

表4 食品・飲み物の摂取状況（現在55～64歳の者）

	骨折群						非骨折群														
	月に1～2回	月に1～2回	週に1～2回	週に1～2回	ほとんど毎日	食べない	月に1～2回	月に1～2回	週に1～2回	週に1～2回	ほとんど毎日	ほとんど毎日									
菓子類	最近	2	12.5%	1	6.3%	6	37.5%	2	12.5%	5	31.3%	5	2.6%	58	29.9%	75	38.7%	33	17.0%	23	11.9%
	40歳頃	2	13.3%	0	0.0%	5	33.3%	3	20.0%	5	33.3%	6	3.2%	45	24.3%	71	38.4%	42	22.7%	21	11.4%
	20歳頃	1	7.1%	2	14.3%	4	28.6%	2	14.3%	5	35.7%	8	4.3%	46	25.0%	55	29.9%	50	27.2%	25	13.6%
緑茶	最近	2	12.5%	5	31.3%	2	12.5%	5	31.3%	2	12.5%	3	1.5%	39	19.3%	36	17.8%	63	31.2%	61	30.2%
	40歳頃	2	13.3%	5	33.3%	4	26.7%	3	20.0%	1	6.7%	9	4.7%	39	20.3%	48	25.0%	53	27.6%	43	22.4%
	20歳頃	3	20.0%	7	46.7%	3	20.0%	1	6.7%	1	6.7%	27	13.8%	55	28.2%	52	26.7%	35	17.9%	26	13.3%
ほうじ茶、麦茶、ウーロン茶	最近	1	6.3%	9	56.3%	2	12.5%	3	18.8%	1	6.3%	22	11.0%	89	44.5%	52	26.0%	26	13.0%	11	5.5%
	40歳頃	0	0.0%	9	60.0%	3	20.0%	2	13.3%	1	6.7%	30	15.6%	86	44.8%	47	24.5%	20	10.4%	9	4.7%
	20歳頃	5	33.3%	5	33.3%	2	13.3%	2	13.3%	1	6.7%	49	25.3%	93	47.9%	36	18.6%	10	5.2%	6	3.1%
コーヒー	最近	3	17.6%	5	29.4%	6	35.3%	3	17.6%	0	0.0%	21	10.5%	47	23.5%	94	47.0%	26	13.0%	12	6.0%
	40歳頃	1	6.3%	5	31.3%	6	37.5%	4	25.0%	0	0.0%	27	14.1%	56	29.3%	72	37.7%	24	12.6%	12	6.3%
	20歳頃	4	26.7%	4	26.7%	4	26.7%	1	6.7%	2	13.3%	42	21.8%	79	40.9%	48	24.9%	16	8.3%	8	4.1%
紅茶	最近	3	18.8%	10	62.5%	3	18.8%	0	0.0%	0	0.0%	47	24.0%	118	60.2%	28	14.3%	3	1.5%	0	0.0%
	40歳頃	1	7.1%	11	78.6%	2	14.3%	0	0.0%	0	0.0%	41	21.8%	114	60.6%	29	15.4%	4	2.1%	0	0.0%
	20歳頃	3	20.0%	9	60.0%	3	20.0%	0	0.0%	0	0.0%	59	30.7%	107	55.7%	23	12.0%	2	1.0%	1	0.5%
牛乳	最近	2	11.8%	5	29.4%	10	58.8%	0	0.0%	0	0.0%	22	11.0%	82	41.0%	79	39.5%	12	6.0%	5	2.5%
	40歳頃	1	6.3%	8	50.0%	7	43.8%	0	0.0%	0	0.0%	25	13.1%	89	46.6%	62	32.5%	11	5.8%	4	2.1%
	20歳頃	2	12.5%	11	68.8%	3	18.8%	0	0.0%	0	0.0%	30	15.8%	97	51.1%	54	28.4%	6	3.2%	3	1.6%
豆乳	最近	11	68.8%	4	25.0%	1	6.3%	0	0.0%	0	0.0%	107	54.3%	70	35.5%	18	9.1%	2	1.0%	0	0.0%
	40歳頃	10	71.4%	3	21.4%	1	7.1%	0	0.0%	0	0.0%	127	66.8%	56	29.5%	6	3.2%	1	0.5%	0	0.0%
	20歳頃	13	86.7%	2	13.3%	0	0.0%	0	0.0%	0	0.0%	142	74.7%	43	22.6%	5	2.6%	0	0.0%	0	0.0%
果汁・野菜ジュース	最近	3	18.8%	7	43.8%	6	37.5%	0	0.0%	0	0.0%	61	31.0%	109	55.3%	22	11.2%	3	1.5%	2	1.0%
	40歳頃	2	13.3%	11	73.3%	2	13.3%	0	0.0%	0	0.0%	55	29.1%	109	57.7%	20	10.6%	4	2.1%	1	0.5%
	20歳頃	3	20.0%	8	53.3%	3	20.0%	1	6.7%	0	0.0%	66	35.1%	91	48.4%	28	14.9%	2	1.1%	1	0.5%
清涼飲料水	最近	7	43.8%	5	31.3%	4	25.0%	0	0.0%	0	0.0%	110	56.4%	69	35.4%	11	5.6%	2	1.0%	3	1.5%
	40歳頃	6	40.0%	6	40.0%	3	20.0%	0	0.0%	0	0.0%	83	43.5%	82	42.9%	20	10.5%	4	2.1%	2	1.0%
	20歳頃	6	37.5%	5	31.3%	5	31.3%	0	0.0%	0	0.0%	79	41.6%	79	41.6%	25	13.2%	4	2.1%	3	1.6%
ミネラルウォーター	最近	3	17.6%	5	29.4%	5	29.4%	3	17.6%	1	5.9%	72	36.2%	65	32.7%	34	17.1%	14	7.0%	14	7.0%
	40歳頃	5	33.3%	3	20.0%	4	26.7%	2	13.3%	1	6.7%	82	43.6%	58	30.9%	22	11.7%	18	9.6%	8	4.3%
	20歳頃	4	26.7%	4	26.7%	2	13.3%	4	26.7%	1	6.7%	92	48.2%	50	26.2%	28	14.7%	10	5.2%	11	5.8%
お酒	最近	11	73.3%	1	6.7%	3	20.0%	0	0.0%	0	0.0%	114	58.2%	59	30.1%	17	8.7%	2	1.0%	4	2.0%
	40歳頃	9	60.0%	5	33.3%	1	6.7%	0	0.0%	0	0.0%	101	52.9%	67	35.1%	14	7.3%	5	2.6%	4	2.1%
	20歳頃	10	66.7%	4	26.7%	1	6.7%	0	0.0%	0	0.0%	116	61.1%	63	33.2%	4	2.1%	4	2.1%	3	1.6%

表4 食品・飲み物の摂取状況（現在65～74歳の者）

	骨折群				非骨折群															
	月に1～2回	週に1～2回	週に3～4回	ほとんど毎日	食べない	月に1～2回	週に1～2回	週に3～4回	ほとんど毎日											
白米																				
最近	0	0.0%	1	2.1%	1	2.1%	0	0.0%	46	95.8%	3	0.6%	9	1.8%	3	0.6%	17	3.4%	473	93.7%
40歳頃	0	0.0%	0	0.0%	1	2.1%	1	2.1%	46	97.9%	9	1.8%	5	1.0%	5	1.0%	14	2.8%	469	93.4%
20歳頃	3	6.5%	1	2.2%	0	0.0%	1	2.2%	41	89.1%	13	2.6%	7	1.4%	8	1.6%	15	3.1%	448	91.2%
玄米																				
最近	31	91.2%	1	2.9%	1	2.9%	0	0.0%	1	2.9%	263	80.9%	18	5.5%	9	2.8%	10	3.1%	25	7.7%
40歳頃	33	94.3%	1	2.9%	1	2.9%	0	0.0%	0	0.0%	278	90.6%	11	3.6%	8	2.6%	4	1.3%	6	2.0%
20歳頃	31	91.2%	1	2.9%	0	0.0%	1	2.9%	1	2.9%	272	90.7%	7	2.3%	6	2.0%	8	2.7%	7	2.3%
麦																				
最近	29	82.9%	2	5.7%	1	2.9%	2	5.7%	1	2.9%	235	69.5%	25	7.4%	19	5.6%	12	3.6%	47	13.9%
40歳頃	33	94.3%	0	0.0%	0	0.0%	1	2.9%	1	2.9%	186	55.2%	36	10.7%	35	10.4%	24	7.1%	56	16.6%
20歳頃	21	60.0%	1	2.9%	1	2.9%	2	5.7%	10	28.6%	150	43.4%	30	8.7%	24	6.9%	31	9.0%	111	32.1%
雑穀																				
最近	31	86.1%	3	8.3%	2	5.6%	0	0.0%	0	0.0%	207	61.8%	52	15.5%	25	7.5%	21	6.3%	30	9.0%
40歳頃	33	91.7%	2	5.6%	1	2.8%	0	0.0%	0	0.0%	229	72.0%	27	8.5%	25	7.9%	22	6.9%	15	4.7%
20歳頃	28	80.0%	3	8.6%	0	0.0%	1	2.9%	3	8.6%	208	65.0%	25	7.8%	31	9.7%	29	9.1%	27	8.4%
いもごぼん																				
最近	6	15.8%	3	7.9%	16	42.1%	8	21.1%	5	13.2%	49	11.7%	71	16.9%	121	28.9%	120	28.6%	58	13.8%
40歳頃	7	17.9%	6	15.4%	13	33.3%	8	20.5%	5	12.8%	42	10.4%	55	13.7%	127	31.6%	120	29.9%	58	14.4%
20歳頃	7	18.9%	4	10.8%	7	18.9%	11	29.7%	8	21.6%	30	7.5%	45	11.3%	117	29.3%	113	28.3%	95	23.8%
パン																				
最近	7	15.6%	13	28.9%	16	35.6%	3	6.7%	6	13.3%	32	7.0%	102	22.2%	151	32.8%	77	16.7%	98	21.3%
40歳頃	8	19.5%	9	22.0%	16	39.0%	6	14.6%	2	4.9%	51	11.5%	58	13.1%	138	31.2%	115	26.0%	81	18.3%
20歳頃	17	40.5%	7	16.7%	10	23.8%	3	7.1%	5	11.9%	71	16.1%	69	15.7%	129	29.3%	112	25.5%	59	13.4%
めん類																				
最近	2	4.4%	10	22.2%	23	51.1%	8	17.8%	2	4.4%	12	2.4%	121	24.4%	216	43.5%	114	23.0%	33	6.7%
40歳頃	3	6.5%	8	17.4%	22	47.8%	9	19.6%	4	8.7%	4	0.8%	90	16.5%	227	46.7%	134	27.6%	31	6.4%
20歳頃	5	11.6%	11	25.6%	17	39.5%	9	20.9%	1	2.3%	13	2.7%	82	17.3%	197	41.5%	154	32.4%	29	6.1%
肉類																				
最近	6	12.8%	8	17.0%	14	29.8%	16	34.0%	3	6.4%	21	4.1%	67	13.1%	212	41.6%	173	33.9%	37	7.3%
40歳頃	7	15.2%	11	23.9%	10	21.7%	15	32.6%	3	6.5%	23	4.8%	43	8.9%	130	27.0%	236	49.1%	49	10.2%
20歳頃	13	30.2%	12	27.9%	9	20.9%	8	18.6%	1	2.3%	45	9.4%	84	17.6%	154	32.3%	148	31.0%	46	9.6%
鶏肉																				
最近	10	21.7%	9	19.6%	14	30.4%	12	26.1%	1	2.2%	40	8.1%	156	31.8%	214	43.6%	72	14.7%	9	1.8%
40歳頃	12	26.7%	11	24.4%	11	24.4%	10	22.2%	1	2.2%	38	8.2%	110	23.6%	207	44.4%	102	21.9%	9	1.9%
20歳頃	18	41.9%	10	23.3%	13	30.2%	2	4.7%	0	0.0%	60	13.1%	148	32.4%	156	34.1%	81	17.7%	12	2.6%
鯨肉																				
最近	40	90.9%	2	4.5%	2	4.5%	0	0.0%	0	0.0%	386	92.1%	30	7.2%	1	0.2%	1	0.2%	1	0.2%
40歳頃	28	63.6%	8	18.2%	5	11.4%	1	2.3%	2	4.5%	303	71.8%	83	19.7%	24	5.7%	9	2.1%	3	0.7%
20歳頃	20	48.8%	9	22.0%	9	22.0%	2	4.9%	1	2.4%	230	52.8%	115	26.4%	63	14.4%	25	5.7%	3	0.7%
レバー																				
最近	23	53.5%	13	30.2%	6	14.0%	1	2.3%	0	0.0%	255	58.5%	161	36.9%	14	3.2%	5	1.1%	1	0.2%
40歳頃	22	50.0%	12	27.3%	4	9.1%	6	13.6%	0	0.0%	182	41.6%	162	37.0%	70	16.0%	21	4.8%	3	0.7%
20歳頃	26	63.4%	11	26.8%	4	9.8%	0	0.0%	0	0.0%	252	58.9%	114	26.6%	43	10.0%	13	3.0%	6	1.4%

表4 食品・飲み物の摂取状況（現在65～74歳の者）

	骨折群										非骨折群										
	食べない	月に1～2回	週に1～2回	週に3～4回	ほとんど毎日	食べない	月に1～2回	週に1～2回	週に3～4回	ほとんど毎日	食べない	月に1～2回	週に1～2回	週に3～4回	ほとんど毎日						
ハム・ソーセージ	最近	9	19.6%	13	28.3%	12	26.1%	12	26.1%	0	0.0%	67	14.0%	170	35.4%	165	34.4%	63	13.1%	15	3.1%
	40歳頃	10	22.7%	5	11.4%	14	31.8%	10	22.7%	5	11.4%	40	8.6%	109	23.4%	147	31.5%	140	30.0%	30	6.4%
	20歳頃	16	38.1%	9	21.4%	13	31.0%	3	7.1%	1	2.4%	92	19.9%	98	21.2%	148	32.0%	99	21.4%	25	5.4%
卵	最近	1	2.1%	2	4.2%	10	20.8%	18	37.5%	17	35.4%	13	2.5%	43	8.4%	144	28.1%	173	33.7%	140	27.3%
	40歳頃	1	2.2%	2	4.3%	6	13.0%	23	50.0%	14	30.4%	6	1.2%	26	5.3%	106	21.5%	212	43.1%	142	28.9%
	20歳頃	5	11.4%	4	9.1%	11	25.0%	14	31.8%	10	22.7%	12	2.5%	54	11.1%	141	29.0%	168	34.5%	112	23.0%
ヨーグルト	最近	8	17.0%	2	4.3%	11	23.4%	7	14.9%	19	40.4%	41	8.2%	75	14.9%	98	19.5%	89	17.7%	199	39.6%
	40歳頃	19	43.2%	3	6.8%	6	13.6%	10	22.7%	6	13.6%	88	18.9%	76	16.3%	133	28.6%	98	21.1%	70	15.1%
	20歳頃	28	65.1%	5	11.6%	4	9.3%	2	4.7%	4	9.3%	213	47.9%	58	13.0%	83	18.7%	45	10.1%	46	10.3%
チーズ	最近	14	29.8%	16	34.0%	12	25.5%	5	10.6%	0	0.0%	85	17.9%	150	31.5%	130	27.3%	70	14.7%	41	8.6%
	40歳頃	23	51.1%	5	11.1%	11	24.4%	6	13.3%	0	0.0%	92	20.0%	107	23.3%	140	30.5%	91	19.8%	29	6.3%
	20歳頃	30	69.8%	8	18.6%	4	9.3%	1	2.3%	0	0.0%	200	44.8%	87	19.5%	88	19.7%	49	11.0%	22	4.9%
バター・マーガリン	最近	15	31.9%	5	10.6%	15	31.9%	4	8.5%	8	17.0%	93	19.8%	134	28.5%	126	26.8%	68	14.5%	49	10.4%
	40歳頃	17	37.0%	6	13.0%	6	13.0%	12	26.1%	5	10.9%	54	11.6%	85	18.3%	127	27.4%	134	28.9%	64	13.8%
	20歳頃	21	47.7%	6	13.6%	6	13.6%	7	15.9%	4	9.1%	114	24.7%	92	19.9%	117	25.3%	84	18.2%	55	11.9%
ごま油	最近	7	14.9%	12	25.5%	12	25.5%	12	25.5%	4	8.5%	46	9.3%	141	28.5%	180	36.4%	97	19.6%	30	6.1%
	40歳頃	15	34.1%	10	22.7%	9	20.5%	8	18.2%	2	4.5%	62	13.4%	150	32.5%	150	32.5%	81	17.6%	18	3.9%
	20歳頃	20	47.6%	9	21.4%	7	16.7%	5	11.9%	1	2.4%	160	35.6%	136	30.3%	90	20.0%	51	11.4%	12	2.7%
フライ・天ぷら類	最近	3	6.4%	7	14.9%	28	59.6%	9	19.1%	0	0.0%	24	4.8%	207	41.2%	214	42.6%	53	10.6%	4	0.8%
	40歳頃	2	4.3%	8	17.4%	21	45.7%	14	30.4%	1	2.2%	5	1.0%	75	15.5%	227	47.0%	158	32.7%	18	3.7%
	20歳頃	4	9.1%	13	29.5%	17	38.6%	9	20.5%	1	2.3%	14	2.9%	106	22.1%	193	40.2%	146	30.4%	21	4.4%
炒め物	最近	0	0.0%	5	10.6%	15	31.9%	18	38.3%	9	19.1%	5	1.0%	69	13.8%	193	38.7%	182	36.5%	50	10.0%
	40歳頃	1	2.2%	2	4.3%	16	34.8%	20	43.5%	7	15.2%	3	0.6%	26	5.4%	131	27.1%	255	52.7%	69	14.3%
	20歳頃	3	7.0%	5	11.6%	19	44.2%	12	27.9%	4	9.3%	4	0.8%	48	10.1%	145	30.6%	205	43.2%	72	15.2%
鮮魚	最近	1	2.1%	2	4.2%	8	16.7%	21	43.8%	16	33.3%	4	0.8%	15	2.9%	127	24.7%	237	46.1%	131	25.5%
	40歳頃	1	2.1%	0	0.0%	11	23.4%	19	40.4%	16	34.0%	4	0.8%	31	6.4%	142	29.3%	220	45.4%	88	18.1%
	20歳頃	1	2.3%	4	9.1%	9	20.5%	20	45.5%	10	22.7%	9	1.9%	45	9.3%	151	31.1%	191	39.4%	89	18.4%
干し魚・加工用塩魚	最近	2	4.3%	9	19.1%	20	42.6%	10	21.3%	6	12.8%	34	6.9%	146	29.7%	156	31.8%	123	25.1%	32	6.5%
	40歳頃	2	4.4%	7	15.6%	20	44.4%	9	20.0%	7	15.6%	21	4.5%	117	24.9%	182	38.8%	117	24.9%	32	6.8%
	20歳頃	4	9.3%	6	14.0%	21	48.8%	9	20.9%	3	7.0%	27	5.8%	131	28.0%	165	35.3%	108	23.1%	37	7.9%
魚の缶詰	最近	16	33.3%	20	41.7%	5	10.4%	7	14.6%	0	0.0%	166	34.0%	231	47.3%	73	15.0%	16	3.3%	2	0.4%
	40歳頃	18	38.3%	14	29.8%	8	17.0%	6	12.8%	1	2.1%	126	27.4%	198	43.0%	99	21.5%	31	6.7%	6	1.3%
	20歳頃	23	51.1%	9	20.0%	8	17.8%	4	8.9%	1	2.2%	142	30.9%	182	39.6%	98	21.3%	37	8.0%	1	0.2%

表4 食品・飲み物の摂取状況（現在65～74歳の若）

	骨折群						非骨折群													
	食べない	月に1～2回	週に1～2回	週に3～4回	ほとんど毎日	食べない	月に1～2回	週に1～2回	週に3～4回	ほとんど毎日										
川魚	22	48.9%	20	44.4%	2	4.4%	0	0.0%	1	2.2%	206	43.7%	233	49.5%	25	5.3%	5	1.1%	2	0.4%
40歳頃	23	52.3%	14	31.8%	5	11.4%	2	4.5%	0	0.0%	189	41.0%	208	45.1%	51	11.1%	11	2.4%	2	0.4%
20歳頃	23	53.5%	13	30.2%	5	11.6%	2	4.7%	0	0.0%	240	52.9%	143	31.5%	50	11.0%	13	2.9%	8	1.8%
えび・かに	6	13.0%	17	37.0%	15	32.6%	7	15.2%	1	2.2%	57	11.5%	291	58.8%	121	24.4%	25	5.1%	1	0.2%
40歳頃	6	13.6%	15	34.1%	18	40.9%	4	9.1%	1	2.3%	70	14.9%	248	52.8%	115	24.5%	34	7.2%	3	0.6%
20歳頃	14	31.8%	14	31.8%	12	27.3%	4	9.1%	0	0.0%	170	36.3%	189	40.4%	71	15.2%	31	6.6%	7	1.5%
貝類	5	11.1%	13	28.9%	19	42.2%	7	15.6%	1	2.2%	30	6.2%	246	51.1%	162	33.7%	40	8.3%	3	0.6%
40歳頃	5	11.1%	14	31.1%	14	31.1%	10	22.2%	2	4.4%	31	6.8%	194	42.8%	168	37.1%	55	12.1%	5	1.1%
20歳頃	10	22.7%	12	27.3%	12	27.3%	8	18.2%	2	4.5%	83	18.2%	205	45.1%	122	26.8%	39	8.6%	6	1.3%
かまぼこ・ちくわ ざつまあげ	0	0.0%	5	10.9%	24	52.2%	14	30.4%	3	6.5%	15	3.1%	117	23.9%	214	43.7%	123	25.1%	21	4.3%
40歳頃	2	4.8%	5	11.9%	18	42.9%	15	35.7%	2	4.8%	9	1.9%	93	19.8%	191	40.6%	147	31.3%	30	6.4%
20歳頃	6	14.0%	7	16.3%	16	37.2%	14	32.6%	0	0.0%	25	5.3%	136	29.0%	165	35.2%	115	24.5%	28	6.0%
淡い色野菜	0	0.0%	1	2.2%	4	8.7%	14	30.4%	27	58.7%	0	0.0%	5	1.0%	37	7.4%	138	27.5%	321	64.1%
40歳頃	0	0.0%	2	4.4%	6	13.3%	11	24.4%	26	57.8%	1	0.2%	15	3.1%	54	11.2%	161	33.5%	250	52.0%
20歳頃	0	0.0%	3	6.8%	8	18.2%	11	25.0%	22	50.0%	3	0.6%	21	4.4%	74	15.6%	160	33.8%	215	45.5%
濃い色野菜	0	0.0%	1	2.2%	7	15.2%	20	43.5%	18	39.1%	3	0.6%	8	1.6%	76	15.4%	182	36.8%	225	45.5%
40歳頃	0	0.0%	1	2.3%	10	22.7%	13	29.5%	20	45.5%	2	0.4%	12	2.5%	68	14.2%	179	37.4%	217	45.4%
20歳頃	1	2.3%	1	2.3%	8	18.2%	15	34.1%	19	43.2%	2	0.4%	24	5.1%	81	17.2%	173	36.7%	192	40.7%
ニンジン、 かぼちゃ	1	2.2%	3	6.5%	11	23.9%	19	41.3%	12	26.1%	1	0.2%	27	5.3%	115	22.8%	210	41.6%	152	30.1%
40歳頃	3	6.7%	2	4.4%	12	26.7%	14	31.1%	14	31.1%	5	1.0%	26	5.4%	123	25.7%	197	41.1%	128	26.7%
20歳頃	2	4.5%	3	6.8%	9	20.5%	18	40.9%	12	27.3%	4	0.8%	36	7.6%	130	27.3%	193	40.5%	113	23.7%
トマト	2	4.3%	4	8.7%	17	37.0%	14	30.4%	9	19.6%	12	2.4%	53	10.5%	113	22.4%	157	31.2%	169	33.5%
40歳頃	2	4.5%	7	15.9%	16	36.4%	13	29.5%	6	13.6%	13	2.7%	47	9.9%	146	30.9%	188	39.7%	79	16.7%
20歳頃	4	9.5%	9	21.4%	14	33.3%	9	21.4%	6	14.3%	23	4.9%	68	14.5%	147	31.4%	158	33.8%	72	15.4%
山菜・野草	4	9.5%	21	50.0%	14	33.3%	0	0.0%	3	7.1%	100	20.6%	215	44.3%	113	23.3%	41	8.5%	16	3.3%
40歳頃	5	11.9%	19	45.2%	13	31.0%	3	7.1%	2	4.8%	87	18.9%	206	44.8%	97	21.1%	56	12.2%	14	3.0%
20歳頃	8	18.6%	18	41.9%	12	27.9%	3	7.0%	2	4.7%	116	25.3%	173	37.7%	92	20.0%	59	12.9%	19	4.1%
キノコ類	3	6.7%	3	6.7%	18	40.0%	14	31.1%	7	15.6%	10	2.0%	79	15.8%	176	35.1%	161	32.1%	75	15.0%
40歳頃	1	2.3%	4	9.1%	28	63.6%	7	15.9%	4	9.1%	14	2.9%	131	27.5%	200	41.9%	112	23.5%	20	4.2%
20歳頃	5	11.4%	7	15.9%	23	52.3%	6	13.6%	3	6.8%	35	7.5%	177	38.0%	147	31.5%	88	18.9%	19	4.1%
いも類	2	4.3%	2	4.3%	17	37.0%	16	34.8%	9	19.6%	7	1.4%	64	12.8%	149	29.9%	187	37.5%	92	18.4%
40歳頃	2	4.5%	5	11.4%	17	38.6%	12	27.3%	8	18.2%	6	1.2%	63	13.1%	124	25.8%	196	40.7%	92	19.1%
20歳頃	2	4.7%	3	7.0%	13	30.2%	13	30.2%	12	27.9%	10	2.1%	55	11.8%	122	26.1%	179	38.2%	102	21.8%

表4 食品・飲み物の摂取状況（現在65～74歳の者）

	骨折群						非骨折群														
	食べない	月に1～2回	週に1～2回	週に3～4回	ほとんど毎日	食べない	月に1～2回	週に1～2回	週に3～4回	ほとんど毎日											
豆類	最近	2	4.4%	16	35.6%	16	35.6%	4	8.9%	7	15.6%	16	3.3%	127	25.9%	129	26.3%	126	25.7%	93	18.9%
	40歳頃	2	4.4%	16	35.6%	15	33.3%	7	15.6%	5	11.1%	17	3.6%	143	30.5%	130	27.7%	133	28.4%	46	9.8%
	20歳頃	4	9.5%	13	31.0%	14	33.3%	7	16.7%	4	9.5%	20	4.3%	129	27.8%	138	29.7%	116	25.0%	61	13.1%
大豆加工品	最近	0	0.0%	2	4.4%	14	31.1%	13	28.9%	16	35.6%	3	0.6%	22	4.4%	79	15.7%	191	37.9%	209	41.5%
	40歳頃	0	0.0%	3	6.7%	14	31.1%	14	31.1%	14	31.1%	3	0.6%	29	6.1%	101	21.2%	199	41.7%	145	30.4%
	20歳頃	1	2.4%	2	4.8%	18	42.9%	11	26.2%	10	23.8%	5	1.1%	37	7.8%	124	26.2%	178	37.6%	129	27.3%
納豆	最近	6	13.3%	6	13.3%	8	17.8%	12	26.7%	13	28.9%	17	3.4%	34	6.7%	95	18.8%	146	28.9%	213	42.2%
	40歳頃	10	22.7%	5	11.4%	5	11.4%	13	29.5%	11	25.0%	9	1.9%	32	6.6%	111	22.8%	204	42.0%	130	26.7%
	20歳頃	15	34.9%	4	9.3%	5	11.6%	10	23.3%	9	20.9%	23	4.8%	44	9.2%	125	26.2%	170	35.6%	116	24.3%
海草	最近	1	2.2%	3	6.7%	11	24.4%	22	48.9%	8	17.8%	4	0.8%	19	3.8%	110	22.0%	224	44.8%	143	28.6%
	40歳頃	1	2.2%	7	15.6%	12	26.7%	19	42.2%	6	13.3%	6	1.3%	35	7.4%	134	28.2%	222	46.6%	79	16.6%
	20歳頃	2	4.5%	8	18.2%	15	34.1%	13	29.5%	6	13.6%	9	1.9%	49	10.4%	168	35.6%	168	35.6%	78	16.5%
漬物	最近	4	8.7%	2	4.3%	10	21.7%	4	8.7%	26	56.5%	26	5.2%	28	5.6%	72	14.4%	97	19.4%	277	55.4%
	40歳頃	3	6.8%	5	11.4%	6	13.6%	3	6.8%	27	61.4%	16	3.4%	33	7.0%	54	11.4%	108	22.8%	263	55.5%
	20歳頃	2	4.5%	3	6.8%	10	22.7%	5	11.4%	24	54.5%	22	4.7%	33	7.1%	59	12.7%	99	21.2%	253	54.3%
酢の物	最近	1	6.3%	4	25.0%	9	56.3%	0	0.0%	2	12.5%	7	3.1%	25	10.9%	74	32.3%	78	34.1%	45	19.7%
	40歳頃	1	6.3%	3	18.8%	9	56.3%	1	6.3%	2	12.5%	4	1.9%	35	16.3%	91	42.3%	62	28.8%	23	10.7%
	20歳頃	3	18.8%	1	6.3%	9	56.3%	1	6.3%	2	12.5%	10	4.7%	44	20.8%	85	40.1%	57	26.9%	16	7.5%
つくだ煮	最近	9	20.5%	10	22.7%	15	34.1%	4	9.1%	6	13.6%	84	17.0%	174	35.3%	131	26.6%	63	12.8%	41	8.3%
	40歳頃	7	16.3%	12	27.9%	15	34.9%	5	11.6%	4	9.3%	65	14.0%	182	39.1%	124	26.7%	72	15.5%	22	4.7%
	20歳頃	6	13.6%	17	38.6%	13	29.5%	2	4.5%	6	13.6%	91	20.0%	171	37.5%	115	25.2%	62	13.6%	17	3.7%
ミカン類	最近	4	8.9%	1	2.2%	15	33.3%	11	24.4%	14	31.1%	5	1.0%	50	10.1%	119	24.0%	165	33.3%	156	31.5%
	40歳頃	2	4.5%	6	13.6%	14	31.8%	16	36.4%	6	13.6%	9	1.9%	51	10.8%	129	27.3%	182	38.5%	102	21.6%
	20歳頃	6	14.0%	8	18.6%	14	32.6%	10	23.3%	5	11.6%	26	5.6%	84	18.1%	130	28.0%	145	31.2%	80	17.2%
他の果物	最近	4	8.9%	0	0.0%	13	28.9%	12	26.7%	16	35.6%	4	0.8%	22	4.5%	74	15.1%	130	26.5%	260	53.1%
	40歳頃	2	4.4%	6	13.3%	14	31.1%	17	37.8%	6	13.3%	4	0.9%	45	9.7%	95	20.6%	150	32.5%	168	36.4%
	20歳頃	5	11.4%	8	18.2%	16	36.4%	12	27.3%	3	6.8%	17	3.7%	70	15.2%	111	24.1%	131	28.4%	132	28.6%
ドライフルーツ	最近	11	25.0%	16	36.4%	11	25.0%	4	9.1%	2	4.5%	124	25.8%	181	37.7%	97	20.2%	61	12.7%	17	3.5%
	40歳頃	12	27.3%	15	34.1%	10	22.7%	5	11.4%	2	4.5%	121	26.6%	165	36.3%	102	22.4%	51	11.2%	16	3.5%
	20歳頃	14	31.8%	17	38.6%	7	15.9%	3	6.8%	3	6.8%	148	32.2%	145	31.6%	102	22.2%	46	10.0%	18	3.9%
ナッツ類	最近	15	34.1%	16	36.4%	8	18.2%	3	6.8%	2	4.5%	70	14.4%	183	37.6%	125	25.7%	73	15.0%	36	7.4%
	40歳頃	12	27.3%	12	27.3%	12	27.3%	6	13.6%	2	4.5%	61	13.4%	176	38.6%	111	24.3%	89	19.5%	19	4.2%
	20歳頃	16	36.4%	13	29.5%	11	25.0%	3	6.8%	1	2.3%	75	16.3%	167	36.3%	130	28.3%	71	15.4%	17	3.7%

表4 食品・飲み物の摂取状況（現在65～74歳の者）

	骨折群						非骨折群														
	食べない	月に1～2回	週に1～2回	週に3～4回	ほとんど毎日	食べない	月に1～2回	週に1～2回	週に3～4回	ほとんど毎日											
菓子類	最近	5	10.9%	14	30.4%	14	30.4%	14	30.4%	8	17.4%	31	6.2%	120	23.8%	162	32.1%	137	27.2%	54	10.7%
	40歳頃	5	11.1%	7	15.6%	16	35.6%	13	28.9%	4	8.9%	28	5.9%	107	22.4%	139	29.1%	138	28.9%	65	13.6%
	20歳頃	5	11.4%	15	34.1%	11	25.0%	10	22.7%	3	6.8%	60	12.6%	102	21.4%	124	26.0%	119	24.9%	72	15.1%
緑茶	最近	7	15.2%	3	6.5%	10	21.7%	11	23.9%	15	32.6%	10	2.0%	64	12.9%	93	18.7%	149	30.0%	181	36.4%
	40歳頃	7	15.9%	5	11.4%	8	18.2%	12	27.3%	12	27.3%	29	6.1%	89	18.6%	117	24.5%	143	29.9%	100	20.9%
	20歳頃	11	25.0%	6	13.6%	9	20.5%	10	22.7%	8	18.2%	73	15.5%	123	26.1%	127	27.0%	98	20.8%	50	10.6%
ほうじ茶、麦茶、 ウーロン茶	最近	4	8.7%	15	32.6%	7	15.2%	12	26.1%	8	17.4%	56	11.6%	150	31.0%	135	27.9%	91	18.8%	52	10.7%
	40歳頃	6	13.6%	15	34.1%	5	11.4%	12	27.3%	6	13.6%	59	13.0%	191	42.2%	101	22.3%	77	17.0%	25	5.5%
	20歳頃	14	31.8%	9	20.5%	10	22.7%	7	15.9%	4	9.1%	114	25.4%	179	39.9%	91	20.3%	49	10.9%	16	3.6%
コーヒー	最近	9	19.6%	11	23.9%	22	47.8%	1	2.2%	3	6.5%	72	14.5%	133	26.8%	209	42.1%	66	13.3%	17	3.4%
	40歳頃	10	22.7%	13	29.5%	14	31.8%	2	4.5%	5	11.4%	78	16.5%	153	32.3%	171	36.2%	47	9.9%	24	5.1%
	20歳頃	22	50.0%	9	20.5%	9	20.5%	1	2.3%	3	6.8%	148	31.8%	154	33.1%	118	25.4%	33	7.1%	12	2.6%
紅茶	最近	15	34.9%	22	51.2%	5	11.6%	0	0.0%	1	2.3%	142	29.6%	245	51.1%	73	15.2%	15	3.1%	4	0.8%
	40歳頃	17	39.5%	20	46.5%	4	9.3%	2	4.7%	0	0.0%	137	29.7%	226	48.9%	89	19.3%	8	1.7%	2	0.4%
	20歳頃	24	58.5%	13	31.7%	3	7.3%	1	2.4%	0	0.0%	180	39.3%	201	43.9%	62	13.5%	12	2.6%	3	0.7%
牛乳	最近	11	24.4%	10	22.2%	21	46.7%	2	4.4%	1	2.2%	70	14.0%	142	28.5%	244	48.9%	23	4.6%	20	4.0%
	40歳頃	18	41.9%	12	27.9%	12	27.9%	1	2.3%	0	0.0%	75	15.8%	167	35.1%	201	42.2%	13	2.7%	20	4.2%
	20歳頃	24	54.5%	11	25.0%	7	15.9%	1	2.3%	1	2.3%	114	23.9%	186	39.0%	147	30.8%	16	3.4%	14	2.9%
豆乳	最近	27	60.0%	11	24.4%	4	8.9%	2	4.4%	1	2.2%	257	53.1%	165	34.1%	52	10.7%	6	1.2%	4	0.8%
	40歳頃	37	88.1%	2	4.8%	1	2.4%	1	2.4%	1	2.4%	326	71.0%	111	24.2%	17	3.7%	4	0.9%	1	0.2%
	20歳頃	39	90.7%	1	2.3%	2	4.7%	1	2.3%	0	0.0%	355	78.4%	81	17.9%	15	3.3%	1	0.2%	1	0.2%
果汁・野菜ジュース	最近	15	31.9%	24	51.1%	5	10.6%	3	6.4%	0	0.0%	144	29.2%	238	48.3%	97	19.7%	13	2.6%	1	0.2%
	40歳頃	18	40.9%	21	47.7%	4	9.1%	1	2.3%	0	0.0%	153	32.2%	249	52.4%	60	12.6%	11	2.3%	2	0.4%
	20歳頃	26	57.8%	13	28.9%	4	8.9%	1	2.2%	1	2.2%	190	40.5%	220	46.9%	42	9.0%	13	2.8%	4	0.9%
清涼飲料水	最近	25	56.8%	12	27.3%	4	9.1%	2	4.5%	1	2.3%	265	55.2%	167	34.8%	36	7.5%	5	1.0%	7	1.5%
	40歳頃	26	60.5%	12	27.9%	2	4.7%	3	7.0%	0	0.0%	206	44.4%	207	44.6%	35	7.5%	12	2.6%	4	0.9%
	20歳頃	25	58.1%	10	23.3%	5	11.6%	3	7.0%	0	0.0%	237	51.7%	162	35.4%	45	9.8%	11	2.4%	3	0.7%
ミネラルウォーター	最近	21	44.7%	9	19.1%	12	25.5%	2	4.3%	3	6.4%	236	48.6%	125	25.7%	60	12.3%	35	7.2%	30	6.2%
	40歳頃	24	55.8%	8	18.6%	5	11.6%	3	7.0%	3	7.0%	251	53.6%	113	24.1%	54	11.5%	23	4.9%	27	5.8%
	20歳頃	20	44.4%	7	15.6%	8	17.8%	5	11.1%	5	11.1%	270	58.4%	84	18.2%	45	9.7%	24	5.2%	39	8.4%
お酒	最近	40	88.9%	4	8.9%	1	2.2%	0	0.0%	0	0.0%	315	64.5%	120	24.6%	45	9.2%	6	1.2%	2	0.4%
	40歳頃	35	83.3%	7	16.7%	0	0.0%	0	0.0%	0	0.0%	282	60.1%	147	31.3%	23	4.9%	10	2.1%	7	1.5%
	20歳頃	39	90.7%	3	7.0%	1	2.3%	0	0.0%	0	0.0%	320	68.8%	119	25.6%	11	2.4%	10	2.2%	5	1.1%

表4 食品・飲み物の摂取状況（現在75-89歳の者）

	骨折群						非骨折群												
	食べない	月に1~2回	週に1~2回	週に3~4回	ほとんど毎日	食べない	月に1~2回	週に1~2回	週に3~4回	ほとんど毎日									
白米	最近	2	1.7%	0	0.0%	0	0.0%	109	93.2%	5	1.3%	2	0.5%	5	1.3%	359	96.5%		
	40歳頃	2	1.9%	0	0.0%	0	0.0%	103	96.3%	19	5.4%	6	1.7%	5	1.4%	317	90.1%		
	20歳頃	15	14.4%	6	5.8%	3	2.9%	74	71.2%	37	11.6%	13	4.1%	8	2.5%	244	76.5%		
玄米	最近	69	89.6%	2	2.6%	1	1.3%	2	2.0%	210	92.9%	4	1.8%	2	0.9%	1	0.4%	9	4.0%
	40歳頃	69	97.2%	0	0.0%	0	0.0%	0	0.0%	188	92.6%	1	0.5%	4	2.0%	2	1.0%	8	3.9%
	20歳頃	59	86.8%	3	4.4%	2	2.9%	2	2.9%	169	86.7%	4	2.1%	4	2.1%	5	2.6%	13	6.7%
麦	最近	71	86.6%	5	6.1%	0	0.0%	1	1.2%	182	75.5%	13	5.4%	10	4.1%	2	0.8%	34	14.1%
	40歳頃	52	65.0%	5	6.3%	1	1.3%	4	5.0%	93	36.8%	14	5.5%	15	5.9%	20	7.9%	111	43.9%
	20歳頃	31	39.2%	3	3.8%	4	5.1%	8	10.1%	53	19.7%	11	4.1%	6	2.2%	30	11.2%	169	62.8%
雑穀	最近	71	91.0%	1	1.3%	3	3.8%	1	1.3%	187	80.3%	18	7.7%	13	5.6%	7	3.0%	8	3.4%
	40歳頃	66	91.7%	0	0.0%	3	4.2%	2	2.8%	153	69.5%	12	5.5%	20	9.1%	15	6.8%	20	9.1%
	20歳頃	45	61.6%	3	4.1%	6	8.2%	8	11.0%	115	48.3%	19	8.0%	18	7.6%	24	10.1%	62	26.1%
いもごはん	最近	18	19.4%	16	17.2%	20	21.5%	29	31.2%	74	23.6%	30	9.6%	71	22.7%	76	24.3%	62	19.8%
	40歳頃	15	16.9%	14	15.7%	20	22.5%	25	28.1%	41	14.0%	26	8.9%	50	17.1%	83	28.3%	93	31.7%
	20歳頃	11	12.1%	5	5.5%	19	20.9%	26	28.6%	22	7.2%	17	5.6%	47	15.4%	75	24.6%	144	47.2%
パン	最近	23	21.5%	23	21.5%	28	26.2%	11	10.3%	48	15.1%	76	24.0%	80	25.2%	54	17.0%	59	18.6%
	40歳頃	38	39.6%	19	19.8%	21	21.9%	7	7.3%	92	32.9%	45	16.1%	61	21.8%	47	16.8%	35	12.5%
	20歳頃	65	70.7%	11	12.0%	6	6.5%	5	5.4%	125	45.3%	39	14.1%	46	16.7%	37	13.4%	29	10.5%
めん類	最近	9	8.0%	38	33.9%	45	40.2%	16	14.3%	12	3.3%	89	24.3%	161	44.0%	83	22.7%	21	5.7%
	40歳頃	7	6.9%	33	32.4%	44	43.1%	14	13.7%	18	5.6%	62	19.4%	122	38.1%	93	29.1%	25	7.8%
	20歳頃	21	20.6%	27	26.5%	30	29.4%	18	17.6%	33	10.5%	71	22.7%	102	32.6%	85	27.2%	22	7.0%
肉類	最近	7	6.1%	11	9.6%	47	40.9%	43	37.4%	14	3.8%	50	13.7%	159	43.6%	109	29.9%	33	9.0%
	40歳頃	17	17.2%	14	14.1%	30	30.3%	32	32.3%	42	12.8%	60	18.3%	98	30.0%	99	30.3%	28	8.6%
	20歳頃	52	51.0%	15	14.7%	22	21.6%	11	10.8%	91	31.1%	78	26.6%	65	22.2%	44	15.0%	15	5.1%
鶏肉	最近	20	17.5%	24	21.1%	43	37.7%	21	18.4%	22	6.5%	82	24.4%	146	43.5%	75	22.3%	11	3.3%
	40歳頃	27	27.3%	26	26.3%	23	23.2%	20	20.2%	33	10.9%	81	26.8%	114	37.7%	65	21.5%	9	3.0%
	20歳頃	50	49.0%	23	22.5%	19	18.6%	9	8.8%	67	23.2%	105	36.3%	71	24.6%	36	12.5%	10	3.5%
鯨肉	最近	86	89.6%	6	6.3%	3	3.1%	1	1.0%	222	88.1%	23	9.1%	5	2.0%	0	0.0%	2	0.8%
	40歳頃	60	63.8%	23	24.5%	9	9.6%	2	2.1%	135	51.3%	71	27.0%	36	13.7%	18	6.8%	3	1.1%
	20歳頃	59	63.4%	19	20.4%	10	10.8%	5	5.4%	134	47.9%	82	29.3%	42	15.0%	15	5.4%	7	2.5%
レバー	最近	62	59.6%	24	23.1%	11	10.6%	7	6.7%	157	54.9%	84	29.4%	36	12.6%	7	2.4%	2	0.7%
	40歳頃	57	58.8%	20	20.6%	13	13.4%	7	7.2%	142	52.8%	62	23.0%	38	14.1%	23	8.6%	4	1.5%
	20歳頃	83	84.7%	10	10.2%	2	2.0%	3	3.1%	185	68.8%	47	17.5%	23	8.6%	9	3.3%	5	1.9%

表4 食品・飲み物の摂取状況（現在75-89歳の者）

	骨折群										非骨折群																																																	
	食べない					月に1~2回					週に1~2回					月に1~2回					週に1~2回					週に3~4回					ほとんど毎日																													
	最近	40歳頃	20歳頃	最近	40歳頃	20歳頃	最近	40歳頃	20歳頃	最近	40歳頃	20歳頃	最近	40歳頃	20歳頃	最近	40歳頃	20歳頃	最近	40歳頃	20歳頃	最近	40歳頃	20歳頃	最近	40歳頃	20歳頃	最近	40歳頃	20歳頃	最近	40歳頃	20歳頃																											
ハム・ソーセージ	22	19.6%	30	26.8%	40	35.7%	18	16.1%	2	1.8%	52	16.0%	82	25.2%	110	33.8%	59	18.2%	22	6.8%	29	28.4%	35	34.3%	16	15.7%	0	0.0%	79	26.0%	54	17.8%	78	25.7%	71	23.4%	22	7.2%	63	63.6%	15	15.2%	14	14.1%	7	7.1%	0	0.0%	144	50.9%	56	19.8%	40	14.1%	30	10.6%	13	4.6%		
卵	3	2.6%	5	4.3%	30	26.1%	29	25.2%	48	41.7%	10	2.7%	20	5.3%	69	18.4%	129	34.5%	146	39.0%	24	21.8%	12	10.9%	23	20.9%	20	18.2%	31	28.2%	29	8.2%	33	9.4%	68	19.3%	73	20.7%	149	42.3%	56	60.9%	15	16.3%	11	12.0%	7	7.6%	139	47.0%	28	9.5%	39	13.2%	50	16.9%	40	13.5%		
ヨーグルト	82	88.2%	6	6.5%	2	2.2%	2	2.2%	1	1.1%	217	78.1%	22	7.9%	9	3.2%	13	4.7%	17	6.1%	51	45.9%	20	18.0%	24	21.6%	9	8.1%	7	6.3%	81	25.3%	74	23.1%	93	29.1%	42	13.1%	30	9.4%	59	62.1%	12	12.6%	17	17.9%	6	6.3%	1	1.1%	143	51.1%	45	16.1%	38	13.6%	37	13.2%	17	6.1%
チーズ	75	77.3%	9	9.3%	7	7.2%	4	4.1%	2	2.1%	208	74.8%	27	9.7%	17	6.1%	12	4.3%	14	5.0%	40	36.7%	20	18.3%	31	28.4%	7	6.4%	11	10.1%	92	28.7%	91	28.3%	77	24.0%	30	9.3%	31	9.7%	39	41.1%	19	20.0%	20	21.1%	11	11.6%	6	6.3%	99	33.3%	52	17.5%	57	19.2%	57	19.2%	32	10.8%
バター・マーガリン	70	72.2%	12	12.4%	6	6.2%	5	5.2%	4	4.1%	166	58.7%	45	15.9%	28	9.9%	21	7.4%	23	8.1%	17	16.2%	34	32.4%	28	26.7%	19	18.1%	7	6.7%	41	12.5%	74	22.6%	108	33.0%	78	23.9%	26	8.0%	33	34.4%	25	26.0%	18	18.8%	18	18.8%	2	2.1%	78	26.7%	67	22.9%	66	22.6%	66	22.6%	15	5.1%
ごま油	52	55.3%	22	23.4%	10	10.6%	9	9.6%	1	1.1%	135	48.9%	53	19.2%	46	16.7%	30	10.9%	12	4.3%	5	4.5%	32	28.6%	57	50.9%	15	13.4%	3	2.7%	12	3.4%	95	26.6%	182	51.0%	54	15.1%	14	3.9%	3	2.9%	20	19.4%	54	52.4%	24	23.3%	2	1.9%	4	1.2%	55	17.1%	135	41.9%	106	32.9%	22	6.8%
フライ・天ぷら類	19	18.3%	36	34.6%	32	30.8%	13	12.5%	4	3.8%	24	7.6%	83	26.3%	109	34.6%	81	25.7%	18	5.7%	5	4.5%	14	12.5%	41	36.6%	40	35.7%	12	10.7%	6	1.6%	32	8.6%	107	28.9%	146	39.5%	79	21.4%	3	3.1%	13	13.4%	36	37.1%	29	29.9%	16	16.5%	7	2.1%	14	4.2%	80	24.2%	145	43.8%	85	25.7%
炒め物	21	21.0%	18	18.0%	25	25.0%	24	24.0%	12	12.0%	15	4.7%	44	13.8%	77	24.1%	114	35.6%	70	21.9%	2	1.7%	5	4.2%	25	21.2%	50	42.4%	36	30.5%	3	0.8%	14	3.7%	91	24.3%	151	40.4%	115	30.7%	2	1.9%	8	7.6%	27	25.7%	42	40.0%	26	24.8%	7	2.1%	34	10.4%	86	26.3%	118	36.1%	82	25.1%
鮮魚	9	8.7%	17	16.3%	28	26.9%	25	24.0%	25	24.0%	17	5.3%	55	17.1%	109	34.0%	81	25.2%	59	18.4%	8	7.2%	23	20.7%	46	41.4%	19	17.1%	15	13.5%	33	10.1%	88	26.9%	114	34.9%	71	21.7%	21	6.4%	9	8.8%	22	21.6%	34	33.3%	23	22.5%	14	13.7%	28	9.2%	68	22.2%	101	33.0%	85	27.8%	24	7.8%
干し魚・加工用塩魚	18	18.2%	20	20.2%	30	30.3%	19	19.2%	12	12.1%	40	13.0%	77	25.0%	102	33.1%	61	19.8%	28	9.1%	44	40.7%	33	30.6%	24	22.2%	5	4.6%	2	1.9%	93	28.7%	133	41.0%	68	21.0%	24	7.4%	6	1.9%	46	45.1%	33	32.4%	18	17.6%	5	4.9%	0	0.0%	95	31.8%	95	31.8%	75	25.1%	29	9.7%	5	1.7%
魚の缶詰	63	66.3%	19	20.0%	11	11.6%	2	2.1%	0	0.0%	134	46.2%	79	27.2%	54	18.6%	18	6.2%	5	1.7%	44	40.7%	33	30.6%	24	22.2%	5	4.6%	2	1.9%	93	28.7%	133	41.0%	68	21.0%	24	7.4%	6	1.9%	46	45.1%	33	32.4%	18	17.6%	5	4.9%	0	0.0%	95	31.8%	95	31.8%	75	25.1%	29	9.7%	5	1.7%
	63	66.3%	19	20.0%	11	11.6%	2	2.1%	0	0.0%	134	46.2%	79	27.2%	54	18.6%	18	6.2%	5	1.7%																																								

表4 食品・飲み物の摂取状況（現在75-89歳の者）

	骨折群										非骨折群												
	食べない					ほとんど毎日					食べない					ほとんど毎日							
	月に1~2回	月に1~2回	週に1~2回	週に1~2回	週に3~4回	ほとんど毎日	ほとんど毎日	週に3~4回	週に3~4回	週に3~4回	月に1~2回	月に1~2回	週に1~2回	週に1~2回	週に3~4回	ほとんど毎日	ほとんど毎日	週に3~4回	週に3~4回	週に3~4回			
川魚	最近	60	54.5%	43	39.1%	5	4.5%	1	0.9%	1	0.9%	1	0.9%	143	45.5%	134	42.7%	26	8.3%	9	2.9%	2	0.6%
	40歳頃	58	54.7%	32	30.2%	8	7.5%	4	3.8%	4	3.8%	4	3.8%	121	40.5%	105	35.1%	44	14.7%	24	8.0%	5	1.7%
	20歳頃	64	64.0%	22	22.0%	6	6.0%	1	1.0%	7	7.0%	7	7.0%	155	51.8%	72	24.1%	44	14.7%	18	6.0%	10	3.3%
えび・かに	最近	23	21.1%	48	44.0%	32	29.4%	6	5.5%	0	0.0%	0	0.0%	41	12.3%	157	47.0%	108	32.3%	23	6.9%	5	1.5%
	40歳頃	25	24.5%	38	37.3%	30	29.4%	7	6.9%	2	2.0%	2	2.0%	98	32.3%	116	38.3%	57	18.8%	21	6.9%	11	3.6%
	20歳頃	50	51.5%	31	32.0%	12	12.4%	2	2.1%	2	2.1%	2	2.1%	171	59.6%	68	23.7%	22	7.7%	15	5.2%	11	3.8%
貝類	最近	13	11.6%	43	38.4%	42	37.5%	11	9.8%	3	2.7%	3	2.7%	37	11.3%	123	37.7%	124	38.0%	36	11.0%	6	1.8%
	40歳頃	13	13.4%	32	33.0%	36	37.1%	13	13.4%	3	3.1%	3	3.1%	53	17.3%	115	37.6%	88	28.8%	42	13.7%	8	2.6%
	20歳頃	32	32.0%	31	31.0%	23	23.0%	11	11.0%	3	3.0%	3	3.0%	97	33.6%	106	36.7%	49	17.0%	31	10.7%	6	2.1%
かまぼこ・ちくわ さつまあげ	最近	3	2.7%	24	21.4%	52	46.4%	21	18.8%	12	10.7%	12	10.7%	5	1.4%	70	19.6%	158	44.3%	97	27.2%	27	7.6%
	40歳頃	5	5.2%	21	21.6%	41	42.3%	15	15.5%	15	15.5%	15	15.5%	23	7.2%	59	18.4%	132	41.1%	78	24.3%	29	9.0%
	20歳頃	18	18.6%	32	33.0%	25	25.8%	13	13.4%	9	9.3%	9	9.3%	61	20.3%	76	25.2%	89	29.6%	55	18.3%	20	6.6%
淡い色野菜	最近	2	1.7%	4	3.4%	10	8.6%	27	23.3%	73	62.9%	73	62.9%	1	0.3%	8	2.2%	22	6.1%	81	22.6%	246	68.7%
	40歳頃	1	0.9%	4	3.7%	13	12.1%	26	24.3%	63	58.9%	63	58.9%	3	0.9%	7	2.1%	23	6.9%	94	28.2%	206	61.9%
	20歳頃	6	5.7%	8	7.6%	16	15.2%	18	17.1%	57	54.3%	57	54.3%	7	2.2%	14	4.5%	38	12.1%	66	21.0%	189	60.2%
濃い色野菜	最近	1	0.9%	3	2.6%	22	18.8%	29	24.8%	62	53.0%	62	53.0%	2	0.6%	11	3.1%	46	12.8%	103	28.8%	196	54.7%
	40歳頃	2	1.9%	2	1.9%	19	18.3%	24	23.1%	57	54.8%	57	54.8%	2	0.6%	12	3.6%	37	11.2%	101	30.7%	177	53.8%
	20歳頃	4	4.0%	2	2.0%	27	26.7%	18	17.8%	50	49.5%	50	49.5%	8	2.6%	15	4.8%	42	13.5%	78	25.2%	167	53.9%
ニンジン、 カボチャ	最近	0	0.0%	8	6.8%	32	27.1%	37	31.4%	41	34.7%	41	34.7%	2	0.5%	11	3.0%	81	22.2%	138	37.8%	133	36.4%
	40歳頃	2	1.9%	4	3.8%	25	23.8%	39	37.1%	35	33.3%	35	33.3%	4	1.2%	16	4.8%	69	20.6%	132	39.4%	114	34.0%
	20歳頃	1	1.0%	10	9.7%	21	20.4%	31	30.1%	40	38.8%	40	38.8%	8	2.5%	17	5.4%	67	21.3%	99	31.5%	123	39.2%
トマト	最近	5	4.4%	16	14.0%	33	28.9%	35	30.7%	25	21.9%	25	21.9%	7	1.9%	21	5.8%	61	16.8%	117	32.2%	157	43.3%
	40歳頃	12	11.7%	14	13.6%	30	29.1%	26	25.2%	21	20.4%	21	20.4%	31	9.6%	23	7.1%	88	27.2%	101	31.3%	80	24.8%
	20歳頃	26	25.5%	13	12.7%	18	17.6%	23	22.5%	22	21.6%	22	21.6%	53	17.5%	47	15.5%	60	19.8%	69	22.8%	74	24.4%
山菜・野草	最近	26	24.3%	36	33.6%	24	22.4%	12	11.2%	9	8.4%	9	8.4%	53	15.9%	103	30.8%	86	25.7%	49	14.7%	43	12.9%
	40歳頃	22	21.4%	25	24.3%	26	25.2%	19	18.4%	11	10.7%	11	10.7%	49	16.0%	89	29.0%	87	28.3%	46	15.0%	36	11.7%
	20歳頃	23	23.2%	25	25.3%	21	21.2%	15	15.2%	15	15.2%	15	15.2%	75	25.7%	69	23.6%	56	19.2%	50	17.1%	42	14.4%
キノコ類	最近	7	6.3%	19	17.1%	45	40.5%	25	22.5%	15	13.5%	15	13.5%	14	4.0%	55	15.6%	126	35.8%	105	29.8%	52	14.8%
	40歳頃	7	7.0%	28	28.0%	35	35.0%	20	20.0%	10	10.0%	10	10.0%	16	5.0%	84	26.4%	109	34.3%	69	21.7%	40	12.6%
	20歳頃	17	17.2%	29	29.3%	26	26.3%	13	13.1%	14	14.1%	14	14.1%	50	16.7%	83	27.7%	81	27.0%	52	17.3%	34	11.3%
いも類	最近	1	0.9%	17	15.0%	27	23.9%	38	33.6%	30	26.5%	30	26.5%	5	1.4%	30	8.5%	79	22.3%	125	35.2%	116	32.7%
	40歳頃	2	2.0%	9	8.9%	24	23.8%	34	33.7%	32	31.7%	32	31.7%	3	0.9%	16	5.0%	63	19.6%	113	35.1%	127	39.4%
	20歳頃	2	2.0%	9	8.8%	14	13.7%	33	32.4%	44	43.1%	44	43.1%	4	1.3%	14	4.5%	51	16.3%	85	27.2%	158	50.6%

表4 食品・飲み物の摂取状況（現在75-89歳の者）

	骨折群					非骨折群															
	食べない	月に1~2回	週に1~2回	週に3~4回	ほとんど毎日	食べない	月に1~2回	週に1~2回	週に3~4回	ほとんど毎日											
豆類	最近	4	3.5%	25	22.1%	37	32.7%	25	22.1%	22	19.5%	10	3.0%	86	25.5%	82	24.3%	80	23.7%	79	23.4%
	40歳頃	4	4.0%	16	16.2%	29	29.3%	30	30.3%	20	20.2%	10	3.2%	69	22.0%	88	28.0%	77	24.5%	70	22.3%
	20歳頃	9	9.0%	13	13.0%	29	29.0%	31	31.0%	18	18.0%	16	5.4%	64	21.5%	77	25.9%	80	26.9%	60	20.2%
大豆加工品	最近	0	0.0%	5	4.4%	34	29.8%	43	37.7%	32	28.1%	1	0.3%	13	3.7%	54	15.3%	123	34.7%	163	46.0%
	40歳頃	1	1.0%	6	5.8%	29	28.2%	39	37.9%	28	27.2%	2	0.6%	22	6.9%	53	16.6%	105	32.9%	137	42.9%
	20歳頃	6	5.9%	10	9.9%	29	28.7%	38	37.6%	18	17.8%	11	3.5%	37	11.9%	68	21.8%	85	27.2%	111	35.6%
納豆	最近	24	20.9%	15	13.0%	30	26.1%	22	19.1%	24	20.9%	25	6.9%	16	4.4%	73	20.1%	108	29.7%	142	39.0%
	40歳頃	29	28.2%	13	12.6%	18	17.5%	26	25.2%	17	16.5%	12	3.6%	22	6.6%	78	23.5%	103	31.0%	117	35.2%
	20歳頃	38	38.4%	12	12.1%	14	14.1%	19	19.2%	16	16.2%	30	9.8%	23	7.5%	59	19.3%	93	30.5%	100	32.8%
海藻	最近	5	4.3%	20	17.4%	26	22.6%	35	30.4%	29	25.2%	1	0.3%	24	6.7%	86	23.9%	125	34.7%	124	34.4%
	40歳頃	6	5.9%	15	14.7%	22	21.6%	33	32.4%	26	25.5%	11	3.4%	35	10.7%	95	29.1%	103	31.6%	82	25.2%
	20歳頃	9	9.3%	20	20.6%	25	25.8%	25	25.8%	18	18.6%	26	8.6%	54	17.8%	88	28.9%	79	26.0%	57	18.8%
漬物	最近	10	8.6%	10	8.6%	17	14.7%	23	19.8%	56	48.3%	13	3.6%	13	3.6%	27	7.5%	39	10.8%	269	74.5%
	40歳頃	4	3.8%	6	5.8%	12	11.5%	19	18.3%	63	60.6%	6	1.8%	17	5.1%	21	6.3%	29	8.7%	259	78.0%
	20歳頃	6	5.9%	5	5.0%	6	5.9%	18	17.8%	66	65.3%	9	2.9%	10	3.2%	23	7.3%	36	11.5%	236	75.2%
酢の物	最近	3	5.8%	3	5.8%	15	28.8%	23	44.2%	8	15.4%	13	4.2%	32	10.5%	91	29.7%	88	28.8%	82	26.8%
	40歳頃	2	4.3%	8	17.0%	12	25.5%	17	36.2%	8	17.0%	15	5.5%	47	17.2%	85	31.1%	76	27.8%	50	18.3%
	20歳頃	3	6.5%	7	15.2%	11	23.9%	19	41.3%	6	13.0%	31	11.7%	50	18.9%	75	28.3%	59	22.3%	50	18.9%
つくね煮	最近	19	17.1%	26	23.4%	33	29.7%	25	22.5%	8	7.2%	43	13.1%	86	26.3%	103	31.5%	64	19.6%	31	9.5%
	40歳頃	17	16.3%	27	26.0%	25	24.0%	22	21.2%	13	12.5%	42	13.8%	91	29.9%	91	29.9%	53	17.4%	27	8.9%
	20歳頃	29	29.6%	24	24.5%	24	24.5%	14	14.3%	7	7.1%	62	20.9%	101	34.1%	74	25.0%	42	14.2%	17	5.7%
ミカン類	最近	5	4.4%	16	14.0%	32	28.1%	30	26.3%	31	27.2%	6	1.7%	30	8.6%	71	20.5%	96	27.7%	144	41.5%
	40歳頃	8	7.8%	13	12.6%	29	28.2%	31	30.1%	22	21.4%	23	7.2%	49	15.3%	60	18.7%	103	32.1%	86	26.8%
	20歳頃	26	26.8%	22	22.7%	19	19.6%	16	16.5%	14	14.4%	68	23.0%	71	24.0%	61	20.6%	47	15.9%	49	16.6%
他の果物	最近	3	2.6%	13	11.3%	29	25.2%	33	28.7%	37	32.2%	3	0.9%	25	7.3%	49	14.2%	84	24.4%	183	53.2%
	40歳頃	8	7.8%	15	14.6%	26	25.2%	31	30.1%	23	22.3%	18	5.9%	39	12.7%	56	18.2%	89	29.0%	105	34.2%
	20歳頃	19	20.0%	25	26.3%	18	18.9%	20	21.1%	13	13.7%	43	14.8%	71	24.4%	57	19.6%	61	21.0%	59	20.3%
ドライフルーツ	最近	37	33.9%	35	32.1%	14	12.8%	11	10.1%	12	11.0%	77	24.7%	117	37.5%	56	17.9%	39	12.5%	23	7.4%
	40歳頃	33	33.3%	32	32.3%	15	15.2%	7	7.1%	12	12.1%	53	17.7%	105	35.0%	64	21.3%	50	16.7%	28	9.3%
	20歳頃	32	33.7%	28	29.5%	16	16.8%	11	11.6%	8	8.4%	61	21.3%	104	36.2%	58	20.2%	38	13.2%	26	9.1%
ナッツ類	最近	44	40.7%	27	25.0%	19	17.6%	9	8.3%	9	8.3%	71	22.3%	105	32.9%	81	25.4%	33	10.3%	29	9.1%
	40歳頃	34	33.3%	29	28.4%	24	23.5%	9	8.8%	6	5.9%	49	16.2%	106	35.0%	91	30.0%	41	13.5%	16	5.3%
	20歳頃	48	50.0%	23	24.0%	16	16.7%	7	7.3%	2	2.1%	95	32.5%	96	32.9%	63	21.6%	29	9.9%	9	3.1%

表4 食品・飲み物の摂取状況（現在75-89歳の者）

	骨折群						非骨折群														
	食べない	月に1~2回	週に1~2回	週に3~4回	ほとんど毎日	食べない	月に1~2回	週に1~2回	週に3~4回	ほとんど毎日											
菓子類	最近	9	7.9%	12	10.5%	38	33.3%	35	30.7%	20	17.5%	25	7.0%	79	22.0%	107	29.8%	79	22.0%	69	19.2%
	40歳頃	8	7.6%	20	19.0%	39	37.1%	23	21.9%	15	14.3%	38	11.6%	73	22.2%	78	23.7%	92	28.0%	48	14.6%
	20歳頃	33	32.7%	25	24.8%	22	21.8%	16	15.8%	5	5.0%	74	23.9%	91	29.4%	53	17.2%	53	17.2%	38	12.3%
緑茶	最近	19	17.0%	14	12.5%	23	20.5%	25	22.3%	31	27.7%	16	4.4%	25	6.9%	66	18.3%	101	28.1%	152	42.2%
	40歳頃	19	18.3%	14	13.5%	20	19.2%	23	22.1%	28	26.9%	32	9.8%	45	13.8%	79	24.2%	83	25.4%	88	26.9%
	20歳頃	34	33.7%	17	16.8%	15	14.9%	16	15.8%	19	18.8%	92	29.3%	55	17.5%	70	22.3%	49	15.6%	48	15.3%
ほうじ茶、麦茶、 ウーロン茶	最近	24	22.2%	25	23.1%	26	24.1%	23	21.3%	10	9.3%	60	18.5%	83	25.5%	84	25.8%	56	17.2%	42	12.9%
	40歳頃	25	25.0%	31	31.0%	21	21.0%	18	18.0%	5	5.0%	101	34.1%	76	25.7%	75	25.3%	29	9.8%	15	5.1%
	20歳頃	44	44.9%	13	13.3%	19	19.4%	17	17.3%	5	5.1%	132	45.5%	64	22.1%	48	16.6%	27	9.3%	19	6.6%
コヒー	最近	41	37.6%	27	24.8%	30	27.5%	9	8.3%	2	1.8%	78	22.5%	97	28.0%	142	41.0%	16	4.6%	13	3.8%
	40歳頃	49	48.0%	31	30.4%	17	16.7%	3	2.9%	2	2.0%	133	43.6%	72	23.6%	77	25.2%	13	4.3%	10	3.3%
	20歳頃	77	78.6%	10	10.2%	9	9.2%	1	1.0%	1	1.0%	187	63.8%	58	19.8%	35	11.9%	9	3.1%	4	1.4%
紅茶	最近	56	52.3%	38	35.5%	13	12.1%	0	0.0%	0	0.0%	140	45.5%	114	37.0%	42	13.6%	9	2.9%	3	1.0%
	40歳頃	62	60.8%	33	32.4%	7	6.9%	0	0.0%	0	0.0%	162	56.1%	86	29.8%	30	10.4%	9	3.1%	2	0.7%
	20歳頃	78	79.6%	14	14.3%	5	5.1%	1	1.0%	0	0.0%	203	70.2%	59	20.4%	24	8.3%	3	1.0%	0	0.0%
牛乳	最近	22	19.3%	33	28.9%	55	48.2%	4	3.5%	0	0.0%	55	15.8%	56	16.0%	181	51.9%	25	7.2%	32	9.2%
	40歳頃	43	41.0%	29	27.6%	30	28.6%	3	2.9%	0	0.0%	92	29.5%	91	29.2%	95	30.4%	17	5.4%	17	5.4%
	20歳頃	62	60.8%	24	23.5%	13	12.7%	3	2.9%	0	0.0%	146	49.2%	73	24.6%	56	18.9%	9	3.0%	13	4.4%
豆乳	最近	84	78.5%	17	15.9%	5	4.7%	0	0.0%	1	0.9%	191	63.0%	70	23.1%	33	10.9%	8	2.6%	1	0.3%
	40歳頃	88	88.0%	10	10.0%	2	2.0%	0	0.0%	0	0.0%	234	82.1%	33	11.6%	12	4.2%	4	1.4%	2	0.7%
	20歳頃	91	93.8%	5	5.2%	1	1.0%	0	0.0%	0	0.0%	244	88.4%	21	7.6%	6	2.2%	2	0.7%	3	1.1%
果汁・野菜ジュース	最近	42	38.5%	50	45.9%	17	15.6%	0	0.0%	0	0.0%	87	26.3%	131	39.6%	88	26.6%	16	4.8%	9	2.7%
	40歳頃	58	55.8%	31	29.8%	15	14.4%	0	0.0%	0	0.0%	144	48.6%	103	34.8%	38	12.8%	5	1.7%	6	2.0%
	20歳頃	75	76.5%	17	17.3%	6	6.1%	0	0.0%	0	0.0%	187	65.2%	71	24.7%	19	6.6%	4	1.4%	6	2.1%
清涼飲料水	最近	66	62.9%	26	24.8%	9	8.6%	4	3.8%	0	0.0%	137	42.8%	108	33.8%	47	14.7%	16	5.0%	12	3.8%
	40歳頃	67	67.7%	24	24.2%	5	5.1%	2	2.0%	1	1.0%	169	57.3%	78	26.4%	31	10.5%	9	3.1%	8	2.7%
	20歳頃	81	85.3%	8	8.4%	5	5.3%	1	1.1%	0	0.0%	199	67.2%	55	18.6%	27	9.1%	7	2.4%	8	2.7%
ミネラルウォーター	最近	53	50.0%	16	15.1%	14	13.2%	15	14.2%	8	7.5%	177	56.7%	52	16.7%	36	11.5%	18	5.8%	29	9.3%
	40歳頃	52	51.5%	13	12.9%	16	15.8%	10	9.9%	10	9.9%	176	61.3%	40	13.9%	20	7.0%	14	4.9%	37	12.9%
	20歳頃	55	57.3%	11	11.5%	8	8.3%	14	14.6%	8	8.3%	183	64.0%	23	8.0%	18	6.3%	18	6.3%	44	15.4%
お酒	最近	94	88.7%	11	10.4%	1	0.9%	0	0.0%	0	0.0%	243	77.6%	43	13.7%	24	7.7%	2	0.6%	1	0.3%
	40歳頃	80	80.0%	19	19.0%	1	1.0%	0	0.0%	0	0.0%	226	77.4%	46	15.8%	17	5.8%	2	0.7%	1	0.3%
	20歳頃	88	89.8%	10	10.2%	0	0.0%	0	0.0%	0	0.0%	248	84.9%	28	9.6%	13	4.5%	2	0.7%	1	0.3%

表5 食品の摂取品目数

55-64歳

	骨折群	非骨折群	p値
最近	30.9± 8.1	28.5±6.8	n.s.
40歳頃	27.8±11.9	27.7±9.2	n.s.
20歳頃	25.8±11.9	25.9±9.5	n.s.

65-74歳

	骨折群	非骨折群	p値
最近	30.2± 6.6	29.3±7.8	n.s.
40歳頃	27.6± 8.3	28.0±9.5	n.s.
20歳頃	24.0±10.4	25.7±9.9	n.s.

75-89歳

	骨折群	非骨折群	p値
最近	28.3±7.6	28.7± 9.1	n.s.
40歳頃	23.9±9.7	24.4±11.2	n.s.
20歳頃	19.0±9.7	19.9±11.0	n.s.

Mann-Whitney U-test

n.s. : not significant

表6 生活習慣

55-64歳

	骨折群		非骨折群		p値
最近(骨折前)の活動・休息時間					
仕事・家事	5.9	± 3.2	6.0	± 3.2	n.s.
散歩・運動	0.9	± 0.8	1.0	± 1.0	n.s.
睡眠	7.0	± 1.1	6.9	± 1.3	n.s.
40歳頃					
仕事・家事	9.5	± 3.8	9.2	± 3.4	n.s.
散歩・運動	1.1	± 1.3	1.0	± 0.9	n.s.
睡眠	7.0	± 1.0	6.8	± 1.0	n.s.
20歳頃					
仕事・家事	8.7	± 3.9	9.0	± 3.0	n.s.
散歩・運動	1.2	± 1.7	1.1	± 1.0	n.s.
睡眠	7.5	± 1.0	7.2	± 1.1	n.s.

運動習慣(ありの方)					
最近	8	47.1%	143	70.4%	n.s.
40歳頃	12	75.0%	122	62.2%	n.s.
20歳頃	10	62.5%	112	58.6%	n.s.

喫煙習慣(ありの方)					
最近	0	0.0%	18	9.0%	n.s.
40歳頃	0	0.0%	22	11.5%	n.s.
20歳頃	0	0.0%	13	6.7%	n.s.
うち一日あたりの喫煙本数					
最近	0.0	± 0.0	13.0	± 5.5	NA
40歳頃	0.0	± 0.0	14.6	± 8.4	NA
20歳頃	0.0	± 0.0	16.1	± 9.2	NA

Chi-square test、Mann-Whitney U-test

n.s. : not significant, NA: not available

表6 生活習慣

65—74歳

	骨折群		非骨折群		p値
最近(骨折前)の活動・休息時間					
仕事・家事	5.6	± 3.8	5.6	± 3.5	n.s.
散歩・運動	0.8	± 0.7	1.2	± 1.1	0.033
睡眠	7.1	± 1.7	7.0	± 1.2	n.s.
40歳頃					
仕事・家事	8.9	± 3.6	9.5	± 3.6	n.s.
散歩・運動	0.9	± 1.0	1.2	± 1.2	n.s.
睡眠	7.1	± 1.5	6.9	± 1.1	n.s.
20歳頃					
仕事・家事	9.3	± 3.3	9.0	± 3.7	n.s.
散歩・運動	0.7	± 0.8	1.4	± 1.4	n.s.
睡眠	7.5	± 1.0	7.2	± 1.1	n.s.

運動習慣(ありの方)					
最近	26	55.3%	375	74.0%	0.01
40歳頃	23	52.3%	302	63.2%	n.s.
20歳頃	22	53.7%	285	61.4%	n.s.

喫煙習慣(ありの方)					
最近	4	8.5%	26	5.2%	n.s.
40歳頃	3	3.0%	46	9.5%	n.s.
20歳頃	2	4.5%	33	6.9%	n.s.
うち一日あたりの喫煙本数					
最近	9.3	± 7.8	13.1	± 6.3	n.s.
40歳頃	13.3	± 5.8	15.3	± 8.3	n.s.
20歳頃	15.0	± 5.0	13.0	± 8.7	n.s.

Chi-square test、Mann-Whitney U-test

n.s. : not significant

表6 生活習慣

75-89歳

	骨折群		非骨折群		p値
最近(骨折前)の活動・休息時間					
仕事・家事	4.3	± 4.2	4.1	± 2.8	n.s.
散歩・運動	0.6	± 0.6	1.0	± 1.1	0.001
睡眠	7.5	± 1.7	7.3	± 1.7	n.s.
40歳頃					
仕事・家事	9.6	± 3.2	8.9	± 3.4	n.s.
散歩・運動	0.9	± 1.5	1.1	± 1.5	n.s.
睡眠	7.0	± 1.2	7.1	± 1.2	n.s.
20歳頃					
仕事・家事	9.3	± 3.4	9.1	± 3.6	n.s.
散歩・運動	1.1	± 1.7	1.1	± 1.5	n.s.
睡眠	7.4	± 1.1	7.3	± 1.29	n.s.

運動習慣(ありの方)					
最近	55	49.1%	268	72.8%	<0.001
40歳頃	58	55.2%	199	61.4%	n.s.
20歳頃	58	58.0%	176	55.5%	n.s.

喫煙習慣(ありの方)					
最近	3	2.6%	9	2.5%	n.s.
40歳頃	7	6.5%	16	4.8%	n.s.
20歳頃	3	2.8%	7	2.1%	n.s.
うち一日あたりの喫煙本数					
最近	10.0	± 10.0	6.9	± 6.5	n.s.
40歳頃	15.8	± 4.9	13.4	± 12.7	n.s.
20歳頃	20.0	± 0.0	8.9	± 7.8	n.s.

Chi-square test、Mann-Whitney U-test

n.s. : not significant

表7 骨折前後におけるQOLの変化

55-64歳

	時点1	-	時点2	Mean±SD		p値	
	骨折前	-	骨折直後	0.940 ± 0.132	-	0.320 ± 0.38	0.008
効用値	骨折直後	-	退院時	0.350 ± 0.364	-	0.720 ± 0.113	0.017
	骨折前	-	退院時	0.940 ± 0.132	-	0.760 ± 0.14	0.028
	骨折前	-	骨折直後	74.3 ± 19.8	-	31.9 ± 37.1	0.012
VAS	骨折直後	-	退院時	37.1 ± 40.6	-	71.8 ± 16.7	0.025
	骨折前	-	退院時	71.6 ± 20	-	70.1 ± 17	n.s.

65-74歳

	時点1	-	時点2	Mean±SD		p値	
	骨折前	-	骨折直後	0.850 ± 0.151	-	0.270 ± 0.288	<0.001
効用値	骨折直後	-	退院時	0.310 ± 0.286	-	0.700 ± 0.159	<0.001
	骨折前	-	退院時	0.860 ± 0.152	-	0.700 ± 0.161	<0.001
	骨折前	-	骨折直後	79.4 ± 19.6	-	19.7 ± 21.5	<0.001
VAS	骨折直後	-	退院時	22.5 ± 22.3	-	65.9 ± 16.8	<0.001
	骨折前	-	退院時	80.4 ± 18.7	-	66.3 ± 17.3	0.01

75-89歳

	時点1	-	時点2	Mean±SD		p値	
	骨折前	-	骨折直後	0.790 ± 0.192	-	0.300 ± 0.284	<0.001
効用値	骨折直後	-	退院時	0.300 ± 0.284	-	0.630 ± 0.158	<0.001
	骨折前	-	退院時	0.780 ± 0.202	-	0.630 ± 0.171	<0.001
	骨折前	-	骨折直後	68.9 ± 22.1	-	32.1 ± 28	<0.001
VAS	骨折直後	-	退院時	35.1 ± 28.3	-	58.2 ± 15.4	<0.001
	骨折前	-	退院時	70.0 ± 21.9	-	57.9 ± 15.3	0.006

Wilcoxonの符号付き順位検定、 n.s. : not significant

図1-1 食品群別のオッズ比（現在55-64歳の者）

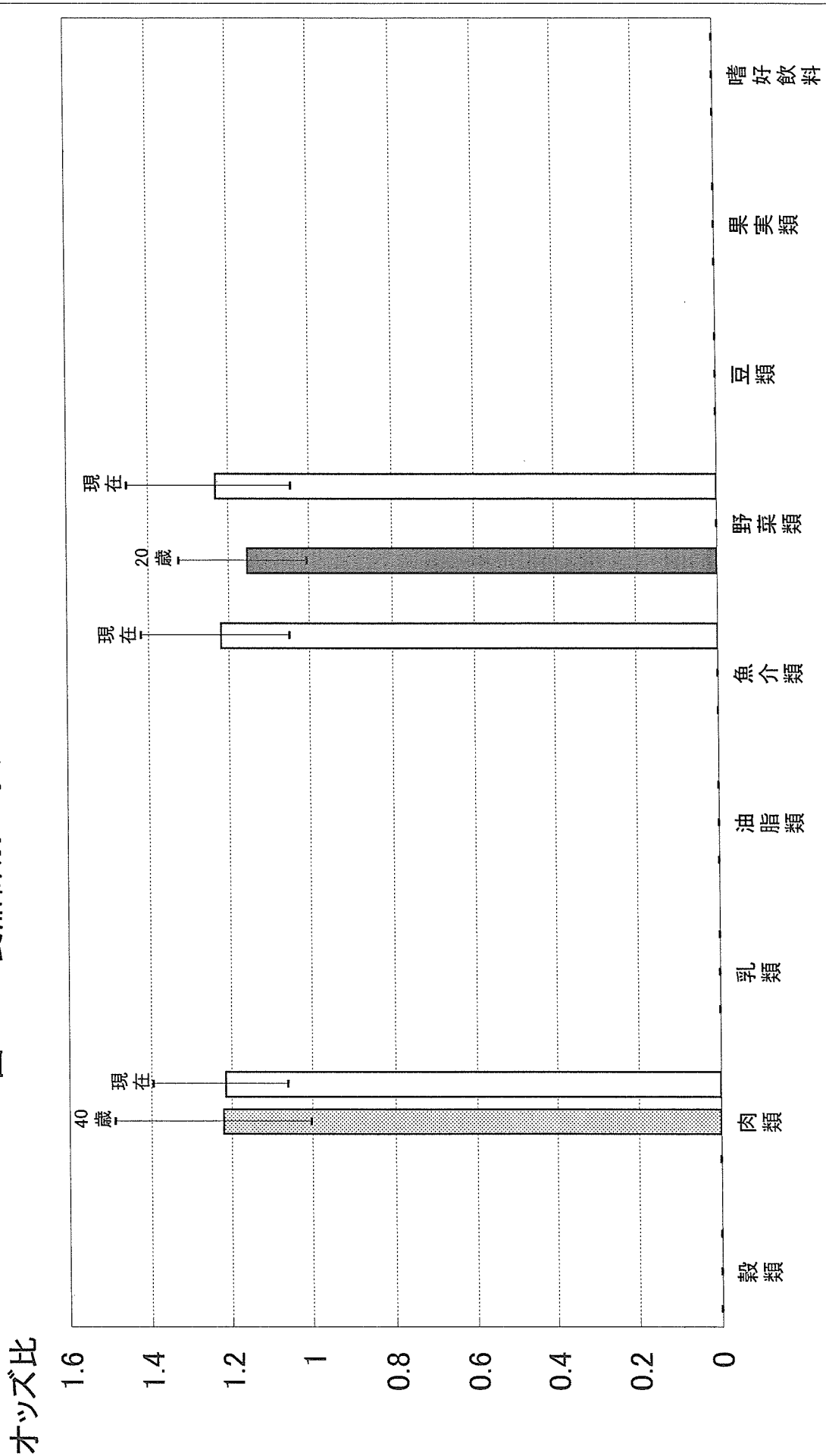


図1-2 食品別のオッズ比 (現在55-64歳の者) 最近

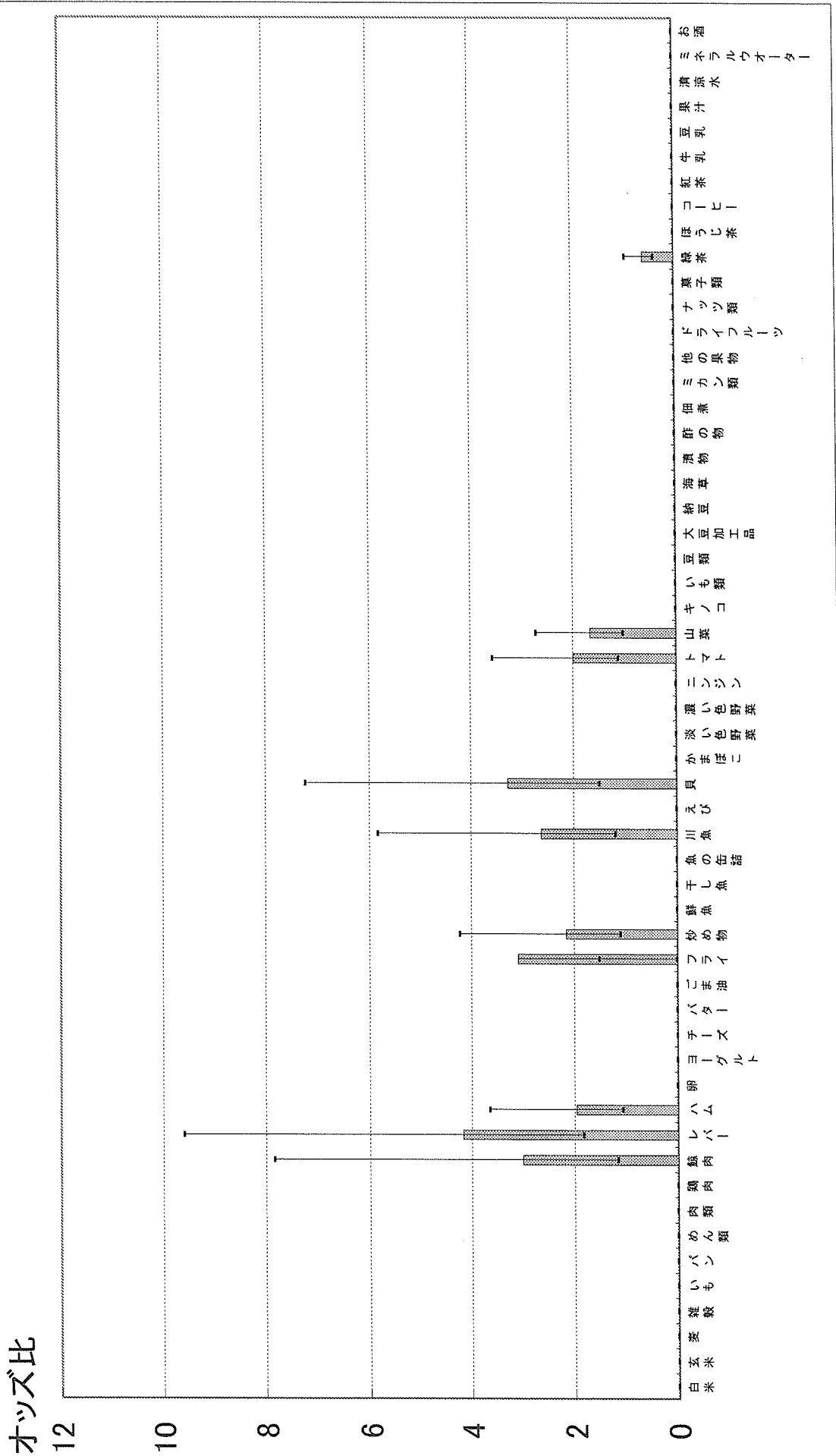


図1-3 食品別のオッズ比 (現在55-64歳の者) 40歳頃

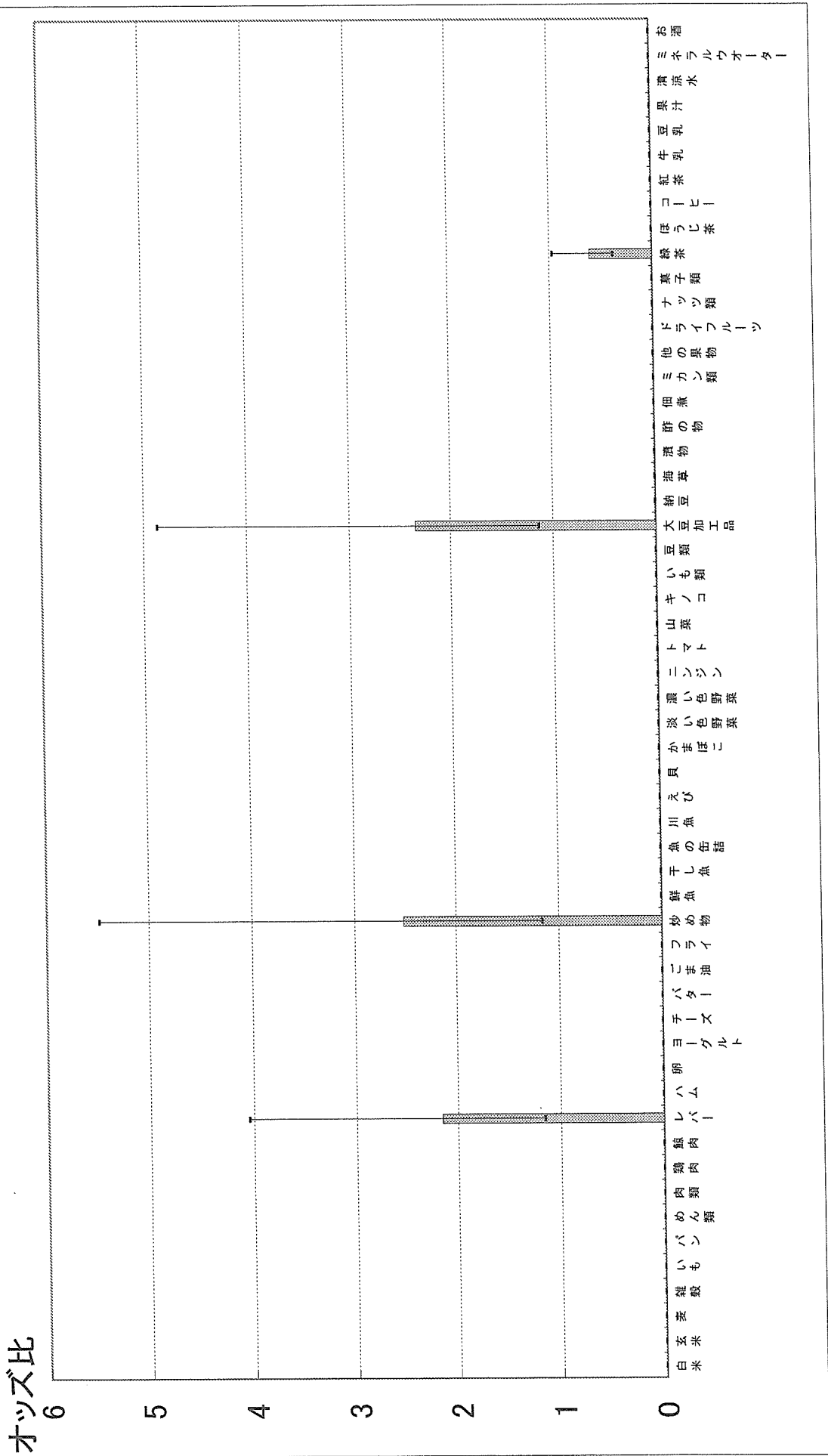


図1-4 食品別のオッズ比 (現在55-64歳の者) 20歳頃

