

- 実施の関連要因—生態学的視点から—。福林
徹編。日本体育協会スポーツ科学研究報告集。
日本体育協会スポーツ科学委員会。2003;
63-66.
- 24) Oguma Y, Sesso HD, Paffenbarger RS, Lee IM.
Physical activity and all cause mortality in
women: a review of the evidence. *Br J Sports
Med.* 2002; 36(3): 162-72.
- 25) Lee IM, Sesso HD, Oguma Y, Paffenbarger RS.
The “Weekend Warrior” and risk of mortality.
Am J Epidemiol. 2004; 160: 636-641.
- 26) NHK 放送文化研究所. 2005 年国民生活時間調
査報告書. 日本放送出版協会, 東京, 2006
- 27) 運動所要量・運動指針の策定委員会. 健康づ
くりのための運動指針 2006. 厚生労働省ホー
ムページ. 2008.4.30.
(<http://www.mhlw.go.jp/bunya/kenkou/undou.html#top>)
- 28) Morris JN, Clayton DG, Everitt MG, Semmence
AM, Burgess EH. Exercise in leisure time;
coronary attack and death rates. *British Heart
Journal.* 1990; 63: 325-334.
- 29) Wiles NJ, Haase AM, Gallacher J, Lawlor DA,
Lewis G. Physical Activity and Common Mental
Disorder: Results from the Caerphilly Study. *Am
J Epidemiol.* 2007; 165(8): 946-954.
- 30) World Health Organization. Suicide prevention
(SUPRE). WHO ホームページ. 2008.4.30.
(http://www.who.int/mental_health/prevention/suicide/suicideprevent/en/index.html)
- 31) Mukamal KJ, Kawachi I, Miller M, Rimm EB.
Body mass index and risk of suicide among men.
Arch Intern Med. 2007; 167: 468-475.
- 32) Schnohr P, Kristensen TS, Prescott E, Scharling H.
Stress and life dissatisfaction are inversely
associated with jogging and other types of
physical activity in leisure time. *Scand J Med Sci
Sports.* 2005; 15: 107-112.
- 33) Adams TB, Moore MT, John D. The relationship
between physical activity and mental health in a
national sample of college females. *Women &
Health.* 2007; 45: 69-84.

Association of Sports Participation and Mortality: an Ecological Study

Yosuke Shibata¹⁾, Chiyoe Murata¹⁾, Tatsuya Noda¹⁾,
Shinya Hayasaka¹⁾, and Toshiyuki Ojima¹⁾,

Abstract

This study aimed to (1) reveal sports participation using an ecological framework, (2) reveal the relationships between sports participation and mortality. Data were obtained from two nationally sampled survey, the 2001 Survey on Time Use and Leisure Activities and the 2001 Vital Statistics of Japan. Sports participation was lower in the Touhoku, Hokuriku, Sanin, Sikoku disitriacts and Kinki districts on the Pacific, that in low socio-economic status. For both sexes a significant inverse association was found between sports participation and stroke and suicide. These data indicate that sports participant might reduce suicide.

Key words: physical activity , sports , mortality , suicide , ecological study

1) Department of Community Health and Preventive Medicine, Hamamatsu University School of Medicine, Shizuoka, Japan