

集積資料 2 2 : 老研式活動能力指標 (知的能動性)

健康教室

| No. | 性別 | 年齢 | 社会的役割 |     |     |
|-----|----|----|-------|-----|-----|
|     |    |    | 初回    | 介入後 | 1年後 |
| 1   | 0  | 65 | -     | -   | 4   |
| 2   | 0  | 67 | 4     | 4   | 4   |
| 3   | 0  | 67 | -     | -   | -   |
| 4   | 0  | 68 | 4     | 4   | 3   |
| 5   | 0  | 68 | 4     | 4   | 4   |
| 6   | 0  | 70 | -     | -   | -   |
| 7   | 0  | 70 | 4     | 4   | 4   |
| 8   | 0  | 71 | 4     | 4   | 4   |
| 9   | 0  | 71 | 4     | 4   | 4   |
| 10  | 0  | 73 | -     | 3   | 4   |
| 11  | 0  | 74 | 3     | 4   | 4   |
| 12  | 0  | 74 | 2     | 3   | 3   |
| 13  | 0  | 76 | 3     | 2   | 1   |
| 14  | 0  | 76 | 4     | 2   | 4   |
| 15  | 0  | 76 | 4     | 4   | -   |
| 16  | 0  | 76 | -     | -   | -   |
| 17  | 0  | 77 | 2     | 2   | 2   |
| 18  | 0  | 77 | 4     | 4   | 4   |
| 19  | 0  | 77 | -     | -   | -   |
| 20  | 0  | 79 | 4     | 4   | 4   |
| 21  | 0  | 79 | 4     | 4   | 4   |
| 22  | 0  | 79 | -     | -   | -   |
| 23  | 0  | 79 | 4     | 4   | 4   |
| 24  | 0  | 79 | 4     | 4   | -   |
| 25  | 0  | 80 | 4     | 4   | 4   |
| 26  | 0  | 80 | -     | -   | 3   |
| 27  | 0  | 80 | 3     | 3   | 3   |
| 28  | 0  | 80 | 4     | 4   | 4   |
| 29  | 0  | 80 | 3     | 1   | 2   |
| 30  | 0  | 82 | 2     | 0   | 3   |
| 31  | 0  | 83 | -     | 4   | 4   |
| 32  | 0  | 86 | 4     | 4   | 4   |
| 33  | 0  | 86 | 4     | 4   | -   |
| 34  | 0  | 91 | 3     | 3   | 2   |
| 35  | 0  | 92 | 4     | 4   | 4   |
| 36  | 1  | 65 | 4     | 4   | 4   |
| 37  | 1  | 65 | 4     | 4   | 4   |
| 38  | 1  | 65 | -     | -   | -   |
| 39  | 1  | 65 | -     | -   | -   |
| 40  | 1  | 66 | -     | -   | -   |
| 41  | 1  | 66 | 4     | 4   | -   |
| 42  | 1  | 66 | 3     | 4   | 4   |
| 43  | 1  | 67 | 4     | 4   | 4   |

CGT

| No. | 性別 | 年齢 | 社会的役割 |     |     |
|-----|----|----|-------|-----|-----|
|     |    |    | 初回    | 介入後 | 1年後 |
| 1   | 0  | 65 | 4     | 4   | 4   |
| 2   | 0  | 66 | 1     | 2   | 2   |
| 3   | 0  | 68 | 0     | 3   | 2   |
| 4   | 0  | 69 | 4     | 4   | 4   |
| 5   | 0  | 71 | 4     | 4   | 4   |
| 6   | 0  | 71 | 1     | 1   | 0   |
| 7   | 0  | 71 | 4     | 4   | 4   |
| 8   | 0  | 72 | 4     | 3   | 3   |
| 9   | 0  | 72 | 4     | 4   | 4   |
| 10  | 0  | 72 | 4     | 4   | 4   |
| 11  | 0  | 73 | 4     | 4   | 4   |
| 12  | 0  | 73 | -     | 4   | 3   |
| 13  | 0  | 73 | 2     | 1   | 0   |
| 14  | 0  | 74 | 4     | 4   | 4   |
| 15  | 0  | 74 | 4     | 4   | 4   |
| 16  | 0  | 74 | -     | -   | -   |
| 17  | 0  | 75 | -     | -   | -   |
| 18  | 0  | 75 | 4     | 4   | -   |
| 19  | 0  | 75 | 4     | 4   | 4   |
| 20  | 0  | 76 | 4     | 4   | 4   |
| 21  | 0  | 77 | 2     | 4   | 3   |
| 22  | 0  | 77 | 4     | 4   | -   |
| 23  | 0  | 77 | 4     | 4   | -   |
| 24  | 0  | 77 | 3     | 3   | 4   |
| 25  | 0  | 77 | 4     | 4   | 2   |
| 26  | 0  | 78 | 2     | 2   | 3   |
| 27  | 0  | 79 | 4     | 4   | -   |
| 28  | 0  | 80 | 4     | 4   | 4   |
| 29  | 0  | 80 | -     | -   | 4   |
| 30  | 0  | 81 | 3     | 4   | 4   |
| 31  | 0  | 82 | 4     | 4   | 4   |
| 32  | 0  | 83 | -     | -   | -   |
| 33  | 1  | 65 | -     | -   | -   |
| 34  | 1  | 65 | -     | -   | -   |
| 35  | 1  | 65 | -     | -   | -   |
| 36  | 1  | 66 | -     | -   | -   |
| 37  | 1  | 66 | 4     | 4   | 4   |
| 38  | 1  | 66 | 4     | 4   | 4   |
| 39  | 1  | 67 | 4     | 4   | 4   |
| 40  | 1  | 67 | 4     | 4   | 4   |
| 41  | 1  | 67 | 4     | 4   | 4   |
| 42  | 1  | 67 | 4     | 4   | 4   |
| 43  | 1  | 68 | 4     | 4   | 4   |

|    |   |    |   |   |   |    |   |    |   |   |   |
|----|---|----|---|---|---|----|---|----|---|---|---|
| 44 | 1 | 67 | 3 | 4 | 3 | 44 | 1 | 69 | 3 | 3 | - |
| 45 | 1 | 67 | - | - | - | 45 | 1 | 69 | 4 | 4 | - |
| 46 | 1 | 67 | 4 | 3 | 4 | 46 | 1 | 69 | 4 | 4 | 4 |
| 47 | 1 | 67 | 4 | 4 | 4 | 47 | 1 | 70 | 4 | 4 | 4 |
| 48 | 1 | 67 | 4 | 4 | 4 | 48 | 1 | 70 | 4 | 4 | 4 |
| 49 | 1 | 67 | 3 | 3 | 3 | 49 | 1 | 70 | 4 | 4 | 4 |
| 50 | 1 | 68 | - | - | - | 50 | 1 | 71 | 4 | 4 | 4 |
| 51 | 1 | 69 | 4 | 4 | 4 | 51 | 1 | 71 | 4 | 4 | - |
| 52 | 1 | 69 | 4 | 4 | 4 | 52 | 1 | 71 | 4 | 4 | 4 |
| 53 | 1 | 69 | 4 | 4 | 4 | 53 | 1 | 72 | 2 | 3 | 4 |
| 54 | 1 | 69 | 4 | 4 | - | 54 | 1 | 72 | 2 | 3 | - |
| 55 | 1 | 70 | 4 | 4 | 4 | 55 | 1 | 72 | 3 | 3 | 3 |
| 56 | 1 | 70 | 4 | 4 | - | 56 | 1 | 72 | 4 | 4 | 4 |
| 57 | 1 | 71 | 4 | 4 | 4 | 57 | 1 | 73 | 4 | 4 | 4 |
| 58 | 1 | 72 | - | - | 3 | 58 | 1 | 73 | 4 | 4 | 4 |
| 59 | 1 | 72 | 4 | 4 | 4 | 59 | 1 | 73 | - | - | 3 |
| 60 | 1 | 72 | - | - | - | 60 | 1 | 73 | 4 | 4 | - |
| 61 | 1 | 73 | - | 4 | 4 | 61 | 1 | 73 | 4 | 4 | 4 |
| 62 | 1 | 73 | - | 4 | - | 62 | 1 | 74 | 4 | 4 | 4 |
| 63 | 1 | 74 | 4 | 3 | 4 | 63 | 1 | 74 | 4 | 4 | 4 |
| 64 | 1 | 74 | 4 | 4 | 4 | 64 | 1 | 74 | 4 | 4 | 4 |
| 65 | 1 | 75 | 4 | 4 | 4 | 65 | 1 | 75 | 4 | 4 | 4 |
| 66 | 1 | 75 | 4 | 4 | 4 | 66 | 1 | 75 | 3 | 4 | - |
| 67 | 1 | 75 | 3 | 4 | - | 67 | 1 | 76 | 4 | 4 | 4 |
| 68 | 1 | 75 | - | - | - | 68 | 1 | 76 | 4 | 4 | 4 |
| 69 | 1 | 76 | 4 | 4 | 4 | 69 | 1 | 77 | 4 | 4 | 4 |
| 70 | 1 | 76 | 4 | 4 | 4 | 70 | 1 | 77 | 3 | 4 | 4 |
| 71 | 1 | 76 | - | 4 | - | 71 | 1 | 77 | - | - | - |
| 72 | 1 | 76 | 4 | 4 | - | 72 | 1 | 77 | 4 | 4 | - |
| 73 | 1 | 76 | 4 | 4 | 4 | 73 | 1 | 78 | - | - | - |
| 74 | 1 | 76 | - | - | 4 | 74 | 1 | 78 | - | - | 3 |
| 75 | 1 | 78 | 4 | 4 | 3 | 75 | 1 | 78 | - | - | - |
| 76 | 1 | 78 | 3 | 4 | 3 | 76 | 1 | 79 | 3 | 4 | 4 |
| 77 | 1 | 78 | 4 | 4 | - | 77 | 1 | 79 | 4 | 3 | - |
| 78 | 1 | 79 | - | - | 1 | 78 | 1 | 79 | 4 | 4 | 4 |
| 79 | 1 | 79 | - | - | - | 79 | 1 | 79 | 4 | 4 | - |
| 80 | 1 | 79 | 4 | 4 | 4 | 80 | 1 | 80 | 3 | 4 | 4 |
| 81 | 1 | 80 | 3 | 2 | 3 | 81 | 1 | 80 | 4 | 4 | 4 |
| 82 | 1 | 80 | - | - | - | 82 | 1 | 81 | 4 | 4 | 4 |
| 83 | 1 | 81 | 4 | 4 | 4 | 83 | 1 | 83 | - | - | - |
| 84 | 1 | 82 | 4 | 4 | 4 | 84 | 1 | 84 | 4 | 4 | - |
| 85 | 1 | 84 | - | - | - | 85 | 1 | 88 | 3 | 4 | 4 |
| 86 | 1 | 86 | 4 | 4 | - |    |   |    |   |   |   |

※性別：男性＝0、女性＝1

---

介護予防筋力向上トレーニングの効果の検討 (H16-長寿-015)

平成16年度～平成17年度 総合研究報告書

主任研究者 大淵修一

分担研究者 古名丈人

分担研究者 渡辺修一郎

平成18(2006)年 発行

この報告書に関するお問い合わせは

[obuchipc@tmig.or.jp](mailto:obuchipc@tmig.or.jp)

までお願いいたします。

