

## Activities of the Alliance for Healthy Cities, Japan Chapter (April, 2018 to March, 2019)

### 1. The 14th General Assembly and Conference for the AFHC, Japan Chapter

#### (1) General Assembly for the AFHC, Japan Chapter

Date: July 19, 2018, Thursday (10:00am~12:00am)

Venue: Act Hall, MORI·NO·HALL 21 in Matsudo City, Chiba Prefecture

On the 14th General Assembly and Conference of the AFHC, Japan Chapter was held in Matsudo City, Chiba Prefecture on July 19-20, 2018. A two-day conference attended by over 750 people from 32 member municipalities, citizens and citizen groups.

The assembly conducted deliberations and approved the report on its annual activities, the settlement of accounts for fiscal year 2017, and the business plan and budget plan for fiscal year 2018.

At the assembly election, the mayor of Yawatahama City, Ehime Prefecture elected as the Chair. The mayors of Matsudo City in Chiba Prefecture and the mayor of Nishitokyo City of metropolitan Tokyo took the two seats for Vice Chair. The mayor of Kameyama City in Mie Prefecture was chosen as the Comptroller. The assembly also agreed that the next General Assembly and Conference will be held in Takamatsu City in Kagawa Prefecture.



The 14<sup>th</sup> General Assembly, AFHC Japan Chapter

## **(2) Conference of the AFHC, Japan Chapter**

### **<Day 1>**

**Date: July 19, 2018, Tuesday (1:00pm~4:45pm)**

**Venue: Act Hall, MORI·NO·HALL 21, Matsudo City, Chiba Prefecture**

On the first day of the conference, Professor Tadashi Furuhashi, from the Wayo Gakuen School Corporation Wayo Women's University Graduate School gave the keynote speech. His speech centered on the theme "Citizen-driven Health Promotion~the past, present and future of Health and Nutrition".

The Health Promotion Division of Matsudo City, the host City of the conference, gave a presentation about its own Matsudo Health Mileage is the city's main Health promotion program for its citizens.

Three activity reports of three Healthy Cities were presented as follows; Professor Keiko Nakamura, the Chair of the Secretariat of the AFHC and also concurrent professor of the Tokyo Medical and Dental University gave activity reports of the member cities of the alliance. It was titled "World trend and local efforts. Promotion of the SDGs by the Healthy Cities". And Mr. Yoshinori Mizuno, mayor of Owariasahi City in Aichi Prefecture reported on "Healthy City and SDGs in Owariasahi City". Mr. Shuichi Inarida, Manager of the Division of Community Healthcare Promotion, Department of Health and Welfare of Kashiwa City in Chiba Prefecture presented "Efforts for Home Healthcare in Kashiwa City."

The first day closed with a performance of Matsudo City's Daiyon Junior High School's brass band.



**Opening speech by  
Kenji Hongoya, Mayor of Matsudo City, Chiba Prefecture**

## Speeches by distinguished guests



**Mr. Mitsuyuki Chiba**  
President  
NPO Healthy City Support  
Organization



**Mr. Shushou Okada**  
Director of the Medical Insurance  
Division  
Health and Welfare Department  
Chiba Prefecture

## Presentations on efforts of the member cities

“Matsudo Health Mileage as the city’s main Health promotion program for its citizens.”

(Matsudo City, Chiba Prefecture)



## Report of member cities of the alliance



“World trend and local efforts. Promotion of the SDGs by the Healthy Cities”, Prof. Keiko Nakamura, Chair of Secretariat, AFHC



“Healthy City and SDGs in Owariasahi City”, Owariasahi City, Aichi Prefecture



Performance by Matsudo City's Daiyon Junior High School's brass band

< Day 2 >

**Date:** July 20, Friday, 2018 (10:00am~11:45am)

**Venue:** Act Hall, MORI·NO·HALL 21, Matsudo City, Chiba Prefecture

The second day of the conference opened with a presentation of alliance member, Takamatsu City Public Health Center in Kagawa Prefecture. The theme focused on the health promotion effects of walking as part of the Health Promotion Vision of Takamatsu City. Then came four presentations by various citizen's group reporting on their respective activities. 1) Designing and playing a health-themed card game. 2) Radio calisthenics focused on lower-body muscle groups (including a live stage demonstration). 3) Yoga combined with laughing exercises aimed at preventing dementia. (with the audience participation and live demonstration)

Mr. Suguru Ichiba from the Medical Association of Matsudo City, the sponsor, delivered a speech on "the projects for young people" which focused on health and life for students in primary and junior high schools in the city in order to build a community bond with local areas. The second day of the conference closed with this speech.

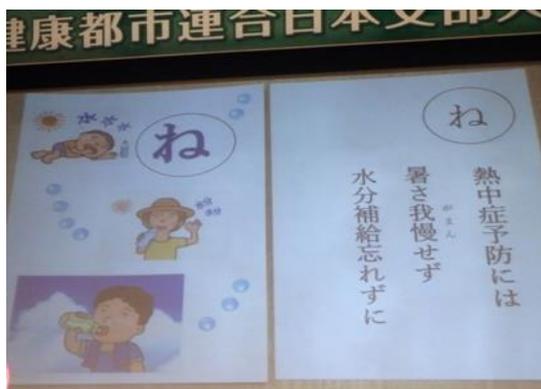
## Activity report by member cities of the alliance

“The health promotion effects of walking as part of the Health Promotion Vision of Takamatsu City.” (Takamatsu City in Kagawa Prefecture)



## Presentation report by citizen's groups

### 1) Designing and playing a health-themed card game



### 2) Radio calisthenics focused on lower-body muscle groups



### 3) Yoga combined with laughing exercises aimed at preventing dementia

All throughout the conference, poster presentation exhibited and presentation booths were set up in the hall, and many participants visited these exhibitions and deepened the knowledge related to health.

Counting the attendance of the General Assembly, the Conference, and the exhibition areas, the total attendance came close to 750 people for two days including the official delegates. This two-day meeting was a lively social event among member municipalities, cooperating organizations of the AFHC, and also citizens' groups.

## 2. Major efforts by Secretariat of the AFHC, Japan Chapter, fiscal year 2018

Period	Description
August, 2018~ March, 2019	Translated and shared newsletters issued by the AFHC.  Communicated and coordinated with municipalities in Shikoku Island in order to promote practices and applications for the Alliance for the Healthy Cities by the Chair.

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

### (1) Membership Recruitment Committee

<Head Municipality of the Committee: Satsuma City, Kagoshima Prefecture>

Period	Description
August, 2018~ March, 2019	A system was put in place with the purpose of facilitating the application for membership especially concerning the provision of material documentation and responding to enquires.

### (2) Public Relations Committee

<Head Municipality of the Committee: Myoko City, Niigata Prefecture>

Period	Description
October, 2018	Created a link for “The 14 <sup>th</sup> General Assembly and Conference of AFHC, Japan Chapter” on the AFHC website. Administer and manage the website.