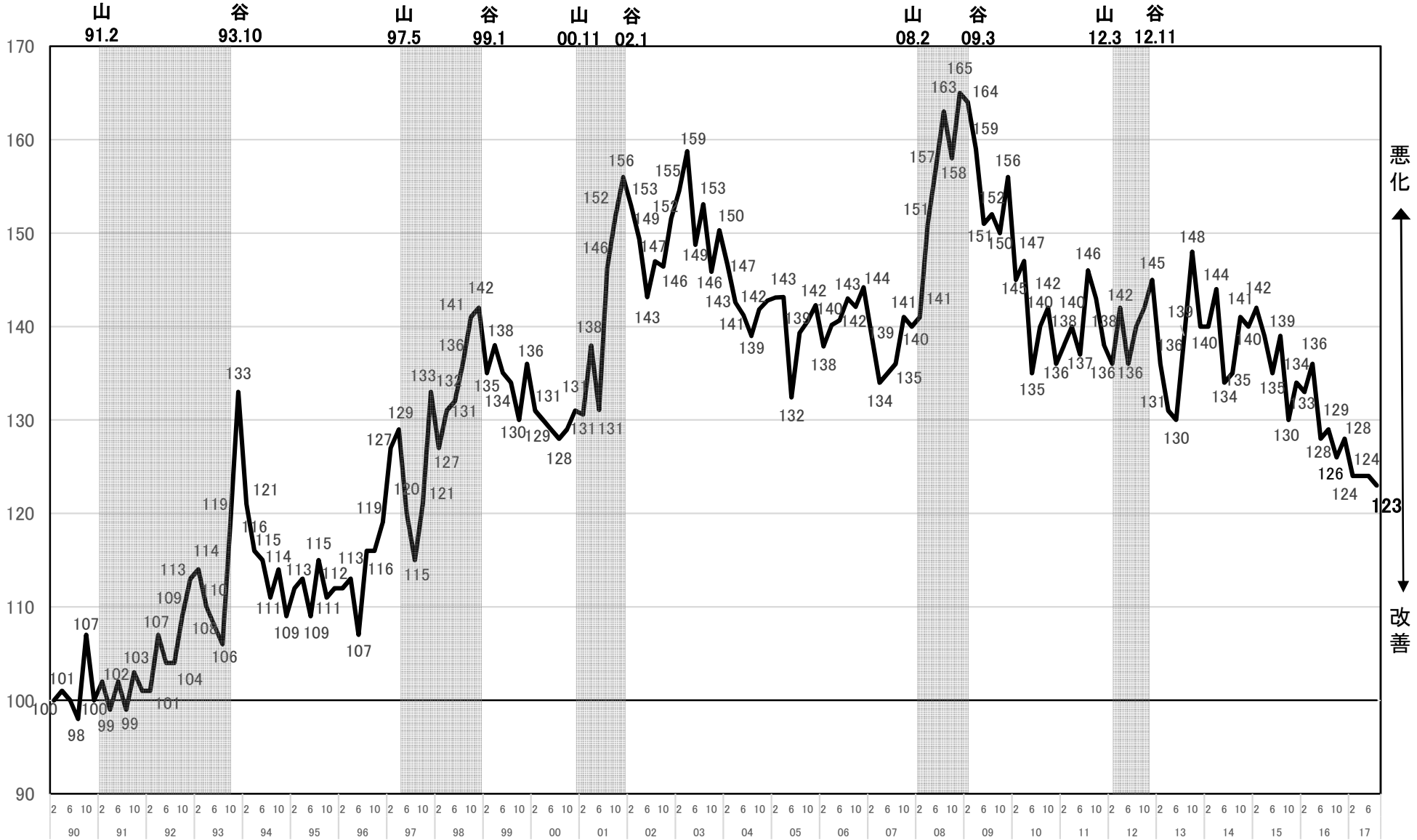図表 生活不安度指数の推移