

 <p style="text-align: center;">Mayor Mizutani, Yoichi</p>	<p style="text-align: center;">Hokkaido Prefecture</p> <h2 style="text-align: center;">Abashiri City</h2> <div style="display: flex; justify-content: center; align-items: center;">   </div>	<p>City data as of April 1, 2016</p> <ul style="list-style-type: none"> <li>- Population: 36,513</li> <li>- Household r: 18,111</li> <li>- Area: 471.00 km<sup>2</sup></li> <li>- Symbol flowers: Rhododendron dauricum</li> <li>- Symbol tree: Japanese Judas tree</li> <li>- Main products: whale, Pink salmon, Alaska pollack, Channel Rockfish, Japanese icefish, Surf smelt, Freshwater clam, Potato, barley, sugar beet, fish paste</li> <li>- Events: Okhotsk Abashiri Marathon (Sept.) Okhotsk Sea Ice Festival (Feb.)</li> </ul>
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**■Abashiri city referral**

Abashiri city is located at the center of Abashiri National Park core that is surrounded by Shiretoko and Akan of World Natural Heritage Site, and three national park of Daisetsuzan. In urban area, there is beauty spot called Tenzoan where one can view Shiretoko Mountain Range, and is forming green rich area. Also, as for tourist center of Doto, tourist can enjoy one day trip, visiting such spot as hot springs.



Furthermore, Abashirigawa River, repository of sea of Okhotsk as fresh seafood, Tofutsu Lake which is registered as Ramsar Wetland is worth visiting. In the city, one can enjoy canoe, horseback riding, fishing, golf, bird watching, walking, cycling, tennis, ski, snowboard, snowmobile, snow buggy with seasonal scenic spot throughout year.

**■Healthy City Projects**

**1 "Healthy Sport City Declaration"**

We, citizens of Abashiri City, wish to live with enthusiasm in health physically and mentally. In order to achieve "livable Abashiri that pervade rich Okhotsk", we enjoys sports, strive for health promotion, target living healthy; and declare "Healthy Sports City" herewith.  
September 15, 2009

The declaration shows that every citizens is determined to have incentives for prolong life with health in order to realize "Livable Abashiri that pervade rich okhotsk vigor". Also, citizens share goal, address health promotion in whole region which is not only self, but for everyone.

**2 Vision of Abashiri City**

We are blessed by Okhotsk marine maternal, and surrounded by beautiful environment of woods and lakes. We must inherit the wisdom and knowledge of

ancestors who overcame many difficulties, make the best use of the resources, and develop the city. For entire citizens' well-being, we develop community with respect for human dignity.

To achieve the goal, we set up the following three goals.

<b>Healthy Citizen</b>	Citizens live with smile and health both mentally and physically
<b>Healthy Economy</b>	Industry rooted in the rich resources of sea and earth
<b>Healthy City</b>	City coexisted with nature which appeals to five senses



Abashiri  
Crab Exercise

### 3 Abashiri City Health Promotion Plan

This plan is based on the 5th Abashiri city master plan and Healthy Sport City Declarations. While assuming that every citizens are responsible for one's health, it responds to change and new challenge of social condition properly, in order to realize every citizen's quality of life in a long term

### 4 Toward Achieving Healthy Cities Program

License for health promotion leader (Health Concierge Takumi) includes a system where citizens who are 60 years old or more with experience and knowledge can register as a health leader aiming at fostering human resources as well. This system started in 2012 and 41 citizens received license since then.



Training session (classroom lecture)



Qualification test (practical skills)

Abashiri City's web site:  
<http://www.city.abashiri.hokkaido.jp>