

JAPAN

Abiko City, Japan
Fukuroi City, Japan
Hamamatsu City, Japan
Kameyama City, Japan
Kasama City, Japan
Kashiwa City, Japan
Minokamo City, Japan
Nagareyama City, Japan
Nagoya City, Japan
Obihiro City, Japan
Obu City, Japan
Owariasahi City, Japan
Tahara City, Japan
Tajimi City, Japan
Taito-ku, Tokyo, Japan
Yamato City, Japan

	<p style="text-align: center;">Abiko City, Chiba Prefecture</p>  <p style="text-align: center;">http://www.city.abiko.chiba.jp/</p>	<ul style="list-style-type: none"> - Population : 133,558 People (2014) - Number of households : 156,466 Households (2014) - Area : 43.19 km² (2014) - Major industries and special products (including agriculture): Major industry: No specific industry Main agricultural products: rice, vegetables in general
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Vision

Abiko City implemented the “Kokoro Mo Shintai Mo Kenko Plan (Healthy Mind, Healthy Body Plan” in 2004; “Shokuiku Suishin Kodo Keikaku (Food Education Promotion Plan) in 2006 based on the Basic Act on Food Education; and “Ha to Koukou no Kenko Zukuri Kihon Keikaku (Basic Plan of Health Promotion of Dental and Oral Hygiene) in 2013. As these plans reach their final year, we will implement a second plan that integrates these three plans. We will maintain our efforts to create a city where people can lead healthy, active lives, based on the new plan starting in fiscal 2015.

Overview

(1) Overview of the organization: Features of the organization (healthy city executive office, planning committee, promotion council, etc.) Planning and evaluation of construction of healthy city activities (programmes, etc.)

These activities are overseen by Abiko City’s Health Promotion Support Division of the Health and Welfare Department. We seek to create a healthy city, using examples of other local governments and municipalities that are leading the efforts.

(2) Main activities and overview of the programme: Projects and planning of special activities and activities that received favourable reviews

In fiscal 2012, in order to extend the healthy life expectancy of citizens, we formed a “healthy life expectancy extension project team” in the city hall, which is mainly made up of younger staff, and compiled reports. There were proposals for 13 projects made by the project team. Among them, we adopted two projects – “Introducing carotid ultrasounds in specific medical examinations and longevity medical examinations” and “providing subsidies for brain checkups” in fiscal 2013. And this year, we are “creating videos related to dental health, nutrition, and exercise”.

In October, we will “begin a matching event between citizens, citizen groups, and businesses”, focusing not only on extension of healthy life expectancy, but also on revitalization of local industries and civic activities.

(3) Strengths: Strengths of your health city programme compared with other cities (Please provide self-assessment.)

- The establishment of a city ordinance on dental and oral hygiene in 2012
- Addition of carotid ultrasounds to the basic examination category of specific medical examinations and longevity medical examinations in 2013; Subsidies to a portion of the cost of medical check-up for the brain.
- Subsidies for influenza vaccinations for infants to begin in October 2014

(4) Main results: The results of implementing healthy city projects and programmes, changes that have taken place since the efforts began

By joining the Alliance for Healthy Cities, Japan Chapter, we were able to easily obtain information and exchange our views with local governments and municipalities that are leading the efforts.



Abiko City Health Promotion Leaders and Healthy Eating Promotion Leaders
At AFHC Japan Chapter Meeting, Kitanagoya City, July 2013

History

Abiko City joined the Japan Chapter of the Alliance for Healthy Cities in February 2006 and the Alliance for Healthy Cities in September 2008. Interactions with local governments and municipalities, which are leading the efforts, have been helpful in the advancement of our own health programmes.

We will maintain our efforts to bolster our various programmes designed to extend their healthy life expectancy. Abiko City wants to be a city where everyone is energetic and healthy.

 <p>Mr. Hideyuki Harada, Mayor of Fukuroi City</p> 	<p style="text-align: center;">Fukuroi City, Shizuoka Prefecture</p>  <p style="text-align: center;">http://www.city.fukuroi.shizuoka.jp/</p>	<ul style="list-style-type: none"> - Population : 86,927 People (2014) - Number of households : 31,782 Households (2014) - Area : 108.56 km² (2014) - Major industries, specialty commodities (including agricultural produce) Greenhouse melons (Crown melon)
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Vision

Fukuroi City defines the “Health” as good conditions of mind and body, local communities and society, and town and nature. “A long healthy life by preventing lifestyle-related diseases and nursing care” is the goal of the citizens’ mind and body.

Overview

(1) Outline of organization:

Health Promotion Division of the City consists of adult health, maternal and child health, medical checkups and planning departments. The Healthy City project is carried out according to the Health Promotion Plan. The plan undergoes evaluation by taking into account the changes in performance of project over years, and the comparison with that of country and prefecture.

(2) Outline of major activities and programs

• Health Challenge!! SMILE Movement

Fukuroi City encourages and supports citizens’ voluntary health promotion activities. One example is the “Health Challenge!! SMILE Movement”, designed to establish healthy lifestyle among citizens.

With the slogan, “Health Challenge!! SMILE Movement”, the City strives for realizing Healthy City, in which citizens live a comfortable life with a smile, by keeping five letters of SMILE: S (Sports), M(Meal), I (Internal body fat), L (Life) and E (Enjoy), in mind.

• Health Mileage system

In the Health Mileage System, the health promotion activities such as exercise, diet and walking are converted to points, and collected points are exchanged for various coupons or donated to kindergartens and schools.

For children under 15 years old, various measures are taken to establish proper eating habits from early childhood by encouraging them to eat many different vegetables.

(3) Advantages of activities

Two health promoting members are chosen from every self-governing resident’s association. They are responsible for organizing Health Promotion Class for the members of association.

They also participate, together with health nurses, dieticians and local clinics, in the “Local Health Session” to discuss the community health issues and the health promotion measures.

(4) Major outcome

In order to solve such issues as the lack of doctors and nurses and the hospital operation, Fukuroi City opened a new hospital (Chutoen General Medical Center) by integrating municipal hospitals in neighboring cities.

The City is now constructing “Comprehensive Health Center”, which will function as a comprehensive health support system, by improving local medical environment in cooperation with the new hospital, supporting health promotion according to life stage and building a monitoring network in collaboration with local communities and business facilities.

Newly developed Chutoen Medical Center



Health Promotion Classes in Communities



History

FukuROI City issued the “Most Healthy and Culturally Rich City in Japan” announcement in November, 1993.

The City set the “Most Healthy and Culturally Rich City in Japan” as one of its comprehensive plans, and has strived for the town construction.

 	<p style="text-align: center;">Hamamatsu City, Shizuoka Prefecture</p>  <p style="text-align: center;">http://www.city.hamamatsu.shizuoka.jp/kenkozoushin/health/kenkou/index.html</p>	<ul style="list-style-type: none"> - Population : 810,847 People (2014) - Number of households : 322,755 Households (2014) - Area : 1558.04 km² (2014) - Major industries : <ul style="list-style-type: none"> • Specialty Products: Lake Hamana Eel, Mikkabi Mandarin Oranges, Pione (Grapes), Enshu Blowfish, Motorbikes, Hamamatsu Gyoza
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Vision

The health promotion plan, Healthy Hamamatsu 21, a citizen health promotion index, aims to increase healthy life expectancy, raise quality of life, promote healthy development of children, and has a core policy of creating an environment to protect and support health, prevent lifestyle diseases and protect against the development of serious illnesses.

Overview

(1) Organizational structure

Hamamatsu established “Healthy Hamamatsu 21” in March 2003, and has been implementing health promotion policies since then. Based on the final evaluation performed in FY2011, we reevaluated our initiatives up to that point and established the 2nd Hamamatsu Health Promotion Plan “Healthy Hamamatsu 21” in March 2013. In the plan, we are aiming for Healthy City Hamamatsu, a place where each citizen leads an active and meaningful life.

Concretely, in conjunction with the city administration, organizations supporting civic health promotion, such as health insurance unions, enterprises and other related organizations, are engaging and driving civic health promotion through citizen collaboration as Healthy Hamamatsu 21 Promoting Cooperative Organizations. Healthy Hamamatsu 21 engages in information exchange and its progress is supervised by the Healthy Hamamatsu 21 Promotional Council, whose members come from the Healthy Hamamatsu 21 Promoting Cooperative Organizations.

If we were to think of civic health promotion as a kite from the Hamamatsu Matsuri (Festival), the logo for Healthy Hamamatsu 21 represents that health (a kite) is not something that one person alone improves (raises up), but rather something that is improved (raised up) through the cooperation of many people and groups.

(2) Example of major activities, projects, plans

Our major activity is the “Move & Smile! (Let’s Earn Health Points!)” program, which raises awareness of “Protecting and Promoting Your Own Health” and has the goal of increasing the number of citizens tackling health promotion in a fun and easygoing manner. This project allows people to participate in healthy activities for points, and once a set number of points have been earned, they can receive special benefits. It is being implemented with the cooperation of Healthy Hamamatsu 21 Promoting Cooperative Organizations and more, and provides opportunities for civic health promotion.

(3) Major strengths

From the standpoint of “supporting civic health promotion by the whole of society based on civic partnerships,” the circle of health promotion has been growing as industries and organizations involved with health promotion, along with households and communities, schools and workplaces, the city administration and more cooperate while focusing on independent initiatives by citizens.

(4) Major progress

As of April 1, 2014, the number of Healthy Hamamatsu 21 Promoting Cooperative Organizations reached 161. With this, health promotion of citizens is being supported, as activities to support health promotion of citizens have become invigorated and awareness of health promotion is raised for each individual citizen, including those indifferent to health.

People of your Healthy City committees/ teams



Scenes of your activities



History

Hamamatsu City declared “Meaningful Life, Health Promotion” as one of the core strategies in the 2nd Comprehensive Plan of Hamamatsu City (plan period: FY2011–2014). In this core strategy, in order for all residents to enjoy active, meaningful lives where they can live safely and peacefully for their whole lives, households, schools, local communities, etc., join forces to create an environment where health promotion is implemented from childhood according to each individual’s age, stamina, living environment, etc. In addition to this, the strategy is continuing to foster and promote health promotion and other initiatives by citizen activity groups and more.

Furthermore, we affiliated with the Alliance for Healthy Cities, Japan Chapter and the Alliance for Healthy Cities in July 2012, and have been advancing the exchange and interchange of information involving experience, knowledge, techniques, etc., from other cities regarding health promotion.

 	<p style="text-align: center;">Kameyama City, Mie Prefecture</p> <p style="text-align: center;">http://www.city.kameyama.mie.jp/</p>	<ul style="list-style-type: none"> - Population : 49,914 People (2014) - Number of households : 20,021 Households (2014) - Area : 190.91 km² (2014) - Major industries : specialty goods (including agricultural produce) Candles, Kameyama green tea, liquid crystal-related industry, automobile-related industry, etc.
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Vision

(Basic philosophy)

“Health Culture – I start and extend to all”

- People-Friendly Healthy City - Kameyama-

The City strives for building “People-Friendly Town”, where all citizens can live physically, mentally and socially healthy and happy life, with “Health Culture” as a keyword.

Overview

Kameyama City located north central of Mie Prefecture has a long history. In ancient time, with the Suzuka Barrier located in the town, one of three major barriers together with ‘Arachi Barrier of Echizen’ and “Fuwa Barrier of Mino”, Kameyama prospered as a major gateway connecting the capital of ancient Japan and the eastern region.

During the Edo Period, Kameyama-juku, Seki-juku and Sakashita-juku prospered as a post station along the Tokaido Highway. Thanks to the successive opening and privatization of Kansai Railway (current Kansai Main Line) and Sangu Railway (current Kisei Main Line) in mid Meiji Period, Kameyama has developed as a town where two railway lines branch.

Since the opening of Higashi-Meihan Expressway and Kinki Expressway Ise Line and their connection with Meihan Expressway and Japan National Route 1, Kameyama has developed as an inland industrial city and attracted many business facilities.

Kameyama City has played a role of traffic hub throughout the ages. With the coexistence of “Good old traditions’ and “New things”, the City has rich environment with valuable nature nurtured in the Suzuka mountains, remnant of post station along Tokaido Highway and historical and cultural resources such as the legend of Yamato Takeruno-no-mikoto (prince of the Yamato dynasty).

[Measures taken as Healthy City]

The first Kameyama City Comprehensive Plan, the highest-ranked plan of the City, stipulates the “Creation of the Healthy Environment with Blessings of Nature” in the outline of its basic policy.

The late basic plan initiated in fiscal 2012 promotes the “Everybody Healthy Project” to extend citizens’ long healthy life, as one of the strategic projects, and make a policy-wide commitment focusing on the establishment of a system to support citizens’ health and promote mental and physical health.

[Construction of healthy and cultural city]

Under the slogan “Health Culture – I start and extend to all”, the City implements health promotion initiatives with an aim to construct “Healthy Cultural Town”, in which citizens can enjoy a rich and varied diet and live a healthy worthwhile life.

In order to establish community-based health promotion activities, the City is establishing a system to spread the health promotion activities to the entire community under the community’s own leadership by means of convening “Health Promotion Supporters Training Session” for training key persons leading

health promotion activities.

[Kameyama Region Medicine Course at Mie University]

The City works in cooperation with Mie University and has established “Kameyama Community Medicine Course” at the Faculty of Medicine, Mie University. This course does research and education activities for establishing an optimum medical and health system for providing citizens with healthy and anxiety-free comfortable life.

Under the leadership of the Kameyama City Medical Center, various research and education activities such as “Research on Citizen’s behavior of receiving medical treatment”, “Research on the relation between Tea and Health”, “Research on Clinical Training and Proficiency Level at Faculty of Medicine, Mie University” and “Pre-graduation Medical Education (education of medical students) and post-graduation clinical education (training of resident physicians), all of which constitute the City’s commitment to protect citizens’ health and extend their long healthy life.

If you want to list author names in the collection of cases, please enter their names (or department in charge)



Ceremony for signing agreement on the establishment of Kameyama Community Medicine Course



Research on community health care through medical care



Exercise class by community residents



Walking event organized by local community

History

Joined in the Alliance for Healthy Cities and the Alliance for Healthy Cities, Japan Chapter, in July 2010

 	<p style="text-align: center;">Kasama city, Ibaraki prefecture</p> <p style="text-align: center;">www.city.kasama.lg.jp</p>	<ul style="list-style-type: none"> - Population : 77,424 People (2014) - Number of households : 28,614 Households (2014) - Area : 1240.27 km² (2014) - Major industries/ local products (including agriculture) Industry: Kasamayaki, Inada Mikageishi Local product: Chestnut, ume (sour plum), small chrysanthemum, rice
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Vision

Based on the healthy city principles proposed by the WHO, the theme of Kasama city is to have people support each other by joining the citizens with the administration and through the coordination of activities of all areas that construct the city such as health, medical, welfare, and industry. It also aims for the development of “Healthy City Kasama” where safety and security is ensured so that people can continue to lead a healthy life, and the creation of a city where everyone can have a healthy life.

Our goal is to promote citizen campaigns for creating a healthy city and attempt the enhancement of health/ medical care as well as promotion of dietary education.

Overview

(1) Organization Outline

With the organization of healthy cities, the city health and hygiene section of the health promotion department is in charge of the administration office and there is the Kasama city health promotion council formed by an external committee.

A working team composed of representatives of each department is placed as an expert committee in the Kasama city health promotion council.

Objectives are set for each project regarding the plans of the healthy city activities.

For evaluations, situations of the achievements of that year will be determined by comparing the initial state of the project and the achieved target. When determining, evaluations will be made by the Kasama city health promotion council after evaluations are also made by the working team, health promotion formulation committee board, and formulation committee.

(2) Main Activities/ Program Outline

Healthy city promotion projects

Lectures regarding healthy cities are held and there are activities for the promotion as well as education of prevention of life-style related diseases and dietary improvement in order to promote the significance of the declaration of the healthy city Kasama and also raise awareness regarding health.

Cancer screening promotion project (distribution of free coupons)

The city distributes free coupons for stomach cancer as well as lung cancer to people of a certain age in order to raise medical examination rates for the early detection of cancer.

Project of initial emergency care in evenings on weekdays and on Sundays

In order to secure safe medical treatment for the citizens, initial emergency care is provided at city hospitals with the cooperation of city hospitals, medical associations, pharmacist associations, and prefectural central hospital.

Health promotion project (dietary education/ prevention of life-style related diseases)

Practical programs for the promotion of dietary education as well as prevention of life-style related diseases through experiences with “food” are being carried out in various regions by the health leader, which is the promotion organization of the Kasama city health promotion.

Also, classes regarding each disease (diabetes prevention class, chronic kidney disease etc.) and health exercise classes are held for the prevention of life-style related diseases.

Measures for the prevention of aggravation are being taken by encouraging checkups to those requiring detailed examinations by having people visit them to provide guidance.

Promotion project for the use of the health road

Guidance signs for the health road within the city and course maps are made for the promotion of health habits. In the future, classes allowing people to experience walking will be held in coordination with the walking association.



Kasama Health Leaders Activities



Kasama Health Leaders Activities
(cooking class of children and parents)

History

Kasama City declared itself as a healthy city on February 29, 2012. With the principle of “Keeping all of Kasama happy and healthy”, the city’s original health promotion plan including the municipality health enhancement plan and municipality dietary education promotion plan was established in March 2012.

With the cooperation of a local high school, the logo mark for healthy city Kasama was created in 2012.

Also, the logo mark, the use of catch phrases relating to healthy cities, and introduction of projects on public relation brochures are being carried out in order to spread the declaration of Kasama City as a healthy city.

As efforts for health promotion, there have been health promotion projects by public health nurses and nutritionists, friendly greeting campaigns for the encouragement of cancer screenings in various regions by the Kasama City Health Leader Group, which is also the promotion organization of the health promotion plan, and publications of collections of re-edited “Kasama Shokusai” recipes mentioned on each edition of the Kohou Kasama for the promotion of preventive measures against life-style related diseases.

From September 1, 2013, smoking became prohibited within all public facilities of the city as a preventive measure against passive smoking. Currently there are preparations being made for the prohibition of smoking in all areas within premises from 2014 to 2015 while considering the situations of each public facility of the city.

 	<p>Kashiwa City, Chiba Prefecture</p> <p>http://www.city.kashiwa.lg.jp/</p>	<ul style="list-style-type: none"> - Population : 406,973 People (2014) - Number of households : 169,020 Households (2014) - Area : 114.90 km² (2014) - Major industries, specialty commodities (including agricultural produce) : Commerce Agriculture (turnip, green onion, spinach)
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Vision

Vision of Healthy City

“All organizations comprising the City such as “city government”, “local community” and “business entity” and “all citizens” cooperate and collaborate to construct a society, in which citizens can enjoy a healthy life throughout lifetime.

Objectives

“Extension of healthy longevity” and “Complete prevention of lifestyle-related diseases and their aggravation”

Overview

In view of dramatically changing environment surrounding citizens' healthy life due to accelerated aging with fewer children, Kashiwa City has formulated the “Kashiwa City Healthy and Culturally Rich City Plan” (FY 1998- 2008) in 1997. Under the plan, the City has developed various projects for encouraging health promotion and constructing a society, in which citizens support each other.

Since the merger with Shonan Town in fiscal 2004, the City has implemented some collaborative projects with citizens to promote their health and construct a welfare city with the “380,000 Kashiwa Citizen Supporters Strategy”.

The plan ended in fiscal 2007, but its philosophy and objectives have been carried on by “the 2nd Kashiwa City Regional Health and Welfare Plan” formulated in fiscal 2009. The 2nd plan addresses new additional programs to deal with individual people's issues such as smoking and serious diseases. The City was the first municipality to launch measures to eliminate passive smoking in May 31, 2010, by imposing non-smoking orders in the premise of public facilities and the special antismoking areas near Kashiwa Station.

In fiscal 2012, “Kashiwa City Health Promotion Plan” with a focus on the health promotion was formulated to ensure citizens' further health promotion and disease prevention. Although the population aging rate of Kashiwa City was relatively low in comparison with the national average, it is expected to rise rapidly, and the extension of healthy longevity is a critical issue. The City strives for achieving two basic objectives, “Extension of healthy longevity” and “Complete prevention of lifestyle-related diseases and their aggravation” and the health objectives in 9 priority areas and 6 life stages. In Kashiwa City, every citizen works voluntarily to promote his/her health with a belief “we should protect our health by ourselves”, while the society-wide efforts for the health promotion is made jointly with local community, local government, schools and workplaces

Kashiwa City, designated as “Future City” in December 2011, has been committed to the realizing “Self-sustaining city management in cooperation with industrial, governmental, and academic parties”. It also strives for realizing “Long Healthy Life City”, in which every elderly can live a healthy and independent life

and contribute to the society, by developing a system to give advices on health and support the elderly for finding a job under the “Citizens’ Health Supporter System”. “Regional coverage care system” under public, private and academic partnership mainly in the Toyoshikidai area is another initiative taken by the City.



Weaning Food Teaching class



Maternal and Child Dental Health program
(Two-year-old shining teeth land)



Nonsmoking measures

(Stickers placed on restaurants, where smoker seat are separated from non-smoker' seat.)



Kashiwa Citizen Health Promotion members' activities
(Mothers/Children meeting) (Cooking class for men) (Walking class)

History

Joined in the Alliance for Healthy Cities, Japan Chapter, on June 13, 2006

Joined in the Alliance for Healthy Cities, on July 29, 2013

	<p style="text-align: center;">Minokamo City, Gifu Prefecture</p>  <p style="text-align: center;">http://www.city.minokamo.gifu.jp/top.cfm</p>	<ul style="list-style-type: none"> - Population : 55,284 People (2014) - Number of households : 20,827 Households (2014) - Area : 74.81 km² (2014) - Major industries and special products (including agriculture): Telecommunication equipment, manufacturing machines and equipment, agriculture, Dojo Hachiya persimmons (Ark of Taste-certified), pears, chestnuts, rice, Shiitake mushrooms, etc.
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Vision

[Future efforts]

- All for Next: Creation of a city in which our children and grandchildren can continue to live
- More Vitality: Promoting a woodland development project and the use of the river in town planning by utilizing the abundance of nature and geographical conditions
- More Peace of Mind: Enhancement of welfare, childcare, disaster prevention
- More Education: Expansion of the “From Age Zero” plan

Overview

(1) Overview of the organization:

We have set up the Healthy City Minokamo Promotion Council in hopes of creating a city where all citizens can live healthy lives with peace of mind. (“Healthy city” refers to a city where the citizen, the business, and the municipality cooperate to promote health and create a healthy social environment.)

Leaders of the city government’s various departments participate in discussions of a number of topics, including but not limited to the coordination and regulation of the health sector; the development of metrics of a healthy city; comprehensive promotion and regulation of policies related to health; participation in the activities of the Alliance for Healthy Cities; promotion of health- related policies; and other things related to the creation of a healthy city.

(2) Main activities and overview of the programmes:

Activities, projects, and plans that are unique and those that received favourable reviews

[People’s health]

In 2010, we adopted the “Karada Kakumei Club” (Body Revolution Club) programme targeting those who are 40-64, and the “Karada Chokin Club” (Body Muscle Accumulation) program for those who are 65-79 so that they can strengthen their legs not to fall and fight obesity. These programmes were developed by Tsukuba Wellness Research Co., Ltd., a venture firm that began as a Tsukuba University project.

We also sponsor “Walk Minokamo,” a project designed to encourage people to take a long walk on a regular basis. Everyone is invited to participate. The 5-7 km walking course covers six districts of the city. There is a community nurse to provide health advice. There are blood-pressure monitors and body-fat monitors the participants can use before and after their walk. The participants can write down their readings on cards that are also there. They are encouraged to take care of their health by monitoring changes in blood pressure that occur due to exercise or weather.

[The city’s health]

During this fiscal year, we started a woodland development project to rediscover the area’s charm. We hope this endeavour will lead to the creation of a better community and a new tourist attraction. We will

create walking maps for the woodlands and distribute them to people. We are also undertaking a forest biomass project as well as a project that involves the use of goats in cooperation with universities and businesses.

Furthermore, plans are in progress to use the Kiso River waterfront and the surrounding areas. The development of the city goes hand-in-hand with the use of the Kiso River.

There has been an increase in the number of people, including tourists, who are seen walking along the river and playing water sports. We are pursuing projects to meet people's needs both in terms of the "hard" and "soft" aspects.



Recycling-orientated weeding using goats



Outdoor programmes using the Kiso River



“Karada Chokin Club”
(Body Accumulating Muscle Club)
- strengthening legs and fighting obesity



Midokoro Sai Hakken!
(Rediscovering attractions!)
Walk Minokamo

History

- In Minokamo City, as a city seeking healthiness, we enacted the following Healthy City Declaration:
- Healthy City Declaration (Enacted March 25, 1989)

Healthiness of the body and the mind is a basis for a happy life – a desire shared by all humankind. We hope that a healthy, happy life will be guaranteed through our constant efforts and appeal.

In 2008, we implemented “Minokamo Genki Iki-iki Plan 21” (Minokamo Energetic Lively Plan 21) to introduce our efforts to pursue primary and secondary prevention of lifestyle illnesses and the assistance we have received from the outside. We will review this plan during fiscal 2014 to further invigorate our city, and propose measures to support lifelong health of our citizens in accordance with their different life stages.

 	<p style="text-align: center;">Nagareyama city hall</p>  <p style="text-align: center;"><small>Kenko City Nagareyama</small></p> <p style="text-align: center;">http://www.city.nagareyama.chiba.jp/</p>	<ul style="list-style-type: none"> - Population : 170,168 People (2014) - Number of households : 69,145 Households (2014) - Area : 35.28 km² (2014) - Major industries : Mirin, sake, rice crackers, green onions
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Vision

Nagareyama city performs the "Healthy Cities Promotion Plan" in order to realize the health of all citizens in accordance with principles of Healthy Cities. The "Healthy Cities Promotion Plan" consists of two plans.

One is "The emphasis Promotion Plan"(The policy of Nagareyama city)

Nagareyama city continue to focus on promoting various measures related to health.

Second is "Network Promotion Plan " (The cooperation with citizens).

Nagareyama city support the citizens who cope with activities related to health.

We will continue to achieve the healthy urban development by the two wheels of the efforts of measures of a Healthy Cities movement and citizen's activities related to health.

In order to promote the Healthy Cities movement, Nagareyama city divided into five areas: the various policies related to health, we set up a pillar of five at the core of each field.

In addition, as the most important policies to promote the Healthy Cities movement, Nagareyama city choose the leading plan, the five projects that correspond to each pillar.

The leading plan will play a role in cross-cutting to realize the cooperation beyond the field in various fields.

- 1 Urban development to nurture a healthy mind and body (health and medical sector).
- 2 Conservation of green town and development of safe, secure (environmental and urban infrastructure, security and safety field)
- 3 Town planning, which aims parenting environmentally advanced city, spry elderly advanced city (welfare and education)
- 4 Urban development aims at activation of lifelong sport and rich lives of local (community, culture, sports field)
- 5 Urban development to promote a healthy diet and health (food education, locally produced and consumed)

Overview

"Nagareyama Healthy Cities program" (published in July 2008) does not include that such information is to promote only health sector as in the conventional health promotion.

Through the cooperation with the participation of a wide range of fields, environmental and community development, welfare, education, community, culture and sports, based on the principles of health by WHO city that will be realized by the entire city (World Health Organization) has been proposed it aims to promote healthy urban policy, and living building rich, healthy Nagareyama citizens.

Efforts in our city citizens and organizations and government are as follows.

Efforts in government

[Community sports festival]

Every citizen participate in interaction with family and friends, so as to get close to sports activities fun,

Nagareyama city have been holding community sports festival.

Health-conscious is growing, the theme of radio gymnastics, and lead to NHK radio and television gymnastics leaders as exercise you tackle with ease, about the place to be aware of and point to be careful of radio gymnastics, fun and sprinkled with practical explanations and, it is easy to understand guidance,

Not to mention citizens are exercising on a daily basis, exercise enthusiasts, such as those who want to start a movement now.

[Care supporter program]

The purpose of program is to promote care prevention and contribution for the society, promotion of purpose in life making through the care supporter program.

Nagareyama city explain the program for the citizens, lecture the (training course) training, such as how to operate the wheelchair and attitude towards the user.

We are calling for registration of the healthy at 65 years of age or older.

[Health-up program]

The aim is to get the citizens exercises habits to promote living a healthy and affluent, especially for the citizens concern about the exercises habits.

It will be conducted to expand to more than one venue classroom type of community so that the citizens can participate in familiar.

[Green chain policy]

By certifying the houses and building in consideration for greening the environment,

Nagareyama city will support the building "green value" in the business development of the individual.

Chaining the efforts of them, Nagareyama city will promote the environmental value of the entire city rich green.

[The promotion of food education]

Nagareyama city promote various programs as the promotion of food education.

For example, Family cooking, Implementation of nutrition course by health promotion staff. and incorporating local produce in school meals, promote local production for local consumption.

The program include making of interest to foods in the nursery school and also emphasis on direct sale place of local agricultural products.

Efforts in city citizens and organizations

[Activities of the health promotion staff]

The health promotion staffs are volunteers to help the health of citizens in response to the commission of the city.

They implement the nutrition courses for the citizens, lecture about the prevention of Lifestyle-related diseases and they have been active through such activities in the health festival.

[Biotope in school]

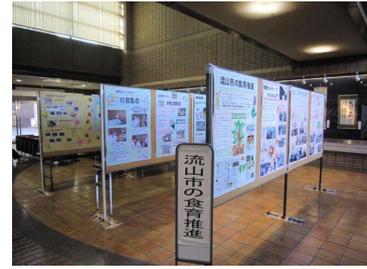
All of the elementary and junior high schools in Nagareyama city have been made Biotope which reproduced the natural ecosystems, used in the environmental education.

[Health volleyball]

Health volleyball is a light sport was born in Nagareyama. We use a large circular ball, elderly and children to promote the health fun.

[Rice reaping experience in school]

In elementary school, Children experience Rice reaping experience to understand food and agriculture.



History

Nagareyama city, residential and cultural city where is located 25km from the city center area, rich natural and green water alive.

Railway central Tokyo directly connected "Tsukuba Express" has opened in August 2005, and is connected by 20 minutes level and Tokyo Akihabara.

According to the opening of the railway, readjustment project of four districts 640ha city is progressing, and the population is increasing around the child-rearing generation.

In order to promote the health of citizens in the whole city, Nagareyama city declared to participate in the Healthy Cities movement WHO advocates, proclaimed "Healthy Cities Declaration" in January 2007.

In response to this declaration, Nagareyama city participate in a member of the Alliance for Healthy Cities branch in Japan in April 2007, and we are a member of the WHO Healthy Cities Coalition in March 2008.

 <p>Mr. Takashi Kawamura, Mayor of Nagoya City</p> 	<p>Nagoya City, Nagoya Prefecture</p> <p>http://www.city.nagoya.jp/</p>	<ul style="list-style-type: none"> - Population : 2,268,217 People (2014) - Number of households : 1,037,704 Households (2014) - Area : 326.43 km² (2014) - Major industries/local products (including agriculture) : Manufacturing industry (automobiles etc.)
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Vision

[Nagoya Healthy City Declaration]

We aim for a town surrounded by clean air, water, and greenery where all citizens are always content and able to live a healthy as well as safe life.

We strive for a healthy, rich life where people are full of energy by learning correct life-style habits.

We aim for a life where we appreciate and take care of food by understanding the joys of food.

We will create a healthy and comfortable town where the people and nature can coexist by protecting the clean air as well as water.

We will expand a life style where people appreciate greenery by familiarizing ourselves with it, protecting it, and growing it.

Overview

(1) The Health Promotion Plan of this City

[Healthy Nagoya Plan 21 (secondary)]

This is a comprehensive plan with the purpose of raising further awareness as well as interest regarding health and establishing good life style habits for the realization of a society where all citizens can lead a healthy and rich life, based on the evaluations of the Healthy Nagoya Plan 21 (primary). Furthermore it works on the prevention of life style related diseases as well as its aggravation, and aims to extend healthy life expectancy. The term of this plan is ten years from 2013 to 2022.

(2) Efforts of this City

This city promotes “countermeasures for cancer”, “vaccinations”, “health promotion”, and “dietary education”.

Regarding “countermeasures for cancer”, the “Nagoya Proton Therapy Center”, which is the first proton cancer treatment facility in the three Tokai prefectures, began providing treatment in February 2013. In January 2014 it became the first facility in Japan to begin photon therapy using the “spot scanning method”. It also has the “one-coin cancer screening”, where cancer screening for six types of cancer including stomach cancer, colorectal cancer, lung cancer, uterine cancer, and breast cancer are available for 500 Yen. A “cancer screening guide” listing the details of the one-coin cancer screening is created and distributed to all households within the city.

Furthermore, learning assistance materials regarding cancer are created for elementary school sixth graders and middle school students in their third year. We aim to raise prevention awareness through the acquisition of correct knowledge and improvement of understanding regarding cancer through the distribution of these materials.

With “vaccination” the city provides its own subsidies for vaccination costs of chickenpox, mumps, rotavirus, pneumococcus for elderly people, and German measles (adults).

For “health promotion”, the city works to spread awareness and educate people regarding health by holding lectures, conferences, and events regarding health promotion, based on the “Healthy Nagoya Plan 21 (secondary)”, which is the health promotion plan of this city.

Regarding “dietary education”, the people, relevant organizations/ groups, and the administration coordinate to gather/ send information, provide opportunities for activities, and promote cooperative projects so that public awareness regarding dietary education is raised and efforts to improve dietary life are conducted smoothly.



Nagoya Healthy Excercise



Guidebook for Cancer Health Checkup

History

- 2003: Healthy Nagoya Plan 21 (primary) (10 year plan from 2003 to 2012)
- 2007: Nagoya Healthy City Declaration (November 24, 2007)
- 2011: Held the 7th Alliances of Healthy Cities Japanese Branch General Meeting and Conference
- 2013: Healthy Nagoya Plan 21 (secondary) (10 year plan from 2013 to 2022)

 	<h2 style="text-align: center;">Obihiro City, Hokkaido</h2> <p style="text-align: center;">http://www.city.obihiro.hokkaido.jp/</p>	<ul style="list-style-type: none"> - Population : 168,818 People (2014) - Number of households : 84,822 Households (2014) - Area : 618.94 km² (2014) - Major industries/ local products (including agriculture) : Wheat, sugar beet, beans, crops of which the main are potatoes, dairy/ stock raising
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Vision

To have each citizen proactively work on the improvement of the quality of everyday life. To extend healthy life expectancy and aim for a town where people can live a healthy as well as rich life by arranging a social environment that advances health promotion.

To have the people and town become healthy

Overview

(1) Organization outline:

Administration office: Obihiro city health promotion division, health and welfare department

Characteristic: Promoted based on the health improvement plan, (Kenkou Obihiro 21”.

Activities of the healthy city: Joined the World Alliance of Healthy Cities in July 2013.

The second city to join from Hokkaido after Abashiri city.

Attended the general meeting in 2013

Held the “Second National Healthy City Meguri (Tour) in Obihiro City” (August 2014)



(2) Outline of main activities/ programs

[Characteristic activities]

Base for health promotion

The Obihiro city health and welfare center was opened in April 2006, and since then has been involved with various health examinations (checkups) and health promotion projects as a base for health promotion through the lives of the citizens.

Many citizens visit the “Kenkou (health) Matsuri” held each year and lighten up the atmosphere.

We registered with the Smart Life Project in April 2013, and while all members of staff work on health promotion, there are also promotions towards corporations within the city to participate in activities or events.

Program for the prevention of life-style related diseases ~ For the generation in their prime ~

Obihiro city considers “prevention of diabetes”, “countermeasures for cancer”, and “healthy mind” as important policies of the “Second Term of Obihiro 21”. Health promotion projects examine lifestyle habits such as dietary life/ body composition (weight/ body fat rate/ amount of muscle etc.)/ level of stress. Then, public health nurses, nutritionists, and health exercise instructors provide continuous support for three to six months based on individual result reports. Particular attention is paid to the improvement of checkup data as well as prevention of aggravation of conditions of the generation in their prime.



Exercise anytime and anywhere without stress ~ “Obirobi” (Obihiro aerobics) DVD

Obirobi is an exercise developed in Obihiro city that can be done easily at home even when busy. There are four types that adjust the level of the exercise. Also, there are walking maps for six locations within the city that were created by volunteer citizens. These include the distance, required time, number of steps, and introduction of the courses so citizens can enjoy walking on a daily basis.



Protecting important lives ~ Thermometer of the mind ~

The “thermometer of the mind” is a system that allows easy mental health checkups using devices of cellular phones or computers. This has been implemented and allows a wide range of generations

beginning with teenagers to learn about their stress as well as their families', and creates a system where places for consultation can be searched.



(3) Effects

Each citizen's awareness towards health is increased through the active sending out of information towards citizens, organizations, and corporations. This leads to further coordination within the city office and also health promotion that makes use of the local resources of Obihiro city.

Homepage of the Obihiro City Health Promotion Division

<http://www.city.obihoro.hokkaido.jp/hokenfukushibu/kenkousuishinka/kenkoudukurikenketsuindex.html>

Obihiro City Health Promotion Division Facebook page

<https://www.facebook.com/pages/%E5%B8%AF%E5%BA%83%E5%B8%82-%E5%81%A5%E5%BA%B7%E6%8E%A8%E9%80%B2%E8%AA%B2/671795572869812>



History

July 2013: Joined the Japanese Branch/ Alliances of Healthy Cities

August 2014: Held the Second National Healthy City Meguri (Tour) in Obihiro

 <p>Mr. Takayuki Kuno, Mayor of Obu City</p> 	<p style="text-align: center;">Obu City, Aichi Prefecture</p>   <p style="text-align: center;">http://www.city.obu.aichi.jp/</p>	<ul style="list-style-type: none"> - Population : 88,550 People (2014) - Number of households : 36,188 Households (2014) - Area : 33.68km² km² (2014) - Major industries and specialty commodities (including agriculture) Industry : Automobile-related, metal, machinery manufacture Agriculture: Grapes, pears, yams
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Vision

[Fifth Comprehensive Plan]

Period: 2010-2020

Future vision: Healthy City, in which Citizens Can Live Happy and Comfortable Life

Basic strategy: Construction of “Happy and Long Healthy Life Society”

Plan by sector:

Creation of a healthy and meaningful life Activities for health promotion under citizens’ leadership

Construction of safe local communities, in which parents can raise their children without anxiety

Construction of local communities, in which the elderly can play active roles

["New Healthy City Obu 21 Plan"]

Period: 2014-2023

Objective: “Healthy City, in which people can enjoy longer healthy life”

Overview

(1) Outline of organization: Structure (Healthy City Secretariat, Planning Committee, Promotion Council, etc.) A system for planning and evaluating activities (programs, etc.) of Healthy City

In addition to the Healthy City Promotion Room for enhancing close intra-organization partnership, the departments for promoting all projects for citizens, including health care and health promoting projects, were established in 2013. They include the Sports Department in charge of exercise, the Culture Department for encouraging recreation and nurturing rich mind and the Health Culture Division integrating the Insurance Department which is closely related with medical care.

(2) Outline of major activities and programs: Characteristic activities, projects, plans and highly-evaluated activities, projects, plans, etc.

The “New Healthy City Obu 21 Plan” and the Healthy City Program (city government’s action plan) were formulated in 2013. Healthy City Program, as a governmental action plan, has also been developed.

(3) Advantages of activities: Advantages and characteristic features of Obu as a healthy city in comparison with other cities (Please describe based on your self-assessment)

Wellness Valley Scheme

In the southern part of Obu City, there is “Wellness Valley”, which accommodates specialized health, medical, welfare and nursing care facilities, such as National Center for Geriatrics and Gerontology, Aichi Health Plaza, Aichi Children’s Health and Medical Center and Genki-no-Sato as well as the markets selling local agricultural commodities produced in Chita Peninsula. Under the “Wellness Valley Scheme” formulated to construct “Happy and Long Healthy Life Society”, in which all citizens can live happily”, the

City has a close interaction and cooperation with relevant organizations, promotes proactive measures for solving challenges faced by “super aging society” and sends messages to all parts of the country.

(4) Major outcome: Outcomes resulted from the implementation of Healthy City Project/Program, Changes after the launch of Healthy City measures, etc.

Obu Long Healthy Life Support Project

In cooperation with the National Center for Geriatrics and Gerontology, the City is committed to the dementia prevention with “physical and mental health checkup” and “ex-post class”. These programs are designed with a focus on “mental” and “physical” functions of citizens of 65 years of age or older. Those, who have completed “ex-post class”, continue training as voluntary group activities, for preventing dementia. These efforts were given the Prize of Excellence (in Local Government Section) in the “2013 Long Healthy Life! Award” sponsored by the Ministry of Health, Labour and Welfare.

If you want to list author names in the collection of cases, please enter their names (or department in charge).



“Obu City Healthy Walking Session” organized by Health Promotion staff



Cooking Class organized by Dietary Habit Improvement staff



Scene of dementia prevention activities of Obu Longevity Support Project

History

Obu City has implemented various measures for health promotion toward the goal of constructing “Healthy City” since the formulation of its First Comprehensive Plan in 1974. In 1987, the City issued the “Health Promotion City Announcement” for encouraging citizens to make concerted efforts for health promotion, and participated in 2006 in the Alliance for Healthy Cities and the Alliance for Healthy Cities, Japan, both of which were advocated by the World Health Organization. The City is now proceeding with the construction of Healthy City, where citizens can enjoy happy and comfortable life under the Fifth Comprehensive Plan (2010). Various measures for health promotion are also underway based on the “New Healthy City Obu 21 Plan” (2014).

 <p>Hon. Yoshinori Mizuno, Mayor of Owariasahi City (Katsuyuki Miura PC)</p> 	<p>City of Owariasahi, Aichi Prefecture</p>   <p>http://www.city.owariasahi.lg.jp/sisei/sigikai/news.html</p>	<ul style="list-style-type: none"> - Population : 82,192 People (2014) - Number of households : 33,446 Households (2014) - Area : 21.03 km² (2014) - Major industries : ceramics and chinaware, electric appliances, recycled paper, figs, petit vert ("puchiberu") leafy green vegetables.
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From left:
Katsuyuki Miura, Promotion Chief,
Jyunko Kito, Section Head,
Ryo Fukui, Staffer. (Katsuyuki Miura PC)

Vision

Based on the 5th Owariasahi City General Plan, the Owariasahi Healthy City Program presents the following basic concepts and guidelines for our city's policy to make Owariasahi a Healthy City:

- (1) to make a city that prevents people from becoming bedridden
- (2) to make a city that people want to go out into
- (3) to make a city that people would always want to live in

Various measures and programs have been reorganized to facilitate collaboration among diverse sections to function in an integrated manner toward the above-mentioned aims.

Overview

(1) Organizational structure of your Healthy City (secretariat, steering committees, planning process, evaluation mechanisms, if any).

Secretariat

The planning implementation, monitoring and management of the Owariasahi Healthy City Program has been the main task given to the Promotion Office for Healthy City which is a subsection of the Mayor's Secretary Section under The City's Planning Department. It currently has 3 full-time staffers: A Section Head, a Promotion Chief and Staffer. Its stated goal is to promote various programs, projects, courses and activities that enrich the physical, mental and emotional well-being of the citizens in particular and the city in general.

Promotion System

The Owariasahi Healthy City Promotion Board of Directors is comprised of the City Mayor, the City Vice Mayor, the City's Superintendent of Schools and all 9 Division Managers of the City. It is tasked with providing a result-oriented, management-based, administrative evaluation system for its Healthy City Program.

Private-Sector Involvement

To create a forum that would incorporate the various opinions and view of its citizens, The Round-Table Conference for a Healthy City was established. It is comprised of a professor from a local university, two members of health-related organizations based in the city and 2 vetted members of the public.

(2) Example of major activities, projects, plans

“Atama no Genkimaru” Brain Health / Early Dementia Assessment Check-up

This test is designed to detect early signs of MCI (Mild Cognitive Impairment) which is recognized as an early sign of dementia. This test is available for free to citizens aged 40 and above. It is a relatively simple test that takes about 10 minutes and is able to effectively detect the early signs of dementia.

Easy Muscular Training Course

In order to strengthen and maintain the muscles that would otherwise be wasting away among citizens aged 40 and above due to lack of physical exercise, strength-training classes using wrist and ankle weights are held at various places around the city.

Health Meister Recognition Program

The city manages a points-for-reward system for citizens who participate in the various health-related events and classes held throughout the year. Under this system, they earn points that make them eligible to receive a certificate of recognition from the City Mayor himself.

Healthy Lunch

Healthy lunches that contain only 4 gms of sodium and kept at a maximum of 650 kcal are offered at the City Hall canteen in the basement every Wednesday. It is aimed at preventing Non-Communicable Diseases.

School Lunch Allergy-Prevention Drive

Cognizant of the fact that a significant number of school children are allergic to certain ingredients and items in the current school lunch menu, the city has set-aside several days in a year when it serves a special school lunch menu that is free of the 7 major allergens (eggs, milk and dairy products, wheat, buckwheat, peanuts, crab and shrimp).

AED Corners Installed in all Convenience Stores in the City

Memoranda of Agreement were signed with the parent companies of all the convenience stores located within the city that, in effect, allows the city to install Automated External Defibrillators (AEDs) in their branches within the city. This gives citizens access to AEDs 24 hours a day in various locations around the city.

(3) Major strengths of your Healthy City (some strong points of your Healthy City, based on your judgment).

Owariasahi City is a founding member of the AFHC Japanese Chapter. The city has taken part in all the international and national conferences of the organization wherein it has presented its goals, strategies, programs and projects. Such active participation has not only strengthened and deepened its involvement with the AFHC but also led to a greater understanding of the AFHC by its citizens.

The city holds an annual Asahi Health Fiesta with the aim disseminating various health-related information and serving as a link between the citizens and various medical and dental practitioners, pharmaceutical companies, health centers, social welfare centers and civic organizations within the city. This event is spearheaded by the Promotion Office for Healthy City with the cooperation of a majority of the city's administrative sections. The 10th Asahi Health Fiesta was held last April 29, 2014. The 29th of April every year is designated as Owariasahi Health Day.

(4) Major progress your city has made by using the Healthy Cities approach or some difference you have observed in your city since you have worked to create a Healthy City.

In a city-wide survey carried out in 2012 wherein citizens were asked whether they knew that their city was making an effort to become a Healthy City, a total of 56.8% of the respondents replied yes which is up 30.6% from 26.2% in a similar survey held in 2006. The city recognizes this as proof positive that

Owariasahi has established itself as a Healthy City among its citizens.

The 4th Owariasahi City General Plan which was in effect for a decade up to 2013 did not include the term “Healthy City”. Now the term and concept of Healthy City has been introduced and integrated into the 5th Owariasahi City General Plan prepared in 2014. The new general plan will serve as the basic guideline for city planning in the next decade to come. The city is confident that the inclusion of the term “Healthy City” marks a great step forward in making Owariasahi a Healthy City.

Scenes of your activities



“Atama no Genkamaru” Brain Health / Early Dementia Assessment Check-up.(Katsuyuki Miura PC)



School Lunch Allergy-prevention Drive (Katsuyuki Miura PC)



Health Meister Recognition Program. (Katsuyuki Miura PC)



“Asapy” and the words “Healthy City” drawn and spelled out using various rice plants in a rice field (Katsuyuki Miura PC)

Scenes of community group activities



Easy Muscular Training Course (Katsuyuki Miura PC)



Walking Rally (Katsuyuki Miura PC)

History

Y	M	Contents
2004	6	Officially joined the AFHC.
	8	The Owariasahi Charter for a Healthy City was officially declared.
2005	4	The Promotion Office for Healthy City Section within the City Planning Department was established.
	4	Established and took part in the First General Assembly of the AFHC, Japan Chapter in Miyakojima City, Okinawa Prefecture, Japan.
	12	The Owariasahi Healthy City Program was announced.
2007	7	The 3rd AFHC Japan Chapter General Assembly and Conference was held in Owariasahi City, Aichi Prefecture, Japan.
2009	3	The result of the Owariasahi Healthy City Program (2005-2009) was published.
2010	11	Took part in the WHO Global Forum on Urbanization and Health held at the WHO Kobe Center in Kobe City, Hyogo Prefecture, Japan (Theme: Health and Urbanization).
		Exhibited the Owariasahi Healthy City Program poster at the site of WHO Global Forum on Urbanization and Health.
2011	12	Took part and presented a paper during the 6th Regional EST Forum in Asia and Urban Mobility in Delhi City, India.
2012	10	Took part and submitted a report to the 75th National Urban Problem Conference in Oita City, Oita Prefecture, Japan. (Theme :Health of the city)
2014	3	The revised Owariasahi Healthy City Program was announced.

Media publication information, if relevant



Health Meister Recognition Program.
April 17, 2014, newspaper(Chunchi Shimbun)



School Lunch Allergy-prevention Drive
(February 27, 2014, newspaper(Chunchi Shimbun))



AED Corners Installed in all Convenience Stores in the City
(April 25, 2014,newspaper(Asahi Shimbun))

 <p>Mr. Katsuyuki Suzuki, Mayor of Tahara City</p> 	<h2 style="text-align: center;">Tahara City, Aichi Prefecture</h2>  <p style="text-align: center;">http://www.city.tahara.aichi.jp/</p>	<ul style="list-style-type: none"> - Population : 65,017 People (2014) - Number of households : 21,902 Households (2014) - Area : 188.81 km² (2014) - Major industries (including agriculture) : Hanaki (ornamental plants) (most amount of production in Japan), agriculture (one of the top amount of production in Japan), automobile related industry (one of the top amount of shipments of manufactured goods in Japan)
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Tahara City Healthy City Promotion Working Committee

Vision

To have the administration/ organizations/ region to cooperate and support each other in a town where people can live comfortably and safely. Create a town where people can live happily with a life full of energy while having a purpose, and also lead a healthy, long life.

Overview

Along with joining the Alliance of Healthy Cities in July 2013, Tahara city established the cross-sectional “Tahara City Health City Promotion Council/ Working Council” within its office that is formed by the representatives of the fields of health, medical treatment, welfare, education, urban development, and industry. The health and welfare department as well as the policy promotion division is in charge of the administration office, while the health division of the health and welfare department will be in charge of management.

Promotion conferences were held three times and working conferences were held four times in 2013. The purpose of these conferences was to have all members of staff within the city office to become familiar and share the principles of a healthy city. Also, the “healthy city promotion project”, which is one of the cross-sectional efforts, was partially decided at the conference, and will be carried out from 2014.

The “Tahara Health Mileage”, which is one of the decided projects, has been carried out from June 2014. The “Tahara Health Mileage” is an effort for health promotion in daily life, and adopts a point system where people can try to become healthy while having fun. Points are accumulated when people work on health goals set by themselves, when receiving medical examinations (checkups), or when participating in events/ lectures where they can receive points. Cards with 200 points are exchanged with commemorative items.

Promotion conferences are scheduled to be held four times and working conferences are scheduled to be held five times in 2014. The “Tahara City Healthy City Program” will be newly formed, and the basic ideas as well as the direction of the healthy city will be displayed. Also, we will continue to aim for the effective promotion of healthy cities by examining promotion projects (continuous), healthy city related events, training of personnel that spread awareness as well as education regarding health, and efforts

that link citizens/ regions/ offices/ organizations. Based on the comprehensive plan with the principle of “a town where everyone can realize their happiness”, we will continue to promote the development of a town that focuses on the “happiness of the citizens”. The “health of the citizens” is particularly important for increasing the sense of well being, and leads to the vitality of the town. We will strive for a town where people can happily find their purpose, be full of energy, and live a healthy, long life by cooperating with the citizens.



Tahara City Healthy City Promotion Lecture



Tahara City, AFHC membership memorial lecture



Tahara City Children and Parents Cooking Class
(Tahara City Promoters of Healthy Eating)

Media publication information, if relevant

健康都市連合会
田原市健康都市連合加盟について

平成25年8月7日(水) 中日新聞

健康都市連合へ田原市加盟
県内で5番目の加入

田原市の「健康都市」加盟は、今年7月、健康都市連合への加盟を申請したことが、10月1日、加盟申請が承認されたことにより、県内5番目の健康都市として加盟することになった。田原市は、健康都市連合の加盟を申請した市町村の中で、最も早く加盟することになった。健康都市連合は、健康増進、生活習慣病の予防、健康づくりの推進を目的として、健康都市の加盟を促進している。田原市は、健康都市連合の加盟を申請した市町村の中で、最も早く加盟することになった。健康都市連合は、健康増進、生活習慣病の予防、健康づくりの推進を目的として、健康都市の加盟を促進している。

平成25年8月17日(土) 東日新聞

平成25年8月28日(水) 東愛知新聞

田原市、健康都市連合に加盟
12月にはタニタ栄養士の記念講演
県内5番目、東三河では初

新聞記事で紹介されました

たはら健康マイレージ
6月からスタート
健診の受診率向上をめざす

平成26年6月7日(土) 東日新聞

健康都市連合は、健康都市の加盟を促進している。田原市は、健康都市連合の加盟を申請した市町村の中で、最も早く加盟することになった。健康都市連合は、健康増進、生活習慣病の予防、健康づくりの推進を目的として、健康都市の加盟を促進している。

History

July 12, 2013 (Fri.): Joined the Alliance for Healthy Cities

(July 1, 2013 (Mon.): Joined the Japan Branch of the Alliance for Healthy Cities)

July 1, 2013 (Mon.): Established the Tahara City Healthy City Promotion Council

November 18, 2013 (Mon.): Tahara City Healthy City Promotion Lecture

December 14, 2013 (Sat.): Commemorative Lecture for Tahara City Joining the Alliance for Healthy Cities)

June 1, 2014 (Mon.): Beginning of the Tahara Health Mileage

 <p>The Mayor of Tajimi MASANORI FURUKAWA</p> 	<p style="text-align: center;">TAJIMI/GIFU/JAPAN</p> <p style="text-align: center;">http://www.city.tajimi.lg.jp/</p>	<ul style="list-style-type: none"> - Population : 114,457 People (2014) - Number of households : 44,806 Households (2014) - Area : 91.24 km² (2014) - Major industries : specialty goods (including agricultural produce) Candles, Kameyama green tea, liquid crystal-related industry, automobile-related industry, etc.
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Vision

With rich nature of Tajimi City and with the local vitality, it is our wish that our mind and body are healthy together and can continue to live a substantial life.

- We pay attention to eating habits and improve our life style.
- We do exercise in our daily life and get into an active life style.
- We let the young generation know the harm of smoking and influence of smoking. We make smoke-free environment.
- We learn a way to take a good rest in order to keep our mind lively.

Overview

(1) Organizational structure

The jurisdiction is “Public Health Center, Civic Healthy Division”, but the special organization is not established.

(2) Example of major activities, projects, plans

TAJIMI Health Enhancement Plan

(3) Major strengths

- Making much of the prevention of the Non Communicable Disease
- Setting the eating habits, the exercise and the smoking measures as preferential problems
- Maintain the social environment that cooperated with a social capital mutually

(4) Major progress

- Decrease in the smoking rate
 - Rise in health awareness of the citizen
- The Mayor of Tajimi **MASANORI FURUKAWA**
 - Member of making of health promotion



- Promotion of the exercise



- Promotion of the walking in parent and child

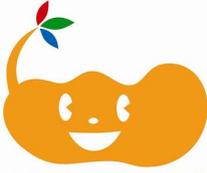


History

April 2001, TAJIMI Health Enhancement Plan based on the National Health Promotion was established in our city. As for this plan, extension of the healthy life expectancy and improvement of the quality of life were designed as a basic policy.

In 2003, In 2003, we declared “TAJIMI, the Healthy City,” aiming to be “the city in which citizens enjoy their happy and healthy life in 21st century.

Furthermore, TAJIMI City joined a member of “The Alliance for Healthy Cities” to work on the healthy increase measure of the international standard.

 	<h2 style="text-align: center;">Taito City, Tokyo</h2>  <p style="text-align: center;">健康都市たいとう ACTIVE & HEALTHY CITY TAITO</p> <p style="text-align: center;">http://www.city.taito.lg.jp/</p>	<ul style="list-style-type: none"> - Population : 188,104 People (2014) - Number of households : 108,325 Households (2014) - Area : 10.08 km² (2014) - Major industries, specialty commodities (including agriculture) <p>Taito Ward has many individualistic thoroughfares by region, such as avenues of retailers specializing ritual articles, Buddhist altars and kitchen appliances, and areas of wholesalers of dolls, toys and leather products. The Ward is famous for leather-related industry, especially shoes, bags and belts. Including world-famous tourist places such as Asakusa and Sensoji Temple, popular events such Sanja Festival, fireworks display on the Sumida River, Cock Fair and the Yanaka area which still retains the old atmosphere and the popular Ame-yoko shopping district among young people are always crowded with many visitors.</p>
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The 17th Promotion Committee for Healthy Taito 21, July 2013

Vision

Under the “Vision of Taito Healthy City”, the Ward is striving to construct the “town where all local residents help each other and live a happy and healthy life without anxiety”.



Overview

(1) Outline of organization: Structure (Healthy City Secretariat, Planning Committee, Promotion Council, etc.) A system for planning and evaluating activities (programs, etc.) of Healthy City

- Healthy Taito 21 Promotion Council

<Members>

Academic experts, medical professionals, health promotion personnel, local representatives, related organizations in Taito ward and ward employees (24 in total)

<Mission>

The Council is responsible for ensuring the steady progress of “Healthy Taito 21 Promotion Plan (2nd version)”.

(2) Outline of major activities and programs: Characteristic activities, projects, plans and highly evaluated activities, projects, plans, etc.

- Health Taito 21 Promotion Plan (2nd version)

“Healthy Taito 21 Promotion Plan (2nd version)”, launched in fiscal 2013, is a 5-year plan for helping citizens’ voluntary health promotion activities and improving community’s health and medical care systems for supporting their activities.

This plan is closely associated with the national “Health Japan 21 (2nd edition)” based on the Health Promotion Act, the national “Health Care Plan” based on the Medical Service Law, etc. , Tokyo’s “Tokyo Health Promotion Plan 21 (2nd edition)” and “Tokyo Health and Medical Care Plan”.

URL <http://www.city.taito.lg.jp/index/kurashi/kenko/kenkoshisaku/keikaku/kenkotaito21.html>

- Health Promotion Commissioners system

The Health Promotion Commissioners system was established in 1991 as a model project of some communities in Taito Ward. They are leaders who support citizens’ voluntary health promotion activities and reinforce the local health promotion initiatives. In fiscal 2013, 185 commissioners were delegated with 2 years term of office by the ward mayor. With the organizational strength of each community, Taito Ward is implementing voluntary health promotion activities in 11 communities. With the 20th anniversary of the inauguration of this system in fiscal 2010, the commissioners are expected as the “leaders in community-based health promotion”, who create and implement activities appropriate for the characteristics of each community.

URL <http://www.city.taito.lg.jp/index/kurashi/kenko/kenkozukuriyoho/chiikinokenkozukuri/kenkosuishiniin.html>

- “Rejuvenation Festival”

With a purpose to provide knowledge about nursing care prevention and create the community, in which citizens are proactively and voluntarily involved in nursing care prevention, “Rejuvenation Festival” takes place every year. It provides opportunities to hold community-based meetings by jurisdictional area of Local Comprehensive Support Center and to implement what was discussed in the meeting.

The community-based meeting discusses health problems with key persons (residents in the ward) in charge of health promotion in community, and evaluates the results after the Festival ends. “Rejuvenation Festival” aims to improve the level of community health by identifying and examining the problems faced by each community during the festival.

- Issuance of publicity paper for health promotion “Hint for Health”

This semi-annual paper has been published since fiscal 2013 with an aim to promote the “Health Taito 21 Promotion Plan (2nd edition) and enlighten citizens’ voluntary health promotion.

URL <http://www.city.taito.lg.jp/index/kurashi/kenko/kenkozukuriyoho/chiikinokenkozukuri/kenkounome.html>

(3) Advantages of activities: Advantages of Taito Ward as Healthy City and characteristic features in comparison with other cities (Please describe based on your self-assessment)

With its community’s organizational strength, citizens’ voluntary health promotion activities in 11 sections of the community union are implemented under the leadership of health promotion commissioners.

(4) Major outcome: Outcomes resulted from the implementation of Healthy City Project/Program, Changes after the launch of Healthy City measures, etc.

- Prize winning at the “17th Chiyoda Community Health Promotion Award (fiscal 2013)

(Rejuvenation festival: Health Service Department)

“Rejuvenation festival and community meetings” conduct health promotion activities under citizens’

leadership” in cooperation with Comprehensive Support Center, with a basic philosophy “Citizens and local communities of Taito Ward should jointly promote health measures to ensure all citizens enjoy healthy and cultural life.” The prize was awarded in view of its highly evaluation as a method for promoting effective community health promotion measures through community activities by health nurses with the development of social capital indispensable for the health promotion activities and in cooperation with community residents.



Walking (Kaminarimon District)



Stretch exercise (Kotobuki District)



Vigorous Health Event, Exercise and Singing Popular Song (Higashi Ueno District)

History

Taito Ward issued the “Taito Ward Health Promotion City Announcement” in 1993 and, based on the philosophy “protect and maintain your health by yourself”, the ward office and citizens have made concerted efforts for health promotion.

In fiscal 2002, the “Healthy Japan 21”, a community plan and the “Healthy Taito 21 Promotion Plan”, a ward plan for citizens’ health and medical care, were formulated. Then in 2007, the “New Healthy Taito 21 Plan (late stage plan)” was formulated by reflecting verifications of the previous plans and measures for new challenges.

The “Taito Healthy City Announcement” was also issued in fiscal 2007. This new announcement inherited the concept of the “Healthy City Announcement” issued in 2002, which introduced the concept of “mutual assistance” or “society, in which individual persons, families and local communities support each other” based on the principle, “Our health depends on our self-awareness and healthy lifestyle”.

Taito Ward then participated in the Alliance for Healthy Cities as the first municipality in Tokyo in July 2009. As a healthy city, Taito Ward is working to improve and promote citizen’s health by using a broad network connecting cities engaged in the healthy city projects.

In fiscal 2013, “Healthy Taito 21 Promotion Plan (second)” was formulated to help citizens’ voluntary health promotion activities and improve community’s health and medical care systems for supporting their activities.

 	<h2>Yamato City</h2>  <p>健康創造都市やまと</p> <p>http://www.city.yamato.lg.jp//</p>	<ul style="list-style-type: none"> - Population : 232,280 People (2014) - Number of households : 101,300 Households (2014) - Area : 27.06 km² (2014)
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Vision

“Creative Healthy City Yamato“

Overview

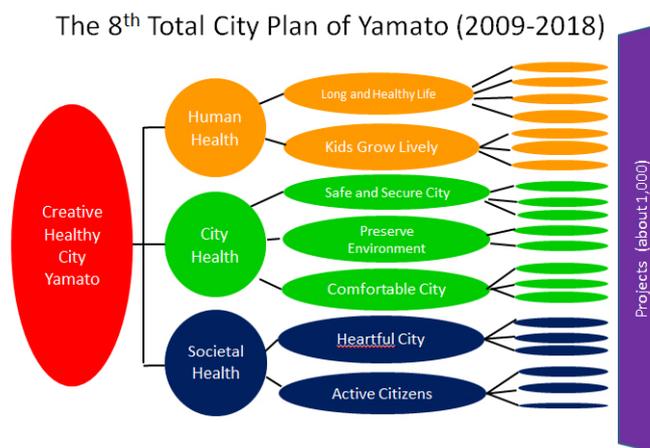
(1) “Healthy City Yamato”: Human Health, City Health and Societal Health

Yamato is an urbanized suburban city of Tokyo and Yokohama, with very good access of railway and major roads.

In 2009, on the 50th Anniversary of Yamato City, Yamato made “The Healthy City Yamato Declaration” and started its 10 year strategy, the 8th Total City Plan.

Setting our future goal as “the Creative Healthy City Yamato”, we are aimed at making the city healthier by pursuing three Health: Human Health, City Health and Societal Health. Within this framework, we set seven basic goals, 23 sub-basic goals and 1,000 projects, to pursue health in all of our policies.

To manage the progress of those Healthy City projects all over our policies, we publish “The Yamato Healthy City Program” every year. The program, which is consisted of most significant projects for the Healthy City developments, is edited by the Healthy City Promotion Team of the Policy Department, with consultations by the Healthy City Inter-department Conference and the Healthy City Citizen Conference.



The systematic and comprehensive structure gives us the strength and consistency in our pursuing of Healthy City Yamato.

(2) Examples of recent major projects

Human Health	<ul style="list-style-type: none"> - Home visits by teams of three health practitioners and a dietician. - Improving the financial management, and expanding emergency, cancer and dental departments of Yamato Municipal Hospital.
City Health	<ul style="list-style-type: none"> - Introducing the Stand Pipe Fire Extinguishers to all the resident associations. - Installing Automated External Defibrillators all over the city. - Expanding the community bus networks.
Societal Health	<ul style="list-style-type: none"> - Promoting female football. - Promoting reading.

(4) “ Yamato will not call the citizens in their 60s ‘elder’” Declaration

In Japan, since around the 1960s, the people over 65 have generally been called the elders. While the Japanese population is rapidly graying, people in their 60s today are much healthier and more active than they were in the half century ago. Several government polls has shown that they do regarding themselves as elder, and do not like to be called so.

Accordingly, we declared that we do not call them “elders”. We made this declaration to express our hope that those people in their 60s to maintain their health and keep active life as long as it possible. The declaration drew wide responses in TVs and newspapers nationwide.

To promote the health of people not only in their 60s but also in all ages, we will continue to pursue the Healthy City projects in all over our policies.

(1) Human Health



Areal Home Visit by Health Practitioner-Dietician Teams

(2) City Health



City hall’s patrol car

(3) Societal Health



Promoting female football



Yamaton, the fairy leaf
(Yamato’s Event Character)



The Book Start reading event for the
4 month old babies

(4) Scene(s) of community group activities



Resident association members practiced the use of the Stand Pipe Fire Extinguishe

Media publication information, if relevant

- Newspaper: Asahi Shinbun (Japan)

“VOX POPULI: With a storehouse of treasured memories, life really does begin at 60”

<http://ajw.asahi.com/article/views/vox/AJ201404170029>

- Youtube: The Yamato Channel,

“Visit by Philippine, Mongolian and Malayan AFHC member cities to the Healthy City Yamato”

http://www.youtube.com/watch?v=hu_xMgiFCh8

History

25 July,2008	Became the member of the AFHC Japan Chapter.
1 September, 2008	Became the member of the AFHC.
1 October 2008	Enacted the Healthy City Yamato Symbol mark.
1 February, 2009	Made “The Healthy City Yamato Declaration”.
1 April, 2009	“The 8th Total City Plan”(2009-18) started.
July, 2009	Published “The Yamato Healthy City Program”.
13 November, 2010	Held the first “Healthy City Yamato Fair”.
7 - 8 August, 2012	Convened the 8th General Meeting and Conference of the AFHC Japan Chapter.
26 October, 2012	Became the member of the AFHC Steering Committee
1 April, 2014	Made “ Yamato will not call the citizens in their 60s ‘elder’” Declaration