

**Effects of work hours and health-related information on undertaking health checkups:  
An empirical study using Japanese micro data<sup>1</sup>**

Riko Noguchi<sup>2</sup>

Graduate School of Economics, Kobe University

December 24, 2019

**Abstract**

With the advancement of the improvement of medical technologies, people are living longer and more healthily. However, there is a gap between average life expectancy and a healthy life. People can take control of their health care by viewing the results of health checkups and following the advice of doctors. Using medical data from the Hyogo branch of the Japan Health Insurance Association, this study investigates the determinants of employees in small and medium enterprises in their decision to undertake health checkups. Specifically, we examine what kind of workers participate in health checkups and investigate what kind of health-related information has an impact on the decision-making process for undertaking health checkups. The estimation results suggest that work hours increase the probability of participating in health checkups. This may suggest that employees with especially long work hours are received an active check by their industrial physician to undertake health checkups. The number of dentists visits and the appearance of hyperlipidemia also increase the probability of undertaking a health checkup. These results indicate that employees who take care of their health are likely to confirm their health condition via checkups from the Japan Health Insurance Association.

**Keywords:** health checkup; work hours; health-related information; Japan Health Insurance Association; small and medium enterprise workers

**JEL classification:** I12; J21

---

<sup>1</sup> This study is supported by the joint study group of data health at Kobe University based on the cooperation with the Hyogo branch of the Japan Health Insurance Association.

<sup>2</sup> Graduate School of Economics, Kobe University, 2-1 Rokkodai-cho Nada-ku, Kobe, 657-8501, Japan. E-mail: riko.noguchi@stu.kobe-u.ac.jp