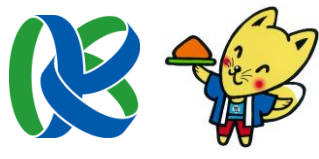
 <p>Mayor Yamaguchi, Shinji</p>	<p>Ibaraki Prefecture</p> <h2>Kasama City</h2>  <p>City symbol</p>	<p>City data as of April 1, 2016</p> <ul style="list-style-type: none"> <li>- Population: 76,438</li> <li>- Households: 28,253</li> <li>- Area: 240.4km<sup>2</sup></li> <li>- Symbol flower: Chrysanthemum</li> <li>- Symbol tree: Cherry</li> <li>- Symbol bird: Bush warbler</li> <li>- Main products: Kasama porcelain, Inada granite, chestnut</li> <li>- Events: Azalea Festival, Kasama Porcelain Festival, Kasama Festival, Chrysanthemum Festival, Artisan Festival</li> </ul>
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● Introduction

Kasama City is located in the central part of Ibaraki Prefecture. City is blessed with rich culture and natural resources, such as Kasama Porcelain, Inada granite, and various crops. Amount of chestnut cultivation area is the largest in the prefecture. Also, small chrysanthemum and plum are widely cultivated. Nowadays, utilizing geographical advantage of traffic infrastructures, city has been developing industries characterized with these resources. Also, blessed with tour resources of historical heritages and art and traditional culture such as Kasama Inari shrine, Kasama Porcelain, where pottery and potter participate, many tourist visit the city especially in the national holidays. Furthermore, nature shows different seasonal colors represented by blooming cherry and azalea, chrysanthemum, etc.



Logo of "Healthy City Kasama" was created by local high school students



Chrysanthemum Festival



Porcelain Fire Festival

● Healthy City Kasama

On February 29, 2012, Kasama City declared "Healthy City Kasama" with a purport of implementing regional development for hope and reassurance in the future and health and happiness of all citizens. Furthermore, in 2012, city with philosophy of "Everybody's Well-being in Kasama", proclaimed "Kasama City Health Promotion Plan" that compounds were municipalities' health enhancement plans and municipality food education promotion plans as original policy.

●Policies characteristic to Kasama City

- Healthy City's Health Promotion School  
It is a part of project that promotes "Healthy City Kasama". There, "Health Promotion Class" is held and citizens mutual interaction is facilitated.
- Health City Promotion Projects  
It is the project to prevent lifestyle-related disease, promote and educate activities of dietary habits improvement.  
Also, classes for each lifestyle-related diseases (diabetes prevention, and chronic kidney disease prevention) and healthy exercise class are held.  
Furthermore, Health Mates (Kasama City Health Promotion Association) provide dietary education promotion class for preventing lifestyle-related disease in each region.
- "Cancer Screening Promotion Services  
City distributes free of charge coupons for examining gastric cancer and lung cancer to specific age in order to detect early stage of cancer and improvement of consultation ratio.
- "Local Healthcare Operation"  
Here, City hospital, medical association, pharmacist, Central Prefectural Hospital cooperates and implements emergency treatments in the City hospital.
- "Health Road Promotion Project"  
Information board and road marker are installed along the Health Road. Also, course map is provided and walking event is held. By this project, city improve walking environment, promoting health daily habit.
- Furthermore, dissemination of healthy exercise and prevention activities of conditions requiring care are implemented.

●Development of "Kasama Healthy City Program"

In Kasama City, goals are settled for each projects. Every year, working team, preparation committee for health promotion, and Kasama City Health Promotion Council evaluate the progress of the projects. development Kasama city health promotion consultation. Interim assessment will be reported in 2016, and final evaluation will be reported in 2021.

Kasama City's web site:

<http://www.city.kasama.lg.jp/index.html>