

表3 メタボリックシンドロームの診断基準

WHO (1998年)	米国コレステロール教育 プログラム(NCEP) (2001年)	国際糖尿病連合(IDF) (2005年)	日本内科学会 (2005年)
必須項目			
<インスリン抵抗性> 以下のいずれか 2型糖尿病 空腹時血糖： ≥110mg/dl 耐糖能異常 高インスリン血症	なし	<腹部肥満> ウエスト周囲径： 男性≥85cm 女性≥90cm	<腹部肥満> ウエスト周囲径： 男性≥85cm 女性≥90cm
構成要素			
以下のうち2項目	以下のうち3項目	以下のうち2項目	以下のうち2項目
<腹部肥満> BMI: >30kg/m ² かつ/または ウエスト/ヒップ比: 男性>0.9 女性>0.85	<腹部肥満> ウエスト周囲径: 男性>102cm 女性>88cm		
中性脂肪: ≥150mg/dl	中性脂肪: ≥150mg/dl	中性脂肪: >150mg/dl または 高脂血症治療中	中性脂肪: ≥150mg/dl かつ/または HDL: <40mg/dl
HDL: 男性<35mg/dl 女性<39mg/dl	HDL: 男性<40mg/dl 女性<50mg/dl	HDL: 男性<40mg/dl 女性<50mg/dl	
血圧: ≥140/≥90mmHg かつ/または 降圧薬服薬中	血圧: ≥130/≥85mmHg	血圧: ≥130/85mmHg または 高血圧治療中	血圧: ≥130/85mmHg
尿中微量アルブミン: ≥20μg/min または アルブミン/クレアチニン比: ≥30mg/g	空腹時血糖: ≥ 110mg/dl	空腹時血糖: ≥100mg または 2型糖尿病	空腹時血糖: ≥ 110mg/dl

表4 AF1のまとめ

性別	研究種別	文献数	喫煙とメタボリックシンドローム発症との関連		
			Positive	Negative	関連なし
			件数	件数	件数
男性	横断	8 (1)	7 (1)	0 (0)	1 (0)
	コホート	4 (1)	2 (1)	0 (0)	2 (0)
	合計	12 (2)	9 (2)	0 (0)	3 (0)
女性	横断	7 (2)	4 (1)	1 (0)	2 (1)
	コホート	2 (0)	0 (0)	1 (0)	1 (0)
	合計	9 (2)	4 (1)	2 (0)	3 (1)
性別分けなし	横断	4 (1)	3 (1)	0 (0)	1 (0)
	コホート	2 (0)	1 (0)	1 (0)	0 (0)
	合計	6 (1)	4 (1)	1 (0)	1 (0)
合計	横断	19 (4)	14 (3)	1 (0)	4 (1)
	コホート	8 (1)	3 (1)	2 (0)	3 (0)
	合計	27 (5)	17 (4)	3 (0)	7 (1)

* ()は日本人を対象とした文献を再掲

表5 AF2のまとめ

性別	研究種別	文献数	喫煙と内臓脂肪蓄積との関連			
			Positive	Negative	関連なし	その他
			件数	件数	件数	件数
男性	横断	20 (3)	7 (0)	3 (1)	7 (2)	3 (0)
	コホート	8 (0)	1 (0)	6 (0)	1 (0)	0 (0)
	合計	28 (3)	8 (0)	9 (1)	8 (2)	3 (0)
女性	横断	15 (1)	9 (0)	0 (0)	4 (1)	2 (0)
	コホート	4 (0)	0 (0)	3 (0)	1 (0)	0 (0)
	介入	1 (0)	0 (0)	0 (0)	1 (0)	0 (0)
	合計	20 (1)	9 (0)	3 (0)	6 (1)	2 (0)
性別分けなし	横断	1 (0)	1 (0)	0 (0)	0 (0)	0 (0)
	コホート	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
	合計	1 (0)	1 (0)	0 (0)	0 (0)	0 (0)
合計	横断	36 (4)	17 (0)	3 (1)	11 (3)	5 (0)
	コホート	12 (0)	1 (0)	9 (0)	2 (0)	0 (0)
	介入	1 (0)	0 (0)	0 (0)	1 (0)	0 (0)
	合計	49 (4)	18 (0)	12 (1)	14 (3)	5 (0)

* ()は日本人もしくは日系人を対象とした文献を再掲

* その他は、内臓脂肪の評価指標や対象者の分類によって評価が異なるものを指す

付表1 AF1の最終選択文献リスト

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III. 研究成果の刊行に関する一覧表

研究成果の刊行に関する一覧表

雑誌

	著者	論文タイトル	雑誌名	巻	頁	出版年
1	I. Hayashi, Y. Morishita, K. Imai, M. Nakamura, K. Nakachi and T. Hayashi	High-throughput spectrophotometric assay of reactive oxygen species in serum	Mutat Res	631	55-61	2007
2	R. Ide, T. Mizoue, Y. Fujino, Y. Hoshiyama, K. Sakata, A. Tamakoshi and T. Yoshimura	Cigarette smoking, alcohol drinking, and oral and pharyngeal cancer mortality in Japan	Oral Diseases	(in press)		2007
3	S. Ishiguro, M. Inoue, N. Kurahashi, M. Iwasaki, S. Sasazuki and S. Tsugane	Risk factors of biliary tract cancer in a large-scale population-based cohort study in Japan (JPHC study); with special focus on cholelithiasis, body mass index, and their effect modification	Cancer Causes Control	(in press)		2007
4	H. Iso, S. Sato, A. Kitamura, H. Imano, M. Kiyama, K. Yamagishi, R. Cui, T. Tanigawa and T. Shimamoto	Metabolic syndrome and the risk of ischemic heart disease and stroke among Japanese men and women	Stroke	38	1744-51	2007
5	N. Kurahashi, M. Inoue, Y. Liu, M. Iwasaki, S. Sasazuki, T. Sobue and S. Tsugane	Passive smoking and lung cancer in Japanese non-smoking women: A prospective study	Int J Cancer	122	653-657	2007
6	J. Luo, M. Iwasaki, M. Inoue, S. Sasazuki, T. Otani, W. Ye and S. Tsugane	Body mass index, physical activity and the risk of pancreatic cancer in relation to smoking status and history of diabetes: a large-scale population-based cohort study in Japan—the JPHC study	Cancer Causes Control	18	603-12	2007
7	M. Nakamura, A. Oshima, Y. Fujimoto, N. Maruyama, T. Ishibashi and K. R. Reeves	Efficacy and tolerability of varenicline, an alpha4beta2 nicotinic acetylcholine receptor partial agonist, in a 12-week, randomized, placebo-controlled, dose-response study with 40-week follow-up for smoking cessation in Japanese smokers	Clin Ther	29	1040-56	2007
8	T. Suzuki, K. Matsuo, K. Wakai, A. Hiraki, K. Hirose, S. Sato, R. Ueda and K. Tajima	Effect of familial history and smoking on common cancer risks in Japan	Cancer	109	2116-23	2007
9	R. Takachi, M. Inoue, J. Ishihara, N. Kurahashi, M. Iwasaki, S. Sasazuki, H. Iso, Y. Tsubono and S. Tsugane	Fruit and Vegetable Intake and Risk of Total Cancer and Cardiovascular Disease: Japan Public Health Center-based Prospective Study	Am J Epidemiol	(in press)		2007
10	K. Wakai, T. Marugame, S. Kuriyama, T. Sobue, A. Tamakoshi, H. Satoh, K. Tajima, T. Suzuki and S. Tsugane	Decrease in risk of lung cancer death in Japanese men after smoking cessation by age at quitting: pooled analysis of three large-scale cohort studies	Cancer Sci	98	584-9	2007
11	小笹晃太郎	泌尿器がんの疫学とJACC Study	日本腎泌尿器疾患予防医学研究会誌	15	38-42	2007
12	中村正和	「特定健診・保健指導の効果的な進め方」禁煙に取り組むことの医療経済効果	ARCS		486-495	2007
13	中村正和	健診や医療の場での禁煙支援・治療の実際	人間ドック	22	90-116	2007
14	中村正和	メタボ対策には禁煙が重要	月刊地域保健	38	44-51	2007
15	田中英夫, 宮松篤, 天貝賢二, 坂英雄, 神山由香理, 片野田耕太, 松田徹, 田中政宏, 得津馨	全がん協「禁煙推進行動計画」の策定	日本医事新報	4352	Sep-75	2007
16	萩本明子, 増居志津子, 中村正和, 馬醫世志子, 大島明	禁煙支援者の技術レベルと禁煙支援効果の分析	日本公衆衛生雑誌	54	486-495	2007
17	片野田耕太, 雑賀公美子	禁煙の効果についての最近の研究動向	日本禁煙医師連盟通信	16	5-6	2007

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19	K. Ozasa, K. Katanoda, A. Tamakoshi, H. Sato, K. Tajima, T. Suzuki, S. Tsugane and T. Sobue	Reduced life expectancy due to smoking in large-scale cohort studies in Japan	Journal of Epidemiology	(in press)		2008
20	K. Saika, T. Sobue, K. Katanoda, K. Tajima, M. Nakamura, N. Hamajima, A. Oshima, H. Kato and C. Tago	Smoking behavior and attitudes toward smoking cessation among members of Japanese Cancer Association in 2004 and 2006. Cancer Science	Cancer Science	(in press)		2008
21	中村正和	禁煙治療の現状と課題	Journal of Clinical Rehabilitation	17	290-295	2008
22	本庄かおり, 磯博康	禁煙による循環器疾患予防	最新医学	63	186-192	2008

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1	T. Sobue, K. Katanoda and T. Marugame	Trends of lung cancer mortality in selected countries		Handbooks of Cancer Prevention, Tobacco Control, Volume 11, Reversal of Risk After Quitting Smoking	IARC	Lyon, France	307-322	2007
2	中村正和.	第4章 喫煙とニコチン依存症	井埜利博	喫煙病学	最新医学社	大阪	56-65	2007
3	中村正和.	第2章 9. 保険診療 B. 保険による禁煙治療の検証結果	日本禁煙科学会	禁煙指導・支援者のための禁煙科学	文光堂	東京	132-135	2007
4	片野田耕太, 祖父江友孝	I. 肺癌の疫学と予防 1. 罹患率・死亡率の変遷	江口研二, 横井香平, 弦間昭彦	呼吸器common diseaseの診療 肺癌のすべて	文光堂	東京	6-10	2007