

	<p>Saga prefecture</p> <p><b>Ureshino City</b></p> 	<p>City data as of April 1, 2016</p> <ul style="list-style-type: none"> <li>- Population: 27,150</li> <li>- Household: 9,850</li> <li>- Area: 126.41 km<sup>2</sup></li> <li>- Symbol flowers: Cherry, wisteria</li> <li>- Symbol tree: tea</li> <li>- Main products: tea, hot spring</li> <li>- Main events <ul style="list-style-type: none"> <li>Kyushu Festival (October)</li> <li>Ureshino Warm Festival (February)</li> </ul> </li> </ul>
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●Introduction

Ureshino City is located in south-west of Saga Prefecture. Along Shiotagawa River wells up hot spring with high temperature whose quality is known as one of the three best hot springs good for beautiful skin. Centering Shiotagawa River, downtown with hot-spring hotels and Japanese inns has developed. Downstream of Shiotagawa River spreads peaceful rural scenery, with rice and barley field as well as protected horticulture. Taking advantage of clean air, pure water, fogs of deep mountain, tea has been cultivated since ancient time at the feet of mountain.



●Health Promotion

Ureshino City was designated as "Health Recreation City" from Ministry of Health and Welfare for the first time in hot spring area in 1999. Since then, city aimed for restoration of former "therapeutic bath", and constructed of Hot spring public bath named "Hot Spring of Philipp Franz Balthasar von Siebold". Now, city utilizes such rich natural resource not only for tourism purpose, but also for spa therapy and anticipates customers of long time stay.

City reviewed the "First Ureshino City Health Comprehensive Plan", and sifted its focus more on primary care, not limiting to early detection and treatment of ill as a basic policy; and implemented additional views including social capital and individual's health promotion to promote proactive initiatives for increasing opportunities for socialization and improvement of social environments.

For city's role, public nurse meets citizens as many times as can to give health guidance, and various health examination such as hepatitis virus medical examination, specified health examination. City reviews the data that was accumulated in health examination

for late elderly person, and notify them if symptoms show extremely bad result and encourage medical examination again.

In Ureshino City, 7 local communities play central role for promoting each citizen's health promotion activities by themselves. In Kuma District, residents practice 3 B exercise where they move bodies rhythmically using with ball and bell, belter with music. They also engage in exercises intended for specific purposes such as stretch according to their age and physical fitness, endurance training, muscle building, and exercise for dementia prevention. As a result of these efforts, Ureshino City ranked number longevity city for two years consecutively in Saga Prefecture and has ranked among top nationally.

●Healthy City Policy characteristic with Ureshino City

Ureshino City advocates Universal Design and facilitates easy access for everyone centered in Ureshino spa town's hotels and inns. Among 40 hotels and inns, 13 facilities equipped with toilet and slope accessible with wheelchairs together with handrails. Universal Design is carried out by Ureshino Barrier-Free Tour Center, collaborating with city and Tour Association; and engages in barrier-free for hardware as well as software. Center made a number of achievements including UD guestrooms, bathing by helpers, development of UD yukata etc., and with the achievement that enabled people with disabilities to enjoy hot spring, awarded Barrier-Free Promotion Prize by Ministry of Land, Infrastructure, Transport and Tourism in 2014.

●Toward Next Stage of Healthy City

Ureshino City has a chance to launch health policy vigorously along with construction of Kyushu Shinkansen West Kyushu Route and relocation of the National Hospital Ureshino Medical Center. City engage in projects of not only tourism but also health promotion with citizens to perform a role of healthy city.

During 2015 years, city produced "Yutsurakun Exercise" which images the movement of Ureshino Hot Spring's official mascot "Yutsurakun" with Saga Women's College. Now, the exercise has been widely performed in various places such as nursing homes and district events. In November, 2015, city held the "Third Healthy City Visiting Festival in Ureshino City" with NGO Healthy City Support Organization. Its theme was "Universal Sports" and held boccia tournament which is official event of Olympics.



Ureshino Hot Spring mascot  
Yutsura-kun

Ureshino City's web site:

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