

# **A Study of Morning Health Checks in Japanese Schools: Results of a Questionnaire Survey of Students**

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## **Background**

Japanese schools conduct health checks for children before classes begin. There have been surveys of teachers regarding health checks, however few surveys of children have been conducted. Clarification of the actual status of health checks for children will contribute to more effective health checks and improvement of self-management skills regarding health.

## **Aim of the study**

The purpose of this study was to clarify the actual situation of morning health checks for students and to examine more effective methods of health checks.

## **Methods**

A questionnaire survey was conducted in December 2020. Participants were 1,129 elementary and junior high school students. Survey items included health check methods, understanding of the purpose of health checks, reported health status, and utilization of health checks in daily life. Data were statistically analyzed.

## **Results**

The valid response rate was 68.9%. Health check methods differed between elementary and junior high schools. The most common understanding of the health checks' purpose was to know the state of one's own health. The level of understanding also differed depending on the health check method and school type. The score of utilization of health checks in daily life was significantly higher for elementary school students than for junior high school students ( $p < .001$ ), and elementary school students utilized the health checks more than junior high school students.

## **Conclusions and implications**

It is necessary to help children understand the purpose of health checks according to their developmental stage so that they can use them in their daily lives.