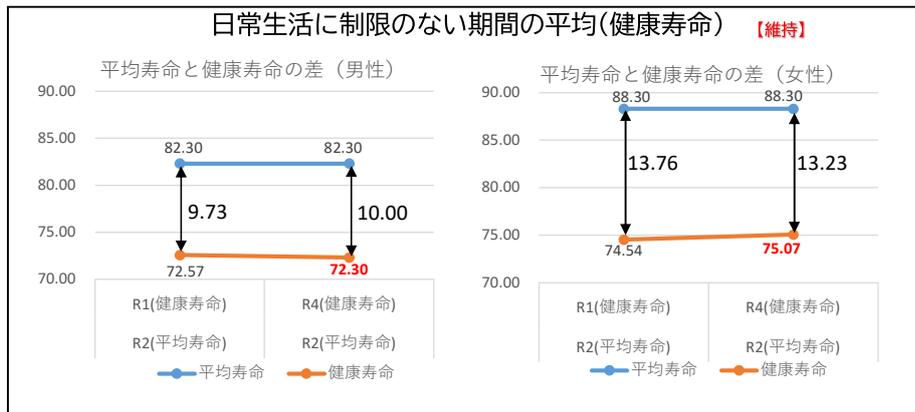
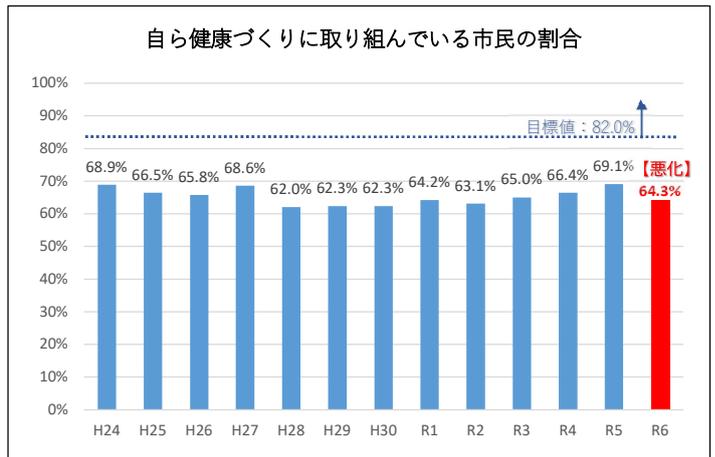
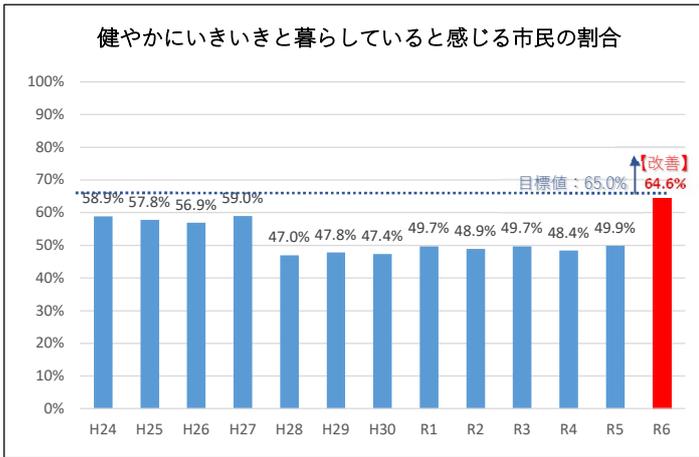


第3次健康くまもと21基本計画 指標推移一覧

全体目標



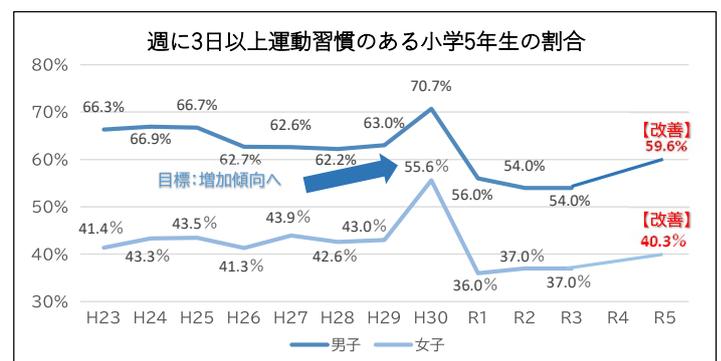
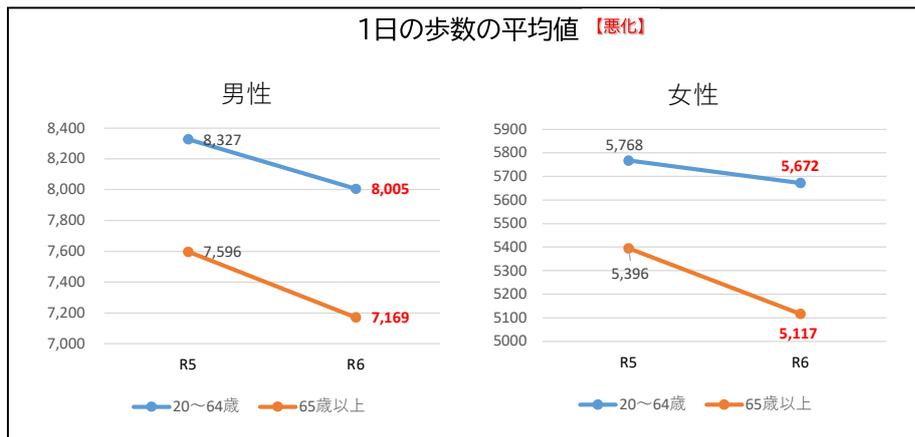
各施策

1 生活習慣の改善と環境づくり

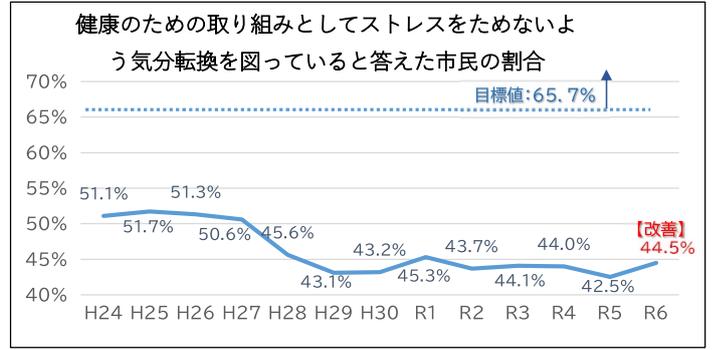
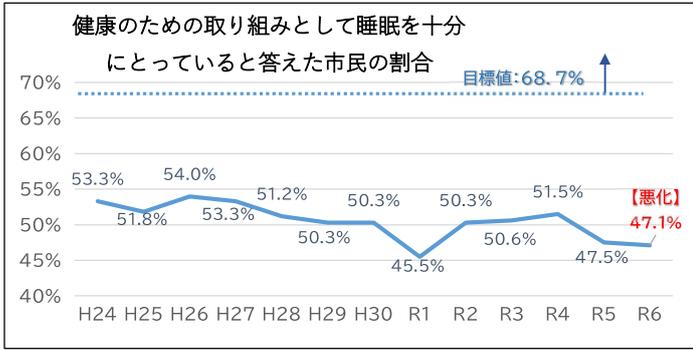
(1) 食の安全安心の確保と食育の推進

※別冊3参照

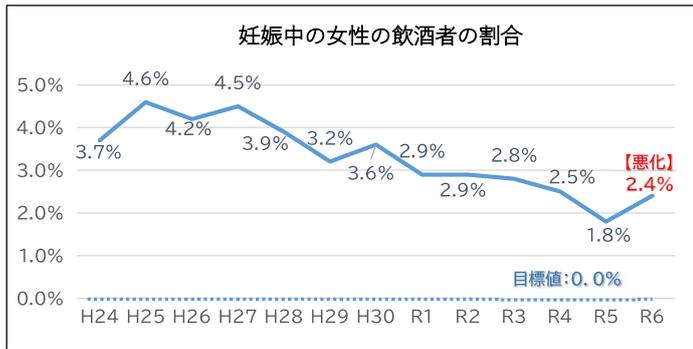
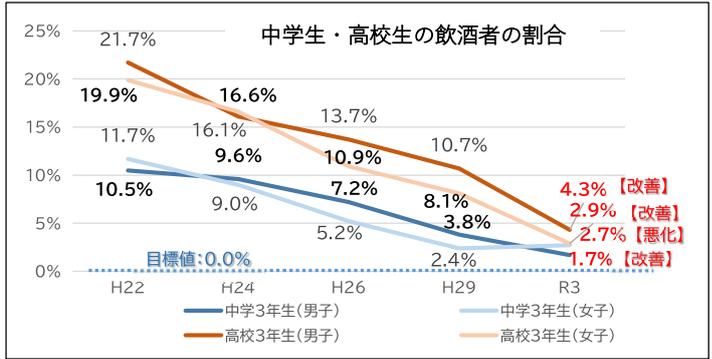
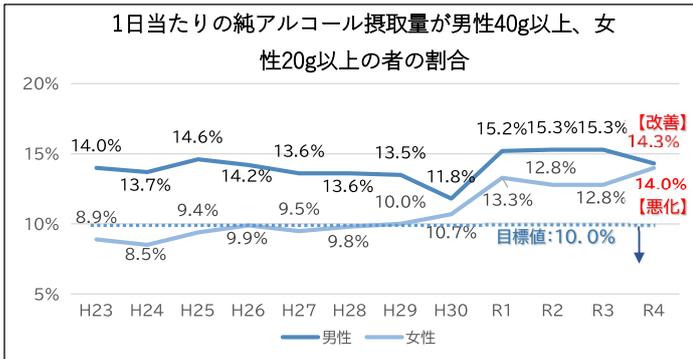
(2) 身体活動・運動の促進



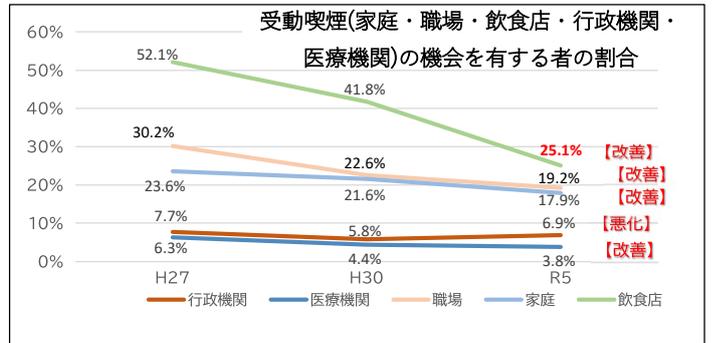
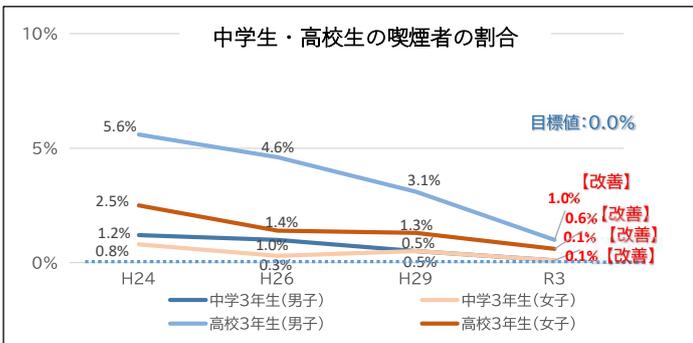
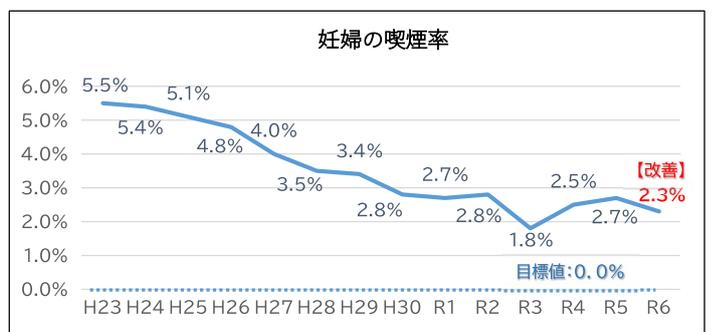
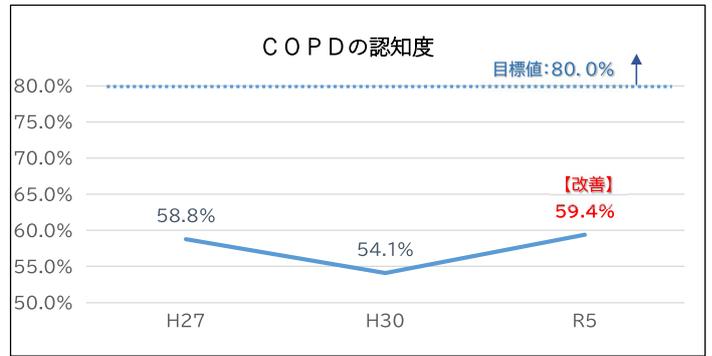
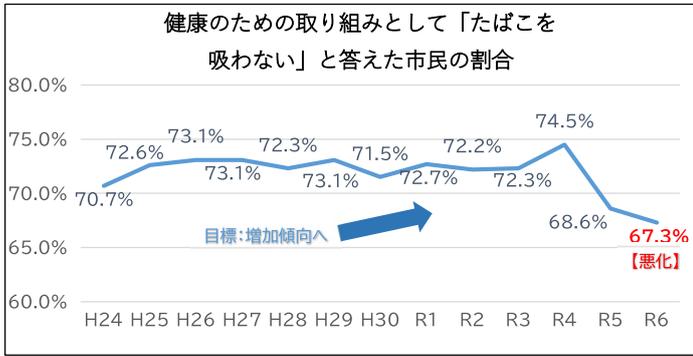
(3) 休養の促進



(4) 飲酒の抑制



(5) 禁煙の支援と受動喫煙防止

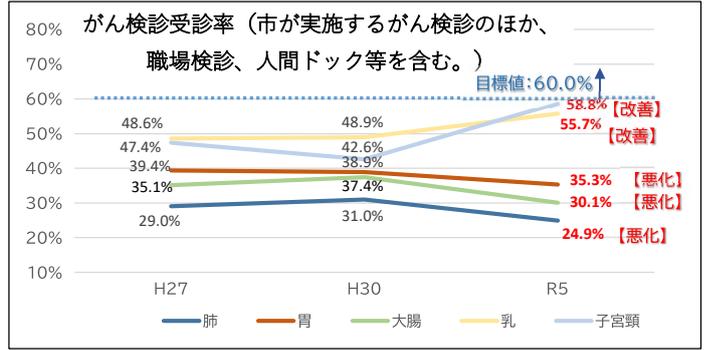
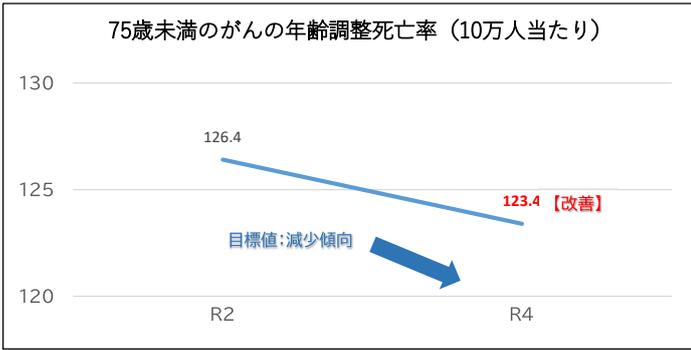


(6) 歯と口腔の健康づくりの推進

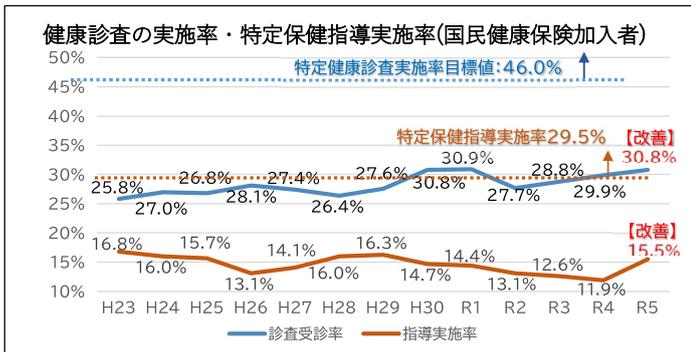
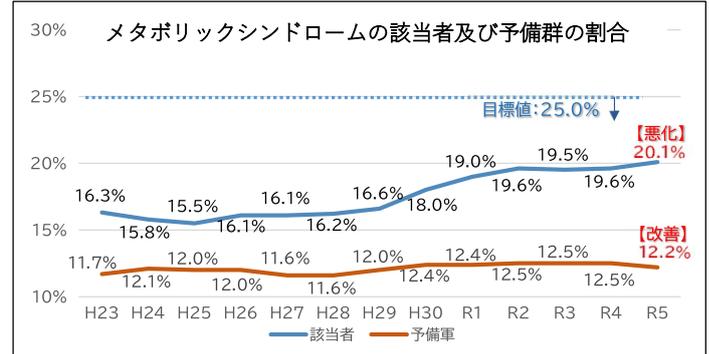
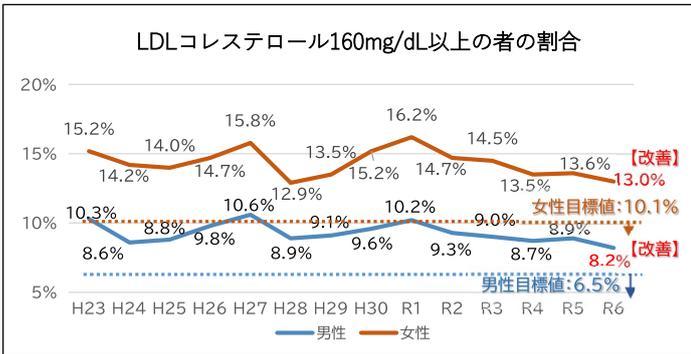
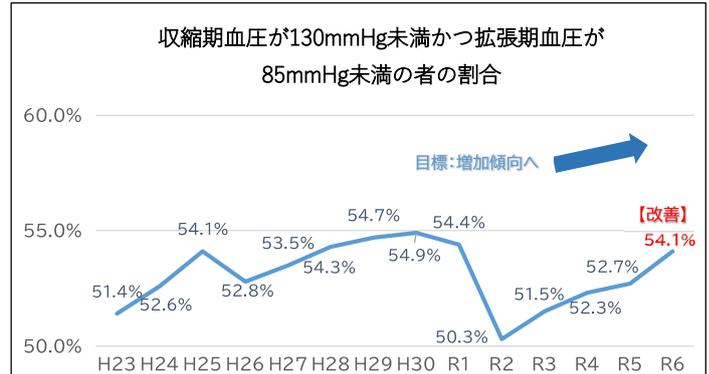
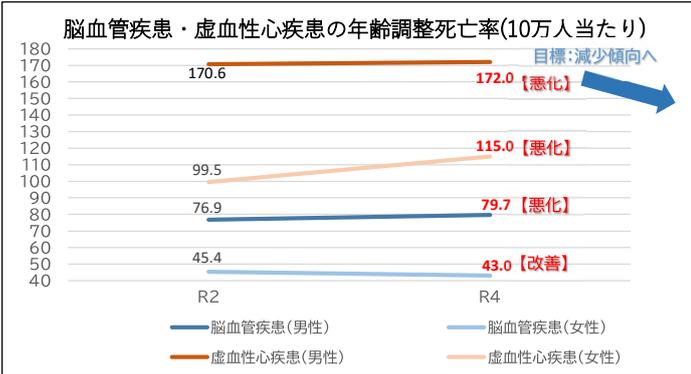
※別冊4参照

2 生活習慣病の発症予防と重症化予防

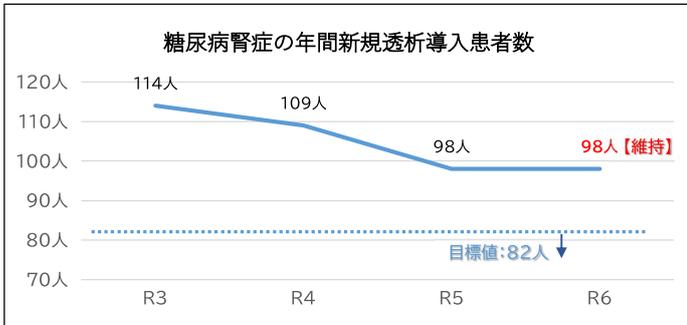
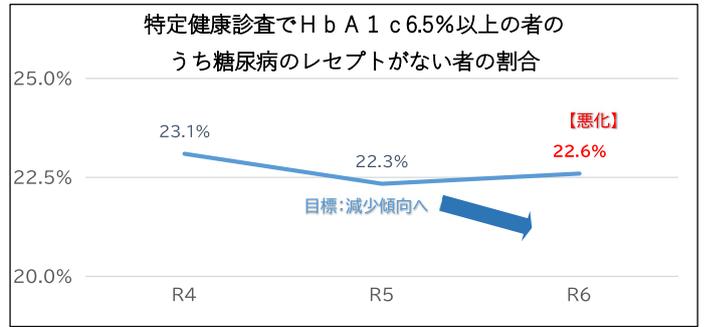
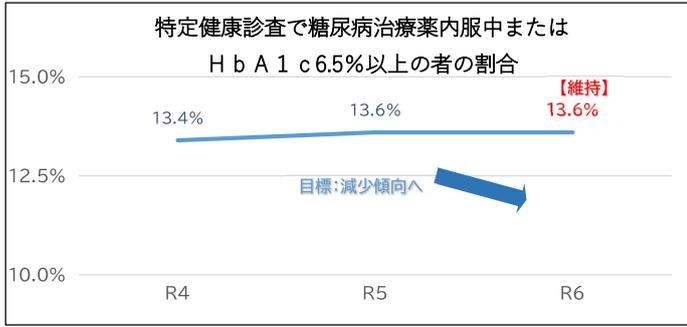
(1)がん予防等対策



(2)循環器疾患対策



(3)糖尿病対策

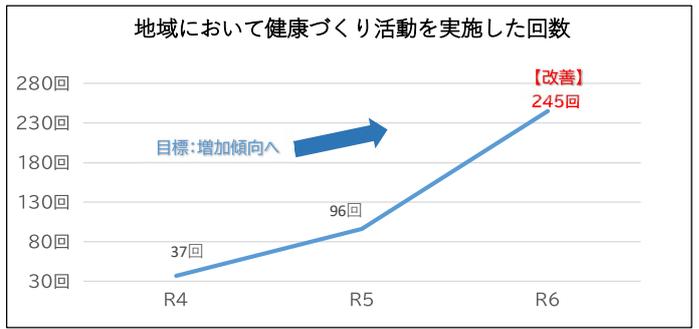
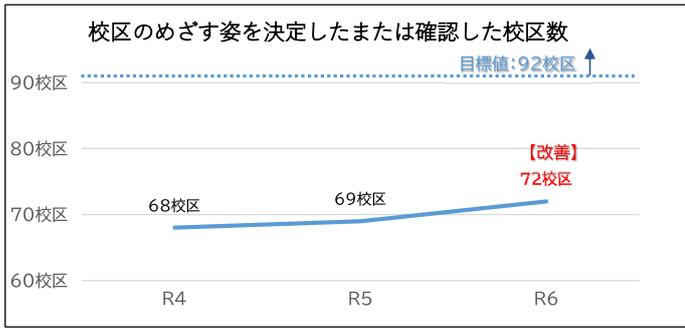


(4)CKD対策

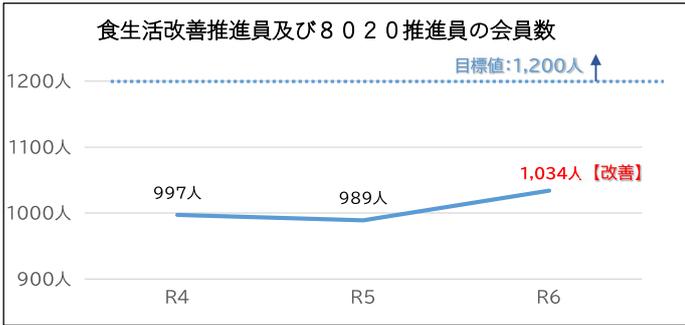


3 健康になれるコミュニティづくり

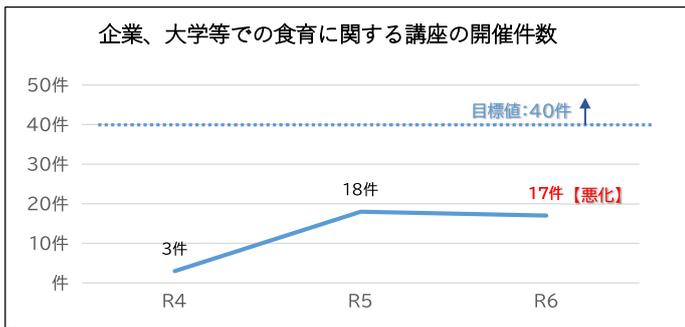
(1) 校区単位の健康まちづくり



(2) 健康づくりを支えるボランティアの育成・支援



(3) 企業・大学等の健康づくり活動の促進

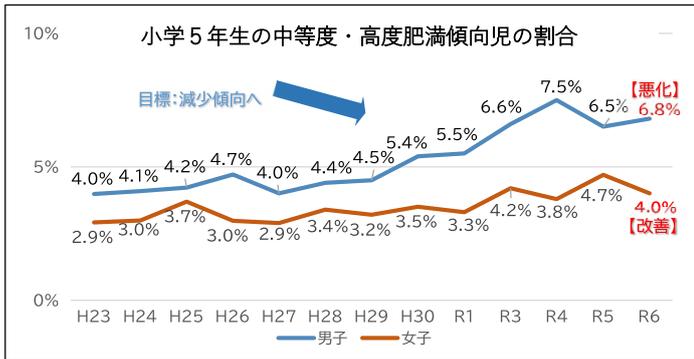


(4) こころの健康づくり



4 ライフコースアプローチを踏まえた健康づくり

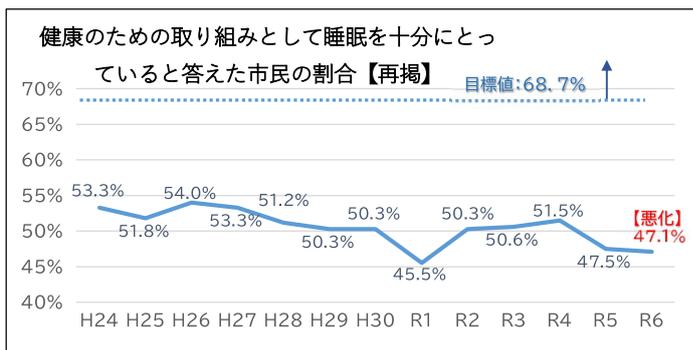
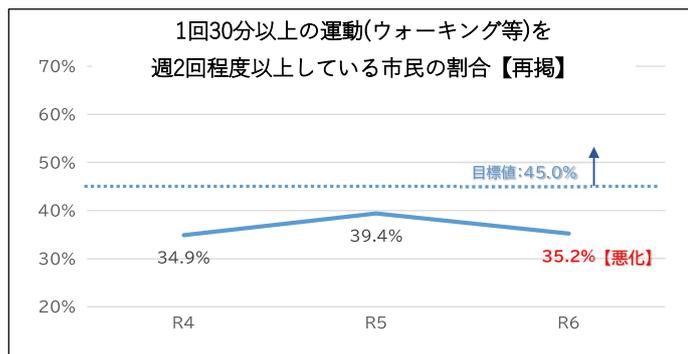
(1) こどもの健康づくり



(2) 女性の健康づくり



(3) 働き盛り世代の健康づくり



(4) 高齢者の健康づくり

