ABSTRACT

Provided is a health state evaluation system which allows a layperson to know his/her rank in order to improve his/her health state. Through a principal component analysis using, as explanatory variables, health checkup values Dx which are principally blood values, three principal component variables with top three largest variances are obtained, the variables including an exercise habit variable C1, an energy intake habit variable C2, and a nutrition balance habit variable C3. The system includes: a data input section configured to input the health checkup values Dx; a computation section configured to calculate the respective habit variables C1 to C3, based on coefficients and formulae derived through the principal component analysis; and a result display section configured to display a rank of the subject among data of a large number of persons, obtained by the computation section in advance. The habit variables C1 to C3 include elements in 3 groups. The health state of the subject is evaluated by obtaining, according to 3 principal component variables C1 to C3, the rank of the subject among the data of the large number of persons.