Introduction

Yawatahama City is located in the west of Ehime Prefecture, at the basis of Sadamisaki Peninsula, and faces Uwakai Sea in west and Iyonada Sea in north. It is surrounded by mountain and marine with a population of about 35,000. Making the use of warm climate, cultivation of citrus is prospered and the major citrus fruit producing region in Japan. On the other hand, Uwakai Sea provides rich marine products such as horse mackerel, squid, cutlass fish, etc. These fresh fish is shipped to Kanto and Kansai area. Also, abundant is production of fisheries paste products. Between Yawatahama and Kyushu, ferry of 2,500 to 3,000 ton navigate 20 times a day. City is a gateway that connects Shikoku and Kyushu. Famous cuisine is "Yawatahama Chinese-style Noodle". Its golden color soup is made from soup stock extracted from chicken bone, dried bonito, and dried kelp. As ingredient, plenty of vegetables, pork belly, fish paste specialty “jakoten” are used, making the noodle well-balanced and tasty.

Health City

From 2012, Yawatahama City works initiated model project in which health, health care, welfare coordinate in order not to worsen diabetes and not to transfer patient to dialysis. Diabetes preventive awareness education for public such as workshop and disease control map was implemented. In terms of food, low salt diet was encouraged because excessive salt intake causes lifestyle-related disease as hypertension and diabetic nephropathies. In 2015, city surveyed for salt consumption trend of citizens, and offered an opportunity to Together with this, topic of leader training of the meeting improved dietary habits promotion learn effect of excessive salt intake and low salt diet which is the base of healthy food.
● Outcome Learning (summary of member)

○ Identified facts
1. Women's salt intake aim at 7g (members average was 9.4g).
2. Food label shows amount of sodium
3. Salt is contained not only in seasoning but in unpredicted food too.

○ Method of low salt taking learned
- Use of stock from chicken bone etc.
- Season with vinegar or lemon
- Wash kelp before using for stock
- Moderate the amount of food
- Decrease the amount of soup
- Do not place salt nor soy sauce on table
- Replace Soy sauce container which pours drop by drop
- Make sure salinity when shopping
1. Sodium chloride amount is shown on food label
2. Salt is contained not only in seasoning but in unpredicted food too.

● Food education
“Food Education Festa” was held as shown in the following outline for deepen knowledge and share experience of dietary education.
1. Date: September 27, 2015
2. Place: Yawatahama Port Community Hall
3. Target: Public civilian
4. Organized by Yawatahama City in cooperation with Yawatahama Association for Food Education and Yawatahama City Dietary Improvement Association
5. Attendants: 200 people
6. Content
- Opening ceremony (Dietary education promotion song and dance)
- Dietary education contest awards ceremony (Painting, poster, pictures letter, haiku, breakfast recipes)
- Dietary education lecture
  Theme: “easy recipes with good balance”
- Dietary education and workshop for children (Vegetables catch, vegetable stamps, origami, etc.)
- All you can eat breakfast (Recipes for dietary education contest)

○ Future activities
- Confirm proper quantity
  Too much food take leads to excessive salt
- Study to find suitable amount
- Dissemination of health recipes
  In cooking class, ingredient which is cheap and available is easy to practice, and easy to convey.
  Disseminate health food through simple recipes.

City is building up system where members convey what they felt and spread the community of health promotion in word-of-mouth.

Yawatahama City’s web site:
http://www.city.yawatahama.ehime.jp