

 <p>Mayor Uyemura, Toshiyuki</p>	<p>Ehime Prefecture</p> <h2>Kamijima Town</h2> <p>(Town Mark) It designs Kamijima combined with sailing boat ", representing nature, marine, sun.</p> 	<p>Town Data as of April 1, 2016</p> <ul style="list-style-type: none"> - Population: 7,306 person - Household Number: 4,129 - Area: 30.42km² - Town Flower: Cherry - Town tree: Bincho
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◎Introduction of Kamijima Town and its Features
Islands Town Kamijima with Salty Rustling Winds
<http://www.town.kamijima.lg.jp/mobile/>

Location North-eastern Area of Ehime Prefecture, adjacent to Hiroshima Prefecture and Kamijima Town hovering in the midst of the Seto Inland Sea .Weather is sunny and warm with modest rain unique to Inland Sea , and mean temperature is 15-16 °C annual precipitation 1000 millimeter, and there is almost no snow fall in winter, too..



Is mirin(sweet rice wine) is god of the sea who live since ancient time the kamishima town, and hereditary is protecting population.

Surrounding Seto Inland Sea National Park Area, and it is focal points of scenic beauty area of Seto. Having old history of salt making , the central and powerful Gonmon Feudal Lord to be manor for Uejima Island. Later principal industries being developed in agriculture and fisheries and currently shipbuilding and its related industries is playing in predominant part of the cities' economy.

[Kamishima town loose character

Honmachi adjacent to "Shimanami Sea Road" that connects Ehime Prefecture with Hiroshima Prefecture, and also consists of 18 islands including inhabited 18 islands has "Yumesima Sea Road ". 3 Islands (Ikinashima, Sashima & Yumisakisima Islands) are all connected at present by Ikeshima Bridge and



Yumisaki Bridge, and Cycling course in the Island approximate around 40 km having no traffic signals and moderate road with scenery beauty is now attracting cyclists' attention. Remaining Iwaki Bridge is under construction being expected to be completed in 2021

★Sport Facilities in the Town

○Seawater Hot bathe Facilities "Ushioyu"
 Thalassotherapy (marine treatment) that combined seawater, marine weather etc can be served.
 Regular aqua sport class will be held, too.



Sport Camp Village "Vibrant Sport & Recreational Park"
 The facilities such as gymnasium, baseball ground, swimming pool and accommodation are available, and also classroom on various subjects of health promotion is provided, too. Enjoying great nature. both mind and body could be refreshed, too.



◎Policy of Healthy City Promotion

Aiming healthy city island of smile" that is "smile" is the keywords, by having worked with individual, household and local administrative offices, the second Kamijima Town Health Promotion Plan" was formulated in 2014.

Health promotion is addressed to the following five areas such as "metabolic syndrome" "dietary education" "oral care" "mental care" "alcohol and smoke". Also, the effort for extension of life expectancy is made to provide care managing services in each areas. .

◎Action Plans for Healthy City

★"Genki Up Exercise "

Wishing that people are engaged in physical exercise at home, 「Harasuma Exercise」 means to be smarter around belly, and originally created " Genki Up(Charge-up) Exercise" is promoted through DVD medias, scheduled broadcasting by CATV ,various publications and so forth.

★"Healthy Point System"

This system is made for those people engaged in enjoying healthy lives awarding the healthy points when they take health checkup, participate in the various health promotion events, and also achieve personal health care target. When annually 100 points are gathered, they are entitled to be exchanged with special awards being something useful for health promotion.

★Walking Contest

For the purpose of promoting health locally in co-sponsors with health mate belonging to Kamijima Town Health Nutrition Promotion Association "Walking Contest" is held in the spring and fall. Also, as town events, there are long-distance relay , marathon, cycling , croquet games etc, and the number of sports enthusiasts is increasing year by year.



★Nordic Walking School

the School keeps open to promote Nordic Walk using two poles in order that people exercise enjoy ing walk routinely.



Kamijima Town's web site:
<https://www.town.kamijima.lg.jp/>