

## **Activities of THE Alliance for Healthy Cities, Japan Chapter**

**(August 2013 – March 2014)**

### **1. The Ninth General Assembly and Conference for the Alliance for Healthy Cities, Japan Chapter**

#### **(1) General Assembly for the Alliance for Healthy Cities, Japan Chapter**

**10 a.m. – midday on Tuesday 30 July 2013  
at Kitanagoya City Kenko Dome**

The Japan Chapter of the Alliance for Healthy Cities (AFHC) held the Ninth General Assembly in Kitanagoya City, Aichi Prefecture. Attended by 26 member municipalities and three cooperating organizations, the assembly saw deliberations on and approval of the Fiscal 2012 activity reports and settlement of accounts and the Fiscal 2013 business plan and budget plan.

At the assembly, the Mayor of Obu City, Aichi Prefecture, was elected as Chair and Mayors of Nagareyama City, Chiba Prefecture, and Kitanagoya City, Aichi Prefecture, as Vice Chairs. Mayor of Kashiwa City, Chiba Prefecture, was chosen as the new Comptroller. The assembly also agreed that the next General Assembly and Conference be co-held in Abiko City and Kashiwa City, both in Chiba Prefecture.

Following the election, various member municipalities and organizations reported on their latest activities: Takashi Kawamura, Mayor of Nagoya City, Aichi Prefecture, addressed the assembly on Nagoya's drive for "Japan's No. 1 Healthcare City" with the focus on preventive medicine; Satoru Ohki, Mayor of Yamato City, Kanagawa Prefecture, made a presentation on the Global Conference of the AFHC and Regional Meetings of the Healthy Japan 21 Promotion Forum; Shuji Abe, Mayor of Wakuya Town, Miyagi Prefecture, talked about the creation of a healthy city utilizing herbal medicine; the NGO Healthy City Support Organization and the AFHC Japan Chapter Secretariat gave updates on their respective activities as well.

The assembly then had two lectures: one by Dr. Hisashi Ogawa, visiting professor at Tokyo Medical and Dental University, on activities undertaken by United Nations organizations for the promotion of healthy cities, and the other by Dr. Arturo M Pesigan of the WHO Centre for Health Development on "Urban Health Emergency Management."

**[Japan Chapter General Assembly]**



**(2) Conference for the Alliance for Healthy Cities, Japan Chapter**

**<Day 1>**

**1:30 – 4:30 p.m. on Tuesday 30 July 2013  
at Kitanagoya City Bunka-Kinro Kaikan**

At the memorial ceremony held on the first day of the two-day conference, welcome speeches were delivered by Obu City Mayor Takayasu Kuno, the newly-assumed Chair of the AHFC Japan Chapter, and Mr. Tamotsu Nagase, Mayor of the conference host city of Kitanagoya, as well as addresses from distinguished guests.

After the ceremony, Kitanagoya City gave presentations on examples of their health-promoting activities using a walking map, which also served as an introduction to the city for the conference attendants, and on Kitanagoya's initiative in Reminiscence Therapy, as part of which students of the local Nagoya University of Arts performed a collection of popular tunes to demonstrate that music is a supplement for our well-being.

Day 1 came to a conclusion with closing remarks by Abiko City Mayor Junichiro Hoshino, who will be organizing the next edition of the Conference.

**[Presentation on health activities]**



**[Hit tunes played by local students]**



**<Day 2>**

**10:00 a.m. – 1:45 p.m. on Wednesday 31 July 2013  
at Kitanagoya City Kenko Dome**

Day 2 kicked off with a dance performance by a local kids' dancing team *Kitanagoya Yumeressa* (lit. "Dream Train Kitanagoya"), followed with a lecture by Shinichi Nagano, Chief of *Nihon Taiso Kenkyujo* (lit. "Gymnastic Exercise Research Institute"), on the topic of becoming healthy through a balanced diet and exercise. The day's activities also included calisthenics for citizens' groups, training room experience with the Aichi Health Promotion Public Interest Foundation, and dietary education workshops organized by local corporations.

The conference was a great opportunity for everyone engaged in promoting health in various municipalities to exchange opinions and information.

**[Lecture by Shinichi Nagano]**



**[Calisthenics with citizens' groups]**



## 2. Major efforts by the Secretariat of the Alliance for Healthy Cities, Japan Chapter

Period	Description
27 August 2013	Established internal regulations for Secretariat of the AHFC Japan Chapter.
August – December 2013	Membership invitation extended to Sakurai City, Kakogawa City and Higashihiroshima City whose delegates visited Obu City for inspection tours. Membership application form sent to Takamatsu City, Ama City, Nishitokyo City, Inuyama City and Oga City which made enquiry about the AHFC.
31 January 2014	Conducted inspection tour of Abiko City and Kashiwa City, co-hosts of the next General Assembly and Conference, and paid courtesy visit to their Mayors. Paid courtesy visit to Mayors of Nagareyama City, one of the two Vice Chairs.
10 February 2014	Paid a courtesy visit to Mayor of Nishitokyo City to give presentation on AFHC and extend membership invitation.
26 March 2014	Fiscal 2013 AFHC Japan Chapter executive meeting held at Obu City Hall, attended by delegates from Nagareyama City, Kitanagoya City, Kashiwa City and the Healthy City Support Organization.

## 3. Major efforts by the AFHC Japan Chapter Working Committee

### (1) Membership Recruitment Working Committee

Head Municipality of the Committee: Wakuya Town, Miyagi Prefecture

Period	Description
August 2013	Paid visits to Osaki City, Tome City and Kami Town (all in Miyagi Prefecture) to give presentations on activities of AFHC and extend membership invitation.

### (2) Public Relations Committee

Head Municipality of the Committee: Abiko City, Chiba Prefecture

Period	Description
October 2013	Created web pages for “The Ninth General Assembly and Conference of AHFC Japan Chapter.”
February 2014	Requested member municipalities to report on their activities aimed at increasing healthy life expectancy, so as to create webpages on AHFC Japan Chapter’s efforts on the issue.