

## **RELATION BETWEEN SUBJECTIVE HEALTH STATUS AND DAILY BATHING BEHAVIOR OF JAPANESE ADULT**

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Purpose: Lots of Japanese have a habit to take bath with hot water over 40°C almost everyday. It has been reported that bathing in hot water can augment blood flow and those kinds of physical effects while taking bath have already proved by certain number of researchers. The purpose of this study is to examine the relationship between subjective health status and daily bathing behaviors of Japanese adult. Method: A questionnaire survey was conducted in 3 municipalities in Japan from October to December in 2008. Three thousand individuals were selected as a study population aged 40 to 74 y.o. Subjective health status and their daily bathing behaviors were evaluated. Using the subjective health status as a dependent variable, unconditional logistic models were analyzed and odds ratios and their 95% confidence intervals were calculated. Results: 2,458 participants were responded to this survey. The frequency of bathing in bathtub in a week was 4.5 (SD:2.7) in summer and 5.8 (SD:1.9) in winter, the average time in hot tub was 14.3minutes (SD:1.9) in summer and 17.1 minutes (SD:12.1) in winter. Who prefers bathing in hot water were highly related to good status of self rated health (OR = 2.1, 95% CI, 1.5-3.1), good status of self rated QOL (OR = 2.7, 95% CI, 1.8-4.1) and metabolic syndrome (OR = 0.6, 95% CI, 0.4-0.9). Conclusion: These results suggest that bathing in hot water in daily life would contribute not only for Japanese but also for human beings.