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㎢). 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 Programe" 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.

♦ 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.
◆ **Picture card show on healthy food**
Health mates show hand-made picture card show in kinder garden for proper dietary habit.

◆ **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.

◆ **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 5th and 6th grade elementary school students and their parents. Lecturer taught specialized knowledge on heat exhaustion prevention easy way.

- **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.

---

Owariasahi City’s web site:
https://www.city.owariasahi.lg.jp