

 <p>Mayor Hoshino, Junichiro</p>	<p>Chiba Prefecture</p> <h1>Abiko City</h1>	<p>City Data as of April 1, 2016</p> <ul style="list-style-type: none"> - Population: 132,715 person - Household: 57,362 - Area: 43.15 km² - Symbol flowers: Azalea - Symbol tree: Zelkova - Symbol bird: Coot
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●Introduction

Abiko City is located at northwestern of Chiba prefectures. Separated by Tonegawa River, northern part of city borders Ibaragi Prefecture. Compressed between Teganuma Swamp and Tonegawa, River, city is bless rich water and green. Abiko City turned out to be current city in July, 1970 by amalgamation. Being located approximately 40 km from central Tokyo, 35 minutes by Jo-Ban Line, city has been evolved as residential area of Tokyo Metropolitan area.



Mascot character, Mr. Eel of Teganuma Swamp

●Attractive Spot of Abiko City



*Teganuma Swamp

Teganuma Swamp shows seasonal changes. In Teganuma park, small fishes and waterfowl are observed. There are parks for children with mini SL.



Abiko City Bird Museum

With theme of coexistence of human and bird, it displays under such theme as "nature and bird of teganuma", "world of bird", and "coexistence of person and bird".



Teganuma Fireworks

10,000 fireworks are shown. More than 400,000 people visit.



Japan Bird Festival

It is held in Teganuma Park, attracting people who care for bird and natural environment.

●Healthy City

In March, 2015, Abiko City planned "the 2nd Healthy Plan for Heart & Body with principle that "health promotion that citizens continuously practice proactively by themselves". This has been an effort by citizens, city government and authority concerned combines together, in order to perform health promotion that was focused on first prevention, addressing health promotion of dietary education, teeth and mouth.

●Collaboration with Citizens

[Activities of Health Promotion Member and Dietary Health Mate]

Health Promotion Member and Dietary Health Mate promote health as a bearer of health promotion that connects city and community.

Using the knowledge gained in training and lecture, they hold nutrition class, calcium intake awareness seminar, and various events. In case of the cervical cancer and breast cancer mass examination for mothers, they assist mothers as a support staff who takes care of children at temporary care station.



Since 2014, Abiko city has been promoting following projects.

- Distribution of movies on health so that every citizens can practice anytime anywhere
- Enhancement of postpartum care for mothers with children less than 2 months
- Provision of fluoride mouth rinsing products in elementary school

[Activities of Senior Leader]

To prevent conditions requiring care as well as disseminating the need of exercise habits, knowledge on health promotion, senior leader holds class, using exercise equipment installed in the parks, with catch-phrase "Be healthy after 5 years".

Also, for elder people to practice exercise for preventive care nearby, they provide programs of muscle strength, oral exercise, dementia prevention training.

Abiko City's web site:

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