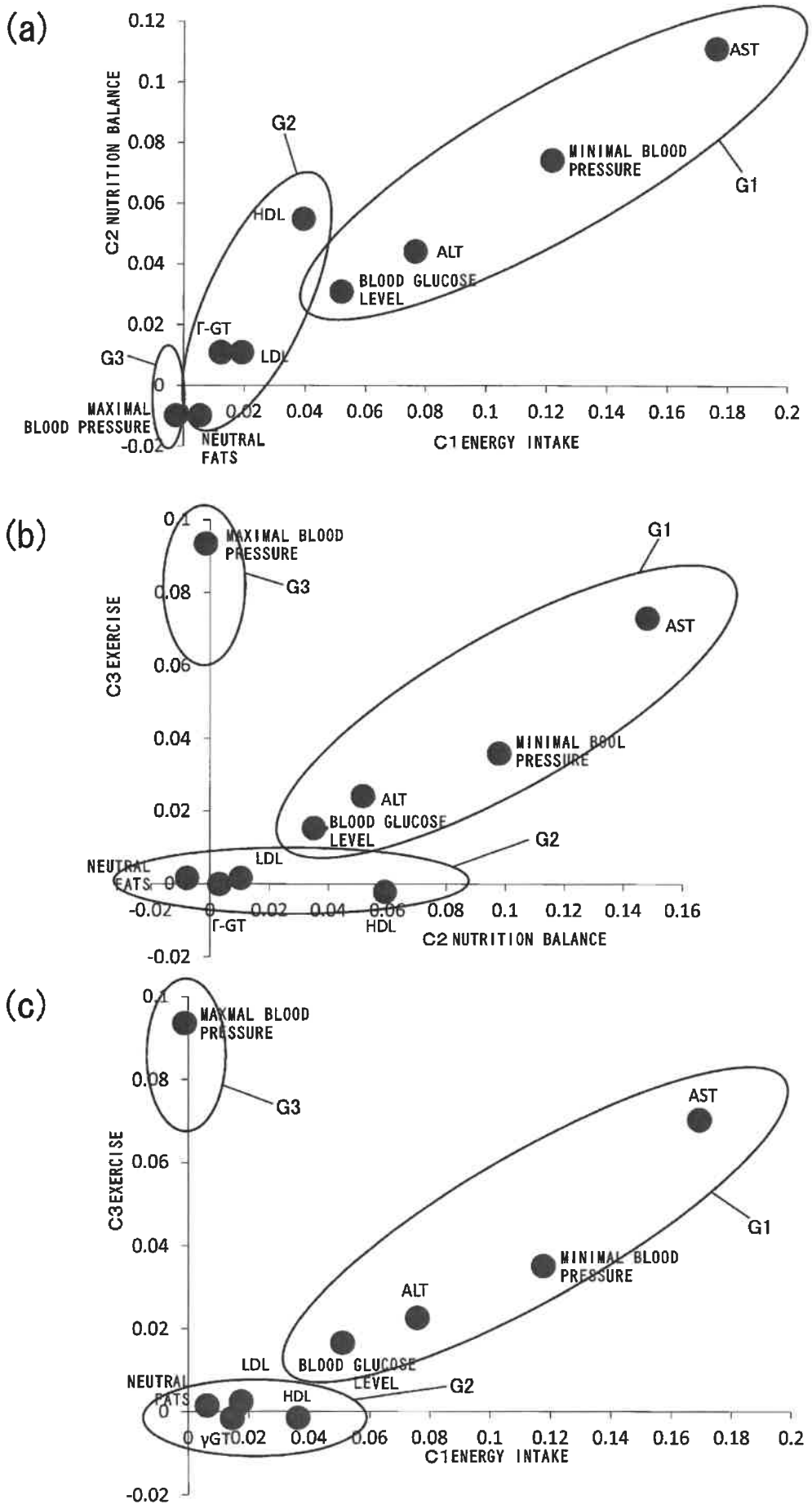

(a)
C2 NUTRITION BALANCE
C1 ENERGY INTAKE
AST
MINIMAL BLOOD PRESSURE
G1
G2
HDL
ALT
BLOOD GLUCOSE LEVEL
γ-GT
LDL
G3
MAXIMAL BLOOD PRESSURE
NEUTRAL FATS
(b)
C3 EXERCISE
C2 NUTRITION BALANCE
MAXIMAL BLOOD PRESSURE
G3
G1
AST
MINIMAL BLOOD PRESSURE
ALT
BLOOD GLUCOSE LEVEL
G2
LDL
NEUTRAL FATS
γ-GT
HDL
(c)
C3 EXERCISE
C1 ENERGY INTAKE
MAXIMAL BLOOD PRESSURE
G3
AST
G1
MINIMAL BLOOD PRESSURE
ALT
LDL
BLOOD GLUCOSE LEVEL
G2
NEUTRAL FATS
HDL
γGT

FIG 3

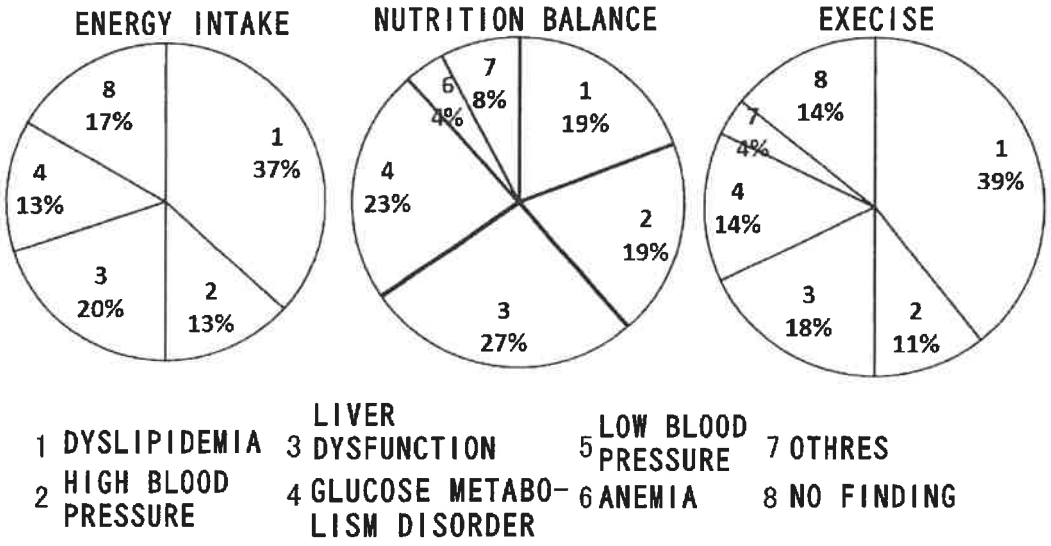

ENERGY INTAKE
8
17%
1
37%
4
13%
3
20%
2
13%
NUTRITION BALANCE
7
8%
6
4%
1
19%
4
23%
2
19%
3
27%
EXECISE
8
14%
7
4%
1
39%
4
14%
3
18%
2
11%
1 DYSLIPIDEMIA
2 HIGH BLOOD PRESSURE
3 LIVER DYSFUNCTION
4 GLUCOSE METABOLISM DISORDER
5 LOW BLOOD PRESSURE
6 ANEMIA
7 OTHRES
8 NO FINDING

FIG 4

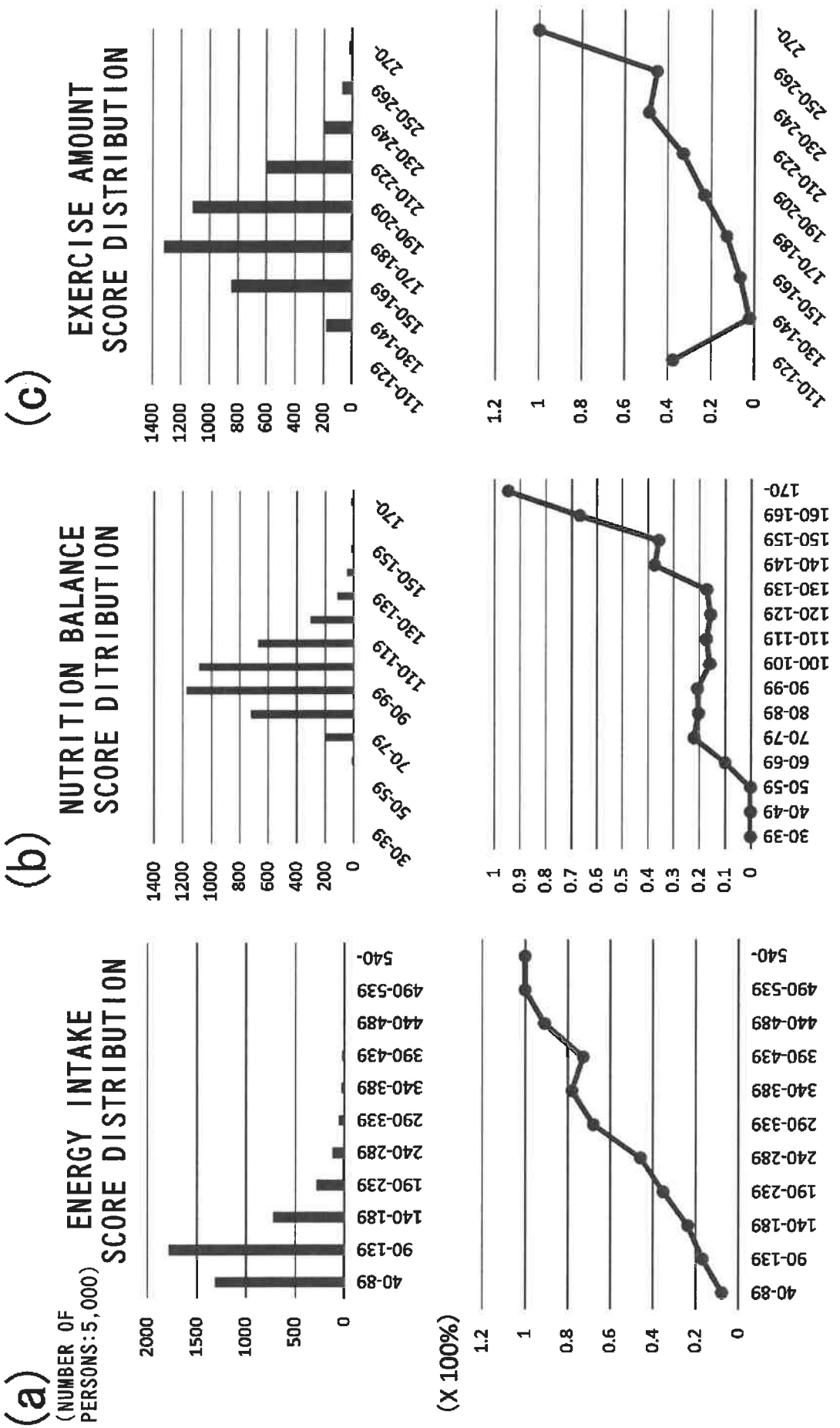
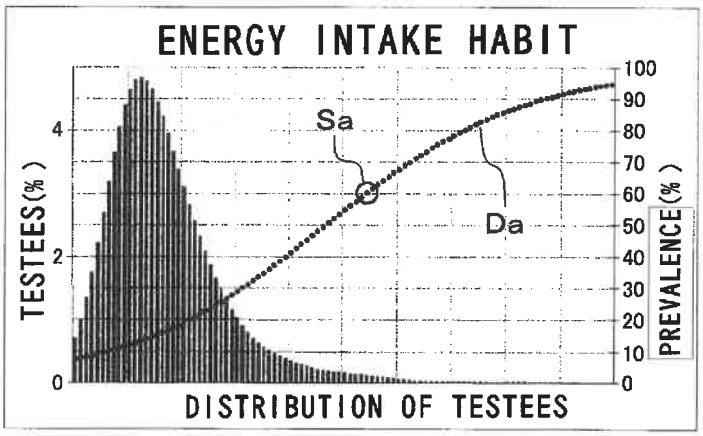

(a)
(NUMBER OF PERSONS:5,000)
ENERGY INTAKE SCORE DISTRIBUTION
2000
1500
1000
500
0
40-89
90-139
140-189
190-239
240-289
290-339
340-389
390-439
440-489
490-539
540-
(X 100%)
1.2
1
0.8
0.6
0.4
0.2
0
(b)
NUTRITION BALANCE SCORE DITRIBUTION
1400
1200
1000
800
600
400
200
0
30-39
50-59
70-79
90-99
110-119
130-139
150-159
170-
1
0.9
0.8
0.7
0.6
0.5
0.4
0.3
0.2
0.1
0
30-39
40-49
50-59
60-69
70-79
80-89
90-99
100-109
110-119
120-129
130-139
140-149
150-159
160-169
170-
(c)
EXERCISE AMOUNT SCORE DISTRIBUTION
1400
1200
1000
800
600
400
200
0
110-129
130-149
150-169
170-189
190-209
210-229
230-249
250-269
270-
1.2
1
0.8
0.6
0.4
0.2
0
110-129
130-149
150-169
170-189
190-209
210-229
230-249
250-269
270-

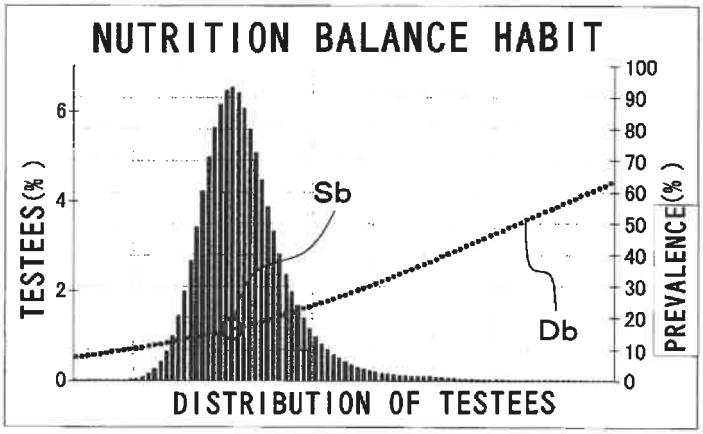
FIG 5

(a)



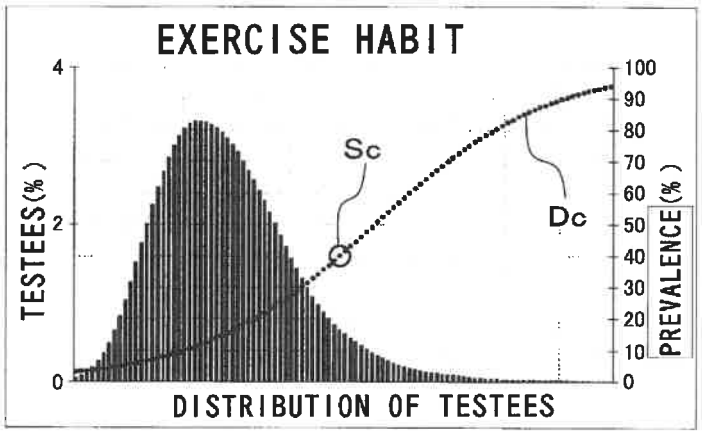
SMALL ← ENERGY INTAKE → GREAT

(b)



GOOD ← NUTRITION BALANCE → UNBALANCE

(c)



ENOUGH ← EXERCISE AMOUNT → NOT ENOUGH

FIG 6

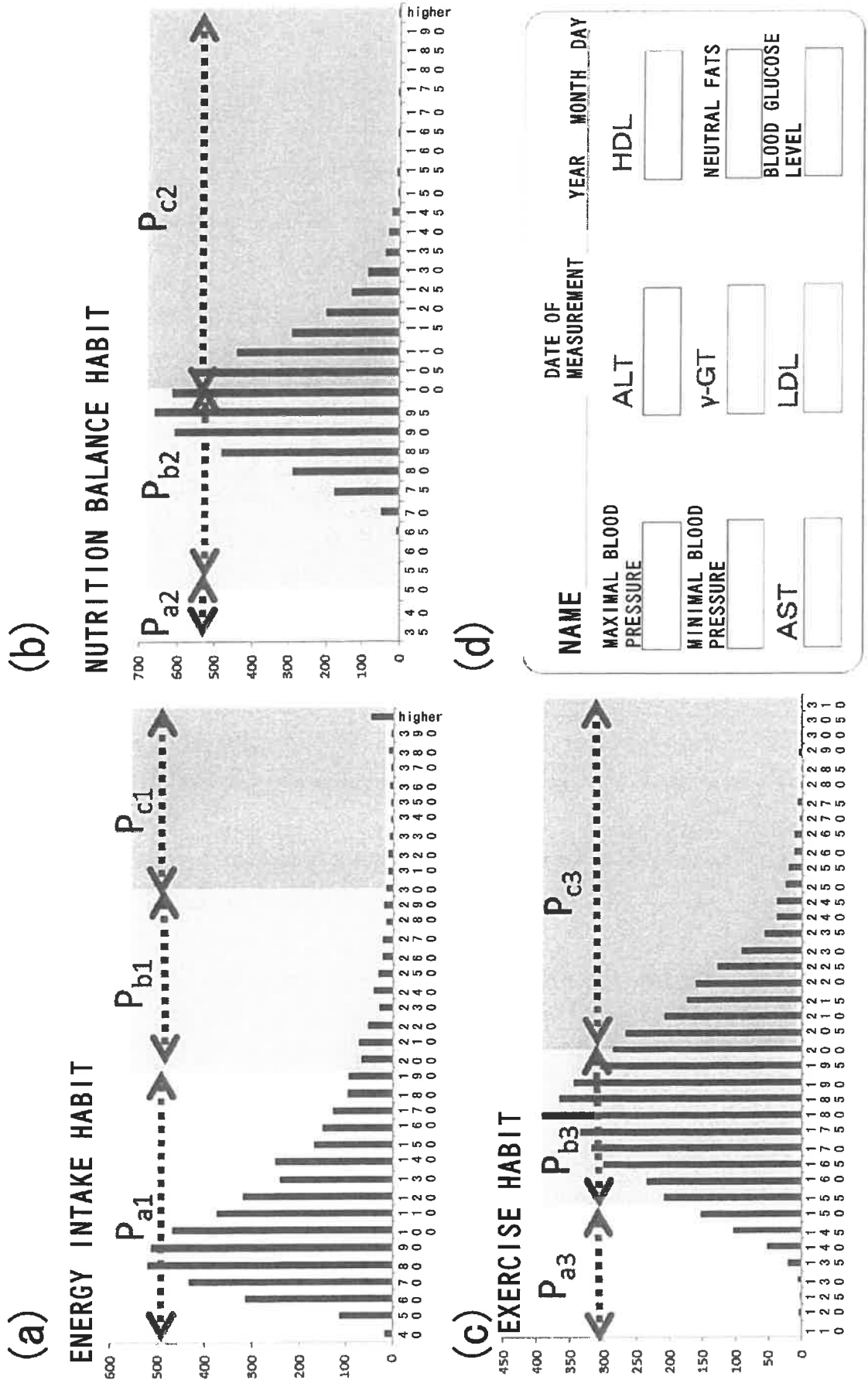

(a)
ENERGY INTAKE HABIT
higher
P_{a1}
P_{b1}
P_{c1}
(b)
NUTRITION BALANCE HABIT
higher
P_{a2}
P_{b2}
P_{c2}
(c)
EXERCISE HABIT
P_{a3}
P_{b3}
P_{c3}
(d)
NAME
DATE OF MEASUREMENT
YEAR MONTH DAY
MAXIMAL BLOOD PRESSURE
MINIMAL BLOOD PRESSURE
ALT
γ-GT
LDL
AST
HDL
NEUTRAL FATS
BLOOD GLUCOSE LEVEL

FIG 7

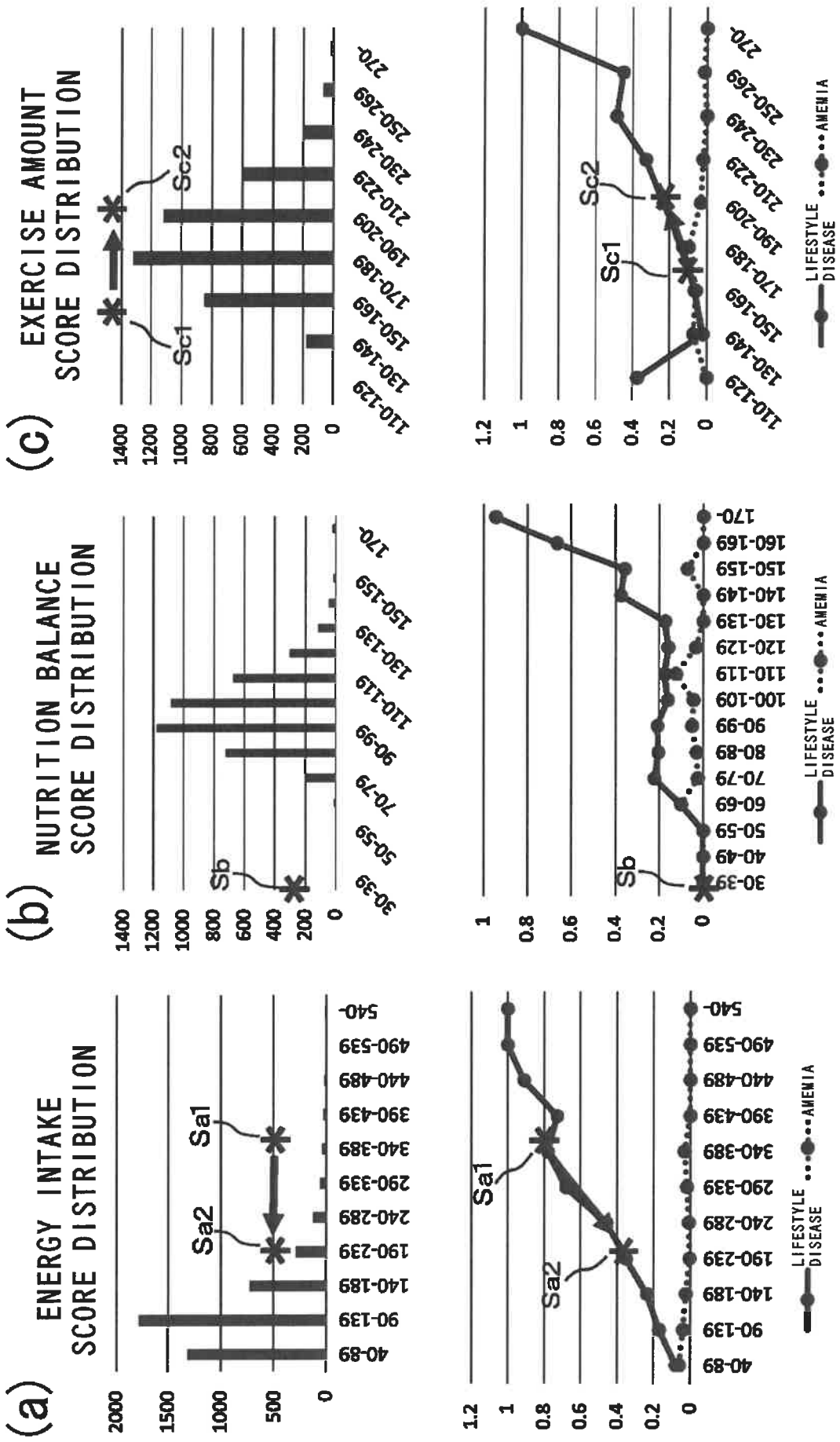

(a)
ENERGY INTAKE
SCORE DISTRIBUTION
Sa1
Sa2
(b)
NUTRITION BALANCE
SCORE DISTRIBUTION
Sb
(c)
EXERCISE AMOUNT
SCORE DISTRIBUTION
Sc1
Sc2
LIFESTYLE DISEASE
AMENIA

FIG 8

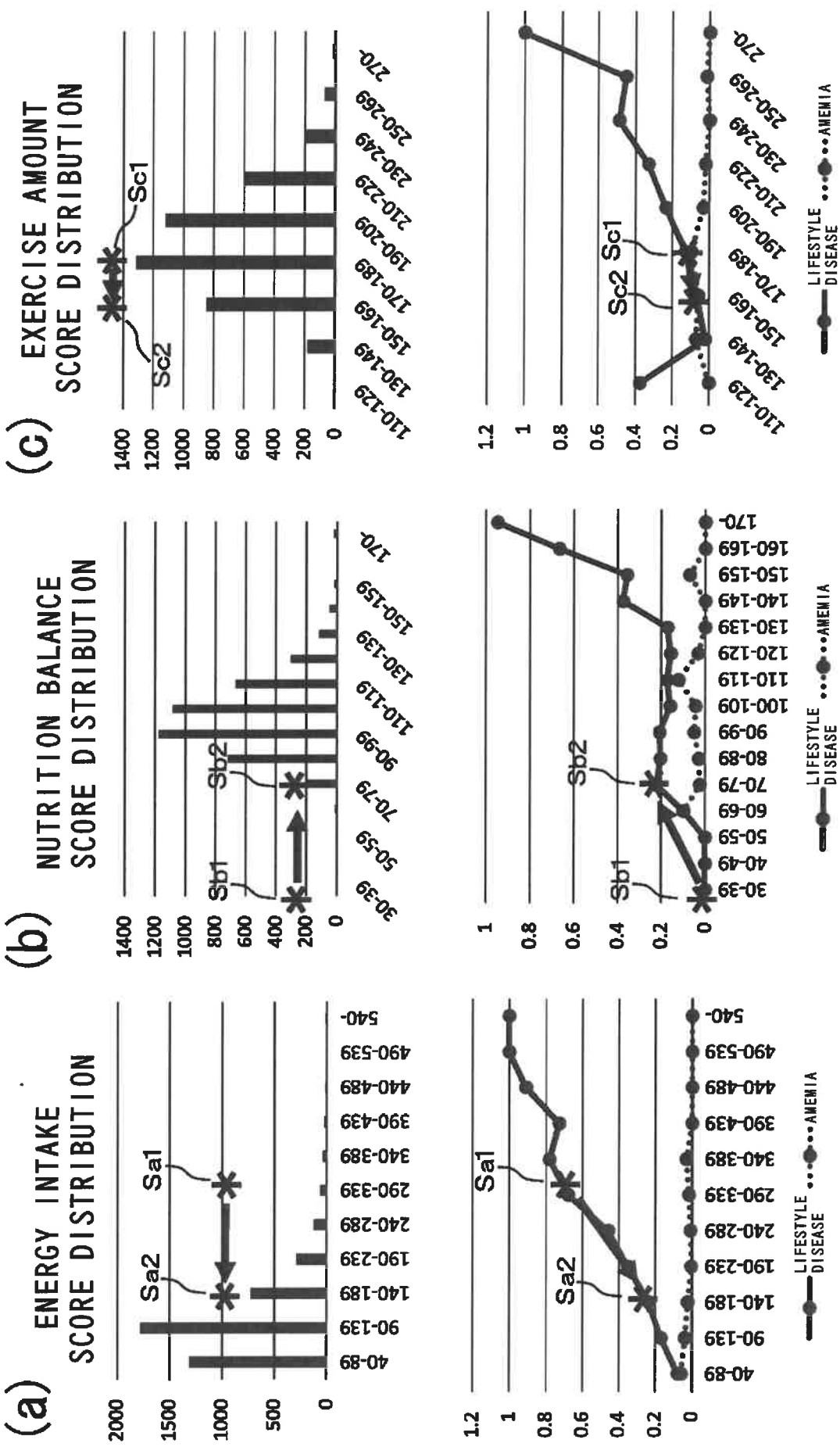

(a)
ENERGY INTAKE
SCORE DISTRIBUTION
Sa1
Sa2
(b)
NUTRITION BALANCE
SCORE DISTRIBUTION
Sb1
Sb2
(c)
EXERCISE AMOUNT
SCORE DISTRIBUTION
Sc1
Sc2
LIFESTYLE DISEASE
AMEMIA

FIG 9

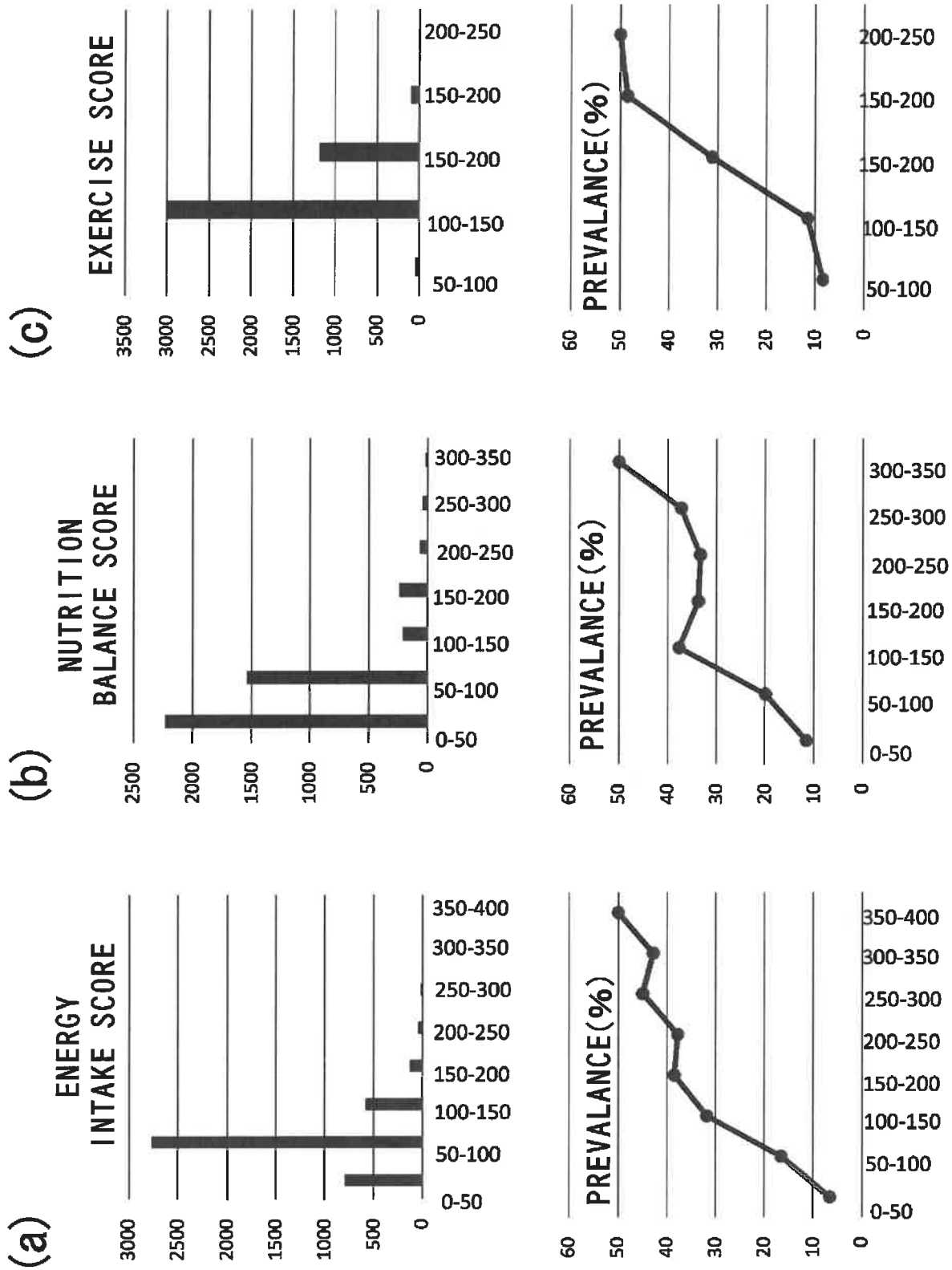

(a)
ENERGY INTAKE SCORE
3000
2500
2000
1500
1000
500
0
350-400
300-350
250-300
200-250
150-200
100-150
50-100
0-50
PREVALANCE(%)
60
50
40
30
20
10
0
(b)
NUTRITION BALANCE SCORE
2500
2000
1500
1000
500
0
300-350
250-300
200-250
150-200
100-150
50-100
0-50
PREVALANCE(%)
(c)
EXERCISE SCORE
3500
3000
2500
2000
1500
1000
500
0
200-250
150-200
150-200
100-150
50-100
PREVALANCE(%)

FIG 10

