

 <p>Mayor Yoshida, Ippei</p>	<p>Aichi Prefecture</p> <p><b>Nagakute City</b></p> 	<p>City data as of April 1, 2016</p> <ul style="list-style-type: none"> <li>- Population: 55,680</li> <li>- Household: 22,441</li> <li>- Area: 21.55 km<sup>2</sup></li> <li>- Symbol flowers: Azalea</li> <li>- Symbol tree: Maple</li> </ul>
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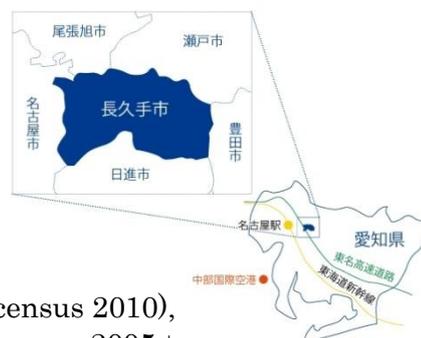
#### ◇Introduction

Nagakute City was established as a 38th city in Aichi Prefecture on January 4, 2012.

City is adjacent to the east of Nagoya Cities.

New urban district lies in west area as a result of land readjustment project, whereas rural scenery lies in east area, so the city has both urban and countryside characters.

The average age of citizen is 37.7 years old (national census 2010), and the rate of population growth is 11.9% (national census 2005 to 2010). This means that the city is overflowed with younger force and is continuously growing.



#### ◇Nagakute City's philosophy

Nagakute City targets at the high level of happiness and top welfare service in Japan. For this end, city tries to resume the community where each residents played a role and helped each other; and is developing a project to nourish bond in communities. Citizens are expected to utilize wisdom and ability, and spend enough time to realize this bond.

#### ◇Healthy City

City proclaimed the "Second Health Promotion plan" in 2013 with a policy to make citizens live healthy both physically and mentally for long time.

Toward the basic purpose of "prolongation of healthy life expectancy", basic 6 areas (food, exercise, teeth, tobacco and alcohol, mental, and health control) are set and 3 basic policies as "preventing development and severity of lifestyle-related disease", "health promotion supported by local community", and "lifelong health promotion" is propelled comprehensively.

#### ◇Civil Organizations facilitating health promotion

##### [Nagakute Healthy Mate]

As a volunteer for public health promotion, they disseminate information regarding health. With 24 members, they meet regularly every month and organize such events as classes for non-smoking in elementary schools, booths operation at health festivals and sports meeting, classes for Nordic Walking, classes for health check, and walking map production, as well as study tour.



**[Dietary Health Mate Council]**

As a volunteer, they disseminate information regarding improvement of diet and nutrition.

For activities at health center, they support citizens' health promotion by classes for baby food, classes for healthy food, and organizing corner of food improvement at health exhibition.



**[Sports Promoting Committee]**

For promoting community sports, they coordinate related activities and provide guidance and training on sports. They meet once every months and play a central role of city's sports administration by organizing such events as walking, open school, school district athletic meet, nature trail, challenging Guinness, and New Year's Friendly Marathon.



Nagakute City's web site:  
<https://www.city.nagakute.lg.jp/index.html>