

 <p>Mayor Shimoj, Toshihiko</p>	<p>Okinawa Prefecture</p> <p><b>Miyakojima City</b></p>  <p>City symbol</p>	<p>City data as of April 1, 2016</p> <ul style="list-style-type: none"> <li>- Population: 53,812</li> <li>- Households: 25,381</li> <li>- Area: 225,51 km<sup>2</sup></li> <li>- Symbol tree: Ficus retusa</li> <li>- Symbol flowers: bergenvilla</li> <li>- Symbol bird: grey-faced buzzard-eagle</li> <li>- Main products: Miyako cloth, mango, shrimp, Sea grape, pumpkin, etc.</li> <li>- Main events: <ul style="list-style-type: none"> <li>*All Japan Triathlon Miyakojima Island Convention</li> <li>*Sanitz Beach carnival</li> <li>*Miyakojima Island 100km Marathon</li> <li>*Beach Volleyball Miyakojima Island Tournament</li> <li>*The Tour de Miyakojima Island</li> </ul> </li> </ul>
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### ●Introduction

Miyakojima Islands locates roughly in the middle of the Ryukyu Arc. Distance from main island of Okinawa is about 290km and that of Ishigaki Island is about 133km. It consists of 8 large and small islands among which Miyakojima Islands is the largest occupying 70% in area. Islands' sphere shows flat low plateau roughly, and little mountainous area with the highest altitude of only 113 m, making the islands suitable for agriculture. There is not any major river nor lakes, so domestic water needs to depend on ground water.

Islands are surrounded by coral reef, and there is beach of white sand known as coral sands each places. In shoreline, tropical subtropical region plant bushes out, and there swim colorful tropical fishes undersea, making the islands major marine sports paradise. Also, traditional culture is alive in each islands where ethnic performs art that nursed in history and climate are shown.

### (1) Healthy City

Miyakojima City's policy on health promotion is to make citizens acquire proper knowledge on lifestyle-related disease and proper method for health promotion. For this, city set up opportunities to take part in health promoting activities positively with communities, and provide following measures for citizens to comfortably take medical check.

- Facilitate cooperation between inspection institute and clinic or hospital
- Increase the residents' medical examination rate and medical examination rate for cancer.
- Provide guidance and education for lifestyle-related disease prevention
- Children's Influenza infection control by preventive injection with public expenditure.

- Provide proper knowledge and practical skill of Nordic walking and other correct exercise and help citizens to put on training habits. (Photograph 1)
- Provide knowledge and advice on eating habit and improve nutrition intake.
- Provide dietary education class to elementary and junior high school upon request from schools. (Photograph 2)
- Provide citizens opportunity to appear on city sponsored cable TV program as a part of the dietary education



1. Nordic walking

dissemination.

- Foster members of Health Promotion and members of Dietary Health Mate Council.
- Organize events of targeting elderly person to improve their health.

Also, the city broadcast Miyakojima City's original exercise, "GOODBYE Metabolic Syndrome Exercise" on the city's cable TV program. It is shown on the following Web site too.

<http://www.city.miyakojima.lg.jp/kurashi/kenkou/kenkou/Taiso.html>

## (2) Sports Island Miyakojima

Miyakojima City organizes such events as All Japan Miyakojima Island Triathlon, Beach Volleyball Miyakojima Island Tournament, Tour de Miyakojima Island, Miyakojima Island 100km Marathon.

Also, taking advantage of warm temperate during January and February, the city hosts variety of sports camp and individual such as professional Oryx Baseball Team, university and high school teams so that children can get familiar with sports.

## (3) Eco-island Miyakojima

- On March 31, 2008, city declared "Eco-island Miyakojima".
- On January 22, 2009, city was nominated as a model city for low carbon society.
- Initiatives
  - A. Improvement of ground water and environmental conservation ordinance
  - B. E3 fuel (bio-ethanol made from by-products of cane sugar production mixed with gasoline) production and improvement of supplies
  - C. Wind mega solar sunlight photovoltaic



2. Dietary education



3. TV program

Miyakojima City's web site:

<http://www.city.miyakojima.lg.jp>