

 <p data-bbox="260 568 480 636">Mayor Shimizu, Kiyoshi</p>	<p data-bbox="544 197 855 315">Chiba Prefecture Kamagaya City</p> 	<p data-bbox="919 174 1267 208">City data as of April 1, 2016</p> <ul data-bbox="919 215 1326 501" style="list-style-type: none"> - Population: 109,415 - Household: 47,447 - Area: 21,08 k m² - Symbol tree: Sweet osmanthur - Symbol flowers: Balloonflowera, pear flowers - Main products: Pear, pear wine Pearl ceramics
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● Introduction

Kamagaya city is located in northwestern area of Chiba prefectures where North Plateau is gently spread.

Four railways, Urban Park Line, Shin-Keisei Line, Hokusou Line, and Narita Sky Access Line go through the city. Road network is also evolving. Located from 25 km from down town Tokyo, city has been developed as residential area. Population has been increased to 109,415 in 2016 compared to 44,760 in 1971. City is has been developing rapidly, though it still has green field and farmland characterized as production of pears.



There are also ancient ruins of more than 20,000 years ago. Castle was built in the middle age and the area went under government's direct control turned in Edo period. Even now, embankment of such historical

site are observed. Alongside the main historical road sits Kamagaya Big Buddha. For disaster prevention, in 2013, city completed aseismic reinforcing work of elementary and junior high school, and storage of disaster stockpile in every evacuation site.

● Scenery of Kamagaya City



Kamagaya Big Buddha



Kaigarayama Park



Fighters Ball Park Town

● Healthy city

Kamagaya City facilitated “the First Kamagaya Health Plan 21” from 2002 to 2010, aiming at a lifelong welfare society where everyone can live well. By this plan, “number of citizens who care for food”, “number of citizens who practice exercise”, “number of citizens who quit smoking”, and “number of children with teeth decay”

decreased, and there observed increase in awareness for health promotion. However, in 2010, number of citizens who became bedridden or dementia increased to 1.9 times, and those of who became diabetes Increased to 1.6 times than 10 years ago. Lifestyle-related disease is expected to continue increasing as aging society is rapidly spreading.

For this reason, city proclaimed “the Second Kamagaya Health Plan 21” for 2011 to 2020 in order to prevent lifestyle-related diseases, suicide, and infections.

This Plan set five area of health promotion with main focus as follows.

●Area of health promotion (Main focus)

(1) Food and nutritious

*Diet training promotion by Dietary Education Promotion Plan

(2) Exercises and physical activities in daily life

*Provision of environments for exercise

* Promulgation of Kitakamakura Original Exercise “Kirari”

(3) Rest and mental

*Promotion of parents and children’s interaction

* Promotion of suicidal preventive measures

(4) Teeth and mouth

*Prevention of decay on permanent teeth and promotion of prevention of periodontal diseases

*Promotion of "dietary education" that begins with mouth

(5) Promotion of disease prevention

*Promotion of lifestyle-related disease by particular checkup and specific health guidance

*Advancement of protection against infectious disease



Symbol mark of City
with less earthquake

Kamagaya City’s web site:

<https://www.city.kamagaya.chiba.jp>