

Table 2 Indicators and targets for the second term (2015-2024) of the Healthy Parents and Children 21

Agenda		Indicators	Baseline	Target (5 years later)	Target (10 years)		
Fundamental measures A	Seamless healthcare for pregnant women and infants	Health outcomes	① Maternal mortality Rate ② Incidence of low birth weight infants as a proportion of all births ③ Percentage of people satisfied with pregnancy and childbirth ④ Percentage of 3-year-old children without tooth decay	① 4.0 (per 100,000 births) ② 9.6% (low), 0.8% (very low) ③ TBD ④ 81.0%	① Decreased ② Decreased ③ TBD ④ 85.0%	① 2.8 ② Decreased ③ TBD ④ 90.0%	
		Health behaviors	⑤ Incidence of maternal smoking during pregnancy ⑥ Incidence of parental (both) smoking during pregnancy ⑦ Incidence of maternal alcoholic beverage intake during pregnancy ⑧ Infant health check-up rate (Prioritized measure 2 relisted) ⑨ Percentage of parents who are aware of the Child Emergency Telephone Consultation service (#8000) ⑩ Percentage of parents who have a family doctor (physician, dentist, etc.) for their children ⑪ Percentage of parents who help their children brush their teeth	⑤ 3.8% ⑥ 41.5% (paternal), 8.1% (maternal) ⑦ 4.3% ⑧ 4.6% (missing rate at 3-5M), 5.6% (1.5Y), 8.1% (3Y) ⑨ TBD ⑩ TBD ⑪ TBD	⑤ 0% ⑥ 30.0%, 6.0% ⑦ 0% ⑧ 3.0%, 4.0%, 6.0% ⑨ TBD ⑩ TBD ⑪ TBD	⑤ 0% ⑥ 20.0%, 4.0% ⑦ 0% ⑧ 2.0%, 3.0%, 5.0% ⑨ TBD ⑩ TBD ⑪ TBD	
		Environment	⑫ Percentage of municipalities that grasp the physical, mental, and societal condition of pregnant women by conducting a questionnaire survey when women submit an official report of their pregnancy (Prioritized measure 2 relisted) ⑬ Percentage of municipalities that have established opportunities to communicate to pregnant women and their families about postpartum mental health at health guidance sessions during pregnancy (including maternity and parenting classes) ⑭ Percentage of municipalities that have a follow-up system in place for mothers who score 9 or higher on the EPDS one month after childbirth ⑮ Percentage of municipalities that have a system of early visitations by public health nurses for high-risk infants after discharge/Percentage of prefectural public health centers that provide support when municipalities create an early visitation system for high-risk infants ⑯ Percentage of municipalities that have a system for the evaluation of infant health checkup programs/Percentage of prefectural public health centers that provide support when municipalities create a system for the evaluation of infant health checkup programs	⑫ TBD ⑬ 50.2% ⑭ TBD ⑮ TBD ⑯ TBD	⑫ TBD ⑬ 75.0% ⑭ TBD ⑮ TBD ⑯ TBD	⑫ TBD ⑬ 100% ⑭ TBD ⑮ TBD ⑯ TBD	
		Reference indicators	1) Perinatal mortality rate 2) Neonatal mortality rate, infant (under one year) mortality rate (per 1,000 live births) 3) Under 5 years mortality rate (per 100,000 population) 4) Mortality rate owing to SIDS (Sudden Infant Death Syndrome) (per 100,000 live births) 5) Percentage of low birth weight infants of all full-term births 6) Percentage of mothers who submit their pregnancy report at or before 11 weeks of pregnancy 7) Percentage of mothers breastfeeding one month after birth 8) Percentage of postpartum mothers who score 9 or higher on the EPDS one month after childbirth 9) Percentage of infants who received the BCG vaccine by one year of age 10) Percentage of infants who received the DPT, measles, and rubella vaccines by the age of one year six months 11) Number of cases in which subsidies were paid to individuals suffering from infertility as part of the Specific Treatment Support Program 12) Percentage of prefectures that examine systems to handle pregnant and nursing mothers during times of sudden disasters	1) 4.0 (per 1,000 births), 2.7 (per 1,000 live births) 2) 1.0 (neonatal), 2.2 (infant) 3) 20.9 4) 13.9 5) 6.0% (low), 0.0093% (very low) 6) 90.8% 7) 47.5% 8) - 9) 98.5% 10) 94.7% (DPT), 87.1% (measles) 11) 134,943 cases 12) -			
	Fundamental measures B	Health initiatives from elementary school age and adolescence to adulthood	Health outcome	① Mortality rate owing to suicide among teens ② Incidence of induced abortions among teens ③ Morbidity rate of sexually transmitted diseases (STDs) among teens ④ School-age children who show a tendency toward being underweight ⑤ School-age children who show a tendency toward obesity ⑥ Percentage of teenagers with inflamed gums	① 1.3 (M:1.8/F0.7)(10-14Y) ② 8.5(M11.3/F5.6)(15-19Y) ③ 7.1 ④ 2.92 (Genital chlamydia), 0.82 (Gonococcal infection), 0.33 (Genital warts), 0.35 (Genital herpes) ④ 2.0% ⑤ 9.5% ⑥ 25.7%	① Decreased ② 6.5 ③ Decreased ④ 1.5% ⑤ 8.0% ⑥ 22.9%	① 1.3 (M:1.8/F0.7)(10-14Y) ② 8.5(M11.3/F5.6)(15-19Y) ③ 7.1 ④ 2.92 (Genital chlamydia), 0.82 (Gonococcal infection), 0.33 (Genital warts), 0.35 (Genital herpes) ④ 2.0% ⑤ 9.5% ⑥ 25.7%
			Health behaviors	⑦ Smoking rate among teens ⑧ Drinking rate among teens ⑨ Percentage of children who do not have breakfast	⑦ M:1.6%, F:0.9% (12Y), M:8.6%, F:3.8% (18Y) ⑧ M:8.0%, F:9.1% (15Y), M:21.0%, F:18.5% (18Y) ⑨ 9.5% (11Y), 13.4% (14Y)	⑦ All 0% ⑧ All 0% ⑨ 5.0% (11Y), 7.0% (14Y)	⑦ All 0% ⑧ All 0% ⑨ TBD
			Environment	⑩ Percentage of elementary, middle, and high schools that hold School Health Committee Meetings ⑪ Status of having health training sessions through cooperation between local communities and schools	⑩ 91.6% ⑪ TBD	⑩ 100% ⑪ TBD	
			Reference indicators	1) Percentage of elementary and middle schools that have school counselors 2) Status of employing school social workers 3) Percentage of local governments that undertake adolescent health measures 4) Percentage of children who have meals with family or other people	1) 37.6% (elementary), 82.4% (middle) 2) 784 workers (actual number) 3) 100% (Prefecture), 83.9% (designated cities), 42.6% (municipality)		
	Health outcome		① Percentage of parents that want to raise children in this community ② Percentage of working pregnant women who recognize that their workplace considered their requests during their pregnancy	① TBD ② TBD	① TBD ② TBD	① TBD ② TBD	
	Health behaviors		③ Percentage of mothers who utilized the "Maternity Mark" during pregnancy ④ Percentage of citizens aware of the "Maternity Mark" ⑤ Percentage of fathers who feel that they are actively involved in child rearing	③ 52.3% ④ TBD ⑤ TBD	③ 60.0% ④ TBD ⑤ TBD	③ 70.0% ④ TBD ⑤ TBD	

Fundamental measures C	Community building to ensure the healthy growth and protection of children	Environment	⑥Percentage of municipalities with a system to ascertain the condition of all households who did not undergo the infant health checkup/Percentage of prefectural public health centers that support initiatives by municipalities to ascertain condition of all households who did not undergo the infant health checkup	⑥ TBD ⑦ TBD ⑧ TBD	⑥ TBD ⑦ TBD ⑧ TBD	⑥ TBD ⑦ TBD ⑧ TBD
			⑦Percentage of municipalities that support group activities for parents who are anxious about child rearing			
			⑧Percentage of local governments that are engaged in increasing the expertise of staff who are involved in the field of maternal and child health			
			Reference indicators	1) The number of children individually desired/the difference between that number and the number of actual live births 2) Mortality rate owing to accidents (per 100,000 population) (underage children) 3) Percentage of municipalities that implement accident prevention measures 4) Percentage of households with infants that use devices to prevent babies from opening the bathroom door 5) Percentage of fathers who take parental leave	1) 2.42 (desired), 1.71 (actual), 0.71 (difference) 2) 9.0(0-12M), 2.9 (1-4Y), 1.9(5-9Y), 1.6 (10-14Y), 5.7 (15-19Y) 3) For 3-4M 68.5%(designated cities) 45.0% (municipalities) For 1.5Y 51.2% (designated cities) 39.9% (municipalities)	
Prioritized measures 1	Support tailored to parents who have difficulties raising their children	Health outcomes	①Percentage of mothers who have time to spend with their children in a relaxed atmosphere	①79.7% (3-4M) 68.5% (1.5Y)	①81.0% (3-4M), 70.0% (1.5Y)	①83.0% (3-4M) 71.5% (1.5Y)
			②Percentage of parents who are able to cope despite facing difficulties while raising their children	60.3% (3Y) ②TBD	62.0% (3Y) ②TBD	64.0% (3Y) ②TBD
		Health behaviors	③Percentage of parents who are aware of children's social development process	③ TBD	③ TBD	③ TBD
			④Percentage of citizens with knowledge of developmental disorders	④ TBD	④ TBD	④ TBD
Prioritized measures 2	Prevention of child abuse from pregnancy	Environment	⑤Percentage of municipalities where an early support system for parents who experience difficulties raising their children, including those related to developmental disorders has been established/Percentage of prefectural public health centers that support municipalities to establish an early support system for parents who experience difficulties raising their children, including those related to developmental disorders	⑤ TBD	⑤ TBD	⑤ TBD
			Reference indicators	1) Number of pediatricians who have skills dealing with parent-child psychological problems (per 100,000 children) 2) Number of pediatric psychiatrists (per 100,000 children) 3) Number of short-term stay centers for children with emotional disturbances 4) Number of users of day care centers for pre-school-age children with disabilities 5) Number of municipalities that have established a council that consults mainly on the issue of support for children with disabilities	1) 6.2 2) 11.9 3) 38 centers at 30 prefectures 4) 37,505 children 5) 421	
		Health outcomes	①Mortality rate owing to child abuse	① 58 cases (double suicide) 41cases (except double suicide)	① Decreased ② TBD	① Decreased ② TBD
			②Percentage of parents who think they are committing child abuse	② TBD		
Health behaviors	③Infant health checkup rate (Fundamental measure A re-listed)	③ 4.6% (missing rate at 3-5M),5.6% (1.5Y), 8.1% (3Y)	③3.0%, 4.0%, 6.0%	③ 2.0%, 3.0%, 5.0%		
	④Percentage of citizens aware of the obligation to report child abuse under the Child Abuse Prevention Act ⑤Percentage of parents aware of Shaken Baby Syndrome (SBS)	④ TBD ⑤ TBD	④ TBD ⑤ TBD	④ TBD ⑤ TBD		
Prioritized measures 2	Prevention of child abuse from pregnancy	Environment	⑥Percentage of municipalities that grasp the physical, mental, and societal condition of pregnant women by conducting a questionnaire survey when women submit an official report of their pregnancy (Fundamental measure A carried over)	⑥ TBD ⑦ TBD ⑧ TBD	⑥ TBD ⑦ TBD ⑧ TBD	⑥ TBD ⑦ TBD ⑧ TBD
			⑦Percentage of municipalities that implement the "Hello Baby Program (to visit all households with an infant)" for all applicable households	⑨ TBD	⑨ TBD	⑨ TBD
			⑧Percentage of municipalities that implement child-rearing support visits to all households that require child-rearing support	⑩ TBD ⑪ TBD ⑫ TBD	⑩ TBD ⑪ TBD ⑫ TBD	⑩ TBD ⑪ TBD ⑫ TBD
			⑨Percentage of prefectural public health centers that support parents, households, and designated pregnant women who require support through group activities (including support for the activities of municipalities)			
			⑩Percentage of municipalities where experts (obstetricians, nurses, midwives etc.) from obstetric facilities participate in case conferences or practitioners' conferences for the protection of abused children in a community			
			⑪Percentage of local governments that implement awareness-raising activities related to child abuse with the cooperation of stakeholders			
		Reference indicators	⑫Number of medical facilities with a system to address child abuse			
			1) Number of cases of child abuse consultations at child consultations centers 2) Number of cases of child abuse consultations at municipalities	1) 66,701 cases 2) 73,200 cases		

TBD: To be determined  
Refer to [10]