

# Profile of Fukuroi City

Fukuroi city blessed with mild climate and rich nature is situated in the western of Shizuoka Prefecture in geographic center of Japan, two hours by bullet train from Tokyo.

Fukuroi has various kinds of industries and has been developing harmoniously into a city full of vitality.

It also has a well-preserved past. We are still able to see many historical spots and cultural assets that lead us to the old days.

Fukuroi is noted for agricultural products, such as Fukuroi green tea, and musk melons are prized throughout Japan.

Shizuoka Stadium located in the east of Fukuroi City is given a pet name of "ECOPA". "ECOPA" is a coinage formed by combining "eco(of cheers) " and "eco(logy)" with "pa(1)" and "park".

The stadium with a seating capacity of over 50,000 was used for a soccer match of The 2002 FIFA World Cup.

1 Municipal system	3rd November in 1958
2 Area	80.10 km <sup>2</sup>
3 Population	62,770
4 The number of households	21,062
5 Weather	average temperature of a year 16.8 °C the maximum temperature of a year 35.9 °C the minimum temperature of a year -1.9 °C
6 Precipitation	1,349.5 mm

- 7 Hours of daylight in a year 2,271.1 hours
- 8 Aging rate 16.9%
- 9 Sister Cities Hillsboro City in Oregon, U.S.A  
Narakawa-Mura of Nagano prefecture
- 10 The Flower of the city peony
- 11 The tree of the city podocarpe
- 12 The bird of the city owl

## For Japan's foremost city of health and culture

We proclaimed the following in order to have a creative way of life. It is our aim to make our city most healthy, wealthy and, cultural city in Japan with ambitious and more flexible mind.

### A proclamation of Japan's foremost city of health and culture

We, the citizens of Fukuroi, are fortunate to be able to live happily and prosperously, blessed by verdant natural surroundings and abundant sunshine.

Our goal is to continue to foster the health and generosity of Fukuroi by proactively recognizing the importance of nature as well as our historical and cultural legacies.

We desire to create a vigorous, friendly hometown rich in culture, where everyone can live life to the fullest in harmony with one another.

We hereby firmly declare our intention to make Fukuroi Japan's foremost city of health and culture, aiming for the enjoyment of a healthy, high quality of life, marked by distinctive regional features.

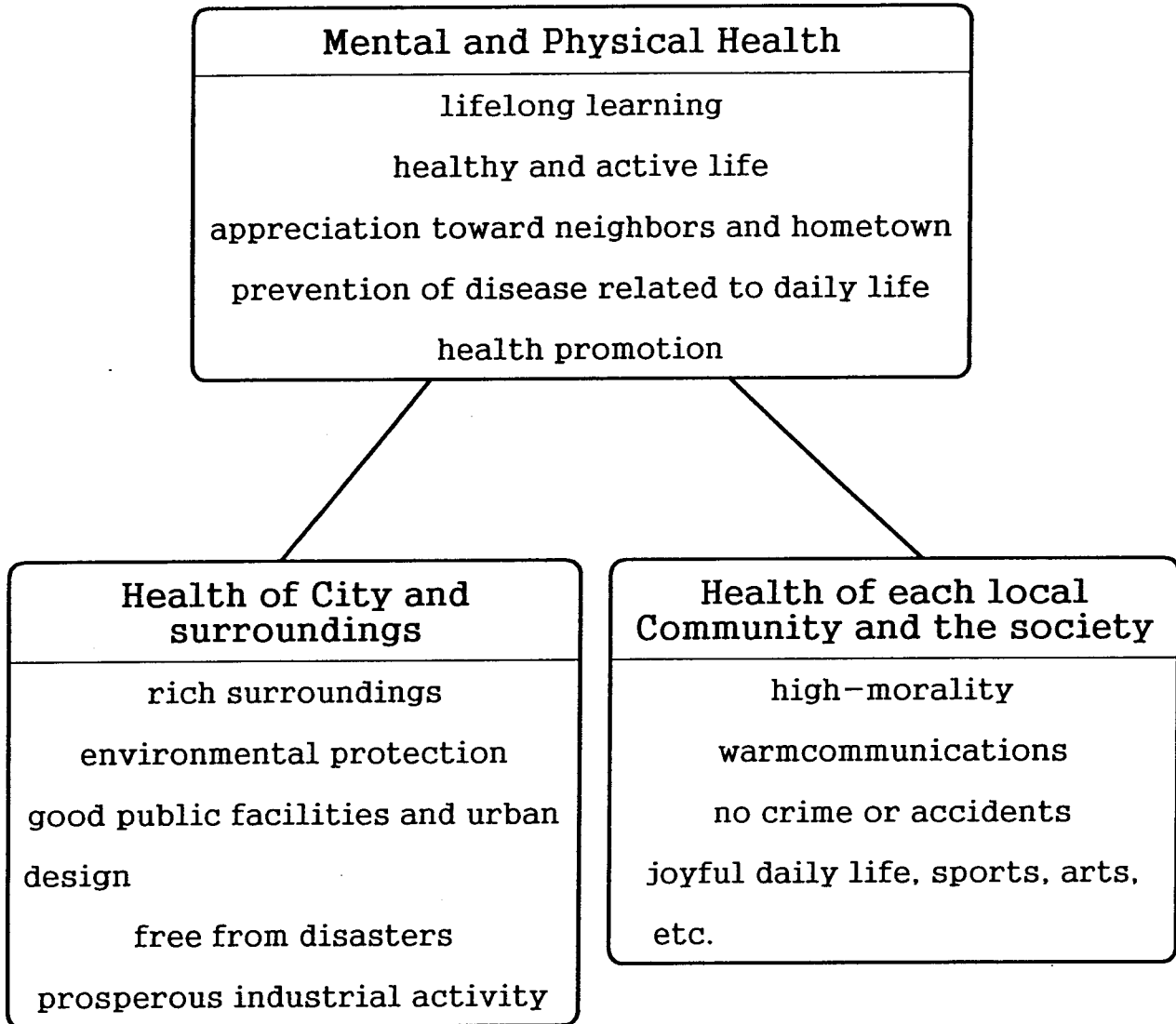
3. November in 1993

To create a regional society with appeal, we have to take advantage of the special regional features here in Fukuroi and create a new layer of social interaction between the people.

We can then gather the collective strength of all our people to create a city of Fukuroi unmatched throughout Japan in terms of health and culture.

**Motto:** Let's create together a brilliant future for Japan's foremost  
city of health and culture

**Fundamental objectives:**



## Better health through the people's own effort

More than 10 years have passed since Fukuroi proclaimed itself as Japan's foremost city of health and culture in 1993.

During that period, our health environment has undergone large changes.

Though our lives have become more pleasant and convenient, diseases related daily life caused by lack of exercise and obesity are currently increasing in number year by year.

Also, in these times of fewer children and more elderly people, the number of senior citizens disabled by being "bedridden" or "dementia" are increasing.

These types of problems are not merely healthy issues, but factors affect economic activity and the social security system, etc.

To make real progress in building a healthy body and spirit, we established the "Fukuroi City Health Booster Action Plan" (hereafter action plan) to help citizens know their own health condition and work for better health in an approach that matches their age, constitution and living environment.

Up until now, health planning was mainly concerned with the early detection and prevention of disease through physical health exams. However, our "action plan" is designed to make health activities a personal issue, so we can live every day with energy and vigor.

It is also important that people take measures into their own hands to bring health to the home, the area, schools and working place and help it spread throughout the whole city.

Let us all speak out for good health in an ever-growing circle of support.

## Future Vision and Goal

Our final goal is to prolong citizen's healthy life span and to improve quality of life for healthy life.

And our main theme is to prevent dementia and to decrease the number of bedridden patients, especially for the people over 40 years.