



Kagawa prefecture
Takamatsu City



- Population: 419,252 person
 - Number of Household: 182,137
 - Area: 375.23 km 2
 - City flowers and tree: azalea black pine
 - Local specialty products: wheat noodles bonsai stone
 - Events: Takamatsu blind stitch etc
- (The April 1, 2016)

●Introduction of Takamatsu City

Takamatsu City faces with calm wave Seto Inland Sea being proud of multi-island beauty. The City is open to the marine and has been developed as prefectural capital in close relations with Seto Inland Sea as well as being main leading city among Shikoku in terms of people lives, economy, culture and various aspects till now..



Transferring to core city as in April 1999, aiming to realize of "Seto Capital City Takamatsu with enriched culture and twinkling light" we aaking best efforts to promote smart and sustainable city to be compatible with and urban amenity and natural environment featuring each areas.

Seto Inland Sea International Art Festibval 2016

Seto Inland Sea International Art Festival has been held every three years since 2010. The Project enables to transmit attractiveness of the Seto Inland Seas to the world with main theme of Revival of Sea by crossing the two arts such as 「 Diachronic as Fork, Art, Festival, and Topography " and " 「 Synchrony as modern art, architecture, Drama 」 .

The Project being held in 2016,that is the 3rd one. Will exhibit with special attention to Exchange with 「 Asia and World through Sea」、 「 Food Project Tasting Seto Inland Sea Food」 and 「Originality of Local Art」 "in addition to exhibition of art and holding events.



Jaume and Prensa "soul of Ogishima Island"
photographs: Nakamura Osamu



Kimura Takato "parking lot of gull"
Photographs: Nakamura Osamu Magijima Island

●Policy of Promoting Healthy City Takamatsu

"Takamatsu Healthy City Strategic Vision" was formulated in March, 2014 as Second Health Promotion Plan.

The 10 years from 2014 to 2023 as planning period, is aiming to promote healthy life featuring improvement of lifestyle, prevention of lifestyle-related disease and control of its severity & prevention through supporting of people health and the improvement of the social infrastructure, healthy life in accordance with life stage, extension of healthy lifelong and quality of life. By doing so it is realized as basic vision "all the citizens mutually support, and realizing a active society where people is able to lead healthy and enriching lives.

As in the midst of substantial population decline and aging society, we aim at realization of healthy city through active promotion of health based on the current plan in order to lead healthy and enriching lives at the places to where people were accustomed to live.

● Healthy City Takamatsu Strategic Vision

**[Healthy challenge Programs]
Prevention & Control of lifestyle-related disease and their seriousness.**

Health Challenge Program is designed for health promotion at local community by making best use of local conditions in collaboration with regional community association. We continue to carry out 「Health Challenge Program for Working People」 with special attention to young workers at business sites to sustain their healthy lives. By chance of the Program, they continue to practice Improving life-styles and keep prevention of its disease in order to extend span of healthy life.

Triggered by this effort, city encourages improving activity habits, and lifestyle habits to continue disease prevention, targeting at prolongation of healthy life expectancy.



[Takamatsu Vegetable Rich Healthy Life Project]

With aiming at average amount of vegetable intake, in nutrition, food life and food education, we try to promote healthy food life through various food education events by means of vegetable rich life program campaign at convenience stores, etc on the occasion of food education festivals events.

Takamatsu City's web site:
<http://www.city.takamatsu.kagawa.jp>