

	<p>Aichi Prefecture</p> <h2>Owariasahi City</h2>   <p>City symbol</p> <p>Owariasahi city image character</p>	<p>City data as of April 1, 2016</p> <p>Population: 82,757 Household: 34,272 Area: 21.03 km<sup>2</sup> Symbol flowers: Helianthus annuus Symbol tree: Kusu eaves Main products: Ficus carica, Petit vert, Ceramic, Electronic products, Recycle paper</p>
<p>Mayor Mizuno , Yoshinori</p>		

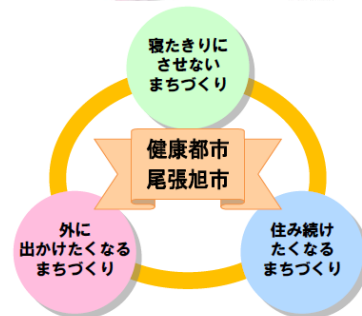
### ■ Introduction

Owariasahi city is located at northwest of Aichi prefecture, 15 km from center of Nagoya, and it is convenient for commuting. Northern part of city is covered with Aichi Prefecture Forest Park, which occupies one 6th of municipal area(3.62 km<sup>2</sup>). There are woodland, park, and various sizes of pond where citizens can experience rich nature nearby.



### ■ Healthy City

Owariasahi city joined the Alliance for Healthy Cities in June, 2004, and declared "Healthy City" in August in the same year. Next year, former mayor served as a founding member of Japan Chapter of the Alliance for Healthy Cities. Then "Owariasahi Healthy City Programme" was proclaimed in December with 3 policies: "City of no bedridden", "City of outdoor activities", and "City of permanent residence".



### ■ Main Healthy City Project

#### ◆ Brain test

Owariasahi City is the first local government started screening test for mild cognitive disability which is said to be the previous stage for dementia. The test is approximately 10 minute face to face with easy questions. In 2015, 739 citizens took it.



Brain test

#### ◆ Muscle training by voluntary group

The City and Health Promotion Development Members collaborate in disseminating Easy Muscle Training in order for citizens to maintain and strength muscles so that they can self-support themselves in the future. Public facilities are used so as to form local communities which foster positive life, preventing withdrawal As of March, 2016, 52 voluntary groups with 1,319 citizens participated.



Muscle training

◆ **Picture card show on healthy food**

Health mates show hand-made picture card show in kinder garden for proper dietary habit.



Picture card show

◆ **New sports experience meeting**

Members of sports promotion organize and offer the chance of new sports which every citizen can enjoy easily for the purpose of citizens' health maintenance & improvement. In 2015, 716 participated.



(In "new sports" experience)

New sports

◆ **Health Promotion with private companies**

The city concluded agreements with the following private sectors in order to utilize their know-hows to healthy city projects.

● **Otsuka Pharmaceutical Company**

City's fire department collaborates Otsuka Pharmaceutical Co. and held a class in June, 2015. Targeted groups were 5<sup>th</sup> and 6<sup>th</sup> grade elementary school students and their parents. Lecturer taught specialized knowledge on heat exhaustion prevention easy way.



Heat exhaustion prevention class

● **Mizuno Corp Inc., Sales Dept. of Nagoya branch**

With Mizuno Corporation, instructors of Nordic walk have been sent. Nordic walk class held in April 2016, 49 beginners and experienced walkers participated.



Nordic walk class

Owariasahi City's web site:

<https://www.city.owariasahi.lg.jp>