Criteria category (Revised on April 1, 2018)

source：Japan Society of Ningen Dock

Item			A: Normal	B: Slightly abnormal	C: Require follow-up (life improvement, re-examination)	D: Medical care needed D1: Treatment needed, D2: Detailed examination needed * 1	E: On treatment *7
Body mass index (BMI)		kg/m^2	18.5 - 24.9		18.4 or less, 25.0 or greater		
Abdominal circumference	cm	Male	84.9 or less		85.0 or greater		
		Female	89.9 or less		90.0 or greater		
Blood pressure mmHg (2 measurements: average)		Systolic	129 or less	130 - 139	140 - 159	160 or greater	
		Diastolic	84 or less	85 - 89	90 - 99	100 or greater	
Heart rate (supine position)		beats/minute	45 - 85		40 - 44, 86 - 100	39 or less, 101 or greater	
Visual acuity (use corrected vision for judgment if measured both unaided and corrected) (use worst side for judgment)			20/20 or greater				
Hearing acuity	dB	1000 Hz	30 or less		35	40 or greater	
		4000 Hz	30 or less		35	40 or greater	
Respiratory function (spirometry) Describe down to the first decimal place * 2	Forced expiratory volume % in one second (%)		70.0 or greater			69.9 or less	
	Forced expiratory volume % in 1 second (percentage of expected forced expiratory volume in 1 second)		80.0 or greater (forced expiratory volume% in 1 second is 70.0% or greater)		79.9 or less (forced expiratory volume % in 1 second is 70.0% or greater) or 80.0 or greater (forced expiratory volume % in 1 second is 69.9% or less)	79.9 or less (forced expiratory volume % in 1 second is 69.9% or less)	
	Percent lung capacity (%)		80.0 or greater			79.9 or less	
Total protein		g/dL	6.5 - 7.9	8.0 - 8.3	6.2 - 6.4	6.1 or less, 8.4 or greater	
Albumin		g/dL	3.9 or greater		3.7 - 3.8	3.6 or less	
Creatinine mg/dL (Prioritize eGFR for judgment) (Describe down to the second decimal place)		Male	1.00 or less	1.01 - 1.09	1.10 - 1.29	1.30 or greater	
		Female	0.70 or less	0.71 - 0.79	0.80 - 0.99	1.00 or greater	
eGFR (mL/min/1.73 m^2) (Describe down to the first decimal place)			60.0 or greater		45.0 - 59.9	44.9 or less	
Uric acid		mg/dL	2.1 - 7.0	7.1 - 7.9	2.0 or less, 8.0 - 8.9	9.0 or greater	
HDL cholesterol		mg/dL	40 or greater		35 - 39	34 or less	
Non-HDL cholesterol		mg/dL	90 - 149	150 - 169	170 - 209	89 or less, 210 or greater	
LDL cholesterol		mg/dL	60 - 119	120 - 139	140 - 179	59 or less, 180 or greater	
Triglyceride		mg/dL *3	30 - 149	150 - 299	300 - 499	29 or less, 500 or greater	
AST (GOT)		U/L	30 or less	31 - 35	36 - 50	51 or greater	
ALT (GPT)		U/L	30 or less	31 - 40	41 - 50	51 or greater	
γ-GT (γ-GTP)		U/L	50 or less	51 - 80	81 - 100	101 or greater	
Fasting plasma glucose Fasting blood glucose		mg/dL	FPG:99 or less and HbA1c:5.5 or less	1) FPG:100 - 109, and HbA1c:5.9 or less 2) FPG:99 or less, and HbA1c:5.6 - 5.9 1) or 2)	1) FPG:110 - 125 2) HbA1c:6.0 - 6.4 3) FPG: 126 or greater, and HbA1c: 6.4 or less 4) FPG: 125 or less and HbA1c: 6.5 or greater One of 1) to 4)	FPG: 126 or greater and HbA1c: 6.5 or greater	
HbA1c		% *4					
White blood cell count		10^3/μL	3.1 - 8.4	8.5 - 8.9	9.0 - 9.9	3.0 or less, 10.0 or greater	
Hemoglobin	g/dL	Male	13.1 - 16.3	16.4 - 18.0	12.1 - 13.0	12.0 or less, 18.1 or greater	
		Female	12.1 - 14.5	14.6 - 16.0	11.1 - 12.0	11.0 or less, 16.1 or greater	
Platelet count		10^4/μL	14.5 - 32.9	12.3 - 14.4, 33.0 - 39.9	10.0 - 12.2	9.9 or less, 40.0 or greater	
CRP (Describe down to the second decimal place)		mg/dL	0.30 or less	0.31 - 0.99		1.00 or greater	
Serologic test for syphilis			Negative			Positive	
HBs antigen			Negative			Positive	
HCV antibody			Negative			Positive	
Urine protein			(-)	(±)	(+) * 5	(2+) or greater	
Urine occult blood			(-)	(±)	(+) * 5	(2+) or greater	
Urine sugar			(-)	(±) or greater			
Stool occult blood 2-day method		Day 1, Day 2	(-)			(+)	
Uterine cervical cytology		Bethesda classification	NILM		Inadequate specimen = indeterminate (immediately re-examination), ASC-US * 6	ASC-H, LSIL, HSIL, SCC, AGC, AIS, Adenocarcinoma, Other malig	

*1 Selection of “D1 Treatment needed” or “D2: Detailed examination needed” shall be optional according to the high/low values and findings

*2 Respiratory function test may be subtly influenced by the relationship between the tester and the subject.

The severity of obstructive disorder will be determined in combination of forced expiratory volume% in 1 second and % forced expiratory volume in 1 second.

Forced expiratory volume% in 1 second of less than 70% and % forced expiratory volume in 1 second of 80% or greater is determined to be mild, and 79% or less is determined to be moderate or greater.

Obstructive, restrictive, and mixed ventilatory impairment will be determined by combining forced expiratory volume% in 1 second and percent lung capacity.

*3 Blood shall be withdrawn in the fasting state so not to influence blood glucose and lipid

*4 OGTT is recommended if determined as fasting blood glucose, HbA1c (NGSP) combined category C 1 or 2

If determined as 3 or 4, life style improvement shall be instructed, and its result shall be re-evaluated in a short period.

*5 If urine protein is (+) and urine occult blood is (+), urine protein will be determined as D.

*6 Brush, spatula, and cyto-pick etc. shall be used as a sampling equipment instead of swabs; sample shall be stored using liquid-based cytology (LBC) if possible

Inadequate specimen shall be promptly re-examined; HPV-DNA test or re-examination 6 month later in case of ASC-US

*7 Determine as E if on treatment

** Standard range of intraocular pressure is 9-20 mmHg, and 70 percent of glaucoma is within this range; therefore, criteria category is not set

** Up to moderate increase of total bilirubin will be proportionate to the reduction of mortality, and will be a prevention for arteriosclerosis; therefore, criteria category is not set

** Standard range of ALP will largely differ according to age, sex, blood type, and measurement method etc.; therefore, criteria category is not set

Item	Test method
Total protein	Biuret method
Albumin *	BCG, modified BCP
Total cholesterol	Enzymatic method
LDL cholesterol	Direct method (non-precipitation method: visible spectrophotometric method, ultraviolet spectrophotometric method)
HDL cholesterol	Direct method (non-precipitation method: visible spectrophotometric method, ultraviolet spectrophotometric method)
Triglyceride	Enzymatic colorimetric method, glycerol elimination (visible spectrophotometric method, ultraviolet spectrophotometric method)
Creatinine	Enzymatic method
Uric acid	Uricase peroxidase method
AST (GOT)	JSCC Standardization Method
ALT (GPT)	JSCC Standardization Method
γ-GT (γ-GTP)	JSCC Standardization Method
Fasting blood glucose	Enzymatic method, electrode method
HbA1c	Latex agglutination turbidimetry method, HPLCmethod, enzymatic method
Serologic test for syphilis	Syphilis lipid antigen method
CRP	Latex agglutination turbidimetric immunoassay, immunoturbidimetric method, immunonephelometry

* See below for differences between albumin's BCG and modified BCP
http://www.jslm.org/others/news/20131225albumin.pdf

** See JAPAN SOCIETY OF NINGEN DOCK website for screening decision manual on images from chest X-ray, upper gastrointestinal tract X-ray, upper gastrointestinal endoscopy, abdominal ultrasound, electrocardiogram, and fundus.