

 <p>Mayor Oki, Satoshi</p>	<p>Kanagawa Prefecture</p> <p><b>Yamato City</b></p>  	<p>City data as of April 1, 2016</p> <ul style="list-style-type: none"> <li>- Population: 233,575</li> <li>- Household: 102,747</li> <li>- Area: 27.09 km<sup>2</sup></li> <li>- Symbol flowers: Wild chrysanthemum</li> <li>- Symbol tree: Wild cherry tree</li> <li>- Symbol bird: Japanese blue magpie</li> <li>- Main Events: Yamato Festival (May) Kanagawa Yamato Awa Dance (July) Shibuya Yosakoi Dance (October)</li> </ul>
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■ Introduction

Yamato City is located in the center of Kanagawa Prefecture. Distance to the center of Tokyo is 40 km. City's shape is slender in the north and south direction with mostly flat terrain. Railway is well networked, and access to downtown Tokyo and Yokohama is convenient. City has been evolving as bed town, being the second is highly populated cities in Kanagawa Prefecture.

■ Healthy City

1. "Human's Health", "City's Health", and "Society's Health"

Yamato City declared "Healthy City Yamato" in 2009. And, proclaimed "Yamato City 8th Comprehensive Plan" which deems "Healthy City Yamato" as a vision of the city. In this plan, three health promotion such as Human's Health", "City's Health", and "Society's Health" are propelled in order to make city itself healthy.

<Major activities case>

<p><b>Human's Health</b> Field of mental and physical health which realize healthy life</p>	<p><b>Provide environment for easy child rearing</b> *Assist expenses for delivery and treatment of infertility *Assist expenses for pediatric care until age of Junior high *Achieve no child on waiting list for kindergarten <b>Book reading promotion in school</b> *Place librarians in all elementary and junior high school *Increase amount of books children and students read</p>
<p><b>City's Health</b> Field of safe and comfortable urban environments</p>	<p><b>Deployment of stand pipe fire fighting equipment</b> *Set it at voluntary disaster prevention organization for early fire extinguishment and fire spreading prevention <b>Toilet preparation at disaster</b> *Call for preparation of portable toilet which is usable when water supplies is stopped <b>Installation of AED to convenience store</b> *Install AED in 340 facilities such as convenience store, post office, public facilities, and private businesses</p>
<p><b>Society's Health</b> Field of community which establish active local society</p>	<p><b>City of women's soccer team</b> *Promote community sports as symbol of "Healthy City" <b>Yamato Film commission</b> *Proactively invite movies and TV for location</p>

## 2. "Don't say older than 60 years people as elders" Declaration

Rapidly aging population is progressing. Wishing elderly to play an active role healthy, city made this declaration. It was covered in various media.

### **Don't say older than 60 years people as elders Declaration**

- It is an era of 80 years lives, and awareness of elders has been significantly changed. At present, many elderly people enjoy active living.
- Human resource who is working in workplaces with rich knowledge and deeper experience is precious treasure for city.
- For those people to enjoy healthy life forever and ever, city declares "Don't say older than 60 years people as elders"

April 1, 2014

## 3. "Public nurse and dietitian's visiting program" and "City development which makes citizens want to go out"

These programs won Ministry of Health Secretary General's Excellent Health Awards at the Award for Extent Healthy Life Expectancy on November 4, 2015.

### [Public nurse and dietitian's visiting program]

Since 2013, city provides guidance for lifestyle and nutrition improvement guidance in model area for citizens who suffers from severe diabetes mellitus, chronic kidney disease, weakness by undernutrition for 6 months. It is not enough for city to just wait for them to come to municipal health center as used to and repeatedly visit and call them according to their life conditions. As the results, following outstanding improvement was made.

\*Improvement of BMI and HbA1c of diabetes patients

\*Substantial improvement of fasting blood sugar level of diabetes patients

\*Improvement of chronic kidney disease patients

\*Increase in weight of undernutrition patients

This visiting activities are performed in every districts from 2016.



### [City development which makes citizens want to go out]

For the prevention of lifestyle-related diseases, recent studies report that walking, exercise, and socialization are important. For this, city promotes "City development which makes citizens want to go out". Measures includes placement of exercise equipment in about 100 parks in the city, expansion of community-bus route, installation of whereabouts in local communities, and preparation of library with the concept of "health".

In this way, Yamato City targets realization of "Healthy City Yamato" together with the Japan Chapter of the Alliance for Healthy Cities, and promote three health promotion in order to achieve extension of healthy life expectancy and take measures for decreasing birthrate and aging population



Yamato City's web site:  
<http://www.city.yamato.lg.jp>