

 <p>Mayor Kawamura, Takashi</p>	<p>Aichi Prefecture</p> <h2>Nagoya City</h2> 	<p>City data as of April 1, 2016</p> <ul style="list-style-type: none"> -Population: 2,295,328 -Household: 1,063,395 -Area: 326.45 km² -Symbol flowers: Liliun -Symbol tree: Camphor tree -Major festival: Nagoya Festival (October) -Sister city: Los Angeles, Mexico city, Nanjing city, Sydney City, Torino City
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Introduction

Nagoya city is located in Nobi Plain, Mainland's central part, and faces South of Ise Bay. City's geographic features is moderate with high east area and low west area. Approximately 400 years ago, Nagoya Castle known as gold killer whale was built. Commerce, industry, and culture have been flourished around castle since then. During Meiji period, integration of manufacture blossomed out. Currently, manufacturing business including automobile has developed as a representative industry of Japan.

Healthy city

"Nagoya Healthy City" was declared on November 24, 2007. It is a comprehensive approach to health of urban environment and health of people that reflects philosophy of WHO.

The Second Healthy Nagoya Plan 21

Nagoya City planned "The Second Healthy Nagoya Plan 21" in March, 2013, aiming to realize a community where citizens can live healthy both physically and mentally. This plan sets 14 objectives such as cancer, vaccination, nutrition, diet, physical activity, rest, mental health promotion, tobacco, alcohols, etc., in order to improve awareness realize prolongation of healthy life expectancy.

<Promotion of preventive medicine including cancer control and vaccination>

Nagoya City provides "One coin examination" where citizen can take 6 type of cancer screening: stomach, lung, colon, uterus, breast, and prostate for 500 yen. From October, 2016, gastroscopy was added to the one coin examination too. Also, city set up "Pianette", cancer information salon to provide consultation services to patients. Furthermore, city advances disease preventive service to control rotavirus, hepatitis B, epidemic cold, elderly a person pneumonia, adult rubella; and implements budget.

< Food Education >

Based on "The Third Nagoya City Food Education Plan (2016 to 2020) ", city collect and disseminate information, provide opportunities for activities, and organize cooperative business in order to propel projects related to food education and

improvement of nutrition comprehensively with citizens, related organizations, city government, and private companies.

□ Health Promotion at Wellness Garden

In 2015, Wellness Garden was opened in Quality Life 21 Jouhoku: facilities of health, overall health care, and welfare, as place for health promotion and cultural exchange. They are equipped with roof that suited gymnastics and walking course etc. Playing equipment to measure physical strength are equipped, too.

Here, health promotion classes like Nordic walking, and activities of voluntary local residents are conducted.



[Nagoya Healthy City Declaration]

Health is common desire of all public and one of the most important policies. However, health cannot be achieved only by the effort of individuals. At the same time, living environment changed significantly by rapid urbanization. Therefore, environment that support people's health is needed. World Health Organization (WHO) states that comprehensive approach to health that increases health level with physical, mental, societal is necessary. In other words, both peoples and surrounding environment are important. Purpose of "Nagoya Healthy City Declaration" is to work comprehensively to improve health of urban environment that surround people. With this declaration as an opportunity, city aims at health of citizens and environment comprehensively and realize clean air, clean water and green.

1. We aim at putting on correct lifestyle in order to live healthy
2. We thank food, enjoy eating, and value diet.
3. We protect clean air and water to realize symbiosis with nature.
4. We get familiar with green, protect green, and keep life with green.

Nagoya City's web site:

<http://www.city.nagoya.jp>