

 <p>Mayor Murakami, Koji</p>	<p>Aichi Prefecture</p> <p>Ama City</p>	<p>City data as of April 1, 2016</p> <ul style="list-style-type: none"> - Population: 88,507 person - Household: 35,488 - Area: 27.59 km² - Symbol flower: Lily - Symbol tree: Dogwood
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●Outline of Ama City

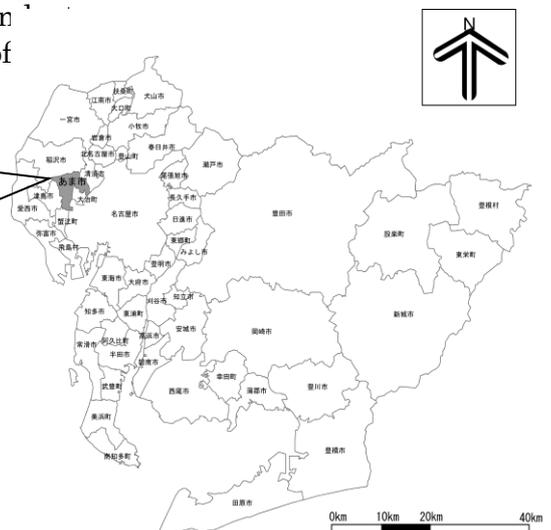
Ama City is located at Western region of Aichi Prefecture. It has been developing with benefits of river that flows through extensive Norbi Plain and has progressed mainly in suburban agriculture. However, while in recent years it has evolved as a bed town in the suburb of Nagoya City where it is distant just 15 minutes from Nagoya City Centre by public transportation so that harmonious views with rural scenery and residential area is forming rich landscape.

It is well known that the City has long history and there many ruins of mid-Yayoi Period excavated and also ruins of temple, shrine and historic sites scattered. Not only Hachisukakoroku Masakatsu and Masanori Fukushima being active military commander in the feudal age, but also 7 feudal lords were appeared in this region.

Also, "Owari Cloisonne" (cloisonne), city traditional in specially designated as national the traditional crafts of traditional craft.



Ama City Public Character
Amaenbo Child



●Healthy City Activity

Ama City is promoting “ Powerful, Healthy City Ama” under "Safety Co-Creating City with People, History and Nature”

In realizing "Powerful Healthy City", Ama City is building up attractive urban space and community bond for improving health public by regional cooperation and sustainable community.

●Health Promotion

[Health Mileage]

"Health mileage Project" is conducted to support citizen health promotion. Mileage Point is accumulated by taking parts in health check-up and various events that the city hosts, and be providing elementary and junior high school with grant of premium in addition to the application.

[Health promotion Volunteer "Fresh Healthy Promotor"]

While in 2015 training course of "fresh life volunteers" was organized to share with healthy lives. The program is made with wisdom of citizens.

In 2016 "fresh life Volunteer" put into practice health promotion together with citizens.



Public radio exercise for citizens

[Health Mate Activities]

Currently 35 health mates are performing health promotion activities through dieting. "Snack Making and Health quiz Game" was in so good reputation at elderly person homes as its activities began with "handmade snack classroom" with citizen 2015th year is received, and 2016th year is conducted, too, continuously.

[Teeth and Oral Care]

Since 2014 we used to put emphasis on ordinary periodontal disease by adding oral mucosa, we launch early detection effort for mouth abnormalities. In addition, the maintenance and improvement of the oral cavity function in elderly lecture by dentists as purpose in area respect for the aged the meeting.

Since 2016th year, in 75 years old or more dentist checkups, oral function test is conducted, too.

Holding a parent-children tooth brushing class for children, use plaque stained, perform tooth brushing and floss(interdental cleaning equipment) training, and is seeking oral health improvement from childhood.

Ama City's web site:

<https://www.city.ama.aichi.jp>