

表5-2 食品②

		骨折あり群 n = 43	骨粗鬆症なし群 n = 120	P値	オッズ比 95%信頼区間	
牛乳	最近	26 (68.4%)	97 (89.8%)	0.004	4.070	(1.613-10.27)
	40歳	20 (55.6%)	78 (82.1%)	0.003		
	20歳	16 (47.1%)	65 (69.9%)	0.022		
	継続	19 (44.2%)	82 (68.3%)	0.006		
ヨーグルト	最近	28 (73.7%)	93 (86.1%)	n.s.	4.419	(1.845-10.584)
	40歳	9 (27.3%)	58 (62.4%)	0.001		
	20歳	6 (18.8%)	30 (34.9%)	n.s.		
	継続	10 (23.3%)	58 (48.3%)	0.004		
チーズ	最近	18 (46.2%)	58 (56.9%)	n.s.	3.087	(1.397-6.822)
	40歳	17 (47.2%)	47 (51.1%)	n.s.		
	20歳	6 (17.6%)	27 (32.1%)	n.s.		
	継続	12 (27.9%)	42 (35.0%)	n.s.		
バター	最近	19 (48.7%)	54 (54.5%)	n.s.		
	40歳	18 (51.4%)	63 (67.7%)	n.s.		
	20歳	14 (38.9%)	49 (53.8%)	n.s.		
	継続	16 (37.2%)	56 (46.7%)	n.s.		
ごま油	最近	24 (60.0%)	67 (67.0%)	n.s.	2.571	(1.158-5.710)
	40歳	14 (38.9%)	54 (62.1%)	0.028		
	20歳	9 (28.1%)	40 (45.5%)	n.s.		
	継続	14 (32.6%)	51 (42.5%)	n.s.		
フライ	最近	26 (65.0%)	59 (54.6%)	n.s.	2.929	(1.345-6.381)
	40歳	31 (81.6%)	83 (81.4%)	n.s.		
	20歳	20 (51.3%)	74 (75.5%)	0.008		
	継続	29 (67.4%)	76 (63.3%)	n.s.		
炒め物	最近	37 (88.1%)	101 (91.0%)	n.s.		
	40歳	31 (88.6%)	92 (92.0%)	n.s.		
	20歳	28 (77.8%)	78 (82.1%)	n.s.		
	継続	32 (74.4%)	90 (75.0%)	n.s.		
鮮魚	最近	38 (95.0%)	108 (97.3%)	n.s.		
	40歳	35 (89.7%)	95 (95.0%)	n.s.		
	20歳	31 (83.8%)	89 (90.8%)	n.s.		
	継続	35 (81.4%)	99 (82.5%)	n.s.		
干し魚	最近	33 (82.5%)	66 (62.3%)	0.028	0.350	(0.142-0.865)
	40歳	29 (80.6%)	70 (73.7%)	n.s.		
	20歳	26 (74.3%)	65 (67.0%)	n.s.		
	継続	30 (69.8%)	76 (63.3%)	n.s.		
魚の缶詰	最近	14 (35.9%)	23 (23.0%)	n.s.		
	40歳	12 (32.4%)	35 (38.0%)	n.s.		
	20歳	9 (25.7%)	29 (32.2%)	n.s.		
	継続	10 (23.3%)	31 (25.8%)	n.s.		
川魚	最近	2 (4.9%)	8 (8.5%)	n.s.		
	40歳	8 (20.5%)	18 (20.0%)	n.s.		
	20歳	11 (29.7%)	17 (19.5%)	n.s.		
	継続	7 (16.3%)	11 (9.2%)	n.s.		
えび	最近	18 (43.9%)	28 (29.5%)	n.s.	0.444	(0.210-0.937)
	40歳	18 (47.4%)	35 (40.2%)	n.s.		
	20歳	14 (36.8%)	24 (28.9%)	n.s.		
	継続	17 (39.5%)	27 (22.5%)	0.044		
貝	最近	22 (55.0%)	38 (38.4%)	n.s.		(0.238-0.988)
	40歳	22 (59.5%)	41 (48.2%)	n.s.		
	20歳	19 (51.4%)	34 (40.5%)	n.s.		
	継続	21 (48.8%)	38 (31.7%)	n.s.		

Chi-square test、n.s. 有意差なし

表5-3 食品③

		骨折あり群 n = 43	骨粗鬆症なし群 n = 120	P値	オッズ比 95%信頼区間	
かまぼこ	最近	36 (87.8%)	83 (78.3%)	n.s.		
	40歳	33 (91.7%)	77 (80.2%)	n.s.		
	20歳	25 (69.4%)	60 (69.0%)	n.s.		
	継続	34 (79.1%)	77 (64.2%)	n.s.		
淡い色野菜	最近	35 (85.4%)	94 (87.0%)	n.s.		
	40歳	32 (82.1%)	87 (87.9%)	n.s.		
	20歳	29 (76.3%)	71 (76.3%)	n.s.		
	継続	33 (76.7%)	86 (71.7%)	n.s.		
濃い色野菜	最近	33 (80.5%)	91 (86.7%)	n.s.		
	40歳	30 (78.9%)	81 (82.7%)	n.s.		
	20歳	29 (78.4%)	74 (79.6%)	n.s.		
	継続	32 (74.4%)	84 (70.0%)	n.s.		
ニンジン	最近	39 (95.1%)	105 (96.3%)	n.s.		
	40歳	34 (87.2%)	91 (92.9%)	n.s.		
	20歳	33 (86.8%)	84 (91.3%)	n.s.		
	継続	36 (83.7%)	93 (77.5%)	n.s.		
トマト	最近	38 (92.7%)	88 (82.2%)	n.s.		
	40歳	32 (84.2%)	79 (83.2%)	n.s.		
	20歳	26 (72.2%)	65 (72.2%)	n.s.		
	継続	31 (72.1%)	81 (67.5%)	n.s.		
山菜	最近	14 (36.8%)	33 (33.0%)	n.s.		
	40歳	16 (45.7%)	29 (32.6%)	n.s.		
	20歳	15 (42.9%)	19 (23.2%)	0.045	0.402	(0.173-0.935)
	継続	16 (37.2%)	25 (20.8%)	0.041	0.444	(0.208-0.949)
キノコ	最近	33 (82.5%)	83 (80.6%)	n.s.		
	40歳	26 (72.2%)	68 (73.9%)	n.s.		
	20歳	20 (54.1%)	51 (56.7%)	n.s.		
	継続	27 (62.8%)	71 (59.2%)	n.s.		
いも類	最近	38 (95.0%)	87 (82.9%)	n.s.		
	40歳	33 (86.6%)	85 (88.5%)	n.s.		
	20歳	33 (89.2%)	83 (89.2%)	n.s.		
	継続	34 (79.1%)	88 (73.3%)	n.s.		
豆類	最近	27 (65.9%)	74 (73.3%)	n.s.		
	40歳	29 (74.4%)	71 (74.0%)	n.s.		
	20歳	20 (55.6%)	63 (67.7%)	n.s.		
	継続	26 (60.5%)	70 (58.3%)	n.s.		
大豆加工品	最近	36 (90.0%)	100 (95.2%)	n.s.		
	40歳	37 (97.4%)	93 (95.9%)	n.s.		
	20歳	36 (94.7%)	84 (90.3%)	n.s.		
	継続	37 (86.0%)	96 (80.0%)	n.s.		
納豆	最近	29 (74.4%)	100 (90.1%)	0.029	3.135	(1.211-8.113)
	40歳	29 (76.3%)	84 (85.7%)	n.s.		
	20歳	28 (75.7%)	74 (81.3%)	n.s.		
	継続	29 (67.4%)	86 (71.7%)	n.s.		
海藻	最近	34 (85.0%)	100 (94.3%)	n.s.		
	40歳	31 (79.5%)	90 (92.8%)	0.035	3.318	(1.112-9.902)
	20歳	25 (67.6%)	77 (83.7%)	0.042	2.464	(1.019-5.959)
	継続	32 (74.4%)	94 (78.3%)	n.s.		
漬物	最近	38 (92.7%)	97 (90.7%)	n.s.		
	40歳	35 (92.1%)	81 (88.0%)	n.s.		
	20歳	34 (89.5%)	82 (89.1%)	n.s.		
	継続	35 (81.4%)	87 (72.5%)	n.s.		

Chi-square test、n.s. 有意差なし

表5-4 食品④

		骨折あり群 n = 43	骨粗鬆症なし群 n = 120	P値	オッズ比 95%信頼区間
佃煮	最近	22 (57.9%)	71 (68.9%)	n.s.	
	40歳	19 (54.3%)	51 (56.0%)	n.s.	
	20歳	16 (43.2%)	39 (45.9%)	n.s.	
	継続	18 (41.9%)	51 (42.5%)	n.s.	
ミカン類	最近	38 (92.7%)	104 (96.3%)	n.s.	
	40歳	33 (84.6%)	89 (93.7%)	n.s.	
	20歳	22 (62.9%)	73 (82.0%)	0.033	2.696 (1.126-6.457)
	継続	32 (74.4%)	93 (77.5%)	n.s.	
他の果物	最近	38 (92.7%)	100 (96.2%)	n.s.	
	40歳	31 (83.8%)	85 (94.4%)	n.s.	
	20歳	26 (72.2%)	73 (85.9%)	n.s.	
	継続	33 (76.7%)	88 (73.3%)	n.s.	
ドライフルーツ	最近	17 (44.7%)	29 (29.9%)	n.s.	
	40歳	10 (27.8%)	34 (39.5%)	n.s.	
	20歳	10 (27.0%)	28 (32.9%)	n.s.	
	継続	11 (25.6%)	34 (28.3%)	n.s.	
ナッツ類	最近	15 (39.5%)	45 (45.9%)	n.s.	
	40歳	19 (50.0%)	44 (49.4%)	n.s.	
	20歳	12 (33.3%)	32 (36.8%)	n.s.	
	継続	16 (37.2%)	42 (35.0%)	n.s.	
菓子類	最近	31 (75.6%)	81 (75.0%)	n.s.	
	40歳	27 (67.5%)	77 (80.2%)	n.s.	
	20歳	18 (48.6%)	66 (72.5%)	0.014	2.787 (1.262-6.153)
	継続	26 (60.5%)	78 (65.0%)	n.s.	

Chi-square test、n.s. 有意差なし

表6 飲み物

		骨折あり群 (n = 43)										骨粗鬆症なし群 (n = 120)																			
		飲まない			毎日は飲まない			毎日(1~2杯)			毎日(3~4杯)			毎日(5杯以上)			飲まない			毎日は飲まない			毎日(1~2杯)			毎日(3~4杯)			毎日(5杯以上)		
年齢	性別	人数	割合	人数	割合	人数	割合	人数	割合	人数	割合	人数	割合	人数	割合	人数	割合	人数	割合	人数	割合	人数	割合	人数	割合	人数	割合	人数	割合		
緑茶	最近	6	15.0%	8	20.0%	5	12.5%	13	32.5%	8	20.0%	0	0.0%	17	14.9%	21	18.4%	33	28.9%	43	37.7%										
	40歳	7	18.4%	7	18.4%	6	15.8%	12	31.6%	6	15.8%	3	3.0%	18	17.8%	28	27.7%	26	25.7%	26	25.7%										
	20歳	12	30.8%	11	28.2%	6	15.4%	9	23.1%	1	2.6%	13	33.3%	27	27.6%	24	24.5%	21	21.4%	13	13.3%										
ほうじ茶	最近	5	12.2%	16	39.0%	10	24.4%	9	22.0%	1	2.4%	11	11.0%	35	35.0%	24	24.0%	15	15.0%	15	15.0%										
	40歳	7	19.4%	12	33.3%	9	25.0%	6	16.7%	2	5.6%	13	14.4%	31	34.4%	22	24.4%	15	16.7%	9	10.0%										
	20歳	14	36.8%	10	26.3%	8	21.1%	4	10.5%	2	5.3%	21	23.3%	35	38.9%	14	15.6%	15	16.7%	5	5.6%										
コーヒー	最近	9	23.1%	7	17.9%	15	38.5%	6	15.4%	2	5.1%	11	10.3%	24	22.4%	56	52.3%	11	10.3%	5	4.7%										
	40歳	8	21.6%	10	27.0%	13	35.1%	3	8.1%	3	8.1%	15	16.5%	30	33.0%	34	37.4%	10	11.0%	2	2.2%										
	20歳	18	48.6%	6	16.2%	10	27.0%	1	2.7%	2	5.4%	29	33.3%	33	37.9%	18	20.7%	5	5.7%	2	2.3%										
紅茶	最近	12	30.0%	19	47.5%	9	22.5%	0	0.0%	0	0.0%	17	16.8%	62	61.4%	18	17.8%	3	3.0%	1	1.0%										
	40歳	15	41.7%	15	41.7%	4	11.1%	2	5.6%	0	0.0%	21	23.3%	47	52.2%	21	23.3%	1	1.1%	0	0.0%										
	20歳	18	48.6%	13	35.1%	6	16.2%	0	0.0%	0	0.0%	34	39.1%	38	43.7%	13	14.9%	2	2.3%	0	0.0%										
牛乳	最近	13	31.7%	8	19.5%	16	39.0%	3	7.3%	1	2.4%	10	9.3%	33	30.6%	51	47.2%	5	4.6%	9	8.3%										
	40歳	16	45.7%	11	31.4%	7	20.0%	1	2.9%	0	0.0%	14	14.4%	36	37.1%	34	35.1%	4	4.1%	9	9.3%										
	20歳	20	52.6%	11	28.9%	5	13.2%	2	5.3%	0	0.0%	17	17.7%	44	45.8%	22	22.9%	7	7.3%	6	6.3%										
豆乳	最近	28	71.8%	8	20.5%	2	5.1%	1	2.6%	0	0.0%	53	54.6%	29	29.9%	13	13.4%	2	2.1%	0	0.0%										
	40歳	28	80.0%	7	20.0%	0	0.0%	0	0.0%	0	0.0%	66	72.5%	21	23.1%	3	3.3%	1	1.1%	0	0.0%										
	20歳	33	89.2%	3	8.1%	1	2.7%	0	0.0%	0	0.0%	72	81.8%	13	14.8%	2	2.3%	1	1.1%	0	0.0%										
果汁	最近	9	22.5%	18	45.0%	10	25.0%	3	7.5%	0	0.0%	31	31.0%	50	50.0%	17	17.0%	2	2.0%	0	0.0%										
	40歳	15	39.5%	15	39.5%	7	18.4%	1	2.6%	0	0.0%	34	36.6%	45	48.4%	11	11.8%	2	2.2%	1	1.1%										
	20歳	21	56.8%	11	29.7%	3	8.1%	2	5.4%	0	0.0%	42	46.7%	38	42.2%	8	8.9%	2	2.2%	0	0.0%										
清涼飲料水	最近	14	40.0%	12	34.3%	7	20.0%	2	5.7%	0	0.0%	54	54.5%	38	38.4%	6	6.1%	1	1.0%	0	0.0%										
	40歳	20	55.6%	9	25.0%	3	8.3%	3	8.3%	1	2.8%	45	48.4%	42	45.2%	6	6.5%	0	0.0%	0	0.0%										
	20歳	24	66.7%	6	16.7%	5	13.9%	1	2.8%	0	0.0%	50	55.6%	33	36.7%	7	7.8%	0	0.0%	0	0.0%										
ミネラルウォーター	最近	13	33.3%	6	15.4%	10	25.6%	7	17.9%	3	7.7%	46	45.1%	28	27.5%	15	14.7%	3	2.9%	10	9.8%										
	40歳	12	34.3%	5	14.3%	9	25.7%	4	11.4%	5	14.3%	47	50.5%	18	19.4%	10	10.8%	9	9.7%	9	9.7%										
	20歳	10	27.0%	4	10.8%	11	29.7%	8	21.6%	4	10.8%	45	47.9%	13	13.8%	10	10.6%	13	13.8%	13	13.8%										
お酒	最近	34	91.9%	1	2.7%	2	5.4%	0	0.0%	0	0.0%	65	64.4%	17	16.8%	15	14.9%	2	2.0%	2	2.0%										
	40歳	29	80.6%	5	13.9%	2	5.6%	0	0.0%	0	0.0%	60	63.2%	23	24.2%	11	11.6%	1	1.1%	0	0.0%										
	20歳	32	86.5%	3	8.1%	2	5.4%	0	0.0%	0	0.0%	61	66.3%	22	23.9%	5	5.4%	4	4.3%	0	0.0%										

表7 飲み物

		骨折あり群 n = 43	骨粗鬆症なし群 n = 120	P値	オッズ比 95%信頼区間	
緑茶	最近	26 (65.0%)	97 (85.1%)	0.011	3.072	(1.341-7.041)
	40歳	24 (63.2%)	80 (79.2%)	n.s.		
	20歳	16 (41.0%)	58 (59.2%)	n.s.		
	継続	24 (55.8%)	78 (65.0%)	n.s.		
ほうじ茶	最近	20 (51.2%)	54 (54.0%)	n.s.		
	40歳	17 (47.2%)	46 (51.1%)	n.s.		
	20歳	14 (36.8%)	34 (37.8%)	n.s.		
	継続	17 (39.5%)	46 (38.3%)	n.s.		
コーヒー	最近	23 (59.0%)	72 (67.3%)	n.s.		
	40歳	19 (51.4%)	46 (50.5%)	n.s.		
	20歳	13 (35.1%)	25 (28.7%)	n.s.		
	継続	17 (39.5%)	45 (37.5%)	n.s.		
紅茶	最近	9 (22.5%)	22 (21.8%)	n.s.		
	40歳	6 (16.7%)	22 (24.4%)	n.s.		
	20歳	6 (16.2%)	15 (17.2%)	n.s.		
	継続	7 (16.3%)	17 (14.2%)	n.s.		
牛乳	最近	20 (48.8%)	65 (60.2%)	n.s.	3.173	(1.311-7.677)
	40歳	8 (22.9%)	47 (48.5%)	0.009		
	20歳	7 (18.4%)	35 (36.5%)	0.042		
	継続	8 (18.6%)	48 (40.0%)	0.014		
豆乳	最近	3 (7.7%)	15 (15.5%)	n.s.		
	40歳	0 (0%)	4 (4.4%)	n.s.		
	20歳	1 (2.7%)	3 (3.4%)	n.s.		
	継続	1 (2.3%)	4 (3.3%)	n.s.		
果汁	最近	13 (32.5%)	19 (19.0%)	n.s.		
	40歳	8 (21.1%)	14 (15.1%)	n.s.		
	20歳	5 (13.5%)	10 (11.1%)	n.s.		
	継続	8 (18.6%)	10 (8.3%)	n.s.		
清涼飲料水	最近	12 (31.6%)	7 (7.1%)	0.001	0.165	(0.059-0.461)
	40歳	7 (19.4%)	6 (6.5%)	0.046		
	20歳	6 (16.7%)	7 (7.8%)	n.s.		
	継続	6 (14.0%)	5 (4.2%)	n.s.		
ミネラルウォーター	最近	20 (51.3%)	28 (27.5%)	0.010	0.359	(0.167-0.772)
	40歳	18 (51.4%)	28 (30.1%)	0.038		
	20歳	23 (62.2%)	36 (38.3%)	0.019		
	継続	20 (46.5%)	31 (25.8%)	0.021		
お酒	最近	2 (5.4%)	19 (18.8%)	n.s.		
	40歳	2 (5.6%)	12 (12.6%)	n.s.		
	20歳	2 (5.4%)	9 (9.8%)	n.s.		
	継続	1 (2.3%)	11 (9.2%)	n.s.		

Chi-square test、n.s. 有意差なし

表8 喫煙・運動・睡眠時間

		骨折あり群 n = 43	骨粗鬆症なし群 n = 120	P値	オッズ比 95%信頼区間
喫煙	最近	4 (9.8%)	3 (2.7%)	n.s.	
	40歳	3 (7.7%)	3 (3.0%)	n.s.	
	20歳	1 (2.6%)	3 (3.0%)	n.s.	
	継続	2 (5.3%)	3 (3.1%)	n.s.	
運動	最近	17 (43.6%)	94 (81.0%)	<0.001	5.529 (2.522-12.121)
	40歳	29 (80.6%)	73 (72.3%)	n.s.	
	20歳	27 (77.1%)	62 (63.3%)	n.s.	
	継続	28 (80.0%)	72 (75.8%)	n.s.	
睡眠時間	最近	7.244 ± 1.6136	6.922 ± 1.3452	n.s.	
	40歳	7.316 ± 1.1649	7.042 ± 1.0768	n.s.	
	20歳	7.595 ± 1.0661	7.375 ± 1.0989	n.s.	

Chi-square test、Mann-Whitney U-test、n.s. 有意差なし

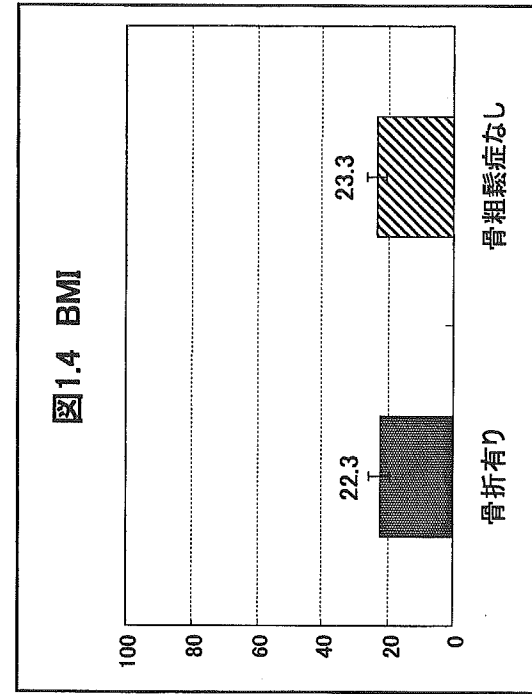
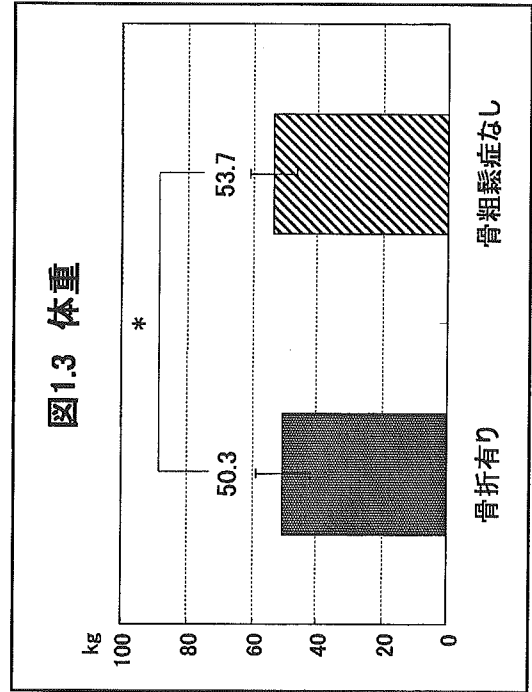
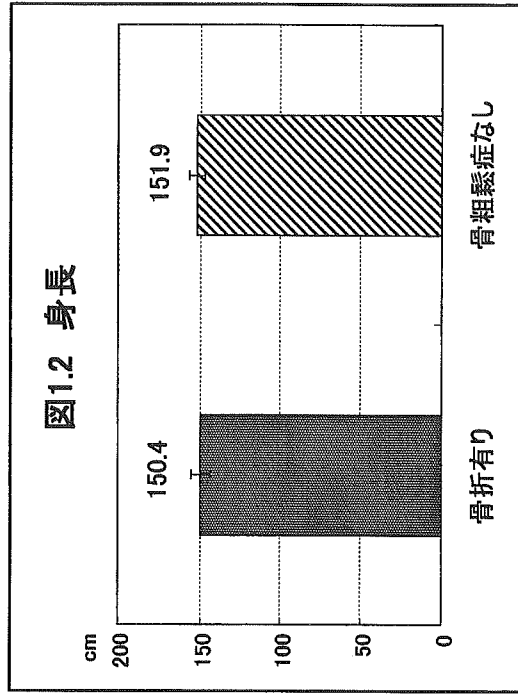
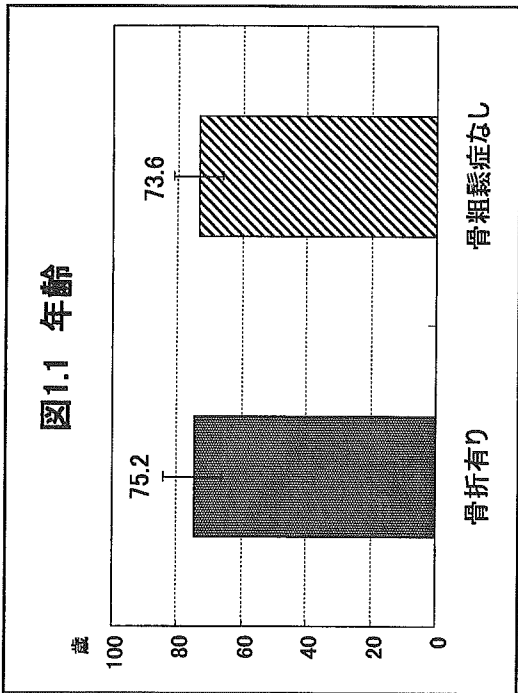


図1.6 閉経後年数

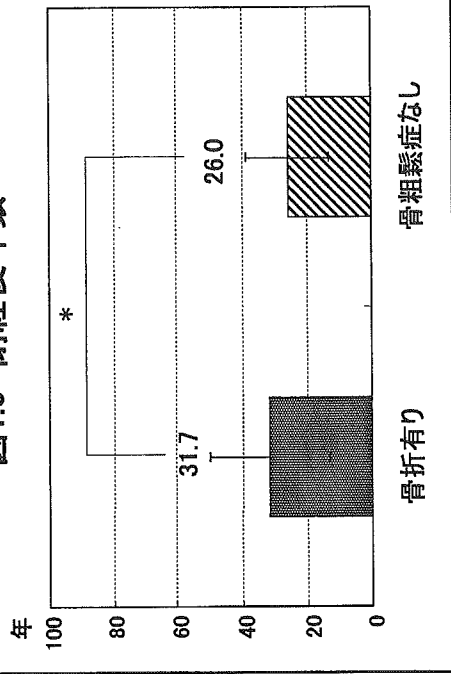


図1.5 閉経年齢

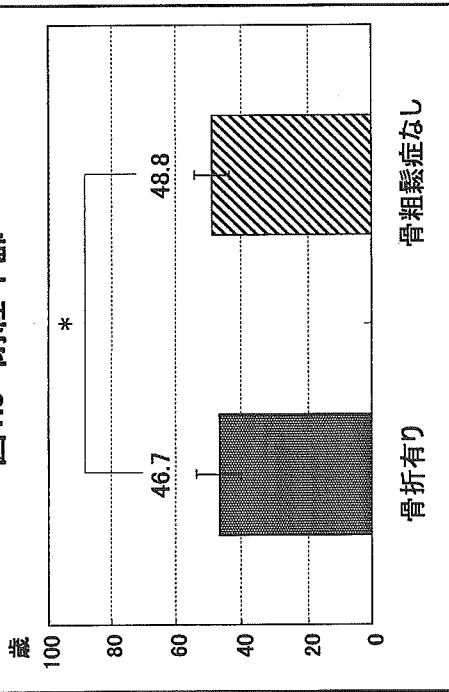


図2.2 QOL 身の回り

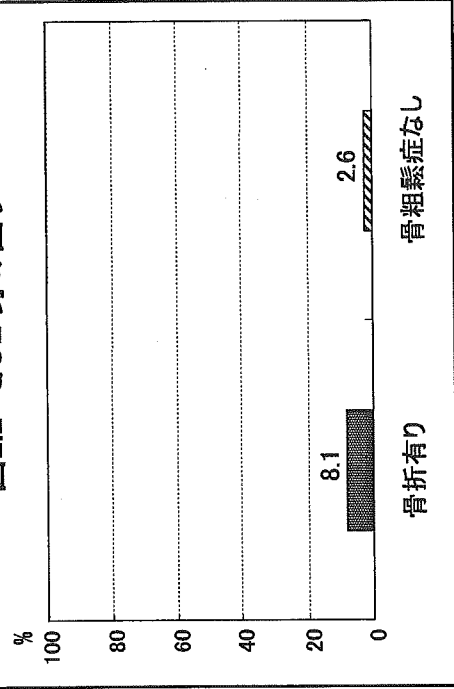
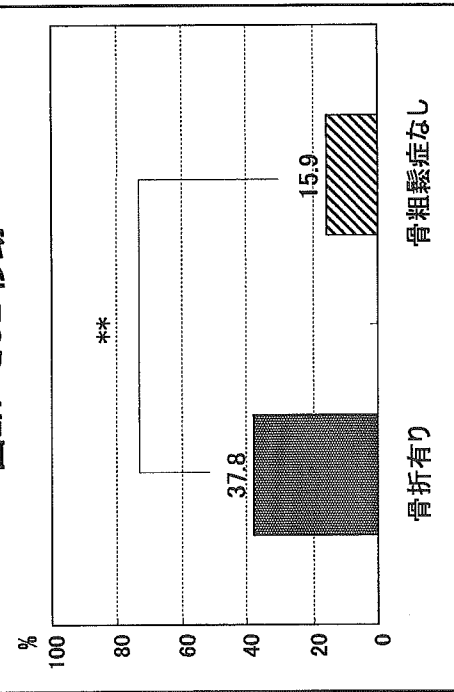
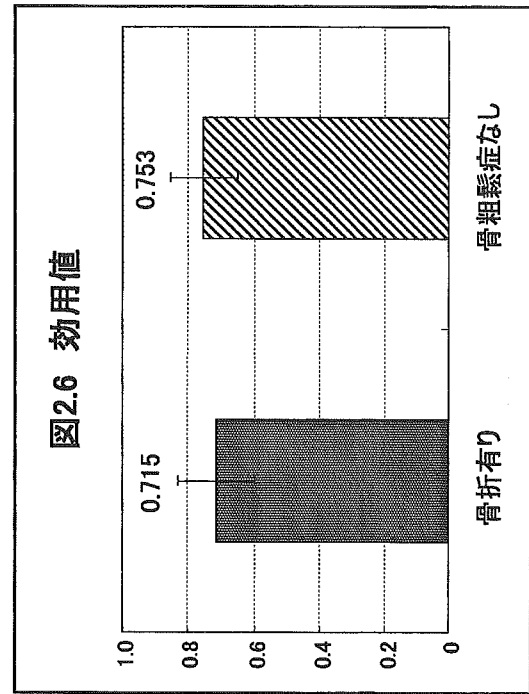
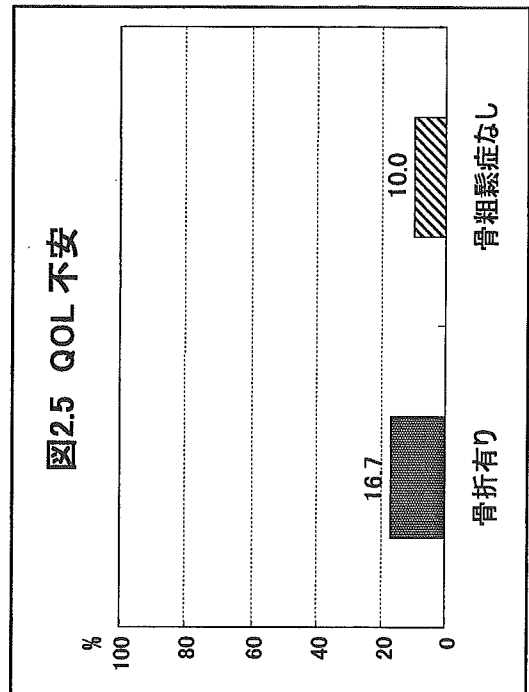
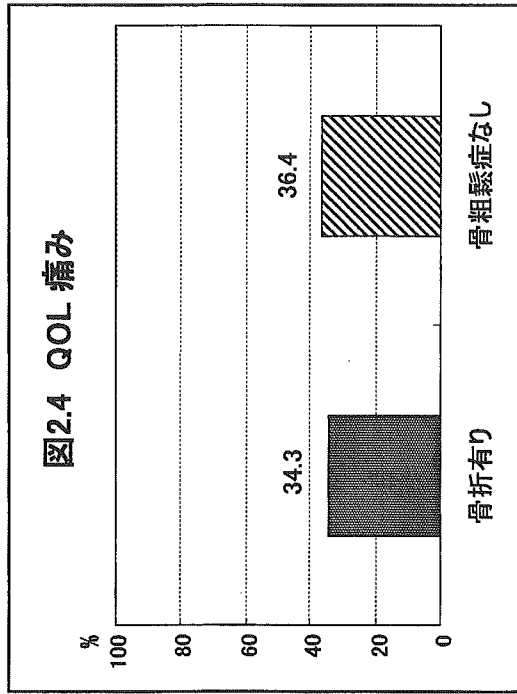
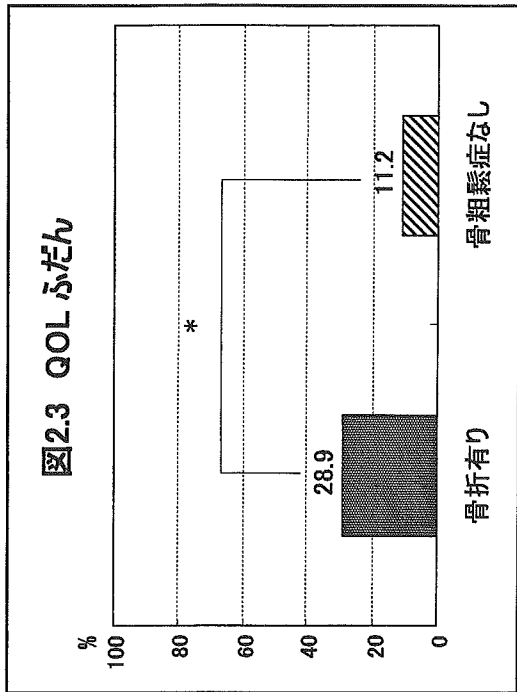


図2.1 QOL 移動





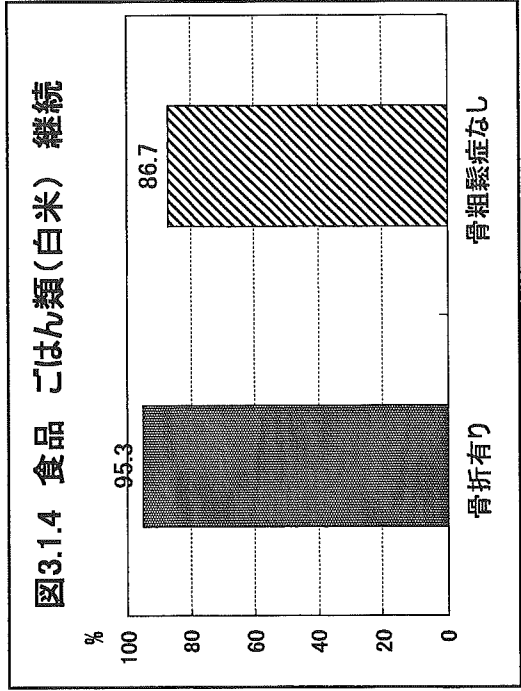
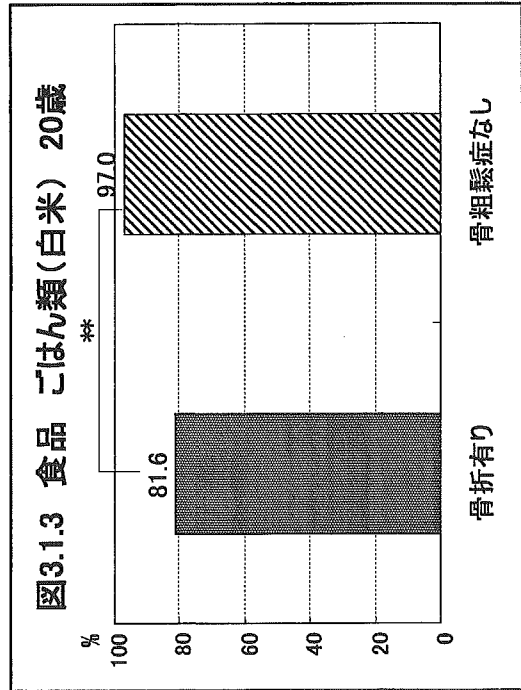
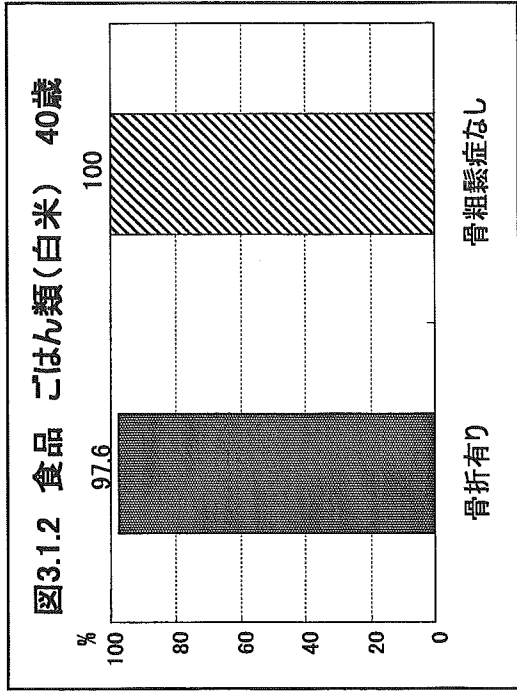
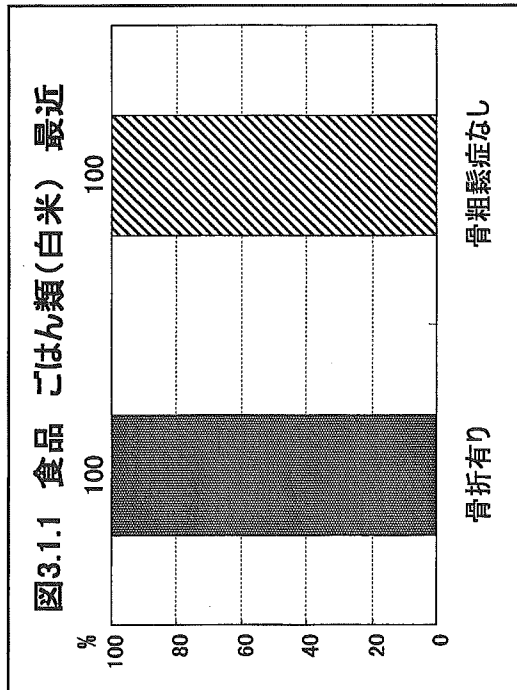


図3.2.1 食品 ごはん類(玄米) 最近

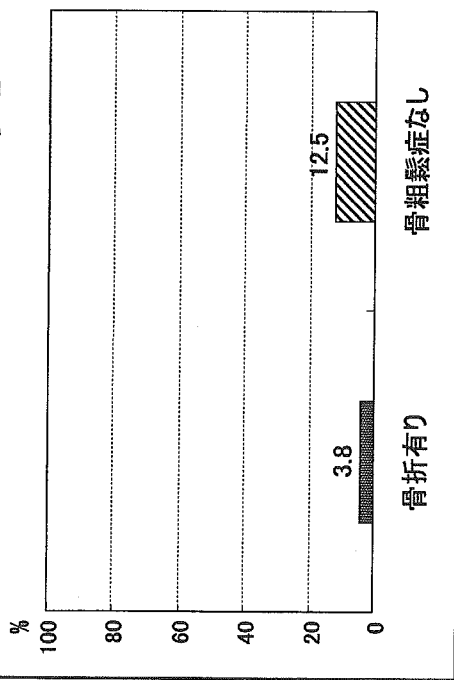


図3.2.2 食品 ごはん類(玄米) 40歳

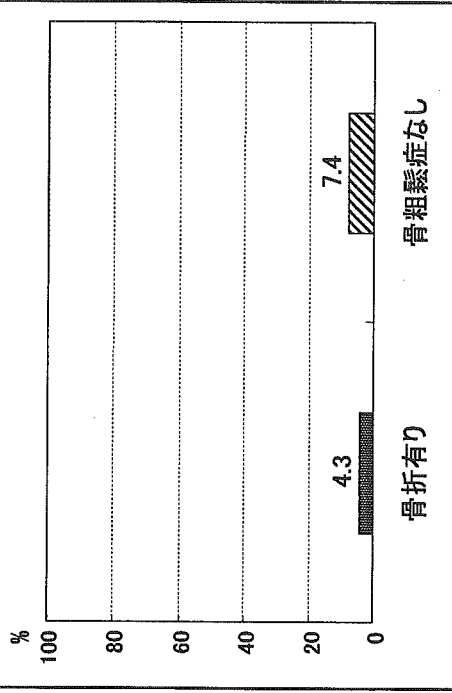


図3.2.3 食品 ごはん類(玄米) 20歳

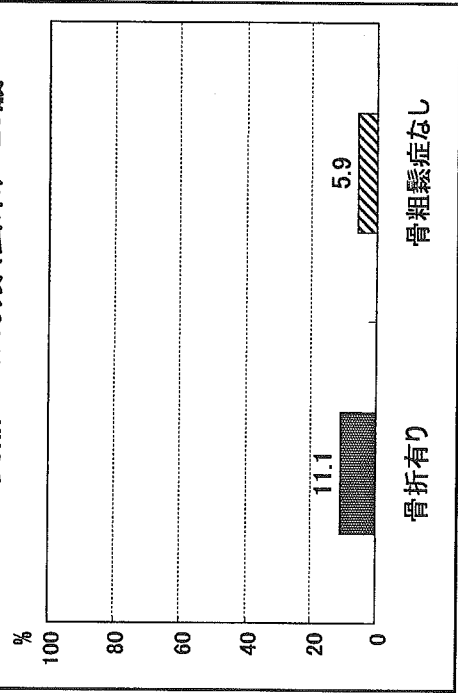


図3.2.4 食品 ごはん類(玄米) 継続

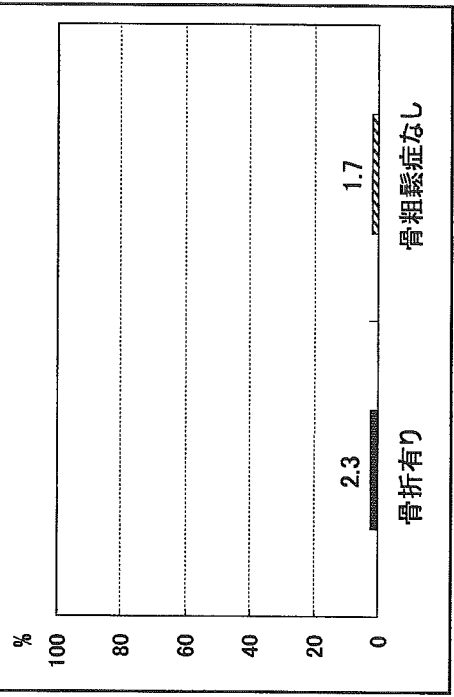


図3.3.1 食品 ごはん類(麦) 最近

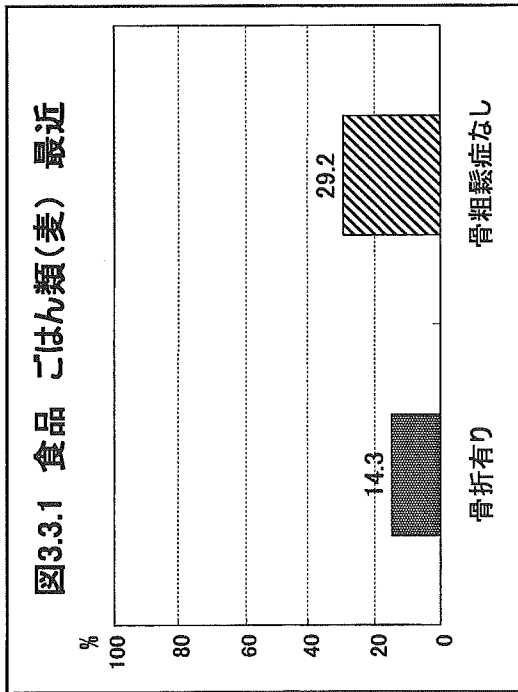


図3.3.2 食品 ごはん類(麦) 40歳

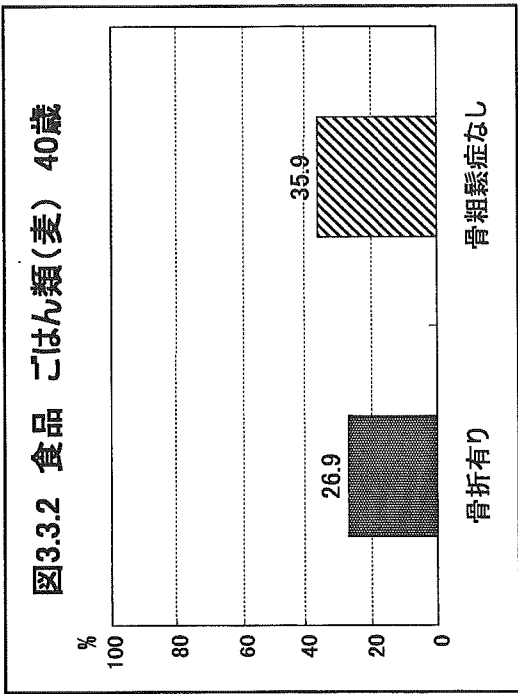


図3.3.3 食品 ごはん類(麦) 20歳

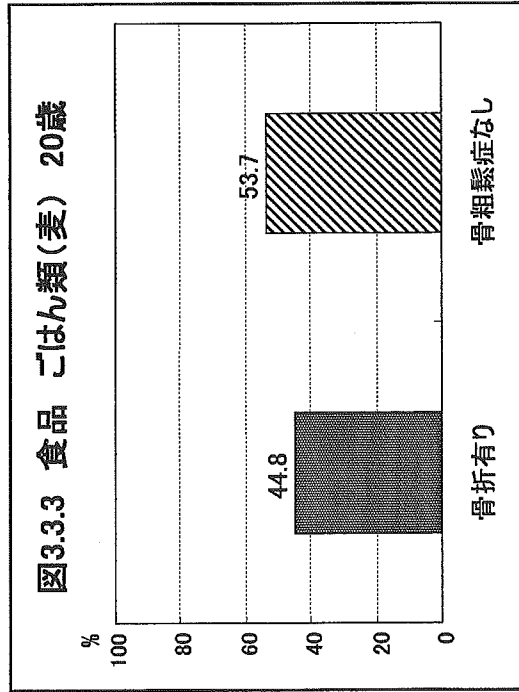


図3.3.4 食品 ごはん類(麦) 継続

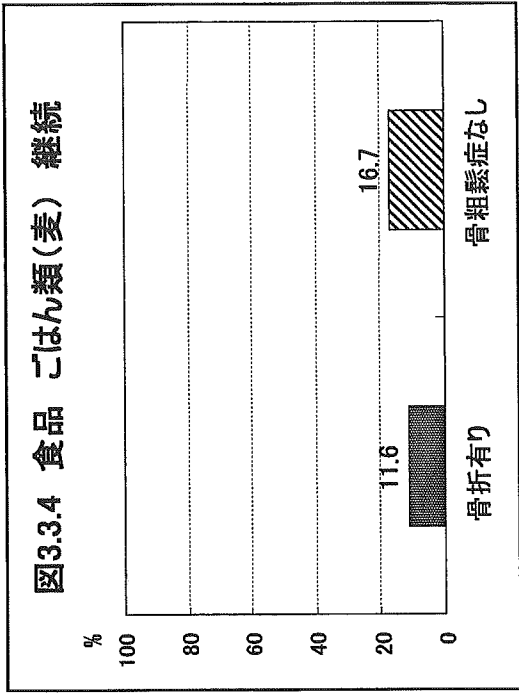


図3.4.1 食品 ごはん類(雑穀) 最近

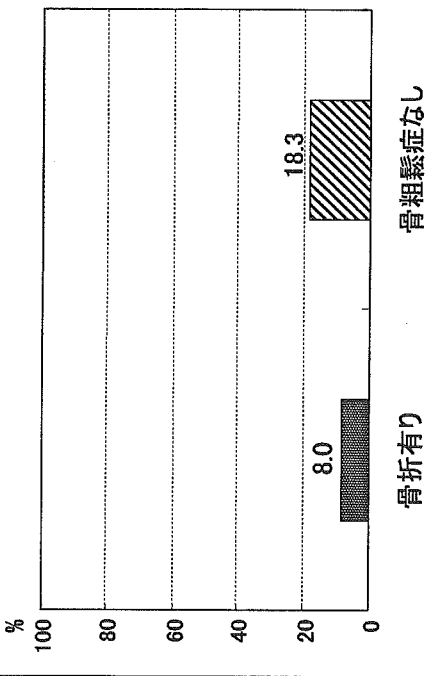


図3.4.2 食品 ごはん類(雑穀) 40歳

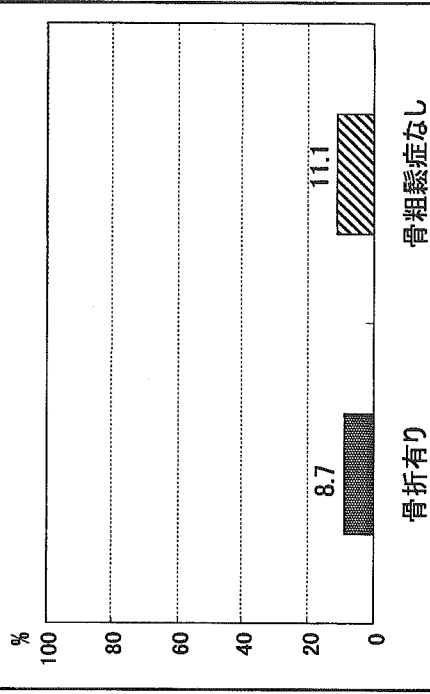


図3.4.3 食品 ごはん類(雑穀) 20歳

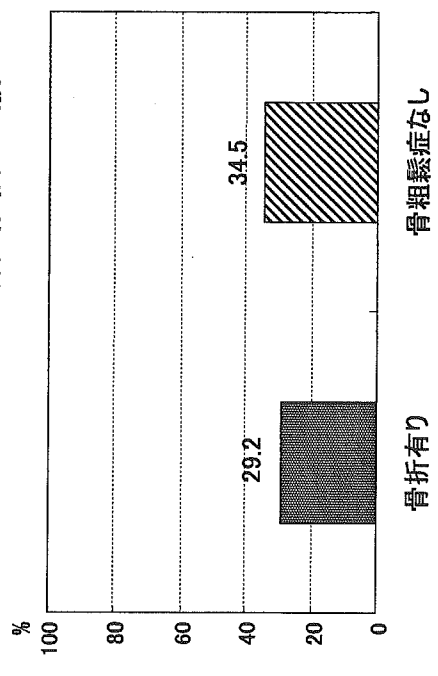


図3.4.4 食品 ごはん類(雑穀) 継続

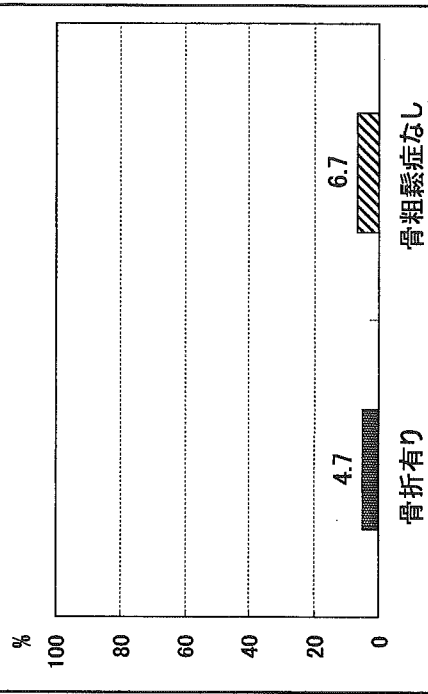


図3.5.1 食品 ごはん類(いも) 最近

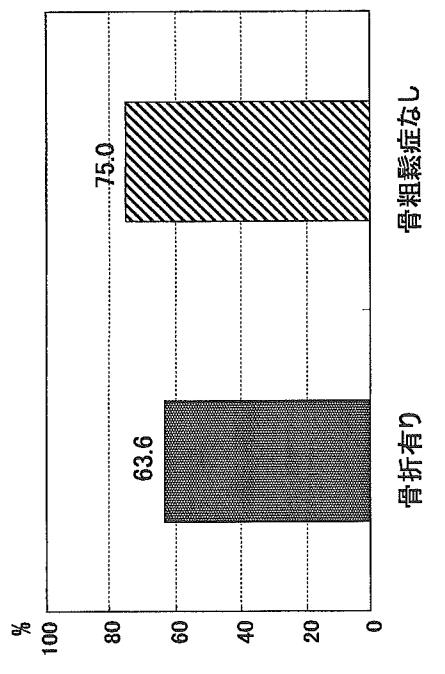


図3.5.2 食品 ごはん類(いも) 40歳

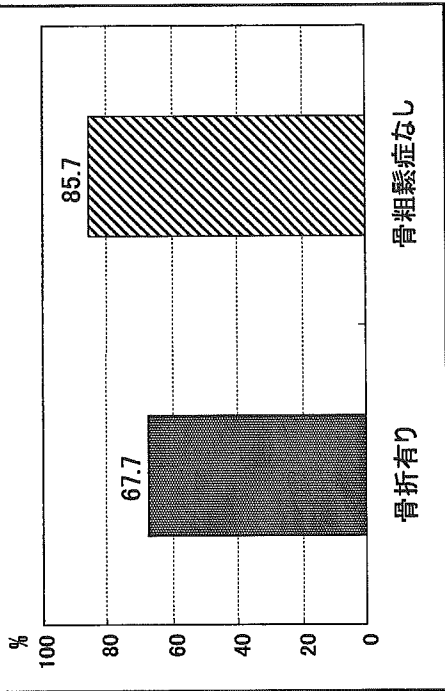


図3.5.3 食品 ごはん類(いも) 20歳

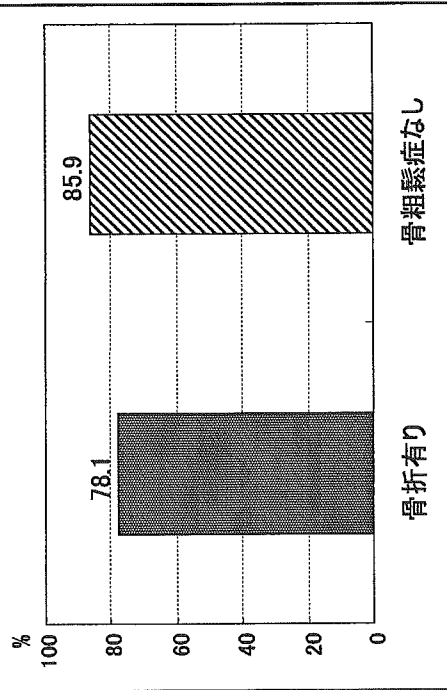


図3.5.4 食品 ごはん類(いも) 継続

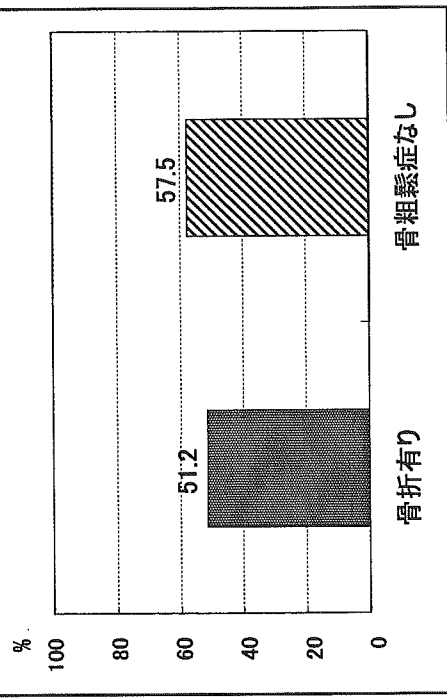


図3.6.2 食品パン 40歳

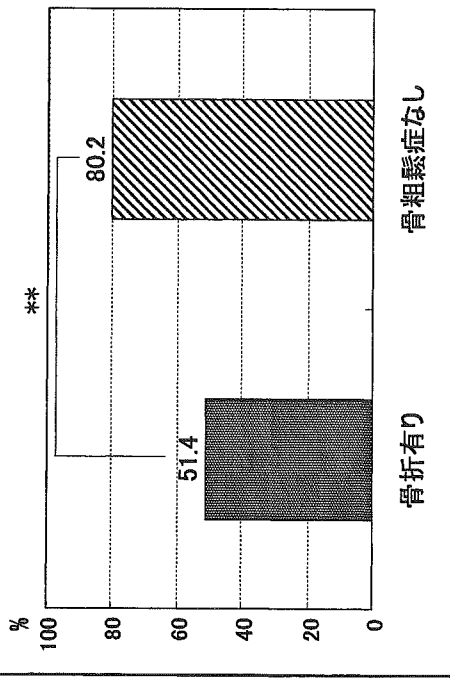


図3.6.4 食品パン 継続

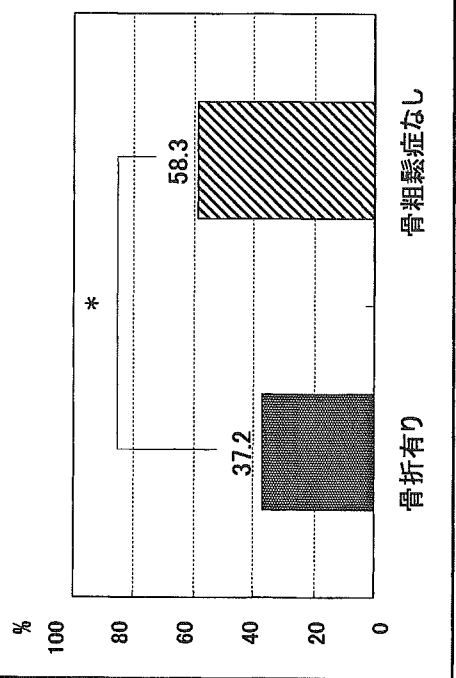


図3.6.1 食品パン 最近

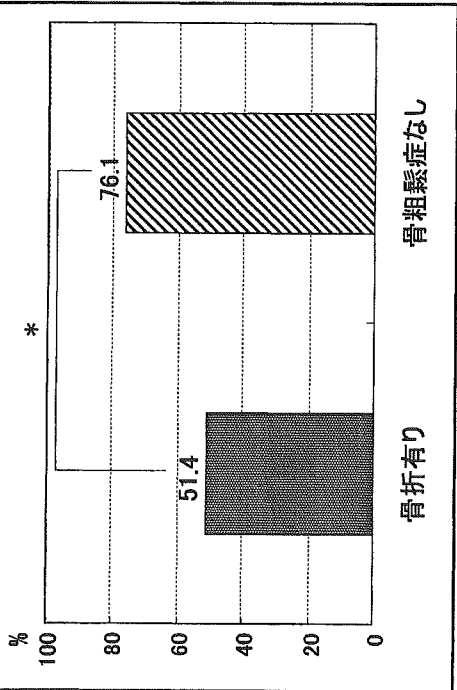


図3.6.3 食品パン 20歳

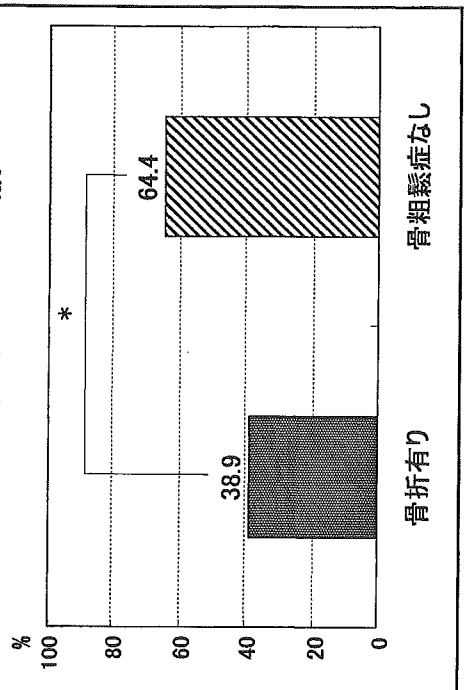


図3.7.1 食品 めん類 最近

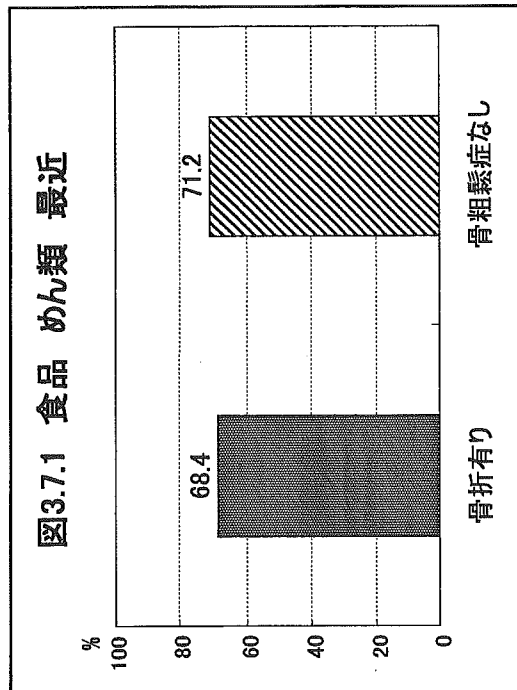


図3.7.2 食品 めん類 40歳

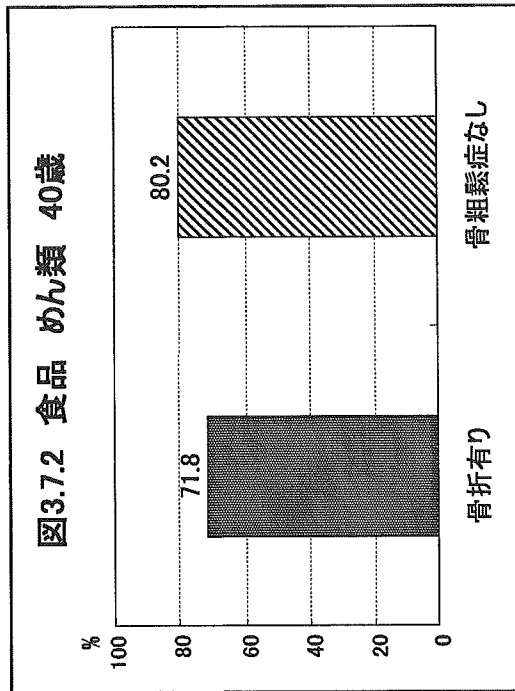


図3.7.3 食品 めん類 20歳

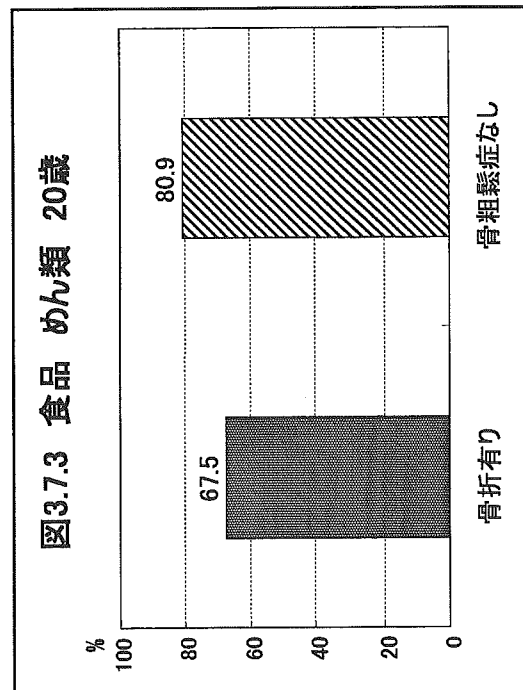
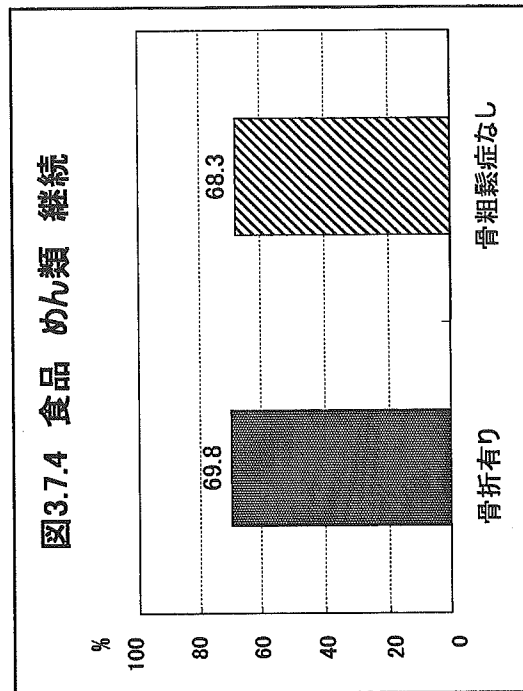


図3.7.4 食品 めん類 継続



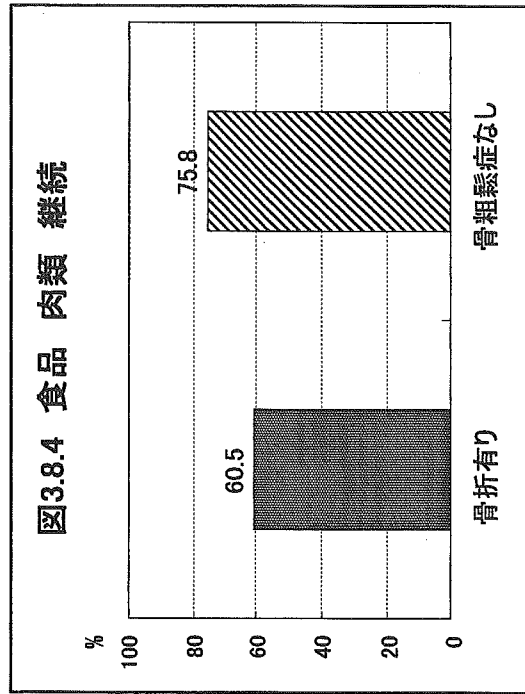
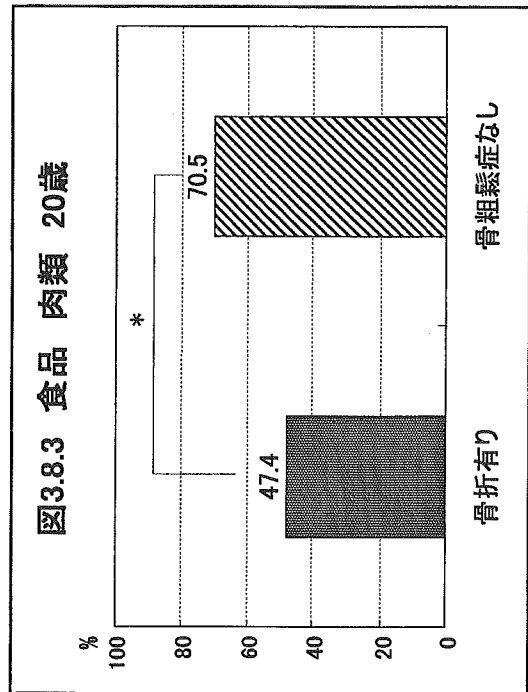
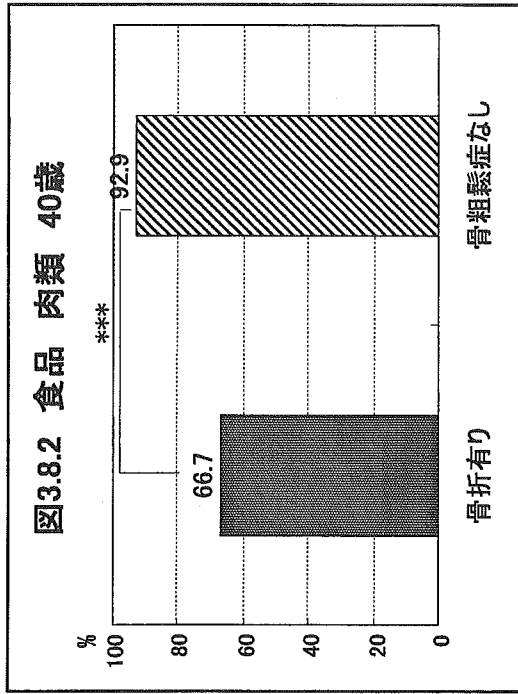
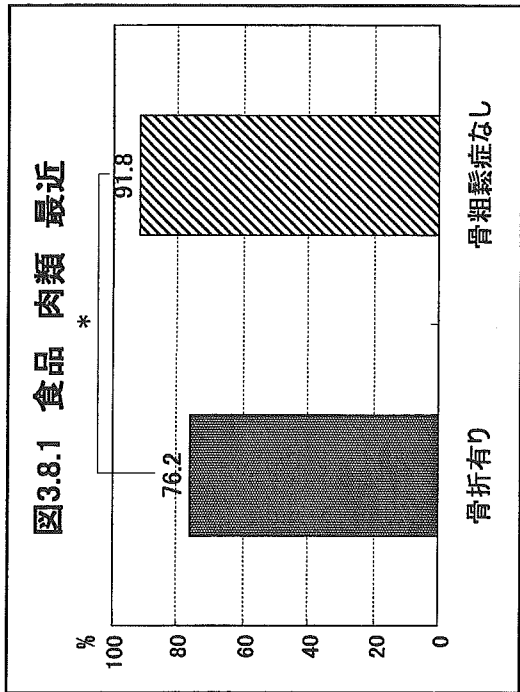


図3.9.1 食品 鶏肉 最近

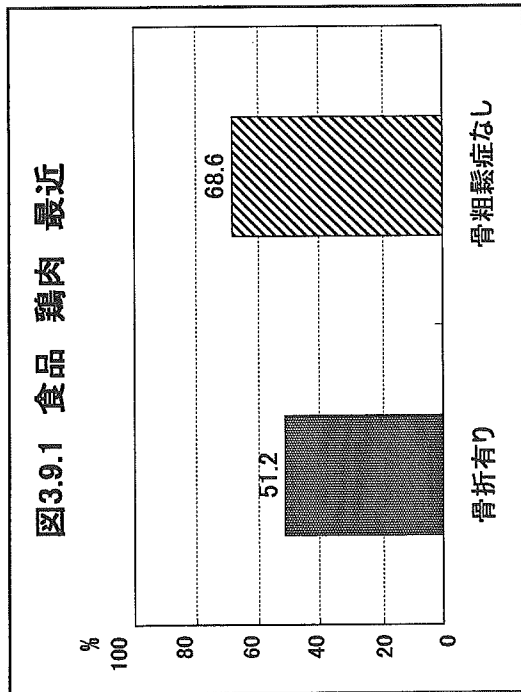


図3.9.2 食品 鶏肉 40歳

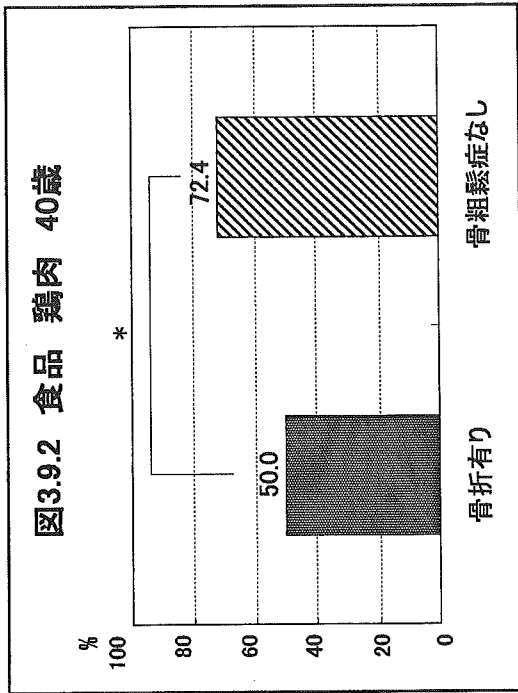


図3.9.3 食品 鶏肉 20歳

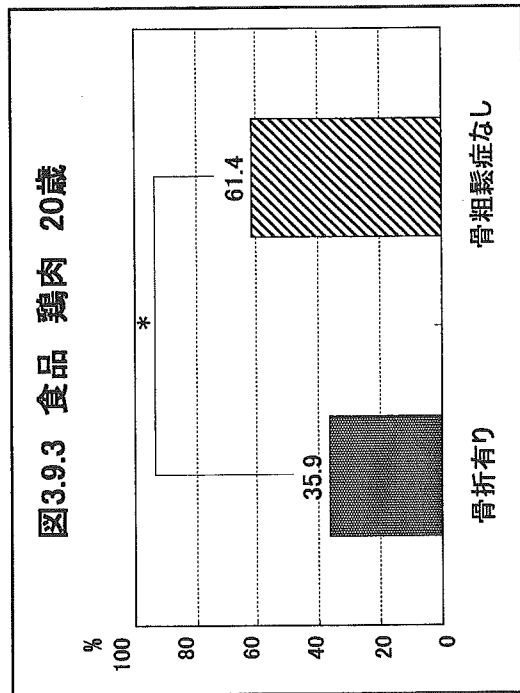
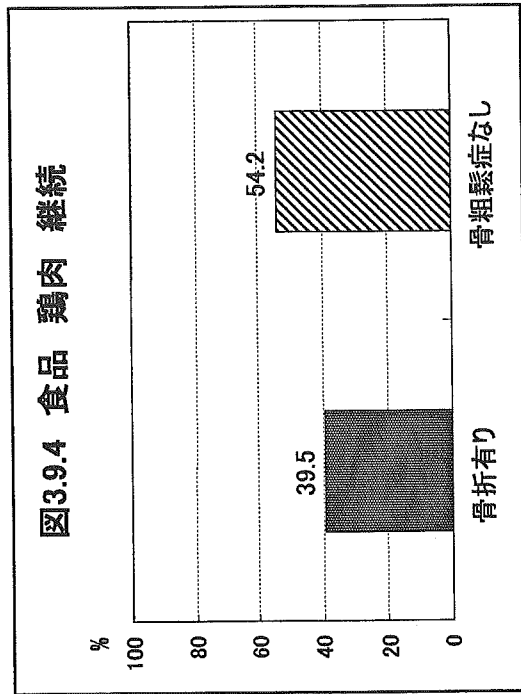


図3.9.4 食品 鶏肉 継続



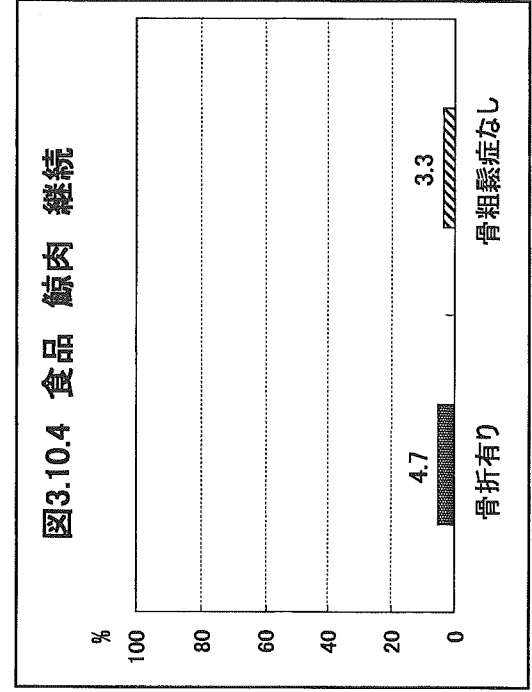
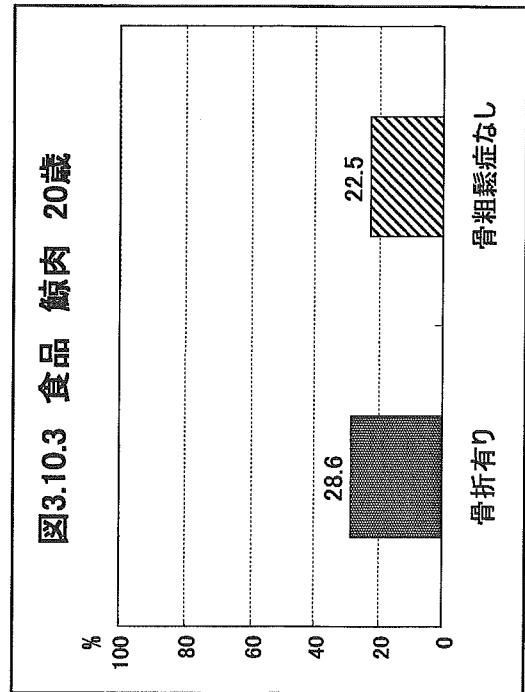
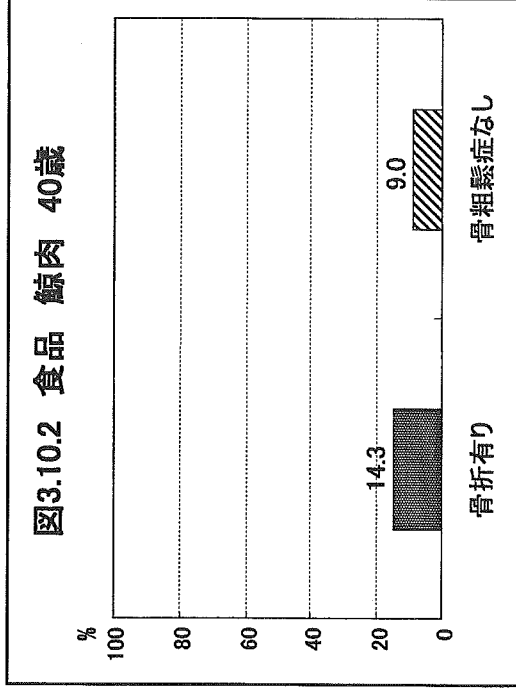
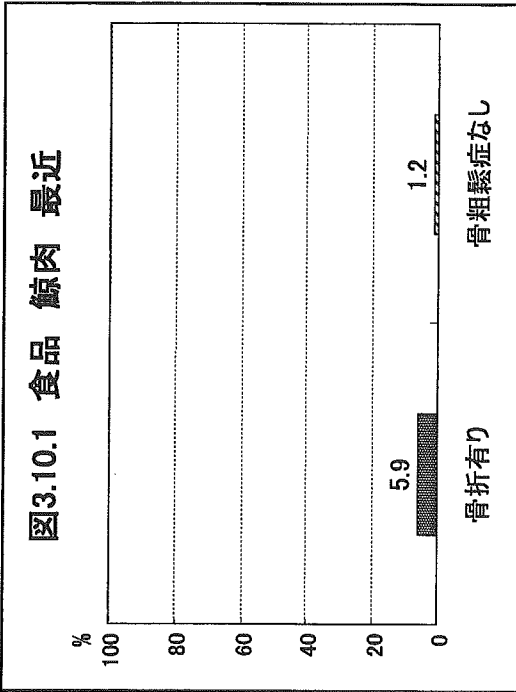


図3.11.1 食品レバー 最近

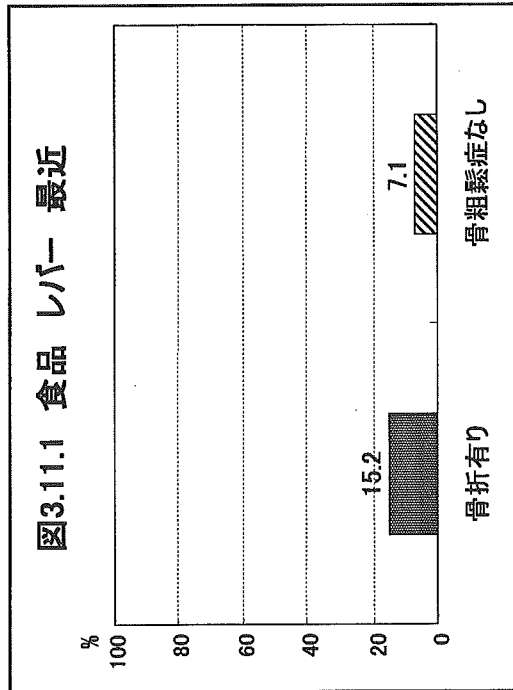


図3.11.2 食品レバー 40歳

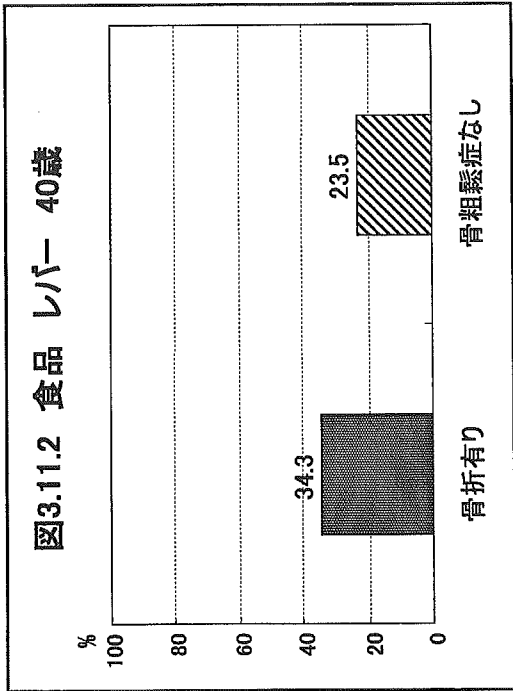


図3.11.3 食品レバー 20歳

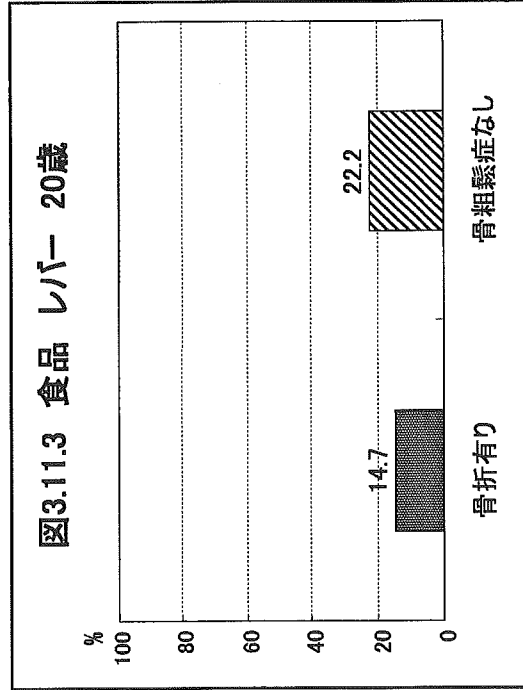


図3.11.4 食品レバー 継続

