

This paper analyzes effects of health checkup on health outcomes and behaviors focusing on the heterogeneous effects depending on education.

In Japan, the checkup policy was reconstructed based on the scientific evidence in April 2008 and would become more effective.

I use this variation to estimate the effects of health checkup.

Since the checkup is mandatory for salaried workers but voluntary for self-employed workers, the participation rate of the checkup is significantly higher among salaried workers.

In other words, salaried workers have more proportion of individuals affected by the policy reform.

Using this institutional setting, I regard salaried workers as treatment group and self-employed workers as control group and employ a difference-in-differences approach.

According to the estimated results, by the policy reform, university graduates with relatively high obesity risk significantly decrease the Body Mass Index and some diagnosed health problems although there are no significant changes among non-university graduates with the risk.

Additionally, there are significant changes in the health behaviors such as physical activity and energy intake only among the university graduates.