

## **Activities of Alliance for Healthy Cities, Japan Chapter (April 2023 ~ Mar. 2024)**

### **1. Holding the General Meeting and Conference of Alliance for Healthy Cities, Japan Chapter**

Regarding the General Meeting and Conference of Alliance for Healthy Cities, Japan Chapter, the face-to-face meeting was held for the first time in four years on July 13, 2023, at the Miwa Cultural Hall in Ama City, following the reclassification of COVID-19 as a Category 5 infectious disease under the Infectious Diseases Control Law on May 8, 2023. The attendance at the General Meeting included 26 members in person, 5 members voting in writing, 6 members by proxy, and 2 supporting members. There was enthusiastic deliberation on the agenda items.

The Conference was held on July 14, 2023, at the same venue. The keynote speech was given by Dr. Takashi Umeya, Director and Hospital Manager of Ama City Hospital, a member of the Japan Association for Development of Community Medicine under the theme "Thinking and Creating Together in the Era of 100-Year Lifespans.". Additionally, presentations were made by member cities, including Nishitokyo City in Tokyo with the theme "Aiming to be Health Supporting City," and Ichikawa City in Chiba Prefecture with the theme "Creating a City with the Longest Healthy Lifespan in Japan."

Furthermore, Kao Corporation, a corporate supporting member of the certified NPO Health City Support Organization, gave a presentation on "Improving Lifestyle Habits Through 'Eating' and 'Walking': Supporting Community Health and Promoting Health Management." There was also a performance of the Ama Gymnastics by children from Ama City's Masanori Nursery School and the Ama City Ikiiki Promotion Team. RAPO Eco, a local citizens' group, gave a presentation titled "What is RAPO Eco?" The attendees listened attentively to all presentations.

The venue featured booths introducing the activities of various organizations and displays providing health information. These booths offered valuable insights and health information that could be useful for future activities of the participating organizations. Including the general public, the conference and exhibition booths attracted more than 600 participants, facilitating substantial interaction among the mayors of member cities, supporting member organizations, and local citizen groups, making it a grand and successful conference.

### **2. Cooperation with WHO Collaborating Centre for Healthy Cities and Urban Policy Research**

To measure the degree of a healthy city, we created a comprehensive index in fiscal year 2021 based on the "Healthy City Design Indicators version 1.0" and further incorporated

the WHO's concept of healthy city indicators. This comprehensive index combines indicators from three domains: "Indicators for Healthy Towns and Communities," "Indicators for Human Health and Safety," and "Indicators for Healthy City Activities." Utilizing more than 1,300 indicators obtained from the government statistics portal (e-stat), we selected and created 10 indicators for each of the three categories based on the knowledge from the "Healthy City Design Indicators" and "Healthy Cities Effective Approach." We analyzed the results of the comprehensive index and considered ways to utilize it for extending healthy life expectancy.

Additionally, from November 6 to 8, 2023, the European Healthy Cities Mayors' Study Tour and International Exchange Program, organized by the WHO European Regional Office, the WHO Western Pacific Regional Office, and the WHO Collaborating Centre for Healthy Cities and Urban Policy Research, was held in Aichi Prefecture, Shizuoka Prefecture, and Tokyo. Representatives from six European countries (16 people) visited Japan. This event provided a valuable opportunity for cross-national learning and experience sharing, fostering health innovation in their respective cities.

### **3. Major Initiatives of Secretariat of Alliance for Healthy Cities, Japan Chapter**

To promote and raise awareness of the initiatives of AFHC Japan Chapter, we held meetings of AFHC Japan Chapter's Executive Committee and coordinated with related organizations.

### **4. Main Initiatives of Activity Subcommittee of Alliance for Healthy Cities, Japan Chapter**

- (1) Membership Promotion Subcommittee [Chair: Fujieda city Shizuoka prefecture]  
To promptly provide information in response to inquiries about joining the AFHC Japan Chapter, we established a system for materials and procedures.
  
- (2) Public Relations Subcommittee [Chair: Nagoya city Aichi prefecture]  
We disseminated information domestically through AFHC Japan Chapter website about the health city initiatives of member municipalities and supporting organizations. Additionally, we facilitated information sharing among member municipalities and supporting organizations.