

## 評価対象論文リスト(要因:身体活動、アウトカム:死亡)

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1	Hayasaka, S., Shibata, Y., Ishikawa, S., Kayaba, K., Gotoh, T., Noda, T., Murata, C., Yamada, T., Goto, Y., Nakamura, Y., Ojima, T., & Jichi Medical School Cohort Study Group (2009). Physical activity and all-cause mortality in Japan: the Jichi Medical School (JMS) Cohort Study. <i>Journal of epidemiology</i> , 19(1), 24–27. <a href="https://doi.org/10.2188/jea.je20080043">https://doi.org/10.2188/jea.je20080043</a>
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17	Fujii, Y., Fujii, K., Jindo, T., Kitano, N., Seol, J., Tsunoda, K., & Okura, T. (2020). Effect of Exercising with Others on Incident Functional Disability and All-Cause Mortality in Community-Dwelling Older Adults: A Five-Year Follow-Up Survey. <i>International journal of environmental research and public health</i> , 17(12), 4329. <a href="https://doi.org/10.3390/ijerph17124329">https://doi.org/10.3390/ijerph17124329</a>

■ コホート研究 (コホートのプール解析含む)

Reference			Study subjects						Category	Number among cases	Relative risk (95%CI or p)	P for trend	Confounding variables considered	Magnitude of association	
Author	Title	Year	Study period	Number of subjects	Source of subjects	Event followed	Number of incident cases or deaths	Participant's race							
Shinya Hayasaka et al	Physical Activity and All-cause Mortality in Japan: The Jichi Medical School (JMS) Cohort Study	2009	Apr 1992 - Jul 1995	4222 men 6609 women	JMS cohort	11.9	95 69	Japanese	PAI quartile men	95 69	0.59 (0.45 - 0.76)		age, BMI, SBP, and total cholesterol, and smoker	↓↓	
									3rd quartile women highest PAI		0.81 (0.58 - 1.12)			No association	
Nakayama et al	A 15.5-year follow-up study of stroke in a Japanese Provincial City: The Shibata study.	1997	1977-1992	men 961 women 1341	Shibata	15.5		Japanese	Light Moderate Heavy	-	-	-	-	-	
Morioka et al	A cohort study on the relationship between lifestyles and total mortality.	1996	1988 - 1990	men 1308 women 1741	Wakayama	6	106 65	Japanese	Walking time men		1.8 (1.2-2.7)			↑↑	
									<0.5 h/d men <0.5 h/d		2.11 (1.26 - 3.54)			↑↑↑	
Seki	Relationships between walking hours, sleeping hours, meaningfulness of life (Ikigai) and mortality in the Elderly: Prospective cohort study.	2001	Jul 1990 - Dec 1997	men 440 women 625	Niiigata	7.5	123	Japanese	Walking time both sex >-1.0 h/d		0.59 (0.42 - 0.85)			↓↓	
Fujita et al	Walking and mortality in Japan. The Miyagi Cohort Study.	2004	Jun 1990 - Mar 2001	men 20004 women 21159	Miyagi	11	1879	Japanese	Walking time men		1.14(1.00 - 1.30)	0.061			↑
									<0.5 h/d		1.03(0.9 - 1.19)				
									0.5/1.0 h/d		1				
									>-1.0 h/d men		1.40(1.16 - 1.68)				<0.001
<0.5 h/d	1.23(1.01 - 1.49)														
>-1.0 h/d	1														
Noda et al	Walking and sports participation and mortality from coronary heart disease and stroke.	2005	1988-1999	men 31023 women 42242	JACC	9.7		Japanese	Walking time men <0.5 h/d 0.5 h/d 0.6/0.9 h/d >-1.0 h/d men <0.5 h/d 0.5 h/d 0.6/0.9 h/d >-1.0 h/d	-	-	-	-	-	
Inoue et al	Daily total physical activity level and premature death in men and women: Results from a large-scale population-based cohort study in Japan (JPHC Study)	2008	1995 - 1999	men 39183 women 43851	JPHC	8.7	3098 1466	Japanese	MET/hrs/d men		1.0	<0.001			↓
									25.45		0.76(0.68 - 0.83)				
									31.85		0.79(0.71 - 0.87)				
									34.25		0.67(0.61 - 0.74)				
									42.65		1.0				
									women		0.7(0.62 - 0.8)				
									25.45		0.61(0.53 - 0.7)				
									31.85		0.54(0.46 - 0.64)				
34.25															
42.65															
↓↓															
Hayasaka et al	Physical Activity and All-cause Mortality in Japan: The Jichi Medical School (JMS) Cohort Study Physical Activity and cardiovascular disease in Japan: The Jichi Medical School (JMS) Cohort Study	2009	Apr 1992 - Jul 1995	men 4222 women 6609	JMS	11.9	95 69	Japanese	PAI quartile men		1.0				↓↓
									<-28.8		0.66(0.52 - 0.83)				
									<-34.1		0.59(0.45 - 0.76)				
									<-38.3		0.76(0.59 - 0.98)				
									>-38.4		1.0				
		women	0.77(0.57 - 1.05)												
		<-28.0	0.89(0.66 - 1.20)												
		<-30.2	0.81(0.85 - 1.12)												
		<-33.8													
		>-33.9													
No association															

Ueshima et al	Physical activity and mortality risk in the Japanese Elderly. A cohort study	2010	1999 - 2006	both sex 10385	Shizuoka	6	-	Japanese	>>30 min walk None 1-2 d/w 3-4 d/w >-5 d/w	1.0 0.67(0.55 - 0.82) 0.55(0.44 - 0.7) 0.51(0.42 - 0.62)	-		↓↓
Noda et al	Walking and sports participation and mortality from coronary heart disease and stroke.	2005	1988	men 31023 women 42242	JACK	9.7		Japanese	LTPA sports time men <1 h/w 1-2 h/w 3-4 h/w >-5 h/w women <1 h/w 1-2 h/w 3-4 h/w >-5 h/w	-	-	-	-
Sawada et al	Prospective study on the relationship between physical fitness and all-cause mortality in Japanese men.	1999	1982 - 1984	men 9986	Tgas	14	247	Japanese	physical fitness Quintile of Peak VO2 Q1 Q2 Q3 Q4 Q5	1.0 0.52(0.37 - 0.73) 0.60(0.42 - 0.87) 0.50(0.33 - 0.75) 0.39(0.22 - 0.67)		age, body mass index, hypertension, and urinary protein	↓↓↓
Menotti et al	Cardiovascular risk factors as determination of 25-year all cause mortality in the seven countries study	2001	1958-25-year follow-up period			25	both sex 508 502	Japanese*Eu rop*US	Three scoring	Japan 0.94(0.79 - 1.12) Seven countries pooled analysis 0.91 (0.87 - 0.95)	0.4826 0.0002		no association ↓
Kobayashi et al	Prospective Study of Engagement in Leisure Activities and All-Cause Mortality Among Older Japanese Adults	2022	2010 - 2016	48216		5.6	5575	Japanese	Leisure activities total 0 1 2 3 4 5 6-17	0.93 (0.92 - 0.95) 1 0.97(0.9 - 1.04) 0.9(0.83 - 0.98) 0.83(0.76 - 0.91) 0.75(0.66 - 0.84) 0.7(0.6 - 0.81) 0.61(0.53 - 0.72)	<0.001	sex, age, socioeconomic status, and other potential confounding variables	↓↓
Matsunaga et al	Leisure-time physical activity and risk of disability incidence: A 12-year prospective cohort study among young elderly of the same age at baseline	2017	1996-2013	2888 men1445 women1443	NISSIN	11.6		Japanese	LTPAMET-hour/w men 0 0.1 - 18 18.1 - 2619 women 0 0.1 - 13.4 13.5 - 83.3	1 1.11 (0.8 - 1.55) 0.85(0.58 - 1.24) 1 1.09(0.64 - 1.86) 1.31(0.78 - 2.18)	0.52 0.32	year of participation, currently working, marital status, educational attainment, smoking status, alcohol consumption, BMI, HT, DM, dyslipidemia, neuralgia and/or low back pain, Geriatric Depression Scale, and social activity score	no association
Koyama et al	Effect of Underlying Cardiometabolic Diseases on the Association Between Sedentary Time and All-Cause Mortality in a Large Japanese Population: A Cohort Analysis Based on the J-MICC Study	2021	2004 - 2014	64456 men 29022 women 35434	J-MICC			Japanese	Sedentary time quartile Q1 Q2 Q3 Q4	Q1 1.169(1.1 - 1.242) Q2 1.143(1.067 - 1.226) Q3 1.165(1.082 - 1.254) Q4 1.126(1.042 - 1.217)	0.001		↑
Tsubone et al	Health practices and mortality in rural Japanese population	1993	Jul Aug 1988 -	4042			184	Japanese	Physical activity rarely 1-2 hr/w >-3 hr/w	1 0.67(0.36 - 1.23) 0.54(0.33 - 0.89)	0.05	age sex	↓↓
Fuji et al	Effect of Exercising with Others on Incident Functional Disability and All-Cause Mortality in Community-Dwelling Older Adults: A Five-Year Follow-Up Survey	2020	June 2014 - June 2019	1520		5		Japanese	Physical activity non-exercise Ex alone Ex with others	1 0.6(0.4 - 0.9) 0.4(0.24 - 0.66)		age, sex, BMI, living arrangement, subjective economics condition, medical history, fall story, and depressive symp	↓↓↓