

Explanation of Terms (Questionnaire A)

1. Characteristics of Individuals

(1) Age

Age refers to the age at the last birthday before October 20, 2006.

(2) Marital status

Marital status is classified into the following categories according to the actual situation regardless of whether marriage has been registered or not.

- Never married... a person who has not yet married.
- Married... a person who has a spouse (husband or wife).
- Widow(er)ed or divorced... a person who has been separated from the spouse by death or by divorce and is not married.

(3) Education

A person 10 years old and over is classified as follows according to the status as of October 20, 2006.

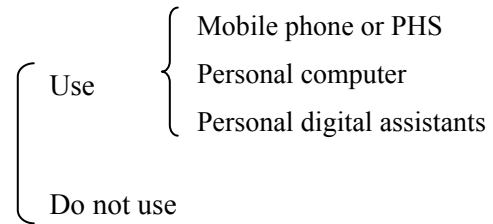
- Graduated persons
 - Elementary school or junior high school
 - High school
 - Junior college or technological college
 - College or university, including graduate school
- Persons attending school
 - Elementary school
 - of which 5th grade
 - of which 6th
 - Junior high school
 - 1st grade
 - 2nd
 - 3rd
 - High school
 - 1st grade
 - 2nd
 - 3rd
 - Junior college or technological college
 - College or university, including graduate school
- Persons never attended school

Schools refer only to those offering formal education, and schools such as preparatory schools and vocational training schools are excluded.

(4) Use of information related equipment

This is classified as follows according to whether the respondent usually uses mobile phones, personal computers or other information related equipment.

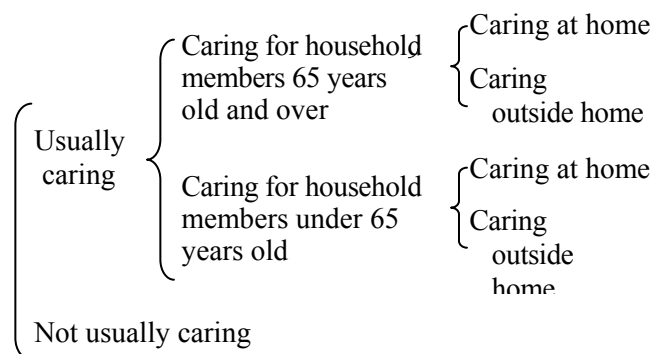
A person who is usually using these equipment is further classified according to the kind of use.



"Use" means that either he/she owns one or uses one at home and at school or in his/her workplace regardless of how much time or for what purpose. It excludes those who use above solely at work or school.

(5) Activity of caring

This is classified as follows according to whether the respondent usually cares for his/her family members. A person who usually cares is further classified according to for whom and where he/she is caring.



"Caring" refers to helping a person to have a meal, take a bath, dress, move or do other daily movements.

"Caring" also includes that for those who have not been recognized as the persons who need care under the Long Term Care Insurance System.

Nursing for persons who are temporarily sick is excluded.

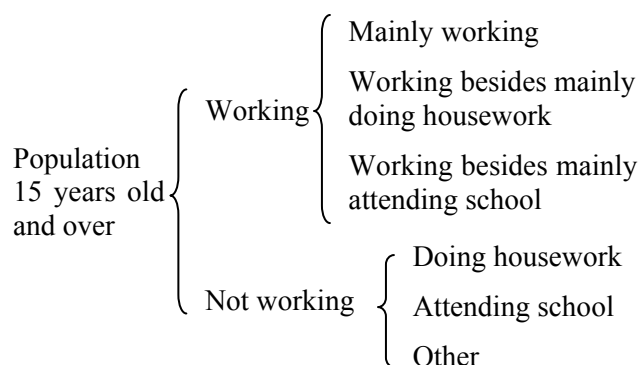
(6) Place where own child lives

A person 60 years old and over is classified according to the place where most nearly own child (including the spouse of the child) lives as follows.

- Living together in the same household
- Living in the same site with the residence
- Living in the neighborhood (within 5 minutes walking distance)
- Living in the same municipality (city, ward, town or village)
- Living elsewhere

(7) Usual economic activity

A person who is 15 years old and over is classified according to whether he/she usually works.



- Working...Persons who are usually engaged in work for pay or profit. Unpaid family workers are also classified as working if they are usually engaged in work.

"Engaged in work" (Working) means the person usually works and will continue working.

Persons who are absent from work temporarily by taking a child-care leave, a family-care leave, etc. are classified as working regardless of whether they earn income, and regardless of the number of absent days.

When "Usual economic activity" cannot be determined for those who sometimes have a job or do not, or those who help his/her family business at busy times only, persons who generally work 30 days or more per year are classified as working.

- Not working...Persons who are not classified as working.

(8) Wish for work

Persons who are not working are classified into the following categories according to whether they wish to work.

- Wishing to work and seeking a job
- Wishing to work, but not seeking a job
- Not wishing to work

"Wishing to work" means a person wish to work at present, not in the future.

(9) Employment status

Working persons are classified according to the employment status as follows.

- Employees...Persons who work as employees of unincorporated enterprises, companies, corporations, associations or the government.
- Executives of corporations or companies...

Presidents, managing directors or auditors of companies, representative staffs of partnerships, directors or supervisors of associations or public corporations.

- Self-employed with employees... Self-employed workers who employ one or more employees in their enterprises.
- Self-employed without employees... Self-employed workers who operate their own businesses alone or only with the family members.
- Family workers ... Persons who work in unincorporated enterprises operated by the family member.
- Pieceworkers at home ... Persons who do piece work at home.

(10) Form of employment

Employees are classified into the following categories according to how they are called at their places of work.

- Regular staff
- Part-time workers
- "Arubaito"
- Dispatched workers from temporary labour agency
- Other

(11) Occupation

Occupation is classified on the basis of the Occupational Classification for the Population Census.

(See Attached Table-1)

(12) Employment size of enterprise

A size of the enterprise in which the respondent is engaged is classified according to the total number of working persons aggregating the main office and all branch offices.

However, persons engaged in governments and public offices are, classified in "Government and public office, etc".

(13) Usual working hours per week

This refers to the usual working time per week based on actual time worked, rather than on time contracted. The working time for secondary jobs and overtime work is included if he/she is usually engaged.

(14) Usual one-way commuting time

This is the usual commuting time from home to the place of work and includes time for walking and waiting for trains and buses.

(15) Regular holidays per week

Regular holidays per week of working persons are classified as follows according to the number of holidays per week on the basis of the job contract.

- One holiday a week
(including one and a half holidays)
- Two holidays a week { One to three times a month
- Other { Every week
- Not fixed

"One and a half holidays in a week" usually refers to the case in which all of Sunday and half day of Saturday are off days.

"Other" includes the case in which the person has three holidays in a week at least once a month or the case in which holidays are decided per month.

(16) Consecutive holidays

Consecutive holidays of working persons are classified as follows according to whether consecutive holidays for a week or more (including Sundays and public holidays) were taken during the past year (from October 20, 2005 to October 19, 2006), and when they were taken if any.

The above excludes sick leave or mourning leave, etc.

- Consecutive holidays {
 - Taking {
 - At year end and new year
 - During "golden week"
 - In summer
 - Other
 - Not taking

(17) Life stage

Life stages are classified into the following categories according to age and whether a person lives with one's husband/wife and/or child(ren).

- Being educated
 - Persons who attend school, with no child or husband/wife (under 30 years). They are subdivided according to the school they attend.
 - Elementary school
 - Junior high school
 - High school
 - Other
- The single person
 - Persons living with no child or husband/wife. They are subdivided according to age.
 - Under 35 years
 - 35 to 44 years old
 - 45 to 64 years old
 - 65 years old and over
- Married with no child
 - Persons living with no child but with husband/wife. They are subdivided according to age.
 - Under 35 years

- 35 to 44 years old
- 45 to 64 years old
- 65 years old and over
- Parents at the child care period
 - Persons living with husband/wife and child who is under 30 years old and has no job. They are subdivided according to the school their youngest child attends.
 - Preschool (own youngest child)
 - Elementary school (own youngest child)
 - Junior high school (own youngest child)
 - High school (own youngest child)
 - Other
- Single parent of the child care period
 - Persons who do not have husband/wife, living with child(ren) who is under 30 years old and has no job. They are subdivided according to the school their youngest child attends.
 - Preschool (own youngest child)
 - Other
- Parents living with child(ren) who has job or is 30 years old and over
 - Persons who have husband/wife, living with child(ren) who has job or is 30 years old and over.
- Single parent living with child(ren) who has job or is 30 years old and over
 - Persons who do not have husband/wife, living with child(ren) who has job or is 30 years old and over.

"Have husband/wife or child" means living with husband/wife or child in the same household.

"Child" includes the spouse of own child and the child of own spouse, as well as own child.

2. Characteristics of Households

(18) Definition of household

Household refers to a group of two or more persons sharing living quarters and living expenses or a person living alone or living in a dormitory or a boarding house.

(19) Family type of household

Households are classified according to the relationship of household members.

In this classification, "couple" refers to the youngest couple in the household and "child(ren)" refers to the couple's children who are not yet married.

The family types of households are as follows:

- Household of a couple only
- Household of a couple with their child(ren)
- Household of a couple with their parents

- Household of a couple with husband's parents
- Household of a couple with wife's parents
- Household of a couple with their parent
 - Household of a couple with husband's parent
 - Household of a couple with husband's male parent
 - Household of a couple with husband's female parent
 - Household of a couple with wife's parent
 - Household of a couple with wife's male parent
 - Household of a couple with wife's female parent
- Household of a couple with their child(ren) and parents
 - Household of a couple with their child(ren) and husband's parents
 - Household of a couple with their child(ren) and wife's parents
- Household of a couple with their child(ren) and parent
 - Household of a couple with their child(ren) and husband's parent
 - Household of a couple with their child(ren) and husband's male parent
 - Household of a couple with their child(ren) and husband's female parent
 - Household of a couple with their child(ren) and wife's parent
 - Household of a couple with their child(ren) and wife's male parent
 - Household of a couple with their child(ren) and wife's female parent
- Aged couple household...A household of a couple only, of which the husband is 65 years old or over and the wife is 60 years old or over
- Mother-child(ren) household...A household of a mother and child(ren), of which the mother do not have a spouse and the child(ren) are under 20 years old.
- Father-child(ren) household...A household of a father and child(ren), of which the father do not have a spouse and the child(ren) are under 20 years old.
- One-person household

(20) Type of one-person household

One-person household is classified as follows.

- Persons temporary living away alone from his/her household on business
- Others

(21) Usual economic activities of a married couple

Households with married couples are classified as follows according to usual economic activities of the husbands and wives.

- Both husband and wife are working
- Husband is working and wife is not working

- Wife is working and husband is not working
- Neither husband nor wife is working

(22) Type of residence

Residence units are classified according to tenure and type of residence.

- Owner-occupied house
 - Privately-owned rented house
 - Publicly-owned rented house
 - Company-owned or public servant issued house
- Rented room(s) or dormitory, etc.
- Owner-occupied house...Residences owned by the households occupying them. Also included are residences not yet registered and residences purchased in installments and the payment has not yet been finished.
- Company-owned or public servant issued house...Residences owned or administrated by private companies or public bodies and rented to their employees or officials.
- Rented room(s)...This is the case that the respondent is renting and living in part of a residence that another household lives. However, the case that the rented part is separated structurally and has an entrance, a sink and a toilet for exclusive use, is classified to "privately owned rented house".

(23) Number of residence rooms

The residence rooms include living rooms, bedrooms, etc. and exclude entrance halls, kitchens, toilet rooms, bathrooms, etc. A kitchen with a dining space of 5 square meters or more is included in the residence rooms.

(24) Possession of car(s)

Cars used only for business are excluded.

(25) Annual income of the household

Annual income of the household is the total amount of income during the past year (from October 20, 2005 to October 19, 2006) received by all household members other than live-in employees. Included are wages, salaries, net profits from own business, interests and dividends received, pensions, and so forth.

Receipts resulting from decrease of assets such as withdrawals from savings and nonrecurrent incomes as retirement benefits are not included.

(26) Use of caring assistance

This is classified as follows according to whether the respondent usually receiving caring assistance from outside the household. It includes the caring assistance from relatives living elsewhere and from care services, care visitors, etc.

"Caring" also includes that for those who have not been recognized as the persons who need care under the Long Term Care Insurance System.

3. Time Use

Daily activities were classified into 20 categories (given in the **attached table-2**) and surveyed by 15-minutes time slot. The respondents classified and recorded their activities done on the survey date. When the respondent was engaged in more than one activity at the same time, the activity that he/she considered as the main one was reported.

(27) Kind of activities

The 20 categories of activities are grouped into three broad areas, called primary, secondary and tertiary activities.

- Primary activities refer to those which are physiologically necessary and consist of "sleep", "personal care" and "meals".
 - Secondary activities comprise those which each person is committed to perform as a member of the family or of the society. Included are "commuting to and from school or work", "work (for pay or profit)", "schoolwork", "housework", "caring or nursing", "child care" and "shopping".
 - Tertiary activities include all other activities such as "studies and researches", "hobbies and amusements", "sports" and "volunteer and social activities".
- Time spent in tertiary activities corresponds to what is usually called "free time".

(28) Kind of day

The feature of the survey date is classified as follows (Multiple answers allowed).

- Travel (at least one overnight stay)
- Day excursion (more than half a day)
- Event, wedding or funeral (lasting over half a day)
- Business trip or training, etc.
- Under medical treatment
- Holiday or vacation, etc.
- Other

Tabulation is indicated by the following categories.

Ordinary day ...Days with "Other" checked only
 Holiday or vacation...Days with "Holiday or vacation, etc." checked

Tabulation is further indicated in combination with "Day of the week" by the following categories.

Working day ...Days with "Other" checked only for a working person
 No working day...Days with "Holiday or vacation, etc." checked for a working person

Saturday (no school day) ...Saturdays with "Holiday or vacation, etc." checked for a person who attends school
 Saturday (school day) ...Saturdays with other than "Holiday or vacation, etc." checked for a person who attends school

(29) Weather on this day

The weather of the survey date is classified as follows.

- Rained all day long
- Rained occasionally
- Not rained

(30) Person(s) being together

Persons being together were recorded in the following classifications by 15-minutes time slot. "Being together" means that the person was so near as to talk with the respondent. The case when there was nobody near whom the respondent knew, or the respondent was asleep, was recorded as "alone".

- Alone
- With family member(s)
- With classmate(s) or colleague(s)
- With other person(s)

(31) Type of average

In regard to time use per day, two types of averages are computed in terms of persons covered; namely "average for all persons" and "average for participants in the activity".

"Average for all persons" is computed by taking all persons as the denominator population regardless of whether or not they reported doing the activity.

To compute the "average for participants in the activity", only the persons who reported doing the activity are included in the denominator population.

In terms of the day of the week, three kinds of averages are computed, namely each day of the week, "weekday" and "weekly average".

"Weekly average" =

$$\frac{(\text{Monday average} + \dots + \text{Sunday average})}{7}$$

When there is no subject of the survey with the attribute in question on a certain day of the week, calculation is made as follows.

- Weekly average time spent on activities for all persons

$$\frac{(5 \times \text{Weekday average} + \text{Saturday average} + \text{Sunday average})}{7}$$

Note : When there is no subject of the survey with the attribute in question during weekdays, and on Saturday and Sunday, "..." is shown instead of making calculation.

- Weekly average time spent on activities for participants in the activity

$$\frac{(\text{Monday average} + \dots + \text{Sunday average})^*}{\text{The number of the day with participants in the activity from Monday to Sunday}}$$

The number of the day with participants in the activity from Monday to Sunday

* :only the day(s) with participants in the activity

(32) Participants in the activity

Number of persons who actually engaged in the activity on the survey date.

(33) Participation rate in the activity

$$\frac{\text{Participants in the activity}}{\text{Total population}} \times 100 (\%)$$

4. Average time

(34) Starting time, ending time

Starting time and ending time of main activities are defined as follows, taking into consideration of the activities surveyed by time of day for consecutive two days.

The result is indicated under the first day of these two days.

- Time of getting up...The ending time of the first "Sleep" which starts before 12 o'clock, continuing for more than 60 minutes. When the activity other than "Sleep" between two "Sleep" lasts 30 minutes or less, it is regarded that "Sleep" continues.
- Time of beginning to have breakfast...The starting time of the first "Meals" which starts between 4 o'clock and 11 o'clock.
- Time of beginning to have supper...The starting time of the first "Meals" which starts between 16 o'clock and 24 o'clock.
- Time of going to bed...The starting time of "Sleep" which starts between 17 o'clock and 36 o'clock, lasting more than 60 minutes. When two or more applicable "Sleep" activities are shown, the starting time of "Sleep" which lasts longer is adopted ("Sleep" which starts earlier is adopted when duration time is the same for each). When the activity other than "Sleep" between two "Sleep" lasts 30 minutes or less, it is regarded that "Sleep" continues.
- Time of going to work...The starting time of

"Commuting to and from school or work" preceding the first "Work" which starts between 0 o'clock and 15 minutes and 24 o'clock. When "Commuting to and from school or work" is not shown before the first "Work", but shown before other "Work", the first "Work" is regarded as that continuing from the previous day or that taken home, and the starting time of "Commuting to and from school or work" preceding the next "Work" is adopted. When "Commuting to and from school or work" is not shown before other "Work", the starting time of the first "Work" is adopted.

- Time of coming home from work...The ending time of "Commuting to and from school or work" after the last "Work" which starts between 0 o'clock and 15 minutes and 24 o'clock. When "Commuting to and from school or work" is not shown after the last "Work", but shown after "Work" recorded earlier, the last "Work" is regarded as that taken home, and the ending time of "Commuting to and from school or work" after "Work" recorded earlier is adopted. When "Commuting to and from school or work" is still not shown after other "Work", the ending time of the last "Work" is adopted.

When "Commuting to and from school or work" is not shown after the last "Work", but is shown before "Work", and when "Commuting to and from school or work" is also shown after earlier "Work", it is regarded that the person is engaged in shift work or two or more jobs, with the time of coming home from work judged as "Not reported".

(35) Composition of doer

Composition of doer means the composition ratio by activity (starting/ending) time (at 15-minute intervals) among the total number of doers.

(36) Participation rate in the activity

$$\frac{\text{Participants in the activity}}{\text{Total population}} \times 100 (\%)$$

(37) Average time

Average time is calculated using the following expression, based on the composition of doer by starting/ending time (elapsed time from 0 o'clock in the morning of the first day) of each activity.

Σ (Elapsed time from 0 o'clock in the morning of the first day \times Number of doer)

Number of doer

Not reported "Time of coming home from work" is excluded from calculation.

5. Leisure Activities during the Past Year

Experiences on leisure activities engaged in during the past year (from October 20, 2005 to October 19, 2006) are obtained.

Activities covered are as follows; "Internet use", "studies and researches", "sports", "hobbies and amusements", "volunteer activities" and "travel and excursion". Frequency and/or purpose of activities are also surveyed to those who engaged in the activities.

(38) Internet use

"Internet use" covered in this survey includes those performed during free time.

1) Kind of Internet use

- E-mail
- Bulletin board / Chat service
- Building or updating Website or blog
- Information retrieval and acquisition of information such as news
- Acquisition of images, moving images, music data or software
- Reservations, purchases, payments for goods or services...shopping, banking, ticket reservation or stock dealing, etc.
- Other...entering quiz or participating in on-line gaming, etc.

2) Equipment

{	Personal computer	{	At home
			Elsewhere
	Mobile phone or PHS		
	Other		

3) Purpose of use

- Studies or researches
- Housework, child care or other care
- Hobby or amusement
- Volunteer activities or social participation activities
- Social life
- Other

(39) Studies and researches

"Studies and researches" covered in this survey only

include those performed during free time as a leisure activity or in preparation for work, and do not include those as an occupation. For example, study by students at school or as homework and research done by scientists as their occupation are excluded.

1) Kind of studies and researches

They are classified as follows:

- English language
- Other foreign languages...French, Chinese, etc.
- Computing, etc...how to use computing software, Programming, etc.
- Commerce and business...commerce, management, book keeping, interpreting, shorthand, abacus use, etc.
- Caring...caring at home, care visitors
- Home economics and housework...home economics, knitting, handcrafts, etc.
- Humanities, social or natural science... literature, history, philosophy, psychology, political science, sociology, economics, astronomy, chemistry, biology, medical science, measurement, electric engineering, civil engineering, construction, nursing, dental work, radiology, etc.
- Arts and culture...art, pictures, sculpture, design, music, industrial arts, graphic design, theatrical, calligraphy, etc.
- Other

2) Purpose of studies and researches

The purpose of studies and researches are classified as follows:

- Self-improvement
- To gain employment
- To use for current work
- Other

3) Means of studies and researches

- Classes, courses or workshops, etc.
 - Sponsored by municipalities, etc.
 - Sponsored by private institutions
 - Sponsored by universities, etc.
- Lecture meetings, etc.
- Correspondence course
- Television or radio
- Outside of working hours at workplace
- Miscellaneous schools or vocational schools
- Vocational Ability Development School, etc.
- Other

(40) Sports

"Sports" includes all kinds of athletic amusements done as leisure activities but excludes sports done by students as part of their educational exercises and by professional athletes as their work.

1) Kind of sports

Data are obtained for each of the following 22 kinds of sports.

- Baseball (including playing catch)
- Softball
- Volleyball
- Basketball
- Soccer
- Table tennis
- Tennis
- Badminton
- Golf (including golf practice range)
- Judo
- Kendo
- "Gate ball"
- Bowling
- Fishing
- Swimming
- Skiing, snowboarding
- Mountain climbing, hiking
- Cycling
- Jogging, marathon
- Walking or light physical exercise
- Training with gym equipment
- Other sports

(41) Hobbies and amusements

Excluding those hobbies related to course in regular school or study for business.

Data are obtained for each of the following 34 kinds of hobbies and amusements.

- Watching sports games (excluding TV PGM and DVD)
- Watching works of art (excluding TV PGM and DVD)
- Watching plays, vaudevilles and dances (excluding TV PGM and DVD)
- Watching movies (excluding TV PGM, video and DVD)
- Going to classical music concerts
- Going to popular music concerts
- Listening to music by CD, tape, records, etc.
- Watching movies by DVD, video, etc.(excluding recordings from TV)
- Playing musical instruments
- Traditional Japanese music
- Chorus or vocal music
- Japanese dancing
- Western-style dancing, social dancing
- Calligraphy
- Japanese flower arrangement
- Japanese tea ceremony
- Dress making, sewing

- Knitting or embroidering
- Cooking or making cakes, cookies as hobbies
- Gardening
- Do-it-yourself carpentry
- Painting or carving
- Ceramics art or industrial arts
- Photographing and printing
- Writing poems, Japanese poems, "haiku", or novels
- Reading books as hobbies
- The game of "go"
- The game of "shogi"
- Playing "Pachinko"
- "Karaoke"
- Playing home use video games, PC games (including use of portable game machines)
- Visiting recreation ground, zoo, aquarium, etc.
- Camping
- Other hobbies or amusements

(42) Volunteer activities

Volunteer activity is the act of providing one's own efforts, time, knowledge or skill for society or community without receiving remuneration for the work.

1) Kind of volunteer activities

Volunteer activities refer to the activities mainly performed for the sake of society, and are classified as follows.

- Health or medical related activities
 - …blood donations, visiting people in hospital, promoting safe foodstuffs, etc.
- Activities for the elderly
 - …assisting in daily life, or recreation, etc.
- Activities for the handicapped
 - …sign language, braille, reading, or helping the handicapped to take go out, etc.
- Activities for children
 - …taking care of children's group, child-raising support, or manning bullying hot lines, etc.
- Activities related to sports, culture, art and science
 - …teaching sports, disseminating traditional Japanese culture, guiding at art museum, or running lecture meeting or symposium, etc.
- Local improvement activities
 - …cleaning up parks and roads, planting flowers, promoting the local community, etc
- Safety promotion activities
 - …disaster and crime prevention, or road safety, etc.
- Conservation or environmental activities
 - …bird watching, protection of woods and forests, promoting recycling or waste reduction, etc.

- Disaster related activities
 - …providing clothes and food, or hot meals for disaster victims, etc.
- Activities related to international cooperation
 - … cooperation in foreign aid, assistance for displaced persons, or activities supporting foreigners living in Japan, etc.
- Other…promoting human rights, or pacifism, etc.

2) Type of volunteer activities

This is classified according to whether volunteer activities are performed as a member of organizations or not.

For "other" volunteer activities, this is not applied.

Type of volunteer activities are classified as follows.

- As a member of an organization
 - Volunteer organization
 - Neighborhood association, senior citizen association or youth club etc.
 - Other groups
- Independently
 - With family
 - With colleague(s) or classmate(s)
 - With neighbour(s)
 - With friend(s) or acquaintance(s) etc.
 - Alone

(43) Travel and excursion

"Travel" refers to a trip of at least one overnight stay.

"Excursion" refers to a day trip spending half day or more.

1) Travel activities

Travel is classified according to the purpose and the destination in the following way.

{	Travel within Japan	{	Sightseeing
			Return to the home town, visiting someone
			Business or training trip, etc.
{	Travel outside Japan	{	Sightseeing
			Business or training trip, etc.

2) Person(s) doing together

- With family
- With colleague(s) or classmate(s)
- With neighbour(s)
- With friend(s) or acquaintance(s) etc.
- Alone

(44) Frequency

Frequency refers to the number or the number of days that the activities were actually performed by the

respondent in the past year.

"Travel and excursions" is tabulated by the number, and the others are tabulated by the number of days.

The number of days are classified as follows:

- 1-4 days a year
- 5-9 days a year
- 10-19 days a year (1 day a month)
- 20-39 days a year (2-3 days a month)
- 40-99 days a year (1 day a week)
- 100-199 days a year (2-3 days a week)
- 200 days or more a year (4 days or more a week)

(45) Participants in the activity

Those who actually engaged in the activity at least once during the past year.

(46) Participation rate in the activity

$$\frac{\text{Participants in the activity}}{\text{Total population}} \times 100 (\%)$$

(47) Average days for participation in the activity

Average days for participation in the activity in the past year is calculated by the following formula. For "200 days or more a year", 282.5 days are used as "the median of the frequency class".

$$\frac{\sum(\text{"the median of the frequency class"} \times \text{"number of participants of the frequency class"})}{\sum(\text{"number of participants of the frequency class"})}$$

The median of each frequency

Frequency class	Median
1-4 days a year	2.5 days
5-9 days a year	7.0
10-19 days a year (1 day a month)	14.5
20-39 days a year (2-3 days a month)	29.5
40-99 days a year (1 day a week)	69.5
100-199 days a year (2-3 days a week)	149.5
200 days or more a year (4 days or more a week)	282.5

6. Area Classification

In this survey, the results are tabulated according to the following area categories.

a. Prefectures (47 prefectures)

b. Districts (14 districts)

The whole country is divided into the following 14 districts.

Districts	Prefectures
Hokkaido	Hokkaido
Tohoku	Aomori, Iwate, Miyagi, Akita, Yamagata, Fukushima
Kanto I	Saitama, Chiba, Tokyo, Kanagawa
Kanto II	Ibaraki, Tochigi, Gumma, Yamanashi, Nagano
Hokuriku	Niigata, Toyama, Ishikawa, Fukui
Tokai	Gifu, Shizuoka, Aichi, Mie
Kinki I	Kyoto, Osaka, Hyogo
Kinki II	Shiga, Nara, Wakayama
Sanin	Tottori, Simane
Sanyo	Okayama, Hiroshima, Yamaguchi
Shikoku	Tokushima, Kagawa, Ehime, Kochi
Northern-Kyushu	Fukuoka, Saga, Nagasaki, Oita
Southern-Kyushu	Kumamoto, Miyazaki, Kagoshima
Okinawa	Okinawa

c. Major Metropolitan Areas (8 areas and 3 areas) (Note 1)

A major metropolitan area consists of a central city (one of the ordinance-designated cities and Ku-area of Tokyo) and its neighbouring municipalities.

A neighbouring municipality refers to a city, a town or a village from where 1.5 percent or more of its total residents commute to the central city for work or school.

In case two or more central cities are located close together, a united metropolitan area is set up for them.

In this survey, the following areas are used based on the 2000 Population Census.

• 8 Major Metropolitan Areas

(Names in parentheses refer to the central cities.)

- Sapporo Major Metropolitan Area (Sapporo-shi)
- Sendai Major Metropolitan Area (Sendai-shi)
- Kanto Major Metropolitan Area
(Ku-area of Tokyo, Yokohama-shi, Kawasaki-shi, Chiba-shi, Saitama-shi)
- Shizuoka Major Metropolitan Area (Shizuoka-shi)
- Chukyo Major Metropolitan Area (Nagoya-shi)
- Keihanshin Major Metropolitan Area
(Kyoto-shi, Osaka -shi, Sakai-shi, Kobe-shi)
- Hiroshima Major Metropolitan Area

(Hiroshima-shi)

- Kitakyushu-Fukuoka Major Metropolitan Area
(Kitakyushu-shi, Fukuoka-shi)

• 3 Major Metropolitan Areas

Among above Major Metropolitan Areas, Kanto Major Metropolitan Area, Chukyo Major Metropolitan Area and Keihanshin Major Metropolitan Area is called 3 Major Metropolitan Area.

d. City Group (5 groups) (Note 2)

Cities, towns and villages are classified as follows according to the population size based on the result of the 2005 Population Census.

- i) Large cities; those with a population of 1,000,000 or more
- ii) Medium cities; those with a population of 150,000 or more but less than 1,000,000
- iii) Small cities A; those with a population of 50,000 or more but less than 150,000
- iv) Small cities B; those with a population of less than 50,000
- v) Towns and villages

e. Densely Inhabited District (Note 3)

Based on the result of the 2005 Population Census, enumeration districts are classified into Densely Inhabited District or not.

When both base units of Densely Inhabited District and other districts exist in a enumeration district, the district is regarded as Densely Inhabited District.

(Note 1) Metropolitan area is the area consisting of a core city of that area meeting with the following conditions and its adjacent cities, towns and villages. The commuting population in the 2000 Population Census is used in defining metropolitan areas, however, the boundaries of cities, towns and villages as well as core cities comprising the area are based on the boundaries as of October 20, 2006.

(Note 2) City groups different from before 1986, 1991, and after 1996, use it for chronological order comparison with care.

(Note 3) Densely Inhabited District is defined as an area within a *shi*, *ku*, *machi* or *mura* that is composed of a group of contiguous Basic Unit Blocks (Population Census) each of which has a population density of about 4,000 inhabitants or more per square kilometer and whose total population exceeds 5,000 as of 1 October 2005.