

Shizuoka Pref. holds Japan's top rank for a healthy, long life!

Rank	Prefecture	Average lifespan of men and women
1	Shizuoka	73.53 years old
2	Aichi	73.34 years old
3	Gunma	73.20 years old
4	Ibaraki	72.98 years old
5	Miyazaki	72.95 years old

Second rank for men
Top rank for women
throughout Japan

Calculated based on individual healthy longevity of men and women in 2010 report by the Ministry of Health, Labour and Welfare

Shizuoka has the lowest percentage of people with metabolic syndrome in Japan

Rank	Prefecture	Affected people
1	Shizuoka	12.92%
2	Yamanashi	12.95%
3	Saga	13.27%
4	Gifu	13.28%
5	Niigata	13.49%

Two consecutive years
following 2010

Data in 2013 provided by Promotion Office for Appropriate Medical Treatment Cost, Ministry of Health, Labour and Welfare