

Toward Achieving Owariasahi Healthy City

Summary of Efforts to Date

(2004 to 2022)



March 2023

Declaration of the Healthy City of Owariasahi (Declaration of 1 August 2004).

Our city of Owariasahi, blessed with greenery and sunshine, shall hereby declare that it will always be a 'Healthy City Owariasahi', where each citizen can live healthily and happily in mind and body.

- We shall be positive, and involved in our own health.
- We shall actively engage in our health management.
- Health development begins with orderly lifestyles.
- Fresh and radiant shall our hearts be like the morning sun.
- In good health shall we shine like the showering sunlight.
- We shall make Owariasahi a Healthy City that values the interaction between people.

Note: Each statement in the Japanese original charter starts with the Japanese phonetic characters for "O-Wa-Ri-A-Sa-Hi" in their respective order. "Asahi" means morning sun in Japanese, thus the references to the sun.

Owariasahi Healthy City Logo.

The Owariasahi Healthy City Logo is the logo of the 'Alliance For Healthy Cities' (referred to as AFHC) with the addition of 'Owariasahi City'.

Since joining the AFHC, the city has been using this logo mark in the Owariasahi Healthy City Program, leaflets and website to actively promote the 'Healthy City Owariasahi'.

The use of the logo is stipulated in the 'Outline for the Use of the Owariasahi Healthy City Logo'.



Owariasahi Healthy City Program Three Policy Guidelines

In the Owariasahi Healthy City Program

“Making a city that prevents people from becoming bedridden”

(Physical Health)

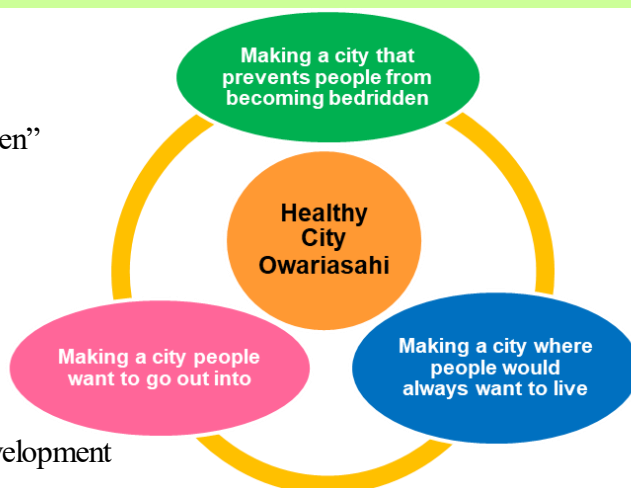
“Making a city people want to go out into”

(Mental Health)

“Making a city where people would always want to live”

(City's Health)

as the policy for Three Policy Guidelines to promote the development of Healthy City



Owariasahi City official website Special Healthy City website

The latest information can be found on the official website of the City of Owariasahi.

<https://www.city.owariasahi.lg.jp/site/healthycity/>



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1 Introduction

Health is a common desire of all citizens and one of Owariasahi city's most important policies.

However, when it comes to health, there has generally been a strong awareness that it falls in the field of insurance and medicine, towards which the interest of citizens and administrators has tended to be biased.

The World Health Organization (referred to as WHO) advocates the development of Healthy Cities, which aim to improve the Physical, Mental, and Social health of citizens in a modern society where the living environment is changing rapidly due to rapid urbanization, in cooperation with fields previously thought to have little to do with health, such as the urban environment, education, economy, and city planning. The Healthy City concept aims to improve the health of citizens through the health of the city itself.

Based on the idea that health is the common desire of all citizens, the city positioned City Development for Health Promotion as one of the city's most important policies in 2003.

In June 2004, the city was approved as a founding member of the AFHC, which led to the formulation of the Owariasahi Healthy City Program (Hereinafter referred to as the 'Healthy City Program') in December 2005, which sets out the basic ideas and direction of the city's Healthy City measures, and the start of various initiatives to achieve Healthy City Owariasahi. In March 2014, the Healthy City Program was revised, and further initiatives are being continued and developed.

In order to effectively promote Healthy City initiatives, it is important to verify the initiatives that have been implemented so far and update them in line with the changing times.

For this reason, this publication examines the city's Healthy City initiatives, focusing on the period from the 2004 approval of the city's membership in the AFHC to 2022, and summarizes the achievements, challenges, and responses to date.

2 Changes in the City's Population

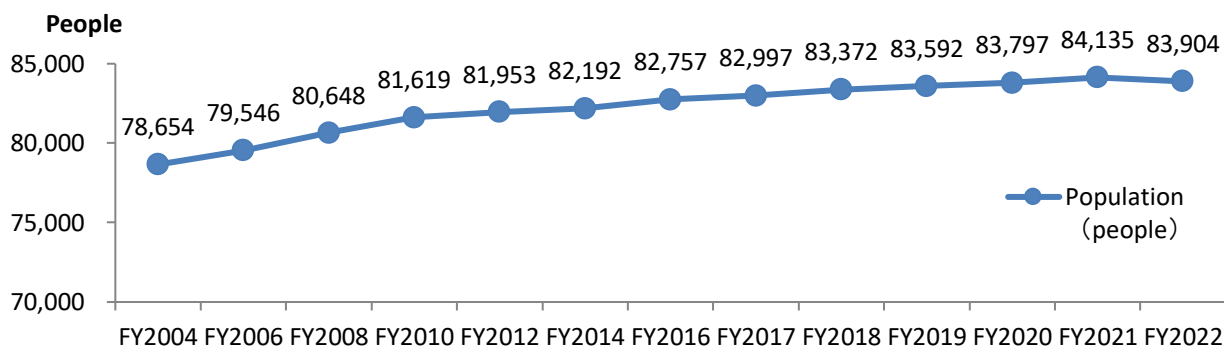
To analyze the city's past efforts to become a Healthy City, we summarize the population from the city's 2004 declaration as a Healthy City to 2021.

(1) Population and Demography

The city's population had been slowly increasing but decreased for the first time in March 2022.

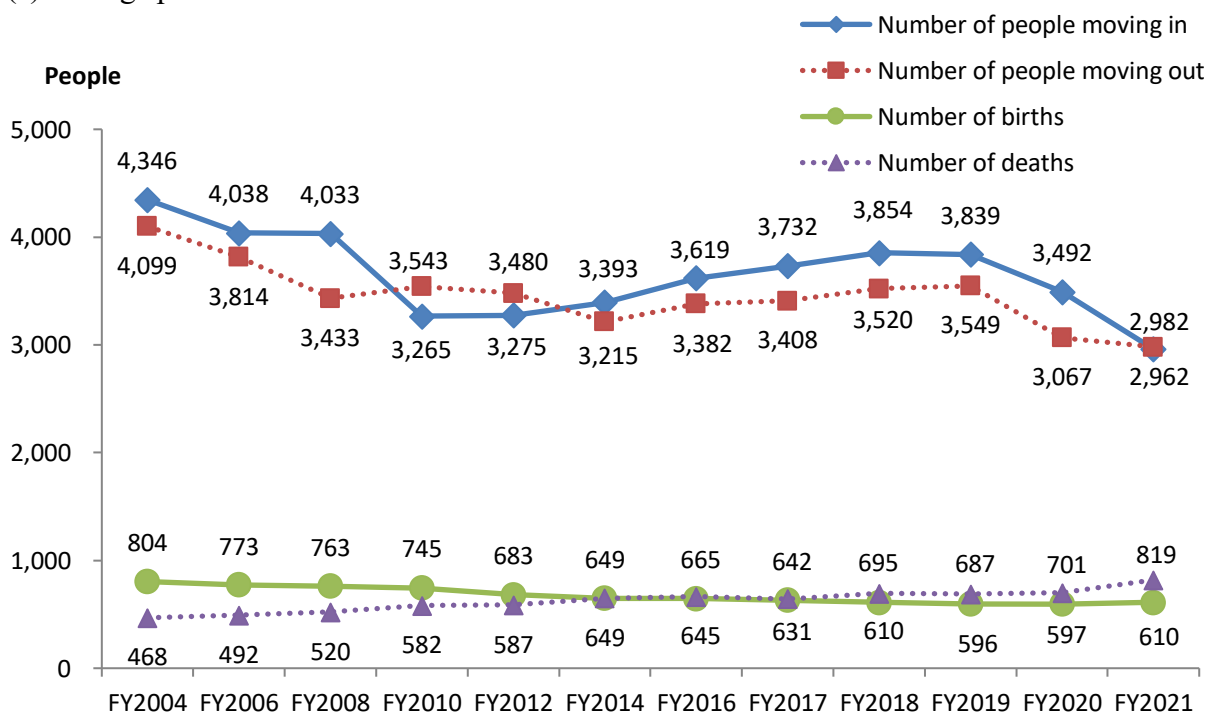
The demographic trend is that the number of people moving in exceeded the number of people moving out until 2008, but the population decreased in 2010 and 2012, increased again from 2014 onwards, and then dropped in 2021. Since 2008, the number of births has been falling below the number of deaths, and the gap between the two has been gradually increasing.

(a) Population (as of the end of March every year)



Source: Statistics of Owariasahi City

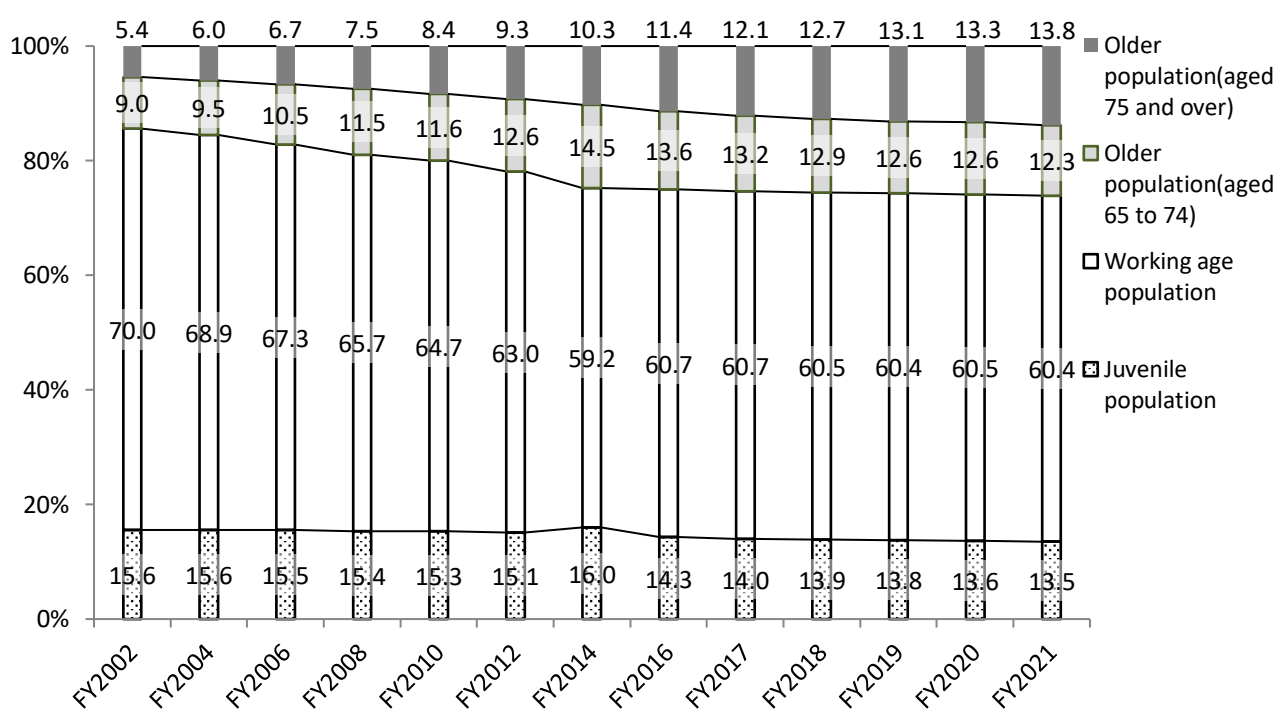
(b) Demographics



Source: Statistics of Owariasahi City

(2) Population Ratio by Four Age Groups

The ratios of elderly people aged 65 to 74 and elderly people aged 75 and over have remained relatively low in the past due to the large number of younger age groups moving into the city, but in 2012, the city entered the Super-Aging Society where the ratio of the population aged 65 and over exceeded 21.0% and has been gradually increasing since then. The ratios of the working age population (aged 15 to 64) and the juvenile population (aged 0 to 14) have been declining accordingly.



Source: Statistics of Owariasahi City.

3 Distinctive Initiatives as a Healthy City

Owariasahi advocated the Healthy City as its Future Urban Image in its First and Second General Plans, which were drawn up after the city's incorporation. In addition, from the time the city started to take initiatives to become a Healthy City as advocated by WHO, the city has used the phrase "Full of energy" and also stipulated that it will promote Healthy City initiatives as one of its methods for city planning.

This publication will henceforth focus on initiatives based on the concept of Healthy City as proposed by WHO.



< List of Initiatives >

※Details are available on subsequent pages indicated in parentheses.

Fiscal Year	General Initiatives Related to AFHC	Main Initiatives
2001		- Started the Genkimaru Health Assessment (6)
2003	- Positioned the development of health as one of the city's most important policies for city planning	
2004	- Established and joined the AFHC (1) - Healthy City Declaration Convention (2) - Established Health Day (3)	- Held the 1st Health Promoter Training Course (9) - Started City Bus Asapy trial operations (11)
2005	- Established the Japan Chapter of the AFHC (4) - Formulated the Healthy City Program (5)	- Held the 1st Asahi Health Festa (7) - Started the Rakuraku Easy Muscular Training (8) - Established the Health Promotion Committee (9)
2007	- Held the 3rd General Assembly and Conference for the Japan Chapter of the AFHC in Owariasahi City (4)	- Held the 2nd Health Promoter Training Course (9)

Fiscal Year	General Initiatives Related to the AFHC	Main Initiatives
2008		<ul style="list-style-type: none"> - Started the Asahi Health Meister Program (10) - Started City Bus Asapy operations (11) - Established the Asami Takehiko Health Promotion Fund (ended in 2012) (12)
2009	- Appointed Chair of the Japan Chapter of the AFHC (FY 2009) (4)	- Prepared “Making Owariasahi a Healthy City – Summary of Efforts to Date” (5)
2010		<ul style="list-style-type: none"> - 40th Anniversary of the City’s Incorporation - Started Hot Challenge Walking (13)
2011	- Appointed Chair of the Membership Promotion Section of the Japan Chapter of the AFHC (FY 2011/2012) (4)	<ul style="list-style-type: none"> - Held the 3rd Health Promoter Training Course (9) - Had the highest number in Japan per capita of shops serving Delicious Black Tea (14) - Started the registration system for AED installations (15)
2012		- Started holding the Black Tea Festival (14)
2013	- Formulated the Healthy City Program (revised) (5)	- Started the Brain Health Assessment (6)
2014		- Installed AEDs in all convenience stores in the city (15)
2015		<ul style="list-style-type: none"> - Held the 4th Health Promoter Training Course (9) - Prepared “Making Owariasahi a Healthy City – Summary of the Past 10 Years–” (5)
2016	- Appointed Member of the Steering Committee of the AFHC (FY 2016 to 2021) (1)	
2017		- Renewed the Asahi Health Meister Program as a handbook (10)
2018		- Reviewed SDGs and put initiatives into full swing (17)
2019		<ul style="list-style-type: none"> - Held the 70th National Tree Planting Festival (16) - Published the first edition of the Walking Guide A-Map (13)
2020		<ul style="list-style-type: none"> - 50th Anniversary of the City’s Incorporation - Held the 5th Health Promoter Training Course (9) - Started health initiatives during COVID-19 Pandemic (18)
2021	- Held the 9th General Assembly and Global Conference of the AFHC online (1)	
2022		<ul style="list-style-type: none"> - Renewed the Genkimaru Health Assessment (6) - Prepared “Making Owariasahi a Healthy City – Summary of Efforts to Date” (5)

(1) Alliance for Healthy Cities (AFHC)

The Alliance for Healthy Cities (AFHC) was established in October 2003 at the invitation of the WHO Western Pacific Regional Office, to which Japan belongs, as a global networking organization of cities and related organizations aiming to improve the quality of life and health of citizens through the Healthy Cities approach. As a founding member of the AFHC, Owariasahi City was approved as a member in June 2004.



Certificate Award Ceremony for founding members of the AFHC

The AFHC has 48 member organizations from 191 cities in 10 countries in the Western Pacific region (Japan, Australia, Cambodia, China, South Korea, Malaysia, Mongolia, the Philippines, Vietnam, and Singapore), and 32 cities and 6 organizations from Japan (as of June 2022).

Representing member cities in Japan, Owariasahi City served as a Member of the Steering Committee of the AFHC for about five years from October 2016 to November 2021 and led Healthy Cities initiatives in the Western Pacific region.

< Conference Venues, Topics, Awards, etc. >

Time	Year	Venue	Topic	Awards
1st	2004	Kuching City, Malaysia	Improving Healthy Cities standards through strong networking and community empowerment	
2nd	2006	Suzhou City, China	Healthy Cities in an increasingly globalized world	2 AFHC Award
3rd	2008	Ichikawa City, Japan	Healthy and safe urban societies	2 AFHC Award
4th	2010	Gangnam District (Seoul Special City), South Korea	Ubiquitous Healthy Cities	2 AFHC Award
5th	2012	Brisbane City, Australia	Healthy Urbanization – Healthy People	2 WHO Award 3 AFHC Award
6th	2014	Sha Tin District, Hong Kong	Health in All Policies - Age Friendly Cities - Prevention of Non-communicable Diseases (NCD) - Public Health Emergency	3 AFHC Award
7th	2016	Wonju City, South Korea	Our Cities, Our Health, Our Future	1 WHO Award 2 AFHC Award
8th	2018	Kuching City, Malaysia	Our Cities, Our SDGs, Our Journey	1 WHO Award 2 AFHC Award
9th	2021	Hong Kong Special Administrative Region Government (Online)	Smarter Healthy Cities beyond COVID-19	4 AFHC Award



AFHC International Forum (September 2019).



The Steering Committee of the AFHC

(2) Declaration for Healthy City

In order to support the health of citizens of Owariasahi, our city held a Healthy City Declaration Conference on August 1, 2004 and declared Owariasahi a Healthy City.

At the conference, the city designated April 29 of each year as Owariasahi City Health Day and made a national and international declaration of the city's commitment to becoming a world-standard Healthy City.

The declarative text is as follows.

Owariasahi Declaration for Healthy City (Declaration of August 1, 2004)

The City of Owariasahi, blessed with greenery and sunshine, hereby declares itself "Healthy City Owariasahi", with the perpetual wish that each and every citizen has a Mentally and Physically health and vibrant life.

- We shall be positive, and involved in our own health.
- We shall actively engage in our health management.
- Health development begins with orderly lifestyles.
- Fresh and radiant shall our hearts be like the morning sun.
- In good health shall we shine like the showering sunlight.
- We shall make Owariasahi a Healthy City that values the interaction between people.

Note: Each statement in the Japanese original charter starts with the Japanese phonetic characters for "O-Wa-Ri-A-Sa-Hi" in their respective order. "Asahi" means morning sun in Japanese, thus the references to the sun.



Healthy City Owariasahi banner on the wall of the City Hall

(3) Health Day (Every year on April 29)

Together with the Owariasahi Declaration for Healthy City, our city designated every April 29 (National holiday) as Owariasahi City Health Day (enacted on August 1, 2004). The decision was based on our citizens' opinion that the refreshing green season fits the image of our city, which abounds in rich greenery, and above all is a good time to become aware of health promotion.

From 2005 onwards, the aim is to further raise the health awareness of citizens through various projects of the city's Healthy City development – Physical health, Mental health, and City's health – and to provide opportunities for citizens to engage in health promotion themselves and promote the entire city as a Healthy City. The event Asahi Health Festa is held on the same day to serve such purpose.

< Events on April 29 (National holiday) since the Declaration for Healthy City to the present >

FY	Date Held	Event	Concurrently-held Events
2005	April 29	1st Asahi Health Festa	Health Festival, Asapy Smile Walking Rally
2006	April 29	2nd Asahi Health Festa	Health Festival, Asapy Smile Walking Rally
2007	April 29	3 rd Asahi Health Festa	Health Festival, Asapy Smile Walking Rally
2008	April 29	4 th Asahi Health Festa	Health Festival, Asapy Smile Walking Rally
2009	April 29	5 th Asahi Health Festa	Health Festival, Asapy Smile Walking Rally
2010	April 29	6 th Asahi Health Festa	Health Festival, Asapy Smile Walking Rally
2011	April 29	7 th Asahi Health Festa	Cancelled due to the Great East Japan Earthquake
2012	April 29	8 th Asahi Health Festa	Health Festival, Asapy Smile Walking Rally
2013	April 29	9 th Asahi Health Festa	Health Festival, Asapy Smile Walking Rally
2014	April 29	10 th Asahi Health Festa	Health Festival, Asapy Smile Walking Rally
2015	April 29	11 th Asahi Health Festa	Health Festival, Asapy Smile Walking Rally
2016	April 29	12 th Asahi Health Festa	Health Festival, Asapy Smile Walking Rally
2017	April 29	13 th Asahi Health Festa	Health Festival, Asapy Smile Walking Rally
2018	April 29	14 th Asahi Health Festa	Health Festival, Asapy Smile Walking Rally
2019	April 29	15 th Asahi Health Festa	Health Festival, Asapy Smile Walking Rally, City Health Square, Farmers Festival
2020	April 29	16 th Asahi Health Festa	On-site events cancelled due to COVID-19 Pandemic (Activities held on the official website)
2021	April 1 to May 31	17 th Asahi Health Festa	On-site events cancelled due to COVID-19 Pandemic (Activities held online)
2022	April 29 to May 31	18 th Asahi Health Festa	Health Festival, Asapy Smile Walking Rally, Parent-Child Festa, Sound and Light Drawing Concert

(4) Japan Chapter of the AFHC

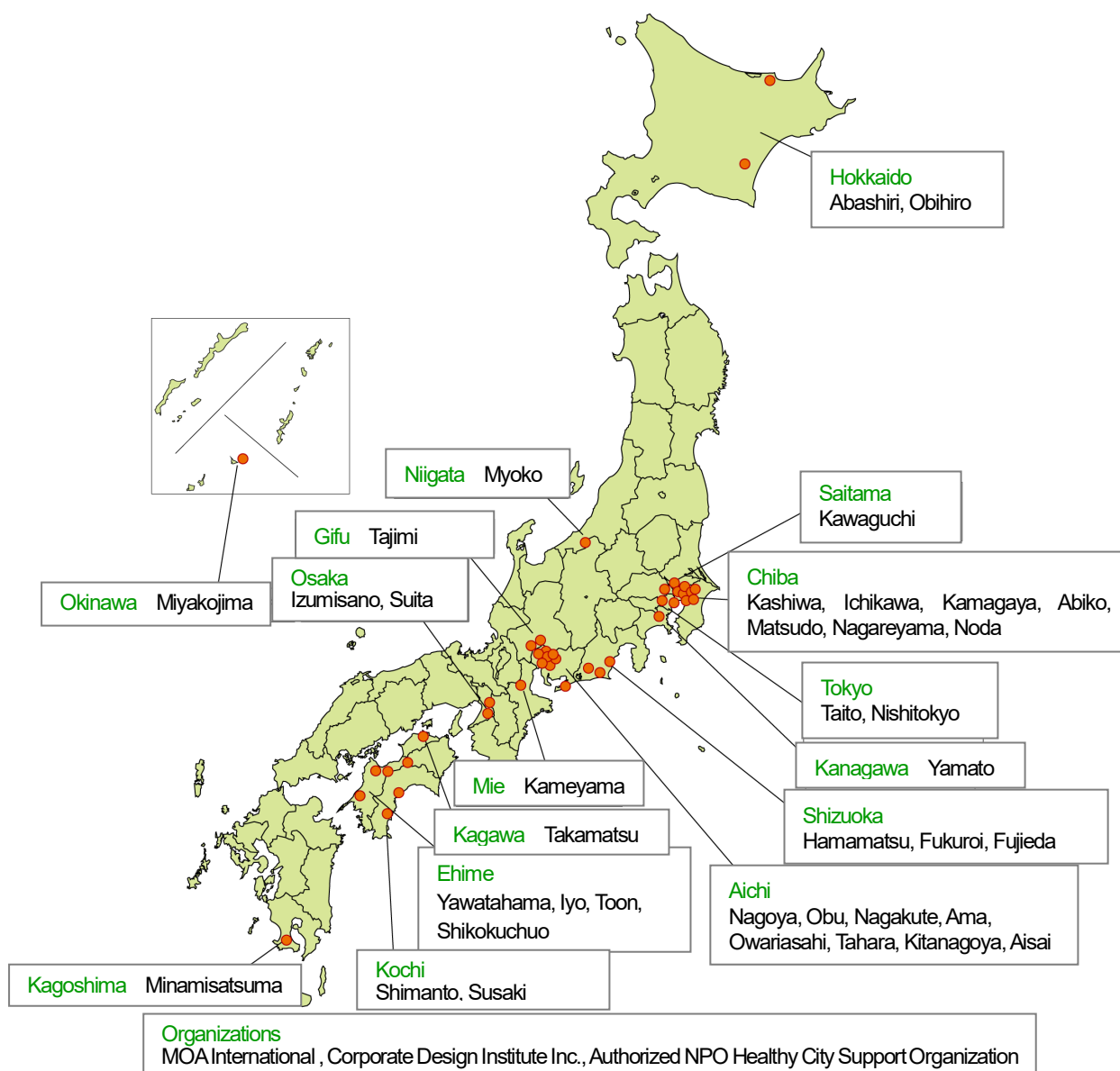
In order to expand Healthy Cities in Japan, four cities – Ichikawa City, Chiba Prefecture; Hirara City (now Miyakojima City), Okinawa Prefecture; Fukuroi City, Shizuoka Prefecture; and Owariasahi City – established the Japan Chapter of the AFHC in April 2005.

The Japan Chapter of the AFHC holds an annual General Assembly and Conference to provide and widely share information on Healthy Cities and build a network of cities and other organizations for the achievement of Healthy Cities.

As of August 2022, the Japan Chapter of the AFHC has 38 cities and three organizations as members.

In July 2007, the 3rd General Assembly and Conference of the Japan Chapter was held in Owariasahi City. The city served as the Chair of the Japan Chapter for one year from August 2009 to August 2010 and as a member of the Board of Directors since July 2020.

< Municipalities and organizations that are members of the Japan Chapter of the AFHC > (as of August 2022)



(5) Healthy City Program

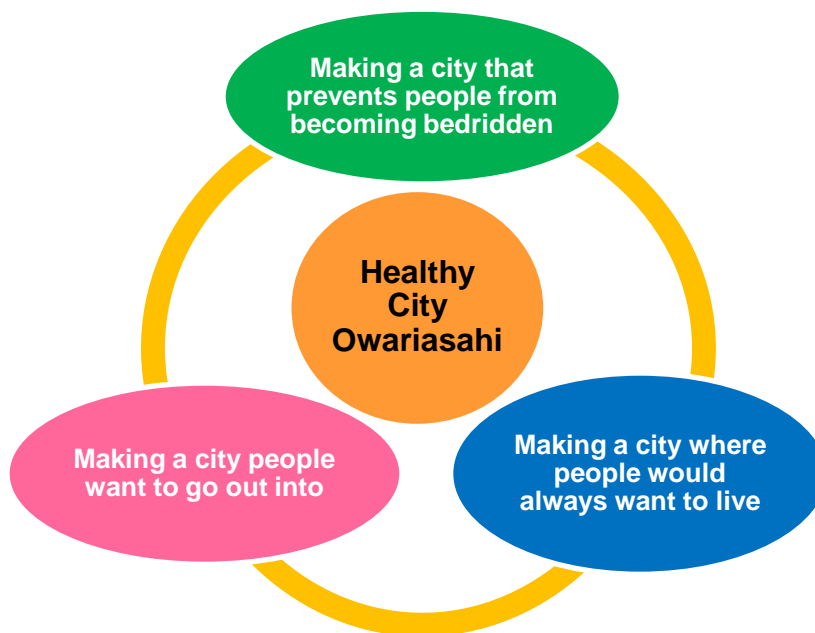
Based on the basic concept of Owariasahi's Fourth General Plan, the city formulated the Healthy City Program in December 2005, which provides the basic ideas and direction for Healthy City policies.

Following the completion of the Fourth General Plan period in FY 2013, the Healthy City initiatives are continued in Owariasahi's Fifth General Plan (planning period from 2014 to 2023), which was formulated in March 2014, as a method for city planning. For this reason, the Healthy City Program (revised version) was formulated in March 2014, adding new perspectives and policies on Healthy City to make the Healthy City Program consistent with the Fifth General Plan.

The Healthy City Program aims to create a city where all citizens, including those who live in good health as well as those who have concerns about their health, can live healthy and active lives indefinitely, and has set the following Three Policy Guidelines: Making a city that prevents people from becoming bedridden, Making a city people want to go out into, and Making a city where people would always want to live.

As the period of the revised Healthy City Program runs until the end of FY 2023, planning has begun for the next Healthy City Program.

< Three Policy Guidelines >



< Preparation of booklets summarizing and reflecting on the status of efforts to create a Healthy City >

In order to reflect on the city's efforts to make a Healthy City and effectively promote these efforts, a summary of the efforts has been prepared and published in booklet form twice in the past.

(i) March 2010: "Making Owariasahi a Healthy City – Summary of Efforts to Date"

(ii) March 2016: "Toward Achieving Owariasahi Healthy City – Summary of the Past 10 Years"

These summaries focus on the verification of project achievements and citizen awareness surveys related to Healthy City, and summarize the issues identified and measures taken to address them.

Following these summaries, this publication was compiled for the third time in March 2023.

(6) Citizens' Genkamaru Health Assessment Program

In 2001, Owariasahi City started the Genkamaru Health Assessment to enable citizens to check their lifestyle health by conducting lifestyle questionnaires; measuring height, weight, and blood pressure; and checking physical fitness levels to prevent lifestyle-related diseases together with public health nurses, nutritionists, and dental hygienists based on the results of these tests.

In 2007, the total number of examinees exceeded 10,000, and by 2021, more than 25,000 citizens had used the system as an opportunity to review their own health.

The number of annual test-takers had subsequently decreased, partly due to the impact of the new coronavirus (referred to as COVID-19) infection, and the renewal of the measurement equipment was an opportunity to introduce an ICT-based system in 2022, which led to a complete renewal of the system. With the aim of improving self-care skills, personal program sheets are created based on the results of lifestyle questionnaires, body composition measurements, and physical fitness tests. To enable people to continue engaging in their own healthy habits for three months based on the program sheet, the city installed measurement equipment at regional centers (Genkamaru Stations), provided access to training equipment, and sent emails for cheer and support.

Since 2006, a simplified version of the Genkamaru Health Assessment questionnaire called Net DE Genkamaru has also been conducted, in which the answers are entered via the internet, and approximately 7,500 people had taken the test by March 2022.

Furthermore, in 2013, as a measure to prevent dementia, the Brain Health Assessment screening test for mild cognitive impairment, which is considered to be a preliminary stage of dementia, was introduced for the first time by the local government, and a total of 500 people took the test in 2014. The test became more accessible as it was also conducted at community centers and other places in the city. Since Fiscal Year 2020, the test has also been available by IP phone as a countermeasure against the COVID-19 infection, and by March 2023, a total of about 5,000 citizens had taken the test and were using it as part of their own health promotion.

The Citizens' Genkamaru Health Assessment Program is the collective name for all these programs.



The renewed Genkamaru Health Assessment



Brain Health Assessment

(7) Asahi Health Festa

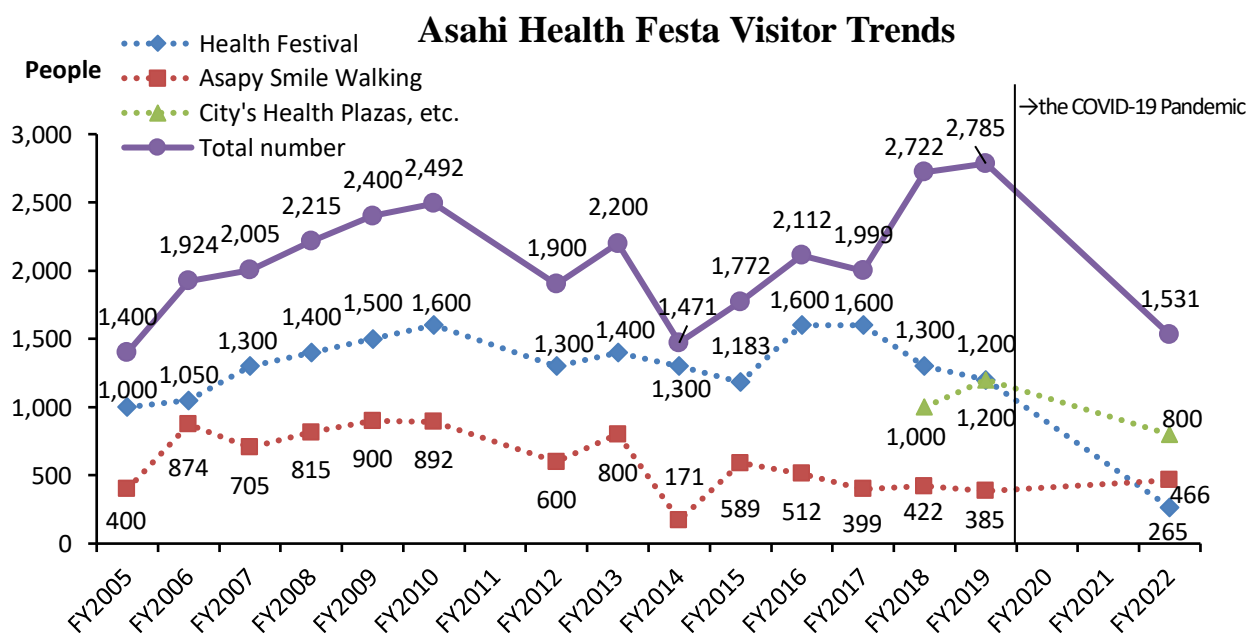
Since 1989, Owariasahi City has held the Health Festival, which includes physical and fitness measurements and dental check-ups, with the aim of spreading correct health-related knowledge and raising awareness. In order to widely publicize the Healthy City Owariasahi initiatives in Japan and abroad following the city's membership in the AFHC in 2004, the city reviewed its initiatives so that (1) the existing Health Festival will be continued, and city departments will participate in the Festa as much as possible; (2) the Festa will be held on April 29, Owariasahi City Health Day; (3) the Asapy Smile Walking Rally around the city will be held on the same day; and (4) the Festa will be held jointly and on the same day as the event held on April 29 at the Aichi Prefecture Forest Park, and the event venue will be included in the course of the walking rally. With this review, the first Asahi Health Festa was held on April 29, 2005 at the Health and Welfare Center.



Asahi Health Festa

Since then, the event has continued in cooperation with the local community to enable more citizens to participate, such as by co-hosting a satellite event at Nagoya Sangyo University in 2008 and the JA Aichi Bito Agricultural Cooperative's Farmers Festival in 2008. During the COVID-19 Pandemic in 2020 and 2021, programs were held on the official website or as online events.

The first Festa was attended by mainly health and medical organizations and city departments, but the number of participating organizations, departments, and visitors increased with each Festa, and cooperation between industry, government and academia, including companies and universities in the city, also progressed. In 2022, the 18th Festa was held from April 29 to May 31, and the main event venue was changed to Skyward Asahi in order to provide a larger space for visitors to enjoy the Festa due to COVID-19 Pandemic. The event is now firmly established as a symbolic event of Healthy City Owariasahi.



*In 2011, the event was cancelled due to the Great East Japan Earthquake. In 2014, part of the Asapy Smile Walking Rally was cancelled due to rainy weather. The City's health square and other events have been held since FY 2018. In 2020 and 2021, on-site events were cancelled in order to implement measures against COVID-19 Pandemic, and events were held online, such as at the website.

Source: Office for the Promotion of Healthy City

(8) Rakuraku Easy Muscular Training

To help citizens maintain and improve their health and lead independent lives in the future, the city and Health Promoters have been working together since 2005 to promote Rakuraku Easy Muscular Training.

Those who have completed the city-sponsored Rakuraku Easy Muscular Training Course voluntarily formed groups and continue their muscle training in the city under the guidance of Health Promoters.

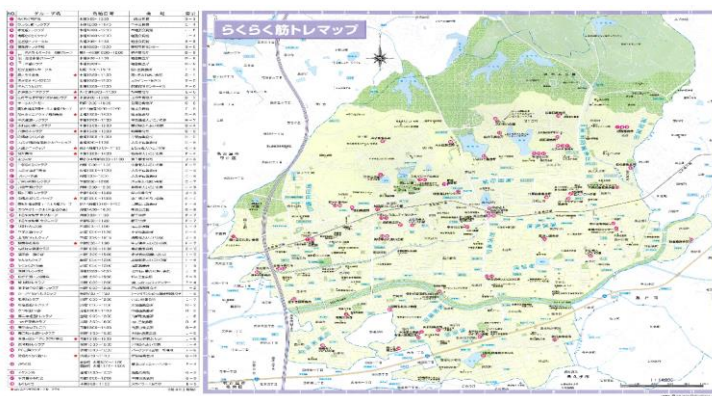
In FY 2017, the program was incorporated into one of the programs for postponing the need for nursing and supporting daily living and plays an important role as a care prevention service.

From 2020, due to the COVID-19 Pandemic, the use of public facilities where voluntary group activities take place was restricted and people frequently had to refrain from engaging in activities. In response to this situation, the city made a Rakuraku Easy Muscular Training DVD for Home to distribute to muscle training participants and people showing interest, so that they can continue muscle training at home during the suspension of activities and prevent them from psychologically withdrawing from muscular training.

As of the end of February 2023, 1,400 people in 66 voluntary groups were engaged in strength training together with Health Promoters, and the circle of activities is expanding in various parts of the city.



Rakuraku Easy Muscular Training



Rakuraku Easy Muscular Training Map

(9) Citizens' Groups Supporting Health Promotion

a. Health Promoters

In order to foster Health Promoters in the local community, Health Promoter Training Courses were held in 2004, 2007, 2011, 2015, and 2020, and trainees who completed the course and have the correct knowledge required for promoting health have teamed up with the city to promote health.

In 2005, a health promotion committee was set up by students who completed the course, and the committee members themselves set the following Three Pillars for their activities: Muscular Training, Walking, and Laughter and Health.

< Three Pillars of Activity >

- (1) Muscular Training provides support for the city's Rakuraku Easy Muscular Training program and the activities of voluntary groups that have completed the course so that citizens can maintain and improve their health and lead independent lives in the future.
- (2) Walking refers to the Walking Day designated on the first Monday of each month, with a different starting point each time. The course is selected in advance, a map is drawn after checking the course, and participants are recruited by distributed leaflets and word of mouth. About 20 citizens participate each time. In addition, warm-up exercises are being innovated to maximize the effect. During the COVID-19 Pandemic, courses were limited to four lap courses.
- (3) Laughter and Health involves inviting guest speakers to give lectures and perform the Fukuwarai Ondo dance (a dance that brings happiness) and Wahaha laughing exercises (Exercises to improve your health by laughing out loud) at events and voluntary activity groups to have fun together with the participants and spread health exercises that incorporate laughter.

In November 2020, the city was awarded the Commissioner of the Sports Agency's Award for Excellence at the 9th Smart Life Project Award (Let's extend Healthy Life Expectancy! in the field of prevention of lifestyle-related diseases) as a municipality making excellent efforts through sports and exercise. The award ceremony was held online on November 30, 2020, with a certificate of commendation presented by Commissioner of Japan Sports Agency Murofushi Koji.

In addition to the above Three Pillars of Activity, as of March 2023, 27 members are actively involved in voluntary activities such as health care clubs, Health Festival, and participation in Citizens' Festival.



The Commissioner of the Sports Agency's Award for Excellence

b. Owariasahi Dietary Health Mate Council

Established in 1997 under the slogan “We will promote our own health by our hands”, the organization promotes health in the community through dietary habits.

The main activities of the organization include helping with cooking classes such as health promotion classes and baby food classes to spread knowledge about improving eating habits and providing Food education at nursery schools through handmade Food education picture-story shows to convey the importance of eating.

Since 1997, Parent-Child Cooking Classes have been held so that parents and children can learn the joy of cooking and nutritional balance by making meals together. On top of learning the enjoyment and importance of food, the classes provide an important opportunity for parents and children to bond with each other.



Parent-Child Cooking Class

Since 2006, we have been involved in visiting nursery schools to provide Food education classes. The Food Education Picture-Story Show divides food into four colors, and children wear handmade clothes of the same colors to demonstrate the importance of food in a kid-friendly way.



Food Education Picture-Story Show

In addition, the city regularly introduces healthy menus with a twist in the Owariasahi public relations magazine, as a mystery recipe for the public.

As a result of such activities, in 2016, the company received the Minister of Health, Labour and Welfare Commendation for Persons of Merit in Nutrition (Persons of Merit in Dietary Improvement Projects and District Organizations).

In 2020, as part of a project to commemorate the 50th anniversary of the city's establishment, the city supervised the publication of the food education picture book *Oishiku Dekitayo (Deliciously Done)*, based on the mystery recipes to enable children to learn about food education at home, even during the COVID-19 Pandemic. Through this picture book, many children, including students at nursery schools and primary schools in the city, are taught about the joys of cooking and eating together as a family.

In addition to the above, as of March 2023, 27 members are actively involved in voluntary activities such as cooking classes, home-care food cooking classes, and participation in Health Festival and Citizens' Festival.



Food education picture books

c. Community Sports Leaders

The Community Sports Leaders aims to provide practical sports instruction to citizens and support their sporting activities.

The main activities include the dispatch of Community Sports Leaders members to various organizations, as well as the organization of new sports experience events, walking events, and radio calisthenics workouts to promote sports in Owariasahi City.

To promote new sports, which allow everyone from children to elderly people to enjoy physical exercise, trial sessions are held on a regular basis. The trial sessions also include coordination training to develop rhythm and balance skills.

In order to encourage more people to enjoy walking, the committee has been working on course selection since 1999, and the courses selected by the Community Sports Leaders are posted at public facilities and stations, and maps are produced and distributed. For the Asahi Light and Easy Walking, which is planned and organized by the Community Sports Leaders, courses are selected every year to exhibit the essence of nature in the city.

In addition, the committee works to promote radio calisthenics as a casual opportunity to improve health. Training sessions are organized so that anyone can easily start and learn the correct movements to make radio exercises more effective.

During the COVID-19 Pandemic, as of March 2023, 20 committee members are actively involved in conducting events while taking measures to prevent infection and making videos of fun exercises that can be done at home to encourage people of all ages to exercise.



New Sports Experience Day



Asahi Easy Walking

(10) Asahi Health Meister Program

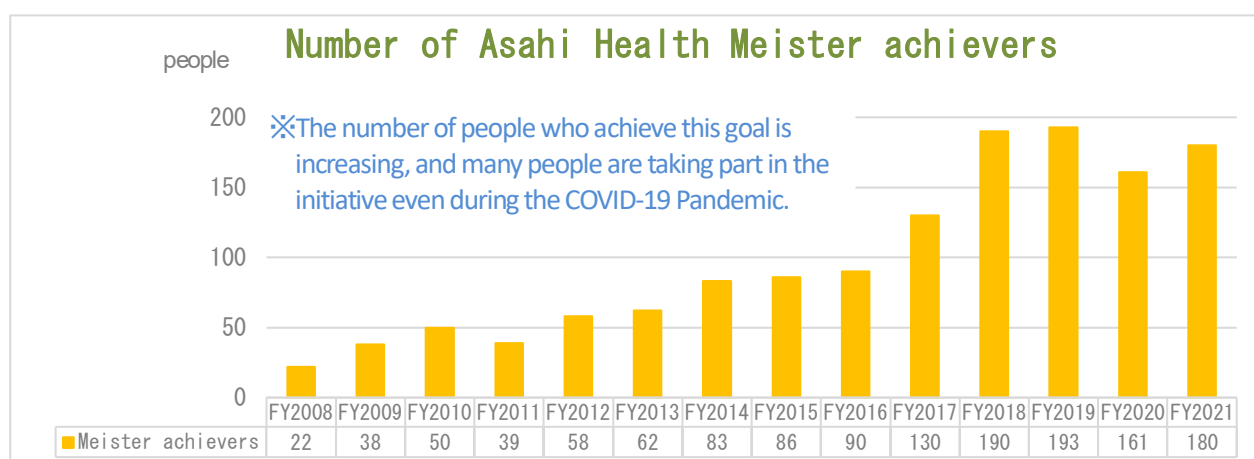
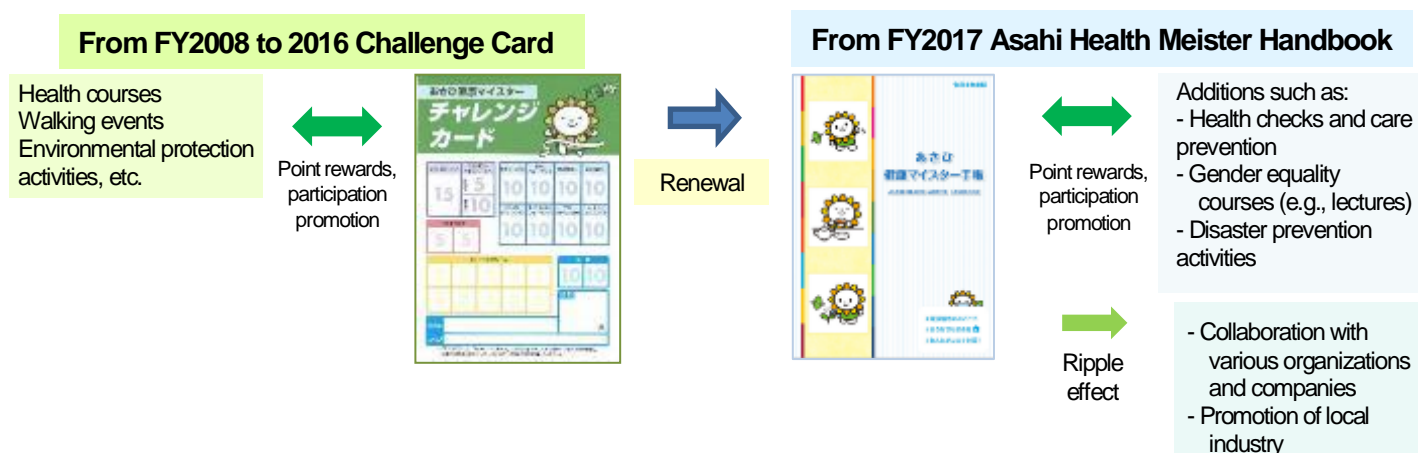
The Asahi Health Meister Program is an initiative that awards points to participants in a wide variety of health promotion activities and recognizes participants who have earned a certain number of points, with the aim of providing an incentive for continuous and enjoyable health promotion. Participants who have earned the specified number of points are awarded the city's specialty products and other commemorative health-related gifts by a drawing, in cooperation with companies and other organizations.

In FY 2008, the project started as a Challenge Card in which points were earned for participation in 12 target projects, such as physical health promotion and environmental conservation activities that promote the health of the community, and in FY 2022, it was extensively renewed into the Asahi Health Meister Handbook. In the 2022 edition, more than 250 projects related to Physical, Mental, and City's health are covered, and there are many active participants. The projects include not only city-sponsored projects but also neighborhood associations and volunteer activities, and are carried out in cooperation with many local communities, citizens' groups, and companies.

A total of 1,382 people have received awards from 2008 to 2021, 98 have received the award for five consecutive years (Asahi Health Silver Meister) and 34 have received the award for 10 consecutive years (Asahi Health Gold Meister), with more people continuing to participate in health promotion every year.

Since 2020, health promotion initiatives that can be done at home have been added during the COVID-19 Pandemic. Exercises while watching videos and self-frail checks in the handbook are key points, which support ongoing health promotion even when events and other activities are cancelled due to the spread of the infection.

The Asahi Health Meister Program is linked to all 17 SDGs and contributes to achieving the SDGs.



(11) City Bus Asapy

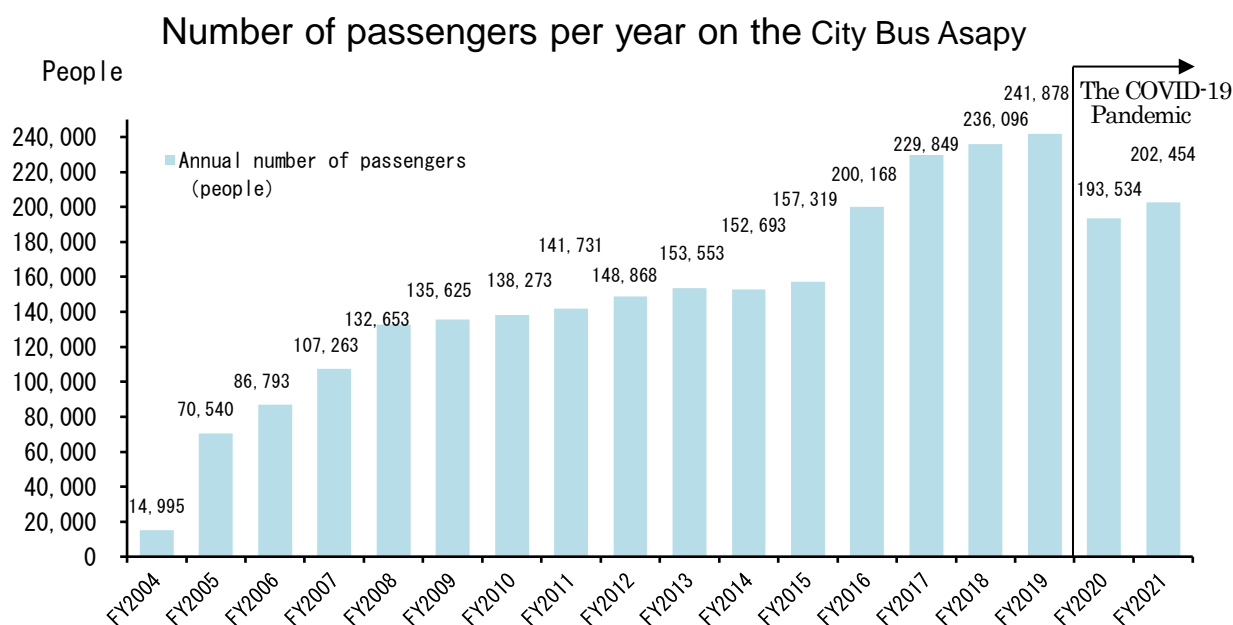
The City Bus Asapy started trial operation in December 2004 and full-scale operation in April 2008. The city defines areas more than 500 meters away from existing bus stops and railway stations as traffic blank areas, and the City Bus Asapy aims to eliminate these blank areas.

In April 2016, services were changed to increase frequency, such as running on Sundays and public holidays, and commuter passes were introduced. Since then, necessary improvements have been made based on exchanges of opinions with citizens and user questionnaires, and citizens and the administration are working together to revitalize and improve the convenience of the City Bus Asapy service.

The number of users of the City Bus Asapy has steadily increased, with the number of passengers now exceeding 200,000 a year, making it a well-established part of the public transportation system.



City Bus Asapy



Source Urban Planning Division

*Four months from December to March in 2004.

(12) Asami Takehiko Health Promotion Fund

The Asami Takehiko Health Promotion Fund was established in July 2008, based on donations from the family of the late Asami Takehiko, who served as a senior priest at a shrine in the city, with the aim of helping to promote the health of citizens.

In February 2009, the Asami Takehiko Collection was established in the municipal library, and from 2008 to 2012, approximately 12,000 books on medicine, food, and exercise were purchased.

After the fund ended, the library continues to enrich its collection of health-related books as the Asami Takehiko Library Health Corner. The Owariasahi City Library, Seto City Library, Nagakute City Central Library, Nisshin City Library, and Aichi Medical University Research and Information Center are supporting the healthy lives of citizens by introducing health-related books and holding lectures as the Merry Line health support project with cooperation by the library.

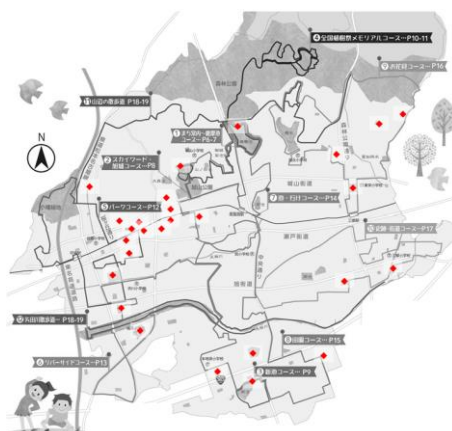
The Asami Takehiko Health Promotion Fund has also installed 32 pieces of playground health equipment in 11 parks in the city. Since then, more and more playground equipment have been added, and as of December 2022, 68 pieces of playground health equipment have been installed in 27 locations, mainly in city parks. Included are equipment that stretch the back and hips and strengthen the muscles of the legs, arms, and abdomen. (e.g. Shiroyama Park: five types of playground health equipment, including a stretcher and hanging apparatus, have been installed on the north side of Naga Pond).



Asami Takehiko Collection



Playground health equipment



◆Playground health equipment locations

(13) Hot Challenge Walking

To achieve one of the leading plans of the Healthy City Program – City Enjoyable for Walking – the city has developed roads and parks where citizens can walk safely so that they can take up walking as a first step towards improving their health, and has organized a number of walking events to enable as many citizens as possible to experience the appeal of walking.

As a project to commemorate the 40th anniversary of the city's incorporation and create an attractive walking program, Hot Challenge Walking with a points-based system was introduced. Participants who earned the specified points by touring the target walking courses and participating in walking events during the year are given a commemorative gift as a completion prize. Hot Challenge Walking has been in operation since 2010.

To encourage more people to enjoy walking in the city, walking courses were added to the existing six courses in 2005 with the cooperation of the Owariasahi City Community Sports Leaders, and a walking map was created in 2009. The courses are reviewed from time to time, and in 2019, the Walking Guide A-Map was published with the addition of a memorial course commemorating the National Tree Planting Festival. 14 courses are currently introduced.

Among the courses are the Yamabe Walking Path, which takes visitors around the urban and Satoyama (nature modified by humans) landscape of the hills in the northern part of the city, and the Yada River Walking Path, which allows walkers to enjoy the waterside scenery of the Yada River, which flows through the center of the city. These courses allow participants to experience the city's lush nature and are managed and used in cooperation with citizens' groups.

Currently, walking events eligible for points are being added to the programs organized by citizens' groups as citizens work together with the administration to create a walking community.

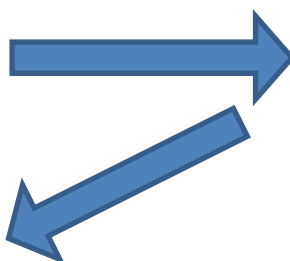
The Healthy City program was established in 2005, and walking trails were set up.



Challenge Cards were issued for Hot Challenge Walking in 2010.



Walking maps created for easy participation



Start of the walking points system



Changed from the map to earning points in the Meister handbook

Handy walking maps were published and distributed in 2009.



The program changed to a points-earning system using the Asahi Health Meister Handbook from 2019.



(14) City of Delicious Black Tea

On November 1, 2011, Owariasahi became the first city in Japan to be certified by the Japan Tea Association* as having the highest number of Delicious Black Tea Shops per capita in Japan. In addition, since 2013, the city has been number one in Japan for three consecutive years in terms of the number of actual Delicious Black Tea Shops.

City revitalization through tea started in 2011 with the Committee to Make Owariasahi the Best in Japan, a volunteer group from the Owariasahi Tourist Association. With the cooperation of the existing shops at the time, study sessions were held and menus changed to meet the challenge, resulting in the certification of 14 shops in addition to one existing shop, for a total of 15 shops, making Owariasahi number one in Japan in terms of the population ratio.

Following this recognition, the Owariasahi Tourist Association organized the Owariasahi Tea Festival the following year and has been conveying the appeal of Black Tea and Owariasahi through tea-themed events such as the Tea Bazaar and Tea Symposium. The city has also been promoted throughout Japan as a City of Delicious Black Tea at the National Tree Planting Festival held in June 2019.

In order to revitalize the city, which was affected by the COVID-19 Pandemic, the Asahi Color project to develop new products and menus that convey the city's appeals was launched by businesses in the city, and new products and menus using or complementing Black Tea, figs, and other special products of the city were developed and launched for sale on February 9th, 2021 in the city and beyond.

Furthermore, Owariasahi promotes the attractiveness of Owariasahi as a City of Delicious Black Tea in and outside the city through various initiatives, such as using Black Tea as thank-you gifts for hometown tax donations, development of specialty Black Tea products by the Owariasahi Chamber of Commerce and Industry, and the issue and sale of coupons in cooperation with the prefecture for discounts at the city's gourmet restaurants using Black Tea.

In 2022, the 11th Black Tea Festival in Owariasahi was held for the first time in three years, with a Black Tea bazaar, Japanese Black Tea café, and Black Tea knowledge exam for primary and junior high school students.

As of November 1, 2022, 13 shops in the city had been accredited as Delicious Black Tea Shops, making it the highest number of actual Delicious Black Tea Shops per capita in Japan.

The Owariasahi City of Delicious Black Tea initiative, which gives vibrance to the entire city, is expected to be of great value in the Healthy City development.



*The Japan Tea Association established in 1939 is the only trade association for black tea in Japan.

(15) Installation and Promoted Use of AEDs

In cardiac arrest caused by ventricular fibrillation, the survival and discharge rate of afflicted patients decreases by 7 to 10 percent for every minute of delayed defibrillation. If ventricular fibrillation is removed by an AED (Automated External Defibrillator) within five minutes, the survival and discharge rate after one month is said to be about 50%, and the longer the delay in AED use, the lower this rate becomes.

The city has started installing AEDs starting with public facilities, but with the aim of ensuring that they are used effectively and increasing the number of AEDs available close by, the city has been promoting the Asahi AED Support Project since January 2012, based on three initiatives: lending, registering, and managing support of AEDs. In addition to lending AEDs free of charge at events held in the city, the project registers AEDs owned by private businesses in the city, such as companies and hospitals, to be used as local AEDs together with AEDs in public facilities. In addition, the locations of AEDs at registered facilities and the dates and times when they are available are publicized on the website and city publications, and people are also directed to use the nearest available AED as necessary when making an emergency 119 call.

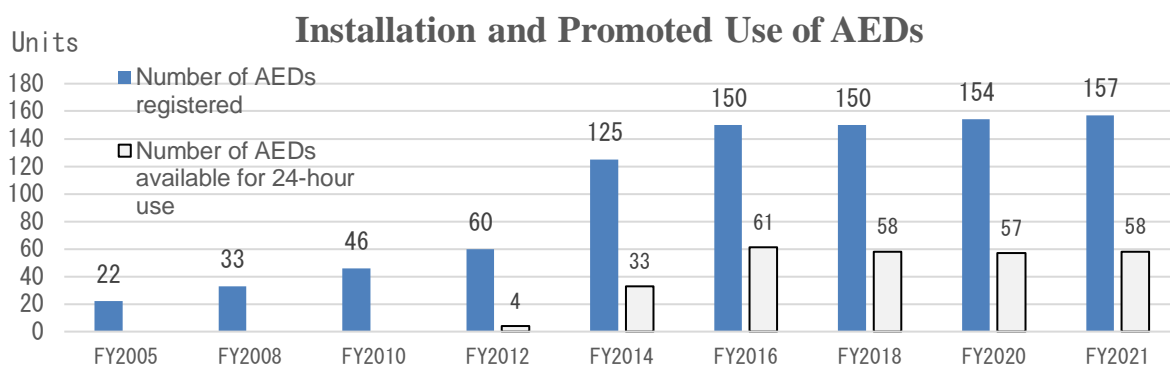
In April 2014, an agreement was concluded with all operators of convenience stores in the city to create an environment where AEDs are available 24 hours a day, 7 days a week, and AEDs have been installed in all convenience stores in the city since May of the same year. Furthermore, in June 2016, AEDs were installed outdoors in some public facilities to create an environment where AEDs can be used at any time.



AEDs installed in convenience stores

A life-saving support system using a smartphone app was launched in FY2016 by firefighters and fire brigade members, and in 2018 the target was expanded to include citizens, with efforts being made to increase the number of life-saving volunteers in this system.

As of March 2022, the number of AEDs in the city that can be used by anyone has increased from 22 in 2005 to 157, and the number of AEDs that can be used 24 hours a day has increased to 58.



(16) National Tree Planting Festival

The 70th National Tree Planting Festival was held at Aichi Prefecture Forest Park in Owariasahi on June 2, 2019. The existence of Aichi Prefecture Forest Park has played a very important role in the promotion of Healthy City, and its value and influence has been further enhanced after the National Tree Planting Festival.

The National Tree Planting Festival was held in Aichi Prefecture for the second time in 40 years and in the first year of the new Reiwa era under the theme of Entrusting Trees with the Forest, City, and People of Tomorrow, so citizens worked together to organize a variety of related events prior to the event.

One year before the event, a countdown board was set up in Aichi Prefecture Forest Park, and various events with citizen participation, including an unveiling ceremony, stage events, and tree-planting events, were held to build momentum for the National Tree Planting Festival. 200 days before the event, the Asahi Castle area was lit up by Green and Light Harmony, and 100 days before the event, a mosaic art signboard consisting of 1,481 citizens' paintings was displayed.

Other efforts were made to publicize the event, including a relay through the city of the wooden globe, the National Tree Planting Festival symbol, the National Tree Planting Festival Asahi Supporters, the Green Scouts, promotional activities for related events, and the installation of banners.

As part of hospitable efforts, street flags were set up around the venue, decorative flower planters, and wooden planter covers made from Aichi timber created by citizens were installed around the station rotary in the city, and many other areas were decorated with greenery and flowers for the enjoyment and relaxation of many people, both in and outside the city.

On the day of the event, Their Majesties the Emperor and Empress visited Skyward Asahi and enjoyed a panoramic view of the city, and citizens along the roadside waved national flags to welcome them to the National Tree Planting Festival.

In the main hall, the Emperor and Empress of Japan participated in hand-planting (cedar, deciduous bush, and four other species) and hand-sowing (cypress, Japanese knotweed, and two other species) and gave words of encouragement.

At the venue, a field stand and invitations were built using a generous amount of timber from Aichi Prefecture, and hand-seeding boxes, desks and chairs at the hospitality square, benches, and planter covers were also created to emphasize the importance of forestry and urban development bridged by timber.

Over 15,000 people attended the event, and the invitees were presented with souvenirs from the city and treated to tea, one of the city's attractions, in addition to promoting the specialties of Owariasahi.

Now, in order to carry on the legacy of the National Tree Planting Festival in the city, citizens, the administration, and related organizations are working together to promote greening activities and timber use in a project to carry on the National Tree Planting Festival philosophy, such as holding anniversary events, exhibiting commemorative panels, and establishing a subsidy for the creation of a blossoming city.



Hand-planting by Their Majesties
the Emperor and Empress












National Tree Planting Festival

(17) Promotion of SDGs

Following the adoption of the Shanghai Declaration on Health Promotion in the 2030 Agenda for Sustainable Development at the 9th World Conference on Health Promotion organized by WHO in November 2016, the city initiated information gathering and other activities related to SDGs. In 2018, the city considered that the concept of the Fifth General Plan and Healthy City Program shares the same characteristics as SDGs, and that the projects of Healthy City are broadly related to the SDGs.

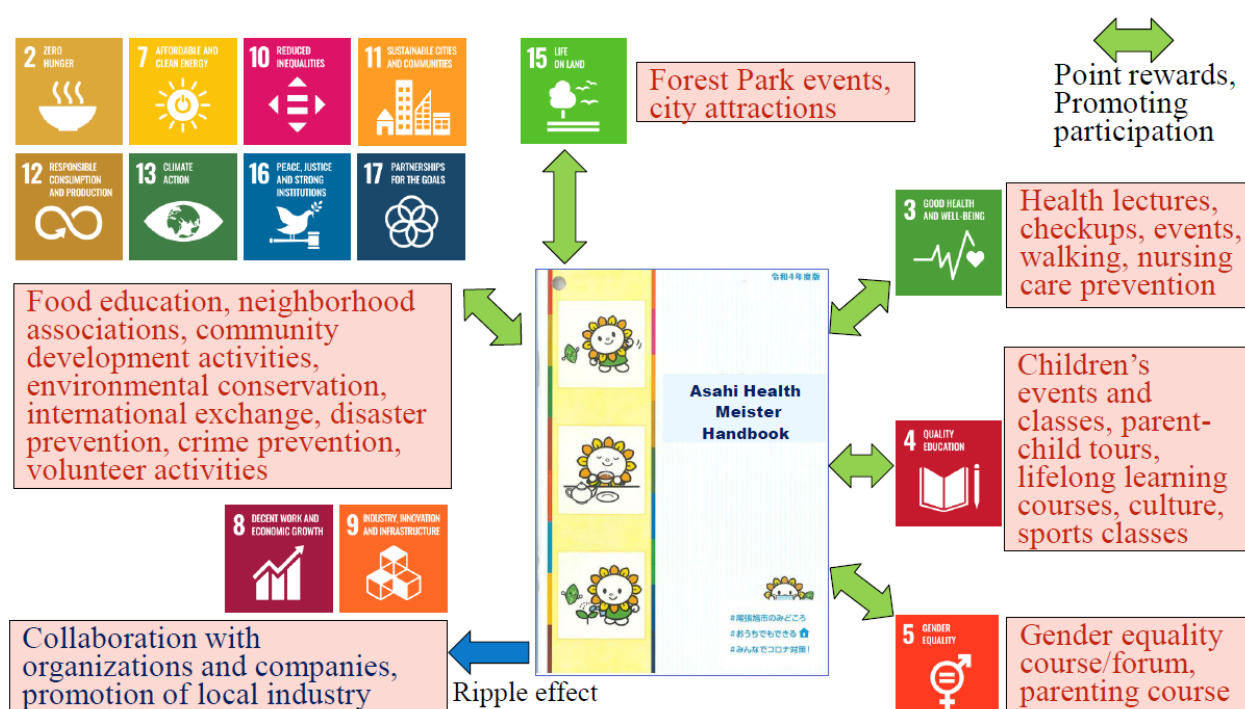
< Relationship between the Fifth General Plan, Healthy City Program, and SDGs (discussion) >

☆The 17 SDGs are broadly related to the General Plan and Healthy City Program.

Fifth General Plan	Healthy City Program	SDGs
Owariasahi, a comfortable city full of greenery and vitality in which we all support each other	<ul style="list-style-type: none"> ● Making a city that prevents people from becoming bedridden ● Making a city people want to go out into ● Making a city where people would always want to live in ● Promotion and PR of Healthy City 	
Policy 1 Insurance, medical care, welfare 1 Making a healthy city where everyone supports each other	47 31 4	
Policy 2 Education, lifelong learning 2 Making a city that nurtures rich minds and intelligence	42 4	
Policy 3 Urban infrastructure 3 Making a city that supports comfortable living	6 14	
Policy 4 Safety and security 4 Making a city that is safe and secure	3 6 19	
Policy 5 Natural environment 5 Making a city in harmony with the environment	1 1 18	
Policy 6 Industrial development 6 Making a city that is full of vitality	2 2	
Policy 7 Civic life 7 Making a city where people interact with each other	1 9	
Policy 8 Administrative and financial management 8 Making a cross-sectoral city and municipal administration	6	

*Numbers indicate the number of main office work related to the General Plan.

< Relationship between the Asahi Health Meister Program and SDGs (discussion) >



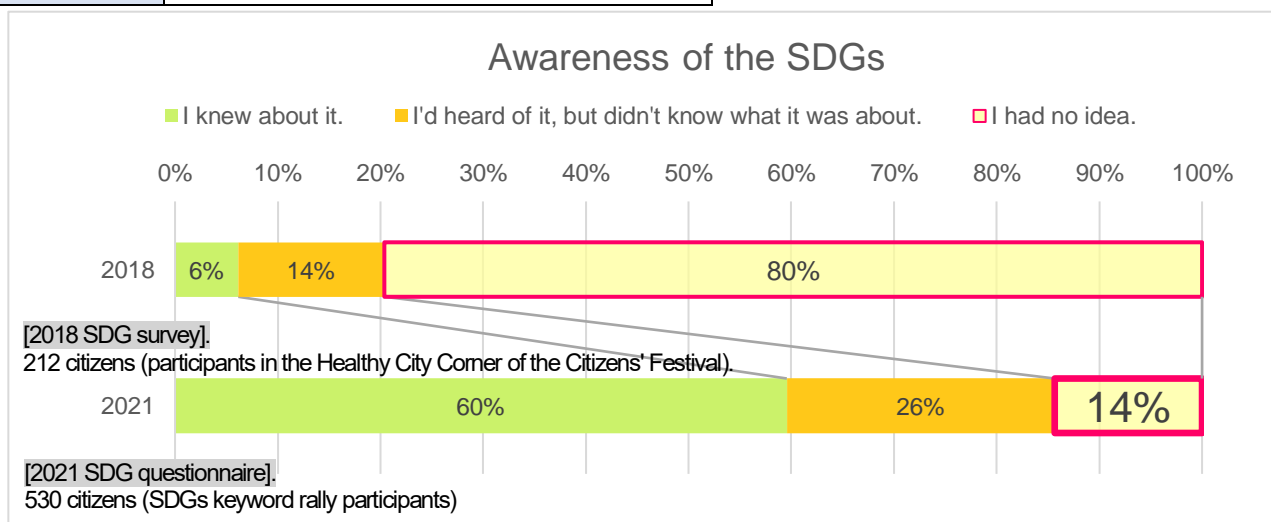
To promote SDGs, a questionnaire on SDGs awareness was conducted among citizens in FY 2018, and around 80% of the respondents answered that they had not heard of SDGs at all, so various awareness-raising and educational activities have been conducted since FY 2018 with the aim of increasing awareness.

As a result of efforts to promote understanding of SDGs among citizens and staff, SDGs rapidly permeated society, and the number of respondents who said they had never heard of the SDGs decreased to around 10% in FY 2021.

We will continue to promote initiatives by linking the Healthy City initiative to the achievement of SDG targets.

Fiscal Year	Main Activities	Fiscal Year	Main Activities
From 2018	Publicity through the city's public relations, etc.	From 2020	Asahi Health Meister - Added My SDGs Declaration to the program - Displayed major SDGs logos related to each relevant entity inside the handbook - Displayed easy activities on the back cover of the handbook to achieve SDGs
	Staff training by the Healthy City Promotion Office staff (2018, 2019)		
From 2019	Asahi Health Festa - Held the Fiesta with Healthy City and SDGs as the themes - SDGs stamp rally and quiz, My SDGs Declaration ^{*1} , etc. (2019)	From 2021	Asahi Health Festa - SDGs quiz (specialized website) (2021) - SDGs key word rally (2021) - Healthy City and SDGs exhibition
	Asahi Health Meister - Publicized SDGs through the handbook (2019)		
	Continued publicity at Ito-Yokado Owariasahi's Asapy and Hatoson-kun Meeting Square	From 2022	Citizens' Festival - Spot the mistakes of SDGs
	Staff training in collaboration with Ito-Yokado Co., Ltd. (2019)		Aichi Municipality Fair - SDGs quiz
	Staff training using an SDGs card game with the cooperation of the United Nations Centre for Regional Development (2019)		
From 2020	Staff training in collation with Ricoh Japan Corp. ^{*2} (2020)		
	SDGs study sessions for staff (2020, 2021)		

*1: Implemented as an opportunity to think about what can be done achieve SDGs
*2: In 2020, signed a collaboration agreement on work style reform and promotion of SDGs with the city



April 2019 Asahi Health Festa



July 2019 Staff training (SDGs card game)



From 2020 – Asahi Health Meister Handbook back cover

(18) Efforts during the COVID-19 Pandemic

The first positive case of the COVID-19 infection was confirmed in Japan in January 2020, and WHO declared a state of emergency and recognized Pandemic in March 2020. Elementary, junior high, and high schools across the country were temporarily closed, and measures were taken to suspend the use of various facilities and refrain from holding events. As a result, the efforts of the Healthy City were greatly affected from 2020 onwards.

At the time of preparation of this publication (March 2023), the COVID-19 Pandemic had not yet ended. This section introduces the efforts of the Healthy City projects in FY2020 to FY2022, which were particularly affected by the outbreak.

< Canceled and postponed projects >

- 16th Asahi Health Festa (FY 2020)
- General Assembly and Conference for the Japan Chapter of the AFHC (FY 2020, 2021)
- Healthy City booth at the Citizens' Festival (FY 2020, 2021)
- AFHC Board of Directors and 9th General Assembly and Global Conference of the AFHC postponed (FY 2020)
- Walking event (FY 2020)

< New initiatives and alternatives >

- Posted “Tips to Stay Healthy Even in Times Like These” on the city website (from April 2020)
Posted video clips of Rakuraku Easy Muscular Training, Cognicise (COGNItion exerCISE: Training to prevent dementia), and other exercises
- Added the Home Meister to the Asahi Health Meister Program (from the FY 2020 edition)
- Started the Asahi Health Meister app (trial in FY 2020, launched in FY 2021)
- Created the Walking Guide A-Map and promoted walking (from FY 2020)
- Collected and shared “My Vitality Tips” (FY 2020)
- Opened the Healthy Cities Online Seminar for remote participation (from FY 2020)
- Held the Online International Forum of the AFHC with a presentation by the Owariasahi Mayor (FY 2020)
- Started the Aichi Medical University Cooperative Open Lectures online (from FY 2020)
- Walking at Imaike Pond as part of the Asahi Winter Wakuwaku Festival (FY 2020)



- Held the Round-Table Conference on Healthy Cities in writing (FY 2021)
- Extended the Asahi Health Festa period and enhanced online events (from FY 2021)
- Participated remotely in the International Forum on Social Prescription in the COVID-19 Pandemic in Taiwan
- Participated remotely in the General Assembly and Global Conference of the AFHC (November 2021).

In November 2021, the 9th Global Conference of the AFHC was held under the theme “Beyond the COVID-19 Pandemic, towards more innovative Healthy Cities”, and member cities made presentations on their efforts to combat the COVID-19 Pandemic and submitted papers on the subject. Owariasahi received an award for the following piece.

“Risk Communication Strategies applied to COVID-19 Vaccination”

The report summarizes that in Owariasahi, there are many clinics close by, and that it was possible to establish a vaccination system centered on individual vaccinations at family doctors, and that vaccinations could proceed more quickly than in other regions of the country, rather than through appropriate communication.

”Application Examples using the keywords ‘Urban Development and Greenery’ and ‘Walking’ under the COVID-19 Pandemic”

The report summarizes that the urban development, green conservation, and walking initiatives promoted by Owariasahi have played a major role in maintaining and improving the health of citizens during the COVID-19 Pandemic.



9th Global Conference of the AFHC, Hong Kong



Online participation



Plaque commending the 9th Global Conference of the AFHC

In addition, in November 2021, the Academic Committee, a newly established internal organization of the AFHC, has been conducting research on risk management for dealing with the COVID-19 infections and multidisciplinary cooperation. The case of the COVID-19 vaccinations in our city will be introduced in the Risk Communication Guidelines compiled by this committee.

Our experience during the COVID-19 Pandemic will have a significant impact on the future promotion of Healthy City and will therefore be properly inspected, evaluated, and reflected on for future initiatives.

4 Dissemination and evaluation of Healthy City initiatives

The Global Conference of AFHC, which has been held in principle every other year since the first conference in 2004, invites reports on Healthy City initiatives being promoted around the world on a variety of themes each time, and awards prizes for outstanding initiatives.

The city has submitted reports to all conferences since the second conference and has received awards from WHO and AFHC, the most number of awards received to date in the country and the only city in the country to have received eight consecutive conference awards since 2006.

As a result, the city has started to receive inspections not only from domestic cities, but also from overseas cities, and is actively promoting the city's Healthy City initiatives both domestically and internationally as one of the best models of Healthy Cities near large city.

(1) Participation and presentation at the Global and the Japan Chapter Conference of the AFHC

(a) Global Conference of the AFHC

Each time since the second edition, the city's initiatives have been presented in English to the Western Pacific region.

Fiscal Year	Conference and Venue	Presentation Category	Presentation Title
2004	1st Conference (10/12 to 14) Kuching City, Malaysia	--	--
2006	2nd Conference (10/28 to 30) Suzhou City, China	Mayor's Summit	Philosophy for making Owariasahi a Healthy City
		Academic Exchange	About the Genkimaru Health Assessment initiative
2008	3rd Conference (10/23 to 26) Ichikawa City, Japan	Parallel session	About the activities of the AFHC Japan Chapter
		Parallel session	Promotion of the activities of the Japan Chapter
		Parallel session	Effects of the physical health promotion program for elderly people (Muscular training)
2010	4th Conference (10/26 to 29) Gangnam District (Seoul Special City), South Korea	Mayor's Summit	About making Owariasahi a Healthy City
		Mayor's Meeting	Activity report of the AFHC Japan Chapter
		Parallel session	About the initiatives for making a Healthy City
2012	5th Conference (10/24 to 26) Brisbane City, Australia	Keynote Panel	About the City Bus Asapy
		Parallel session	About the City Enjoyable for Walking initiative
2014	6th Conference (10/29 to 31) Sha Tin District, Hong Kong	General Meeting after the Keynote Lecture	Implementation of practical disaster preparedness drills in preparation for major earthquakes based on lessons learned from the Great East Japan Earthquake
		Parallel session	Reflection of 10 years since joining the Alliance for Healthy Cities as seen through the Asahi Health Festa and formulation of General plans
2016	7th Conference (10/29 to 31) Wonju City, South Korea	Mayor's Debate	Improving citizens' lifestyles for healthy living through collaboration with citizen groups and private companies
		Parallel session	About initiatives for children's food education
		Parallel session	Collaboration with private companies to make a disaster-resistant city
2017	International Forum	Director Announcement	About prevention and management of lifestyle diseases
2018	8th Conference (10/17 to 19) Kuching City, Malaysia	Mayor's Forum	Relationship between the Healthy City Program and concrete initiatives and SDGs
		Parallel session	Making a sustainable Healthy City by promoting reduction of garbage
		Parallel session	Making a Healthy City in which citizens play the leading role in redeveloping the area in front of the train station
2021	9th Conference (11/3 to 5) Special District Government, Hong Kong (Online)	Mayor's Forum	Redesigning a Healthy City extending beyond the balance of economics and health
		Parallel session	Owariasahi initiatives for improving SDGs awareness and taking steps towards action

(b) Japan Chapter Conference of the AFHC

The following is a presentation of the city's initiatives at Japan Chapter Conference of the AFHC.

Fiscal Year	Conference and Venue	Presentation Title, etc.
2005	1st Conference (7/14 & 15) Ichikawa City, Chiba Prefecture	Presentation of a Healthy City Initiative "Owariasahi City Enjoyable for Walking"
2006	2nd Conference (7/20 & 21) Ichikawa City, Chiba Prefecture	Panel Discussion City Development through Urban Infrastructure (Land Readjustment Project through General Construction)
2007	3rd Conference (7/3 & 4) Owariasahi City, Aichi Prefecture	Presentation of Healthy City Initiatives - Health Promoters Group "Activities by the Health Promoters Group ~ 3 Years of Progress ~" - Love Yada River Association "Volunteer Activities and Health Promotion"
2008	4th Conference (7/2 & 3) Tajimi City, Gifu Prefecture	Presentation of a Healthy City Initiative Owariasahi Senior Club Hirako Omotokai "What We Do to Prevent Becoming Bedridden and Developing Dementia ~ Activities of the Senior Club Hirako Omotokai ~"
2009	5th Conference (8/5 & 6) Obu City, Aichi Prefecture	--
2010	6th Conference (8/3 & 4) Fukuroi City, Shizuoka Prefecture	Panel Discussion "Owariasahi City Health Promotion ~ Summary and Evaluation of Our Activities to Date"
2011	7th Conference (8/2 & 3) Nagoya City, Aichi Prefecture	-
2012	8th Conference (8/7 & 8) Yamato City, Kanagawa Prefecture	-
2013	9th Conference (7/30 & 31) Kitanagoya City, Aichi Prefecture	-
2014	10th Conference (7/29 & 30) Abiko City and Kashiwa City, Chiba Prefecture (joint venue)	-
2015	11th Conference (7/28 & 29) Yawatahama City, Ehime Prefecture	-
2016	12th Conference (7/26 & 27) Nagareyama City, Chiba Prefecture	Panel Discussion Participation by the Mayor as a panelist in "Making a City that Nurtures Health" *Introduction of Owariasahi City in the exhibition booth
2017	13th Conference (7/4 & 5) Abashiri City, Hokkaido Prefecture	*Introduction of Owariasahi City in the exhibition booth
2018	14th Conference (7/19 & 20) Matsudo City, Chiba Prefecture	Practical Report of Member Cities "Our City's Initiatives and SDGs" *Introduction of Owariasahi City in the exhibition booth
2019	15th Conference (7/19 & 20) Takamatsu City, Kagawa Prefecture	*Introduction of Owariasahi City in the exhibition booth
2020	16th Conference canceled due to the COVID-19 Pandemic (The General Meeting was held in writing.)	-
2021	17th Conference canceled due to the COVID-19 Pandemic (The General Meeting was held in writing.)	-
2022	18th Conference (11/24) Izumisano City, Osaka Prefecture	Presentation of a Healthy City Initiative "Aiming to Make a City that Prevents People from Becoming Bedridden and Taking Action Together with the Health Promoters Group" *Introduction of Owariasahi City in the exhibition booth

(2) Acceptance of visits and visiting lectures (lectures delivered)

Since joining the AFHC in June 2004 until December 2022, the city has received 109 visits from 29 prefectural administrations, councils and citizens' groups in Japan, and 23 visits from ASEAN countries, Taiwan, South Korea, the UK, Finland and other countries outside Japan. The city's main Healthy City initiatives, the activities of health promoters, the Genkimaru Brain Health Assessment and Genkimaru Health Assessment, and Food education for Health initiatives have tended to attract a high level of interest in the inspection visits, both domestically and internationally, and in recent years, interest in the SDGs has also been growing.

We also give lectures at the request of member cities of the AFHC, domestic local authorities, companies, organizations and universities in other countries and abroad. The themes requested include not only overall Healthy City initiatives, but also the effects of Rakuraku Easy Muscular Training, The City Bus Asapy System and the Marugoto Walking City planning, etc. Through observation tours and lectures, we are able to communicate the various Healthy City initiatives of our city in many directions.

List of visits and lectures received and given] *For details, see pages 71 and 72.

Fiscal Year	Number of Visits Accepted	Details of Visiting Groups	Number of Lectures Delivered	Lecture Venues
2007	7	7 from Japan		
2008	14	3 from abroad, 11 from Japan	1	1 in Japan
2009	7	1 from abroad, 6 from Japan		
2010	9	1 from abroad, 8 from Japan	1	1 abroad
2011	11	2 from abroad, 9 from Japan	10	1 abroad, 9 in Japan
2012	7	1 from abroad, 6 from Japan	11	1 abroad, 10 in Japan
2013	21	2 from abroad, 19 from Japan	8	8 in Japan
2014	19	2 from abroad, 17 from Japan	2	1 abroad, 1 in Japan
2015	12	2 from abroad, 10 from Japan		
2016	9	1 from abroad, 8 from Japan	6	1 abroad, 5 in Japan
2017	4	3 from abroad, 1 from Japan	4	1 abroad, 3 in Japan
2018	7	3 from abroad, 4 from Japan	3	1 abroad, 2 in Japan
2019	3	1 from abroad, 2 from Japan		
2020			1	1 abroad (online)
2021			2	2 abroad (online)
2022	2	2 from Japan	1	1 in Japan
Total	132	22 from abroad, 110 from Japan	50	10 abroad, 40 in Japan

*The number of visiting groups accepted and lectures delivered by the health service division and Healthy City Promotion Office is tallied above.

*The Asian Health Institute (AHI) is counted as a visiting group from abroad.

*If multiple lectures are delivered per request, they are not counted as one lecture.

*Visiting lectures other than mentioned above were also delivered to citizens' groups, etc.



(3) Awards received

The following is a summary of the awards received for the city's Healthy City initiatives. The city has received the most number of awards at Global Conference of AFHC in Japan.

Fiscal Year	Name of award [Awardee]	Award details
2006 (2nd Conference).	Good Practice Award [AFHC]	Unity of people and communities in line with the Healthy City Program (and leading plans)
	Progress Award (Performance Award) [AFHC]	Evaluation of Healthy City in the last three years
2007	Healthy City Award 2007 [AFHC]	Land readjustment projects implemented by land readjustment associations
2008 (3rd Conference).	Creative Development Award [AFHC]	The Asapy City Bus System, a means of transport for citizens
	Progress Award (Good Dynamic Award) [AFHC]	Evaluation of Healthy City in the last three years
2010 (4th Conference).	Creative Development Award [AFHC]	Evaluation of Owariasahi City as a Healthy City
	Progress Award (Strong Action Award) [AFHC]	Evaluation of Healthy City in the last three years
2012 (5th Conference).	WHO Western Pacific Regional Director's Special Award [WHO]	Ongoing good practices of Healthy Cities over the years
	Best Practice Award [WHO]	Achieving equal access to healthy ageing programs and improvement of functional status of senior citizens by providing bus services to all corners of urban communities
	Creative Development Award [AFHC]	The Prevention of Non-communicable Diseases by the Healthy Asahi 21 Plan
	Creative Development Award [AFHC]	Disaster control measures against large-scale disasters Concluding a “city-to-city partnership” agreement for mutual support(with Wajima City)
	Progress Award (Strong Action Award) [AFHC]	Evaluation of Healthy City in the last three years
2014(6th Conference)	Certificate of Appreciation for the 10th anniversary of AFHC [AFHC]	Appreciation of Healthy Cities initiatives and contributions to AFHC
	Creative Development Award [AFHC].	Practical disaster preparedness drill in preparation for large earthquakes based on lessons learned from the Great East Japan Earthquake
	Progress Award (Comprehensive Development Award) [AFHC]	Evaluation of Healthy City in the last three years
2016 (7th Conference)	Best Practice Award [WHO]	Efforts to establish systems for maintaining citizens' health in case of disasters
	Creative Development Award [AFHC]	Promotion of Effective Healthy City Policies Based on Periodic Evaluation
	Progress Award (Expert Award) [AFHC]	Evaluation of Healthy City in the last three years

Fiscal Year	Name of award [Awardee]	Award details
2018 (8th Conference)	Best Practice Award [WHO]	Making an accessible city with the involvement of residents
	Creative Development Award [AFHC]	Owariasahi City Activities and SDGs of Healthy City
	Progress Award (Strong Action Award) [AFHC]	Evaluation of Healthy City in the last three years
2020	The 9th Extending Healthy Life Expectancy! Award (Lifestyle-related Disease Prevention Sector, Municipal Sector) Sports Agency Director-General's Award for Excellence [Sports Agency]	Working with health promoters to make a city that prevents people from becoming bedridden
2021 (9th Conference)	Creative Development Award (Grand Prize) [AFHC]	Owariasahi, a comfortable city full of greenery and vitality
	Creative Development Award (Award of Excellence) [AFHC]	Risk Communication Strategies Applied to the COVID-19 Vaccination
	Creative Development Award (Award of Excellence) [AFHC]	Creative efforts to raise awareness of SDGs and encourage individual actions by cooperating with different sectors
	Progress Award (Strong Action Award) [AFHC]	Evaluation of Healthy City in the last three years

5 Achievements and challenges based on analysis of Healthy City initiatives

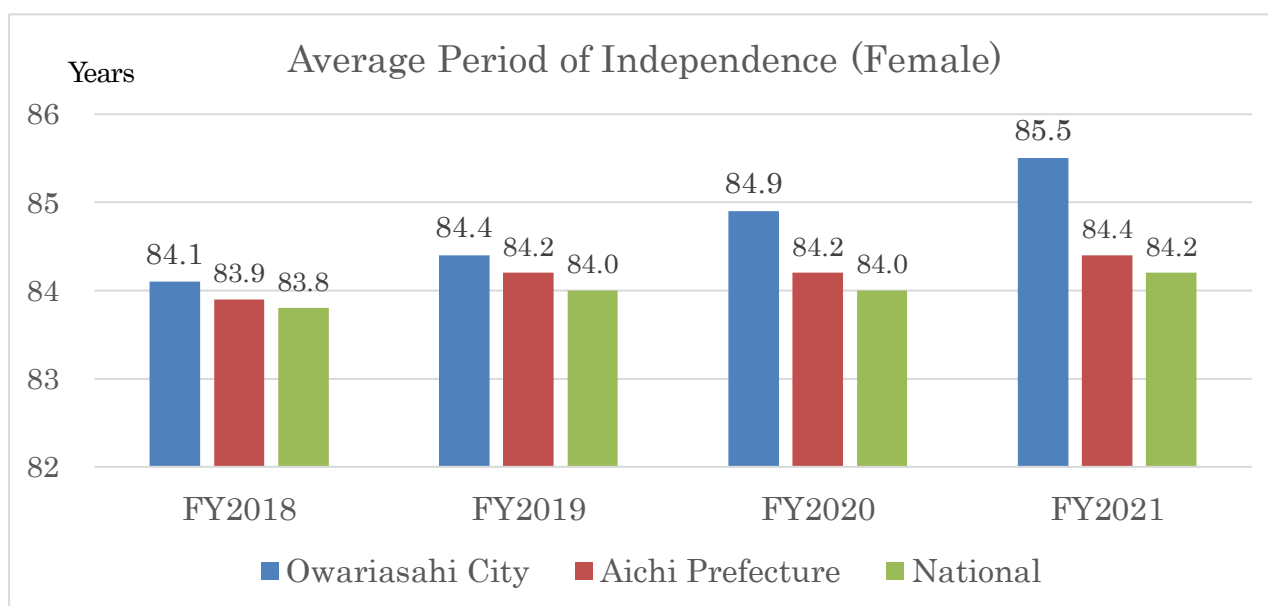
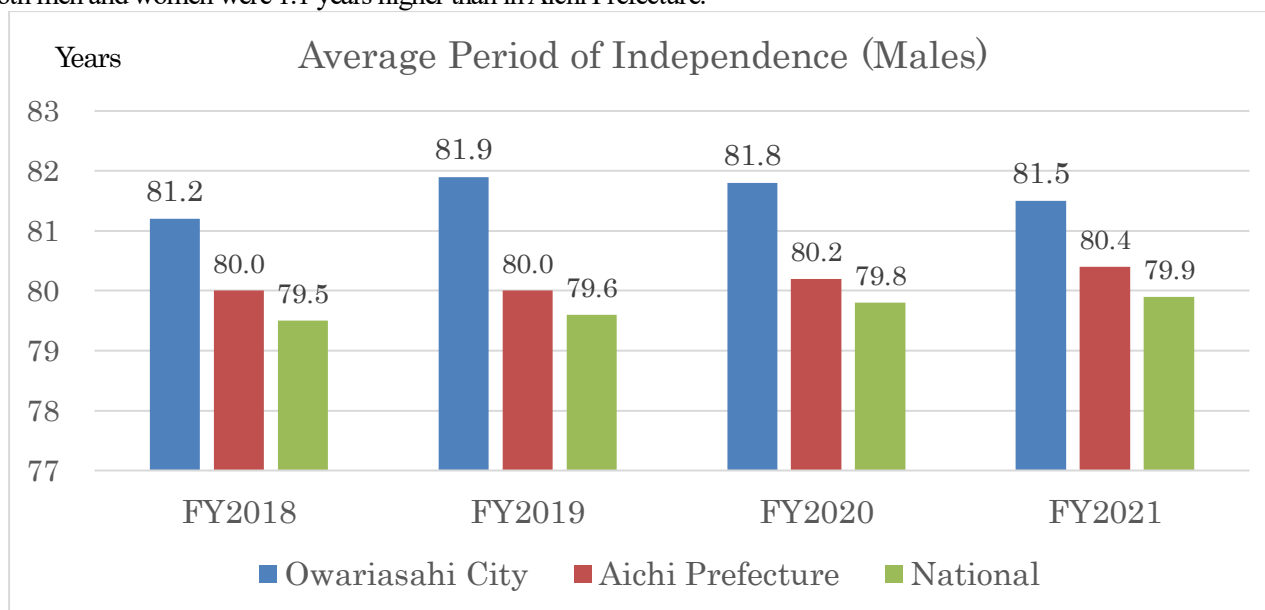
In order to verify the status of the city's Healthy City initiatives, an analysis was carried out for each of the key indicators as well as for each area of action.

(1) Key indicators

In order to compare the city's health promotion relative to other regions, the city's data on the 'Average Period of Independence (Healthy Life Expectancy)', 'Rate of care required certification', 'long-term care benefits' and 'amount of costs for National Health Insurance insured persons and others' were compared with those in Japan and Aichi Prefecture for the respective years covered.

a. Average period of independence (Healthy Life Expectancy)*

The Average Period of Independence has increased since FY2021, before the COVID-19 Pandemic, for both men and women. In addition, the figures for the city are higher than in Japan and Aichi Prefecture, and in FY2021, the figures for both men and women were 1.1 years higher than in Aichi Prefecture.



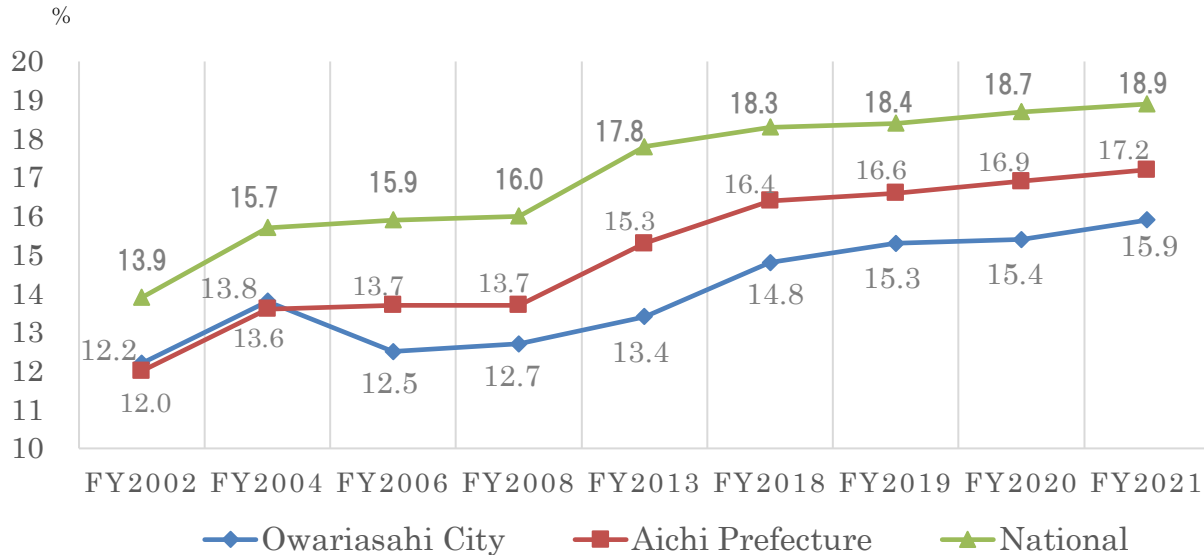
*The average period of independence is the average length of time that a person is independent in activities of daily living. Life expectancy is the average life expectancy (expected number of years to live thereafter from age 0) minus the period of ill-health, with care requirement 2 and above defined as 'ill-health'.

b. Percentage of Care Requirements Certified※

The rate of people certified as requiring long-term care is on the increase. The figure at the end of FY2021 was 0.5 percentage points higher than at the end of FY2020, and 3.7 percentage points higher than at the end of FY 2002.

In comparison with the rest of the country and Aichi Prefecture, the level has remained low since 2006.

Percentage of Care Requirements Certified



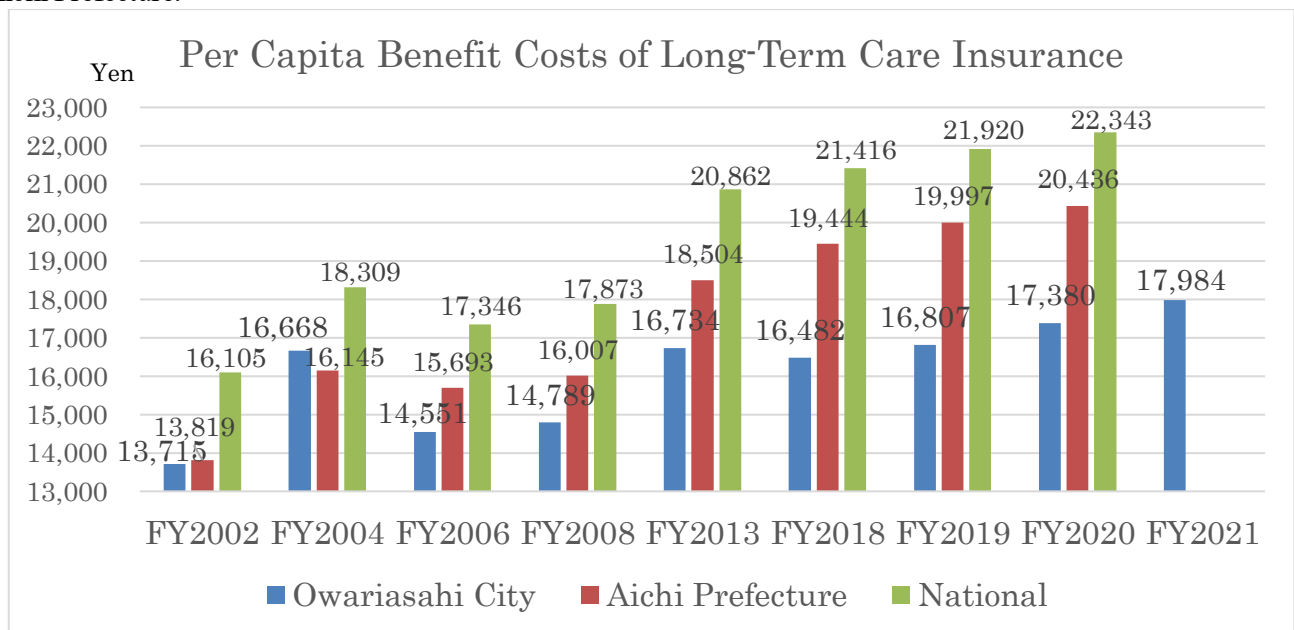
*The rate of care required certification is the number of persons certified as requiring care (or support) divided by the number of persons insured under Category 1.

Source: National and Aichi Prefecture: Ministry of Health, Labour and Welfare, Long-Term Care Insurance Business Situation Report.

Owariasahi City: long-term care insurance project report.

c. Care Benefits (per capita)※

The cost of long-term care benefits in the city has been increasing every year since 2008, with an increase of JPY 604 in FY2021 compared to FY2020. The cost has remained low compared to the rest of the country and Aichi Prefecture.



*Care benefit costs (in-home services, community-based services and institutional services) divided by the number of Category 1 insured persons and further divided by 12 to make a monthly average.

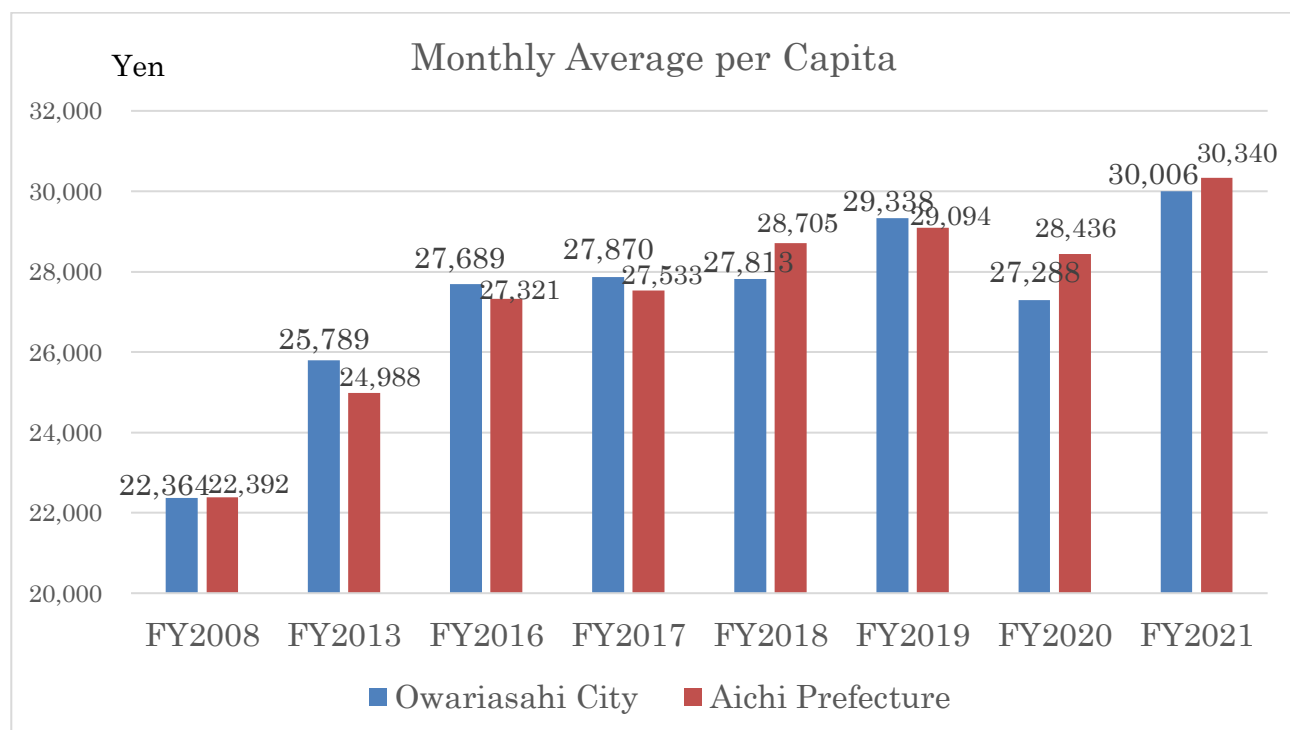
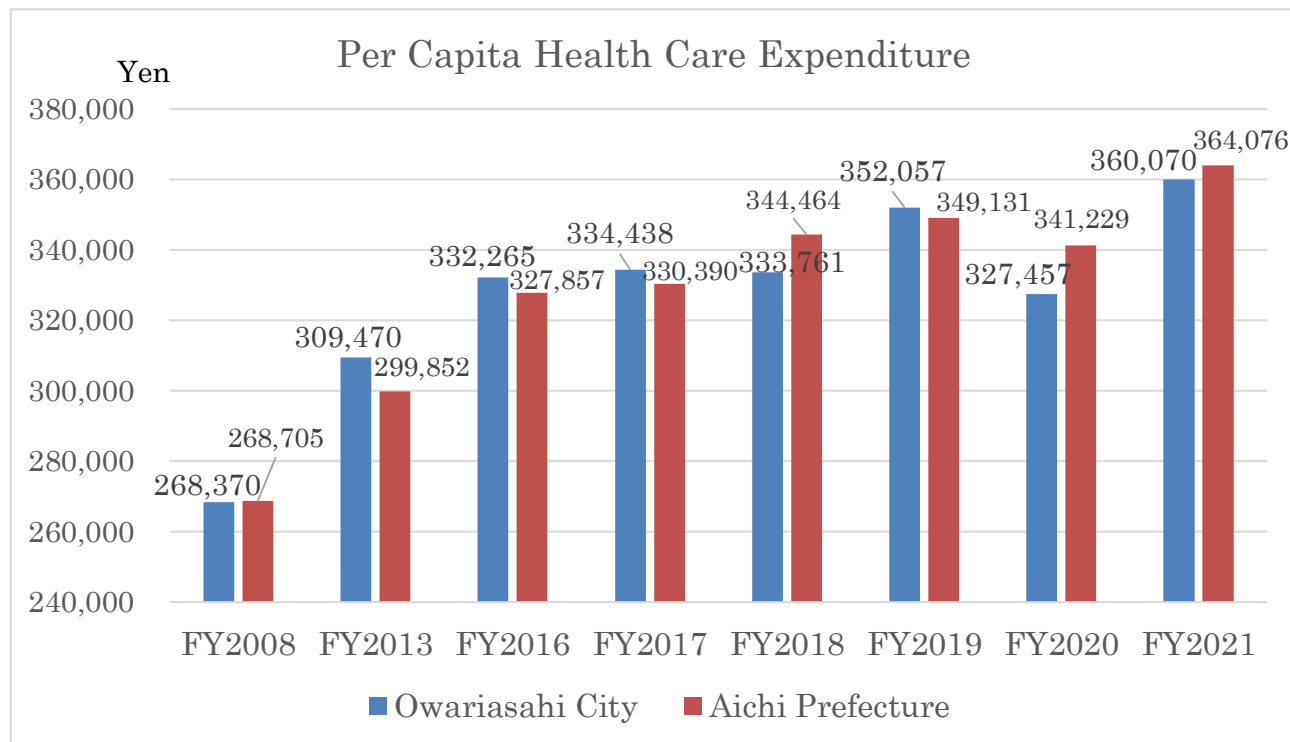
*National and Aichi Prefecture figures for FY2021 have not yet been published

Source: National and Aichi Prefecture: Ministry of Health, Labour and Welfare, Long-Term Care Insurance Business Situation Report.

Owariasahi City: long-term care insurance project report.

d. Amount of Costs for National Health Insurance insured persons, etc.*

Per capita costs and monthly averages are increasing in both city and prefecture. The situation was higher than in Aichi Prefecture until 2017, but has been lower since 2018, with the exception of the 2019 Fiscal Year.



*Comparison of figures from 2008 onwards, as the elderly healthcare system was changed to the late-stage elderly healthcare system with the implementation of the late-stage elderly healthcare system in April 2008.

*For the average monthly per capita medical expenditure in the bottom row, the per capita medical expenditure figure in the top row is further divided by 12 to make it a monthly average.

Source: Aichi Prefecture and Owariasahi City: National Health Insurance Project Questionnaire.

(2) Indicators related to the 'three policy measures' and Healthy City in general

In order to get a bird's-eye view of the medium- and long-term results of the Healthy City, changes in the indicators from 2002 to 2021 were analyzed. In order to make comparisons over time as accurately as possible, the indicators were mainly based on the 'policy outcome indicators' of the General Plan, which have changed relatively little.

(a) Making a city that prevents people from becoming bedridden

- Percentage of citizens who consider themselves healthy
- Percentage of citizens who feel safe using local health care facilities
- Percentage of independent elderly people
- Percentage of citizens with a purpose in life
- Percentage of citizens who are acquainted with sporting activities
- Percentage of adult citizens who engage in sporting activities at least once a week

(b) Making a city people want to go out into

- Percentage of citizens engaged in lifelong learning
- Percentage of citizens who think that out-of-city mobility is smooth
- Percentage of citizens who think that in-city mobility is smooth
- Number of road traffic accidents per 1,000 population
- Percentage of citizens participating in community activities
- Percentage of citizens engaged in volunteer and civic activities




(c) Making a city where people would always want to live

- Percentage of citizens who wish to continue living in Owariasahi City
- Percentage of citizens who think there are places for enjoying the greenery and water
- Percentage of citizens who feel 'attached' to their home town
- Percentage of parents who think the city is a good place to raise children
- Percentage of citizens who can feel order and comfort in the city
- Sewer coverage
- Percentage of citizens who feel secure in the city's disaster preparedness and response system
- Percentage of citizens who think that disaster prevention/mitigation systems are in place at the civic level
- Survival rate of patients with cardiopulmonary arrest
- Number of crimes per 1,000 population
- Percentage of citizens who think they live in a safe and secure neighborhood
- Percentage of citizens who consider their living environment to be comfortable and hygienic

(d) Healthy City in general

- Percentage of citizens who are aware that Owariasahi City has been aiming to develop a Healthy City
- Percentage of citizens who feel that information is well provided and made available to the public
- Percentage of citizens who feel there are sufficient opportunities for citizens to be involved in city administration and public hearings
- Percentage of elementary school students who enjoy their school life
- Percentage of junior high school students who enjoy their school life
- Total amount of waste generated
- Percentage of citizens who think that the status of men and women is equal in society as a whole

<Analytical classification of indicators>

The following classification is based on comparisons between 2002, 2003 and 2021, using Asapy's expression.		
*Figures that are not available for some years are compared with the nearest year's figures for each.		
		
improvement (more than 5 points)	sidewise crawl (e.g. of a crab) (less than ± 5 percentage points)	fall (more than 5 points)

<Summary of evaluation results (comparison between 2002 and 2021)> * Percentages are approximate.

Classification	Number of indicators	Number of improvement indicators (Percentage)	Number of sideways indicators (Percentage)	Number of descending indices (Percentage)
Making a city that prevents people from becoming bedridden	6	3 (50%)	1 (17%)	2 (33%)
Making a city people want to go out into	6	1 (17%)	3 (50%)	2 (33%)
Making a city where people would always want to live	12	10 (83%)	2 (17%)	0 (0%)
Health City in general	7	6 (86%)	1 (14%)	0 (0%)
Total amount	31	20 (65%)	7 (22%)	4 (13%)







<Achievements and challenges>

In the three policy measures and the Healthy City in general, 20 out of a total of 31 indicators have improved, or about two-thirds (65%). In particular, high achievements have been made in the 'Making a city where people would always want to live' and 'Healthy City in general', with more than 80% of the indicators improved.

On the other hand, there are challenges in 'Making a city people want to go out into', as many indicators have remained unchanged or worsened after the COVID-19 Pandemic.

The changes in indicators for each category and the specific results of the analysis are shown on the following pages.







(a) Making a city that prevents people from becoming bedridden

Fiscal Year	Percentage of citizens who consider themselves healthy	Percentage of citizens who feel safe using local health care facilities	Percentage of independent elderly people
2002	83.4%	88.6%	87.8%
2003			
2004	82.3%	89.4%	86.2%
2005			86.6%
2006	79.8%	89.6%	87.5%
2007			87.4%
2008	80.8%	89.9%	87.3%
2009			87.8%
2010	80.1%	90.6%	87.5%
2011			87.3%
2012	90.1%	93.9%	86.8%
2013	88.1%	90.6%	86.6%
2014			86.7%
2015	88.8%	93.0%	86.2%
2016			86.1%
2017	88.1%	94.2%	85.8%
2018	88.2%	91.9%	85.2%
2019	88.1%	92.7%	84.7%
2020			80.2%
2021	87.5%	93.9%	79.7%
2002 to 2021 (Comparative analysis from about 20 years ago)	+ 4.1 points	+ 5.3 points	△ 8.1 points
			
	Although high to begin with, the level has been particularly high from FY 2012 maintained in the upper 80% range.	Since FY 2002, results have remained at very high levels averaging 91.5% in 12 surveys with only small fluctuations.	This indicator is bound to decline as the population ages and continues to show a downward trend.
2018 to 2021 (Analysis of the effects of COVID-19 Pandemic)	△ 0.7 points	+ 2.0 points	△ 5.5 points
			
	Although numbers slightly declined, it is within the margin of error and shows that citizens' health awareness remains high even during the coronavirus pandemic.	The fact that numbers did not decline even during the coronavirus pandemic shows the unwaveringly high level of trust in the local medical system.	The rate of decline is rapid in recent years. One of the reasons may be the suspension of mini day services and senior club activities as the amount of activity decreases with a decrease in opportunities for elderly people to get together.

<Achievements and challenges>

The percentage of citizens who consider themselves healthy and the percentage of citizens who feel safe using local medical facilities are very high, indicating that the various initiatives taken after the declaration of a Healthy City are steadily spreading among citizens.

In the context of an ageing population, a decline in the 'Percentage of independent elderly people' is inevitable, but controlling this decline will be an important challenge.

Fiscal Year	Percentage of citizens with a purpose in life	Percentage of citizens who are acquainted with sporting activities	Percentage of adult citizens who engage in sporting activities at least once a week
2002	81.6%	42.1%	22.5%
2003			
2004	75.8%	42.2%	23.7%
2005			
2006	77.3%	40.8%	25.7%
2007			
2008	77.9%	46.2%	29.6%
2009			
2010	72.9%	45.3%	30.1%
2011			
2012	81.9%	61.3%	50.9%
2013	78.8%	59.0%	43.3%
2014			
2015	77.8%	61.9%	48.4%
2016			
2017	73.1%	60.7%	46.4%
2018	70.8%	70.0%	58.5%
2019	70.5%	75.6%	63.8%
2020			
2021	66.2%	71.3%	54.4%
2002 to 2021 (Comparative analysis from about 20 years ago)	△ 15.4 points	+ 29.2 points	+ 31.9 points
			
	After peaking in FY 2012, number of continue to decline. This will continue to be a major issue as the population continues to grow older.	Although the significant improvement can be partially due to the diversification of the interpretation of sports, the result can also be seen as an outcome of Healthy City	Although the significant improvement can be partially due to the diversification of the interpretation of sports, the result can also be seen as an outcome of Healthy City.
2018 to 2021 (Analysis of the effects of COVID-19 Pandemic)	△ 4.6 points	+ 1.3 points	△ 4.1 points
			
	The rate of decline has been large in recent years. One of the factors may be the cancellation or restriction of senior club activities and hobby activities.	After hitting the highest value in FY 2019, the index fell slightly and within the margin of error, but the impact of the coronavirus pandemic may be a contributing factor.	The figure significantly decreased compared to FY 2019. One reason may be the decreased frequency of sports participation due to fewer opportunities to go out.

<Achievements and challenges>

The deterioration in the indicator 'Percentage of citizens with a purpose in life' is a particular concern in this analysis. One of the reasons may be that there were restrictions on activities, such as the closure of public facilities, due to the impact of the COVID-19 infection.

Indicators relating to 'Sporting activities' show a trend of improvement in the long term. Further improvement is required beyond the COVID-19 Pandemic.







(b) Making a city people want to go out into

Fiscal Year	Percentage of citizens engaged in lifelong learning	Percentage of citizens who think that out-of-city mobility is smooth	Percentage of citizens who think that in-city mobility is smooth
2002	44.2%		
2003			
2004	41.6%		
2005			
2006	39.1%		
2007			
2008	36.7%		
2009			
2010	36.5%		
2011			
2012	44.1%	89.1%	85.7%
2013	37.2%		
2014			
2015	39.7%	88.9%	84.7%
2016			
2017	45.0%	89.3%	85.0%
2018	43.3%	87.3%	83.2%
2019	47.4%	88.9%	83.3%
2020			
2021	37.6%	91.5%	87.5%
2002 to 2021 (Comparative analysis from about 20 years ago)	△ 6.6 points	+ 2.4 points	+ 1.8 points
	This indicator has a relatively large range of fluctuation. Figures have significantly dropped due to the impact of COVID-19.	Six surveys conducted since FY 2012 indicate a high level of achievement averaging 89.2% with only small fluctuations.	Although the level of satisfaction is not as high as out-of-city mobility, performance was high averaging 84.9% over six surveys with only small fluctuations.
2018 to 2021 (Analysis of the effects of COVID-19 Pandemic)	△ 5.7 points	+ 4.2 points	+ 4.3 points
	One of the reasons may be that people are suspending lifelong learning activities or hesitating to start new ones due to fear of infection.	Although opportunities to go out decreased, the level of satisfaction reached a record high in FY 2021, showing a high level of satisfaction.	Although opportunities to go out decreased, the level of satisfaction reached a record high in FY 2021, showing a high level of satisfaction.

<Achievements and challenges>

Satisfaction with lifelong learning has remained at around 40%, but it is expected to become even more important in the future, as it is a measure that has a significant impact on the purpose of life.

Indicators for in-city and out-of-city mobility remain high, but there is a difference of around 4 percentage points each time between out-of-city and in-city mobility. Improving in-city and out-of-city mobility measures in response to the ageing of the population will continue to be important.

Fiscal Year	Number of road traffic accidents per population of 1,000	Percentage of citizens participating in community activities	Percentage of citizens engaged in volunteer and civic activities
2002	40.9cases	26.2%	8.4%
2003			
2004	36.1cases	22.5%	11.9%
2005	36.7cases		
2006	34.3cases	25.1%	11.2%
2007	31.8cases		
2008	29.1cases	21.8%	12.7%
2009	30.8cases		
2010	32.7cases	23.5%	11.6%
2011	29.0cases		
2012	32.2cases	27.2%	15.0%
2013	31.8cases	21.8%	10.3%
2014	33.2cases		
2015	32.4cases	24.7%	11.0%
2016	33.5cases		
2017	31.3cases	23.6%	11.4%
2018	30.8cases	24.1%	11.9%
2019	28.8cases	24.5%	12.7%
2020	23.4cases		
2021	25.7cases	10.1%	5.4%
2002 to 2021 (Comparative analysis from about 20 years ago)	△ 37.2 points	△ 16.1 points	△ 3.0 points
			
	In about 20 years, the number of accidents decreased by 40%. This is an important element that supports "Making a city where people want to go out into".	Although remaining at the same level (about 25%) for about 15 years, the figure significantly dropped in 2021 due to COVID-19 and has become an issue.	With the exception of 15% in FY 2012, the figure has remained at around 10% but dropped significantly in FY 2021 due to COVID-19 and has become an issue.
2018 to 2021 (Analysis of the effects of COVID-19 Pandemic)	△ 16.6 points	△ 14.0 points	△ 6.5 points
			
	As people stay at home and have fewer opportunities to go out, traffic accidents also appear to be decreasing.	One of the factors may be successive cancellations and voluntary refraining from local activities during COVID-19.	One of the factors may be cancellations and refraining from face-to-face volunteering and civic activities and a decrease in the number of groups due to the aging of group representatives and participants.







<Achievements and challenges>

The proportion of road traffic accidents by age group shows that the elderly account for a high proportion of accidents, but the number of accidents continues to decline. It is necessary to continue to create an environment in which people can go outside in peace by promoting community development that reduces the number of traffic accidents.

Community, volunteer and civic activities have been most affected by the COVID-19 Pandemic.

In order to overcome the COVID-19 Pandemic and promote city development that people want to go out into, more focus should be given to the promotion of these activities.







(c) Making a city where people would always want to live

Fiscal Year	Percentage of citizens who wish to continue living in Owariasahi City	Percentage of citizens who think there are places for enjoying the greenery and water	Percentage of citizens who feel attached to their home town
2002	76.3%	81.2%	No indicator
2003			
2004	77.1%	81.4%	
2005			
2006	79.8%	84.4%	
2007			
2008	79.8%	85.3%	
2009			
2010	80.1%	85.7%	
2011			
2012	81.38%	87.3%	69.1%
2013	76.5%	88.8%	
2014			
2015	79.8%	86.9%	64.3%
2016			
2017	77.8%	89.1%	64.9%
2018	80.28%	84.9%	78.3%
2019	80.9%	87.2%	81.3%
2020			
2021	75.1%	89.7%	80.0%
2002 to 2021 (Comparative analysis from about 20 years ago)	△ 1.2 points	+ 8.5 points	+ 10.9 points
			
	12 surveys conducted since 2002 show a high level of achievement averaging 79%.	12 surveys conducted since 2002 show a high level of achievement averaging 86%.	An improvement of 10 points or more over 10 years can be attributed to urban development.
2018 to 2021 (Analysis of the effects of COVID-19 Pandemic)	△ 5.2 points	+ 4.8 points	+ 1.7 points
			
	In FY 2021, the index worsened by over 5 points. The impact of COVID-19 is unknown and must be analyzed from multiple angles with the next survey.	Although originally at a high level, the highest figure was reached in 2021. Holding the National Tree-Planting Festival may have also contributed to improving the results.	Since FY 2018, results have been stable at a high level of about 80%, and the effect of COVID-19 has been minimal.

<Achievements and challenges>

The percentage of citizens who would like to continue living in Owariasahi City has been at its lowest since 2002, while the level of satisfaction with places where one can get close to greenery and water and the level of attachment to the city have increased.







With 'Decarbonization' and 'Green Transformation' (GX) being the keywords of the times, nature conservation and environmental beautification must continue to be addressed, requiring multi-faceted analysis and multifaceted efforts.

Fiscal Year	Percentage of parents who think the city is a good place to raise children	Percentage of citizens who can feel order and comfort in the city	Sewer coverage
2002	72.2%	86.5%	45.23%
2003			
2004	65.6%	87.5%	47.29%
2005			49.11%
2006	72.6%	89.3%	50.85%
2007			52.32%
2008	67.5%	91.2%	58.2%
2009			60.64%
2010	60.4%	90.8%	62.35%
2011			63.42%
2012	89.6%	90.2%	63.7%
2013		90.4%	65.0%
2014			67.4%
2015	86.2%	91.2%	69.1%
2016			72.7%
2017	84.9%	91.0%	75.1%
2018	84.1%	91.4%	76.6%
2019	87.2%	91.8%	79.6%
2020			82.4%
2021	81.0%	93.6%	84.6%
2002 to 2021 (Comparative analysis from about 20 years ago)	+ 8.8 points	+ 7.1 points	+ 39.4 points
			
	The indicator fluctuates greatly due to the influence of the social environment, etc. It has remained in the 80% range since the peak in FY 2012.	12 surveys conducted since 2002 show a high level of achievement averaging 90.4% and is slightly on the rise.	The improvement of sewerage coverage of nearly 40 points in about 20 years may be the result of focused efforts on urban infrastructure development.
2018 to 2021 (Analysis of the effects of COVID-19 Pandemic)	△ 3.1 points	+ 2.2 points	+ 8.0 points
			
	The impact of COVID-19 on the decline in FY 2021 indicators is unknown. It must be analyzed together with the next survey.	Urban infrastructure development is steadily progressing despite the COVID-19 pandemic, reaching a record high in FY 2021.	Implementing systematic sewerage development and expanding service areas have improved results.

<Achievements and challenges>

In order to improve the environment for child rearing, the organization and initiatives have been strengthened during the Fifth General Plan period, and results have been achieved. In April 2023, the Children and Families Agency is scheduled to be established, and further efforts are required.







The percentage of citizens who feel that their city is 'a city of order and comfort' shows a continuous slight increase, indicating an extremely high level of satisfaction with the city's urban infrastructure development. The progress of land readjustment projects and the steady and significant increase in the sewerage system penetration rate are thought to be contributing factors.

Fiscal Year	Percentage of citizens who feel secure in the city's disaster preparedness and response system	Percentage of citizens who think that disaster prevention/mitigation systems are in place at the civic level	Survival rate of patients with cardiopulmonary arrest
2002	53.1%	30.6%	2.4%
2003			
2004	48.7%	32.4%	4.4%
2005			7.9%
2006	56.4%	35.3%	1.9%
2007			9.4%
2008	60.5%	38.1%	9.6%
2009			3.6%
2010	64.8%	37.2%	7.7%
2011			8.6%
2012	65.4%	37.6%	9.7%
2013	63.7%	38.9%	7.8%
2014			8.1%
2015	69.4%	40.4%	8.3%
2016			4.2%
2017	69.0%	41.3%	8.1%
2018	66.5%	36.3%	8.1%
2019	66.9%	36.8%	7.5%
2020			10.3%
2021	76.0%	33.0%	8.0%
2002 to 2021 (Comparative analysis from about 20 years ago)	+ 22.9 points	+ 2.4 points	+ 5.6 points
			
	Since 2002, the average of 12 surveys was 63.4%, but with the improvement of this figure, we can see growth in city development.	There was an increase until the peak in 2017, but since then the figures have declined to the original level.	The statistical parameter is small, so the indicator has a large range of fluctuation. The figures have improved significantly over the 10 years up to FY 2012 and are maintained at that level.
2018 to 2021 (Analysis of the effects of COVID-19 Pandemic)	+ 9.5 points	△ 3.3 points	△ 0.1 points
			
	During the COVID-19 pandemic, disaster prevention training was moved online, leading to a record high in FY 2021.	One factor may be that local activities, including disaster prevention activities, have been on the decline for several years due to the COVID-19 pandemic.	The figures for FY 2020 and FY 2021 do not show any impact from the COVID-19 pandemic.

<Achievements and challenges>

The level of confidence in disaster preparedness and disaster prevention systems has not changed significantly since the Great East Japan Earthquake, and has been on an upward trend. On the other hand, as disaster awareness at the citizen level has not increased, further efforts are required to strengthen the disaster prevention system through self-help and mutual aid.

The survival rate of patients with cardiopulmonary arrest is thought to have improved due to the strengthening of the emergency system and the widespread use of AEDs. This is an area that requires steady efforts in the future.







Fiscal Year	Number of crimes per population of 1,000	Percentage of citizens who think they live in a safe and secure neighborhood	Percentage of citizens who consider their living environment to be comfortable and hygienic
2002	30.1 cases	54.3%	58.8%
2003			
2004	25.3 cases	48.0%	56.1%
2005	25.3 cases		
2006	19.0 cases	66%	57.1%
2007	14.4 cases		
2008	14.5 cases	70.9%	67.2%
2009	16.4 cases		
2010	17.3 cases	74.6%	68.0%
2011	15.0 cases		
2012	13.5 cases	78.8%	69.5%
2013	13.4 cases	73.5%	73.3%
2014	10.6 cases		
2015	9.1 cases	77.2%	71.9%
2016	8.6 cases		
2017	7.9 cases	78.6%	72.3%
2018	5.5 cases	81.2%	68.2%
2019	5.4 cases	82.6%	75.8%
2020	4.0 cases		
2021	3.7 cases	87.5%	79.1%
2002 to 2021 (Comparative analysis from about 20 years ago)	△ 87.7 points	+ 33.2 points	+ 20.3 points
			
	The decrease in cases by nearly 90% in about 20 years is a dramatic change and can be seen as growth in the development of safe and secure communities.	An improvement of over 30 points in about 20 years is a dramatic change and can be seen as a result of developing a safe and secure city.	An improvement of over 20 points in about 20 years is a dramatic change and can be seen as a result of city planning.
2018 to 2021 (Analysis of the effects of COVID-19 Pandemic)	△ 32.7 points	+ 6.3 points	+ 10.9 points
			
	Even during the COVID-19 pandemic, the number of crimes continues to decrease.	Since FY 2018, figures reached a record high three times in a row, and results have improved even during the COVID-19 pandemic.	Since FY 2019, figures reached a record high two times in a row, and results have improved even during the COVID-19 pandemic.

<Achievements and challenges>

Both the number of crimes and public awareness of public safety have improved significantly, showing a correlation. Satisfaction with the living and sanitary environment also shows a continuous improvement in outcomes.

These are essential elements for the city development that people would always want to live, and the results must be maintained and improved in the future.

d. Health City in general

Fiscal Year	Percentage of citizens who are aware that Owariasahi City has been aiming to develop a Healthy City	Percentage of citizens who feel that information is well provided and made available to the public	Percentage of citizens who feel there are sufficient opportunities for citizens to be involved in city administration and public hearings
2002	No indicator	67.8%	74.3%
2003			
2004		68.4%	74.2%
2005			
2006	44.9%	68.5%	72.7%
2007			
2008	60.7%	73.5%	76.3%
2009			
2010	68.3%	69.6%	74.7%
2011			
2012	77.1%	72.6%	75.8%
2013	73.7%	76.4%	79.4%
2014			
2015	74.7%	74.1%	77.9%
2016			
2017	75.3%	78.1%	80.9%
2018	73.6%	76.5%	80.7%
2019	75.4%	74.7%	78.6%
2020			
2021	64.8%	82.2%	84.0%
2002 to 2021 (Comparative analysis from about 20 years ago)	+ 19.9 points	+ 14.4 points	+ 9.7 points
			
	The reason for the decline after peaking in 2012 may be due to the changes in the questions on the questionnaire. It is a problem that the situation has worsened following the COVID-19 pandemic.	A steady improvement over about 20 years can be attributed to city development.	A steady improvement over about 20 years can be attributed to city development.
2018 to 2021 (Analysis of the effects of COVID-19 Pandemic)	△ 8.8 points	+ 5.7 points	+ 3.3 points
			
	The cause may be fewer opportunities to promote the Healthy City due to the COVID-19 pandemic as well as fewer opportunities to engage in health promotion due to people refraining from going out.	The highest figure was recorded in FY 2021, indicating that the city's information dissemination efforts during the COVID-19 pandemic were recognized.	The highest figure was recorded in FY 2021, indicating that the opportunities to participate in municipal administration during the COVID-19 pandemic were recognized.

<Achievements and challenges>

The level of awareness of Healthy City has remained at around 75% since 2012, but declined significantly in 2021, which presents a challenge.

Satisfaction with both the provision of information and opportunities to disseminate information is on the rise. In recent years, digitization has progressed rapidly, and the challenge is to respond to these changes in the environment.

Fiscal Year	Percentage of elementary school students who enjoy their school life	Percentage of junior high school students who enjoy their school life	Total amount of waste generated	Percentage of citizens who think that the status of men and women is equal in society as a whole
2002	<div><div>91.4%</div></div>	<div><div>86.2%</div></div>	No indicator	<div><div>18.9%</div></div>
2003				
2004	<div><div>93.9%</div></div>	<div><div>91.9%</div></div>		<div><div>19.2%</div></div>
2005				
2006	<div><div>93.5%</div></div>	<div><div>86.3%</div></div>		<div><div>28.2%</div></div>
2007				
2008	<div><div>94.8%</div></div>	<div><div>90.4%</div></div>		<div><div>40.0%</div></div>
2009				
2010	<div><div>92.9%</div></div>	<div><div>83.6%</div></div>		<div><div>38.1%</div></div>
2011				
2012	<div><div>97.0%</div></div>	<div><div>92.9%</div></div>	27,492t	<div><div>35.1%</div></div>
2013	<div><div>96.8%</div></div>	<div><div>93.0%</div></div>		<div><div>36.2%</div></div>
2014	<div><div>96.7%</div></div>	<div><div>90.2%</div></div>	26,915t	
2015	<div><div>96.1%</div></div>	<div><div>92.4%</div></div>	26,393t	<div><div>33.5%</div></div>
2016	<div><div>95.8%</div></div>	<div><div>90.6%</div></div>	25,531t	
2017	<div><div>97.2%</div></div>	<div><div>93.2%</div></div>	25,209t	<div><div>35.1%</div></div>
2018	<div><div>95.0%</div></div>	<div><div>92.9%</div></div>	24,805t	<div><div>34.8%</div></div>
2019			25,957t	<div><div>38.6%</div></div>
2020	<div><div>93.6%</div></div>	<div><div>94.2%</div></div>		
2021	<div><div>96.3%</div></div>	<div><div>95.5%</div></div>	25,571t	<div><div>35.2%</div></div>
2002 to 2021 (Comparative analysis from about 20 years ago)	+ 4.9 points	+ 9.3 points	△ 7.0 points	+ 16.3 points
	Results have remained at a very high level with only small fluctuations.		The downward trend continued from FY 2012 to FY 2018. It increased once then after which the downward trend continued.	Although Japan lags behind internationally in terms of the SDGs, a change in consciousness progressed particularly in the 2000s.
2018 to 2021 (Analysis of the effects of COVID-19 Pandemic)	+ 1.3 points	+ 2.6 points	+ 3.1 points	+ 0.4 points
	A high level is stably maintained even during the COVID-19 pandemic.		Although the figure increased in FY 2019 due to the impact of the COVID-19 pandemic, it started to decline in FY 2021.	Due to the COVID-19 pandemic, the reality of gender inequality was brought into focus, and there is a slight decline in indicators in FY 2021 compared to FY 2019.

<Achievements and challenges>

Both the percentage of pupils who are enjoying their school life and the percentage of pupils who are enjoying their school life remain very high. On the other hand, some pupils have serious problems, which require a detailed response.

The total volume of litter emissions has been decreasing slightly, but there has also been a temporary increase in the COVID-19 Pandemic. With 'Decarbonization' and 'GX (Green Transformation)' becoming keywords for the new era, the correlation between waste emissions and Healthy Life Expectancy has been pointed out, and this is an area that will need to be focused on in the future.

While the formation of a gender-equal society is required, the improvement of results has reached a plateau: it is said that Japan's efforts remain at a low level in terms of the SDGs targets, and further action is needed.

(3) Initiatives based on the Leading Plan

The Healthy City Program has a 'Leading Plan', which will lead the way in realizing a Healthy City and promote the 'Healthy City Owariasahi'.

Specifically, the Healthy City Program, formulated in December 2005, has five items as shown in the left-hand columns of the table below, while the Healthy City Program (Revised edition) from 2014 has seven items as shown in the right-hand columns of the table below as leading plans.

	Initial program (Dec. FY2005-FY2013)		Revised edition (FY2014 – FY2023)	Remarks
1	Genki Maru Iki Iki Net	1	Cycle for Good Health	Reorganization/ renaming
		2	Enhancing Health of the Elderly	Add (e.g. an appendix)
2	City Enjoyable for Walking	3	City Enjoyable for Walking	Continuation
3	Hot spring utilisation-based rest and exchange	4	Getting Refreshed	Reorganization/ renaming
4	Health promotion through agriculture and food	5	Food Education for Health	Reorganization/ renaming
5	Eco-garden city	6	Eco-garden city	Continuation
		7	Renovation of the Whole City	Add (e.g. an appendix)

From the next page, the seven Leading Plans of the Healthy City Program (Revised edition) are summarized in terms of the main and related initiatives implemented during the plan period, as well as describing their achievements and challenges.

(a) Cycle for Good Health

<Contents of the plan and initiatives implemented>

Composition of the plan	Plan overview.	Main initiatives implemented during the period
Health check (C: check)	Health check-ups and Genkimaru Health Assessment are promoted for each generation, from young people to the elderly, and a citizens' medical record is created so that each citizen can check his or her own health. In addition, health courses and other activities are organized to provide correct health knowledge.	<ul style="list-style-type: none"> • Promotion of the Citizens' Genkimaru project • Expansion of dental health check-ups • Promotion of dental health education • Expansion of antenatal and infant health check-ups • Promotion of cancer screening • Promotion of other health check-up services • Promotion of health promotion classes
Health consultation and guidance (M: Management)	Based on the results of health check-ups and Genkimaru Health Assessment, health consultations and guidance are provided to promote appropriate health promotion according to the individual's health status.	<ul style="list-style-type: none"> • Expansion of maternal and postnatal maternal and child health guidance • Conducting telephone consultations in the third trimester of pregnancy • Implementation of consultation services for infants, toddlers and schoolchildren • Deployment of automatic translators for foreigners
Health promotion (H: Health) support	Based on the content of the health consultation and guidance, health goals are set for each citizen and support is provided to help them improve their lifestyle and take appropriate exercise.	<ul style="list-style-type: none"> • Holding of Easy Muscular Training classes • Holding of the classes after Genkimaru Health Assessment • Promoting and raising awareness of various classes • Holding of Training Courses for Health Promoters and Dietary Health Mates

<Related efforts>

- Health Festival
- Implementation of health promotion training guidance projects
- Implementation of projects to promote smoke-free and smoke-free areas
- Distribution of health handbooks

<Achievements and challenges>

- The city has been focusing on health promotion as one of the most important measures in the Fourth and Fifth General Plan.
- As a result of the promotion of various consultation and health guidance services for pregnant and nursing women, infants and young children, citizens' interest in health promotion has increased, and the percentage of citizens who think they are healthy have increased in the outcome indicators of the measures.
- In the future, it will be necessary to study and implement effective methods of dissemination and awareness-raising in order to tailor health promotion, such as health check-up projects, to the characteristics of different youth generations and target groups.
- Although the COVID-19 Pandemic has reduced opportunities to go out, it is necessary to work together with citizens to improve physical and mental functions that have declined due to new lifestyles, and to promote health and wellbeing so that everyone can remain active, lively and motivated as they age.

(b) Enhancing Health of the Elderly

<Contents of the plan and initiatives implemented>

Composition of the plan	Plan overview	Main initiatives implemented during the period
Health checks for elderly people	To detect and prevent mild cognitive impairment in its early stages, the 'The Genkimaru Brain Health Assessment' is promoted, while the 'Genkimaru Health Assessment' checks lifestyle habits and physical fitness.	<ul style="list-style-type: none"> • Implementing the The Genkimaru Brain Health Assessment • Introduction of the car 'The Genkimaru Brain Health Assessment' • Implementation of the business trip 'The Genkimaru Brain Health Assessment' • Implementation of 'The Genkimaru Brain Health Assessment' by telephone
Prevention and guidance on cognitive impairment	Based on the diagnostic results of the 'The Genkimaru Brain Health Assessment' and 'Genkimaru Health Assessment', advice is given on health promotion initiatives. Appropriate health classes and health assessment post-assessment classes will also be organized by specialist staff.	<ul style="list-style-type: none"> • Brainpower classes • Easy Brain Health Classroom • Promotion of COGNICISE (COGNition exerCISE: Training to prevent dementia) • The strategy for getting Brain working
Improved care system	If a person is suspected of having a mild cognitive impairment, a public health nurse or other health professional will check and review lifestyle habits, provide brain activation training and refer the person to a local medical institution, depending on the situation.	<ul style="list-style-type: none"> • Improved health counselling • Issuance of the Dementia Otasuke (helpful) Pass • Introduction of chat spaces for family members of people with dementia

<Related efforts>

- Promotion of physical exercise and sports activities
- Improvement of the medical system
- Comprehensive agreements for regional revitalization with local businesses

<Achievements and challenges>

- This plan is an item added in the revised edition, but the 'The Genkimaru Brain Health Assessment' initiative was also the first of its kind in local government, and has been a continuous focus since its inception. With the ageing of the population, it is expected to continue to be actively addressed in the future.
- 'The Genkimaru Brain Health Assessment' test and participation in post-procedure prevention projects are recognized as highly effective in early screening and prevention of dementia, and many citizens participate in these projects.
- The decline in socialization and activity in elderly people that occurred with the COVID-19 Pandemic has been recognized as a risk for reduced activities of daily living (ADL) and quality of life (QOL), increased health frailty and cognitive decline. Prompt condition assessment and health guidance, as well as the continuation of voluntary health maintenance activities, will continue to be a challenge in the future.

(c) City Enjoyable for Walking

<Contents of the plan and initiatives implemented>

Composition of the plan	Plan overview	Main initiatives implemented during the period
Creating a network of walking paths	A city-wide network of footpaths and walking paths that are safe and free from traffic accidents will be formed to create a suitable environment for walking.	<ul style="list-style-type: none"> • Inspection and repair of pedestrian crossing bridges • Colored pavements at intersections (traffic accident deterrent measures) • Maintenance of walking paths at the reservoirs • Seismic strengthening of bridges
Creating spots for relaxation and health	Parks and other areas have been developed as resting places and destinations for walkers. In addition, health playground equipment have been placed in parks and other locations to provide an environment where people can casually train while walking.	<ul style="list-style-type: none"> • New and improved urban parks • Expansion and development of the Shiroyama Park • Installation of health playground equipment • Improvement of facilities in community centers • Maintenance of native habitats for the Edogan cherry tree • Rehabilitation of wooden paths in the Yoshiga Pond wetland • Detailed design of dilapidated parks.
Creating walking pleasure	The organization of attractive walking events with themes such as 'history', 'environment' and 'nature', not only to improve health and fitness, but also to attract the interest of many citizens, as well as supporting walking events organized in cooperation with local communities and civic groups.	<ul style="list-style-type: none"> • Asapy Smile Walking • Walking and challenge Walking • Yada River Promenade Walking • Asahi Easy Walking • Walking organized by civic associations

<Related efforts>

- Creation of walking guide A-map and establishment of new courses
- Addition of 'Walking Challenge Walking' to the Asahi Health Meister target projects
- Training of Health Promoters
- Collaboration with Community Sports Leaders

<Achievements and challenges>

- In the development of urban parks, workshops and other events are held with local residents when new parks are built, to promote the ongoing development of these public spaces as energetic and healthy public spaces.
- As a result of the development of a suitable environment for walking, there has been an increase in the number of citizens and civic groups who voluntarily enjoy walking as well as municipal projects.
- Walking is also popular as a health promotion activity that people can do on their own in the COVID-19 Pandemic, but it is necessary to consider implementing a new way of life, such as walking competitions, to encourage people to enjoy walking in the city.

(d) Getting Refreshed

<Contents of the plan and initiatives implemented>

Composition of the plan	Plan overview	Main initiatives implemented during the period
Support for lifelong learning	Various lifelong learning-related courses and classes are organized to meet the needs of citizens. In addition, the library will provide services to support lifelong learning and enhance the Asami Takehiko Collection, which collects materials on medicine, food, exercise and other health-related topics.	<ul style="list-style-type: none"> • Lifelong learning courses • Enhancement of library resources • The extensive Asami Takehiko library • Distribution of reading passbooks • Encouraging children to read
Support for civic activities	In order to create a city full of contact and interaction, the Civic Activities Support Center and other centers support the activities of volunteer groups and NPOs and disseminate information on their activities.	<ul style="list-style-type: none"> • Support for the activities of civic and non-profit organizations • Support for activities of federated community associations, neighborhood associations and neighborhood councils
Promotion of hot spring utilization refreshment projects	The municipal recreation center Owariasahi-en (Hot-Spring Ryokan) is used as a casually accessible recreational facility and promotes health promotion through hot-spring cures and the use of hot springs.	<ul style="list-style-type: none"> • Renovation of the Owariasahi-en. • Holding of Odekake Walking (walking event in countryside forest)
Promoting inter-regional exchange	Inter-regional exchanges using the natural environment and social resources are promoted in cooperation with other municipalities, such as Wajima City in Ishikawa Prefecture, with which a disaster support agreement was concluded, and Achi Village in Nagano Prefecture, where the municipal recreation center Owariasahi-en is located.	<ul style="list-style-type: none"> • Exchange with Achi village in Nagano Prefecture • Tourism exchange with Wajima City, Ishikawa Prefecture. • Exchange with Miharu town, Fukushima Prefecture, and the planting of cherry blossom trees that look like waterfall at Ima Pond • Promotion of other inter-regional exchanges

<Related efforts>

- Promotion of cultural activities and sports
- Renovation of cultural and sports facilities

<Achievements and challenges>

- The original plan, "Hot spring utilization rest and exchange", was reorganized and renamed in the revised version to "Refresh the whole heart", with a focus on soft projects.
- Many of the main initiatives implemented in the period under review are being steadily pursued as recurrent projects. On the other hand, the number of new projects and reviews into new approaches is relatively low in this area.
- The four fields listed in the 'Structure of the Plan' are spread over several categories in the General Plan system and the municipal organization, and it is considered difficult to be aware of the linkages between the fields. In addition, the cultural and sports fields listed under 'Related Initiatives' are also initiatives that are conscious of "Getting Refreshed".
- In advancing 'Mental health' beyond the COVID-19 Pandemic, it is necessary to review the content and the direction of focus, without being limited by conventional thinking.

(e) Food Education for Health

<Contents of the plan and initiatives implemented>

Composition of the plan	Plan overview	Main initiatives implemented during the period
Promoting Food education by generation	To promote Food education throughout life, Food education courses are organized for each generation, from infancy to old age, dental check-ups and health guidance on lifestyle.	<ul style="list-style-type: none"> • Food education guidance during health check-ups • Food education during health guidance • Cooking classes by the Dietary Health Mate Council
Promoting Food education using local resources	As an opportunity to learn about and experience Food education while having fun, agricultural festivals and agricultural policy lectures in collaboration with organizations involved in Food education are held. In addition, opportunities are created to introduce and have close contact with local food resources, such as the sale of local agricultural products using the lobby of the City Hall.	<ul style="list-style-type: none"> • Agricultural festival • Agricultural policy lectures. • Onsite sales of local produce • Raku-Nou Festival • City Hall lobby sales
Promoting Food education through school education	Through school education, the project instructs and promotes correct dietary habits to pupils and students, such as the importance of eating breakfast every day and a balanced diet. In addition, schools, households and local producers work together to promote regular eating habits and foster interest in and appreciation for food.	<ul style="list-style-type: none"> • Call for entries and awards for healthy breakfast menus. • Food drive projects • Food education by school nurses
Promoting Food education at school meal centers	Days are set aside at school meal centers, which are the base facilities for Food education, to provide school lunches that use local produce and that remove the seven major allergens from the side dishes (side dishes). Various Food education projects are also promoted in collaboration with schools and parents, such as school lunch tasting events and facility tours.	<ul style="list-style-type: none"> • Operating school meal centers • School lunches with local producers • School lunch tastings and facility tours • Selection of submitted contributions • Lectures on the promotion of nutritional education • Parent-child cooking classes • Asapy Smile School Lunch • Implementing special dietary events

<Related efforts>

- Initiatives in the City of Delicious Black Tea

<Achievements and challenges>

- In September 2010, the current school catering center was opened.
- The main Food education initiatives are being implemented across the Planning Department, Civic Life Department, Health and Welfare Department and Board of Education under the Second Health Asahi 21 Plan.
- According to the evaluation results in the Second Health Asahi 21 Plan Interim Evaluation Report published in March 2020, there are many problems in terms of the level of interest in Food education and the percentage of children who do not eat breakfast.

(f) Eco-garden City

<Contents of the plan and initiatives implemented>

Composition of the plan	Plan overview	Main initiatives implemented during the period
Creating nature and green centers	Parks and green spaces will be developed as centers where citizens can easily come into contact with the richness of nature, making use of the abundant greenery in the northern part of the city and the reservoirs distributed throughout the city.	<ul style="list-style-type: none"> • Establishment of new urban parks • Maintenance around reservoirs (Ima Pond, Shin Pond and Nigori Pond) • Conservation and maintenance of the Edogan cherry tree • Development of the Yada River bicycle path • Basic survey of the natural environment
Use of forest parks	Effective use is made of forest parks as places where citizens can get in touch with greenery and refresh themselves in close proximity, for example by organizing events in these parks.	<ul style="list-style-type: none"> • Setting walking trails • Organization of jogging and walking events • The 70th National Tree-Planting Festival
Promoting activities to nurture green	The City promotes home greening, supports green expansion and maintenance activities by citizens, such as the Green Boys Club, and promotes the creation of an enriched environment.	<ul style="list-style-type: none"> • Promoting the activities of the Green Boys' Club • National Tree-Planting Ceremony Philosophy Transfer Project • Nature conservation activities (e.g. conservation of wetlands, marsh pears and Edogan cherry trees)
Promoting eco-life	The Environmental Management System is promoted and the spread of lifestyles with less impact on the global environment is also promoted in each household, for example through the household version of the Environmental ISO initiative.	<ul style="list-style-type: none"> • Promote household version of environmental ISO • Promotion of waste reduction and recycling • Promote the introduction of photovoltaic power generation and other residential global warming mitigation equipment • Establishment of recycling squares • City-wide street cleanup activity

<Related efforts>

- Maintenance of communal farms
- Rice paddy illumination project
- Conducting basic surveys of the natural environment

<Achievements and challenges>

- The 'Eco-Garden City' has been positioned as a leading plan from the outset, as the Third and Fourth General Plan advocate a 'Park City' and as environmental issues are being addressed with increasing importance.
- The city has also developed a basic green plan, and this is an area that the city has been focusing on.
- The 70th National Tree Planting Ceremony held in Aichi Forest Park in 2019 had an enormous impact on the development of Healthy City.
- In the results of an analysis of the city's Healthy City status, it was pointed out that reducing the total volume of waste has an effect on extending the Healthy Life Expectancy of the population. This is one of the areas of action that will have a significant impact on not only the health of the city, but also on improving physical and mental health in the future.
- With 'Decarbonization' and 'Green transformation' (GX) becoming the keywords of the times, there is a need for a new perspective in Healthy City initiatives as well.

(g) Renovation of the Whole City

<Contents of the plan and initiatives implemented>

Composition of the plan	Plan overview	Main initiatives implemented during the period
Increasing the attractiveness of the city	The urban infrastructure will be improved through the renewal and rehabilitation of dilapidated roads, bridges, parks, water and sewerage facilities, as well as through the promotion of land readjustment projects and the development of station plazas. In addition, the development of a high-quality living environment will be promoted, taking disaster prevention, crime prevention and traffic safety into consideration.	<ul style="list-style-type: none"> • Land readjustment projects (Asahimae-Shiromae, Kitaharayama area) • Developing a location-appropriate plan • New construction and maintenance of urban parks • Expansion and development of the Shiroyama Park • Road Maintenance on the Kasumigaoka line • Development and maintenance of arterial roads • Widening and improvement of narrow roads • Seismic strengthening and maintenance of bridges • Seismic upgrading of water pipes • Development of a new water supply vision • Sewerage maintenance • Expansion of the Western sewage treatment plant • Reconstruction of the Eastern sewage treatment plant
Creating a city where everyone can move around easily	By improving the environment in consideration of universal design, such as by developing roads that allow pedestrians and cyclists to pass safely and comfortably and by enhancing local transport, the project promotes the development of a city where everyone can move around smoothly, safely and securely.	<ul style="list-style-type: none"> • Operation of The City Bus "Asapy" service • Maintenance of barrier-free bus fleet • Maintenance of footpaths • Repair of station passageways • Barrier-free access at stations (Sango, Owariasahi, Asahimae, Inba) • Maintenance of Road safety facilities
Introduction of facilities management	The concept of facility management is introduced in order to consider the effective use and proper layout of public facilities, and to promote reorganization and consolidation.	<ul style="list-style-type: none"> • Promotion of public facilities management • Development and ongoing management of comprehensive management plans for public facilities • Developing and managing the progress of individual facility plans • Demolition of the old civic center • Major refurbishment of the cultural center
Citizen-created city planning	In order to promote community development that makes the most of local characteristics, the project supports the operation of voluntary community development organizations by citizens, for example.	<ul style="list-style-type: none"> • Promotion of city planning around Sango Station • Supporting citizen-led urban development activities

<Related efforts>

Implementation of projects related to national land resilience that contribute to disaster prevention and disaster reduction, etc.

<Achievements and challenges>

- This plan is an additional item in the revised version, but it is an area that Owariasahi has continuously focused on over the years, with a wide range of initiatives implemented over the period.
- The construction of roads, parks, bridges, water and sewerage systems, the improvement of public transport and urban infrastructure is progressing steadily, with relatively little impact from the COVID-19 Pandemic.
- The city development around Sango Station and addressing the ageing of public infrastructure are long-term challenges.

6 On the development of a Healthy City in Owariasahi (Contributed article)

In order to evaluate the Healthy City initiatives being promoted by the city from an external perspective, Professor Keiko Nakamura of the Graduate School of Tokyo Medical and Dental University (Secretary-General of the AFHC) has contributed to this report.

'On the development of a Healthy City in Owariasahi.'

Owariasahi City has a footprint as a city that makes the most of nature and the environment, such as sun, greenery and parks, and fosters affluence and health. In 2003, the city positioned 'health promotion city development' as one of its most important policies, and has been working on city development based on the basic philosophy and principles of a Healthy City as advocated by the World Health Organization (WHO), with a track record of 20 years.

The WHO's Healthy Cities project, which began in 1987, has now spread across the world after 35 years of achievement and is in the process of achieving the Sustainable Development Goals (SDGs) as city planning that promotes the achievement of the SDGs on a city-by-city basis. It has proposed city planning technologies and systems that focus on the health and wellbeing of citizens, such as urban transport that promotes health, and urban greening and health promotion.

This publication examines the progress made in Owariasahi City from 2004 to 2022, and summarizes the achievements to date and future challenges. It introduces 18 distinctive initiatives as a Healthy City. The report provides a concrete explanation of how the city as a whole supports the health of its citizens. The book is also characterized by the involvement of many people and the introduction of people who are active in the community. Some of the projects have received awards from WHO, the Alliance of Healthy Cities, national organizations, etc. and have become national and international models. For example, the 'Citizens' Genki Maru Project' and 'Rakuraku Easy Muscular Training Exercise' are models for projects to stimulate physical activity among diverse generations, including the elderly. Practical examples of SDGs promotion led by local authorities and the promotion of communication with citizens during an epidemic of the COVID-19 infection are models that utilize the organization and cooperation mechanisms of Healthy Cities.

These initiatives are being developed on the basis of a solid organization to support Healthy City. It can be said that a system of cooperation between citizens, government, businesses and other relevant organizations has been established, which has led to the development of human resources who are active there, the steady development of projects close to citizens' lives and the fostering of sustainable industries.

In addition, the project continues to record and evaluate the results using indicators based on a Healthy City perspective. Alongside people's health, attention is also paid to indicators relating to the state of medical and

nursing care, the local environment and people's participation in city planning. Comprehensive analysis will continue to be important, taking into account not only figures that change over a short period of time, but also changes in indicators over a longer period of time.

Many citizens need to participate in local activities such as health promotion, support for the elderly and environmental activities. The activities of citizens in Owariasahi City are relatively active compared to other cities in Japan. By promoting and sustaining the participation of citizens in local activities in many more areas, the development of a Healthy City can be expected to evolve further.

In Owariasahi City, a number of farmland, reservoirs, and green spaces which are created when people make use of the natural environment to sustain their lifestyles, are spread out, and these spaces and urban life coexist. River green spaces, rich nature including wild birds, flowers and insects, as well as green spaces and parks where people can easily get in touch with nature are well developed. The health of the immediate natural environment is necessary for the health of the people who live there, and these are inextricably linked to ensuring the sustainable health of the global environment. The activities to promote the health of citizens and a Healthy City while coexisting with the natural environment that have been nurtured in Owariasahi are not easy to develop in the same way in other cities. It is also a valuable initiative that can contribute to restoring some of the planetary health, which is deteriorating in the face of the climate crisis.

Future Healthy City development will also focus on promoting the health of the natural and global environment and the health of citizens in an integrated manner. Diverse attractions can be envisioned for a Healthy City that makes use of the unique values of Owariasahi City, which emphasizes the environment of greenery and parks and the health of its citizens.

We wish Owariasahi City the best of luck in its further development as a Healthy City.

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7 Conclusion

In this publication, a review of the initiatives undertaken from 2004 to 2022 reveals various achievements and issues.

Based on the three policies of 'Making a city that prevents people from becoming bedridden', 'Making a city people want to go out into' and 'Making a city where people would always want to live', we have been promoting physical, mental and city's health, but after the COVID-19 Pandemic, there are many challenges, particularly in 'Making a city people want to go out into (mental health)'. The situation is such that there are many issues to be addressed.

With the emphasis on promoting the health of the natural and global environment and the health of citizens in an integrated manner, and in order to respond to major environmental changes such as the 'declining birthrate and super-aging population' and 'population decline', the initiatives of Healthy City must also meet the new challenges of the changing times, without being content with the status quo. The following are some of the key issues that need to be addressed.

As the planning period of the Healthy City Program (Revised edition) will expire in 2023, the city will work on the formulation of the next Healthy City Program by accurately grasping the issues identified in this document, and will continue to promote Healthy City planning that makes the most of the city's characteristics.

Reference materials

Overview of award-winning reports at Global Conference of the AFHC and other events.

2006 2nd Global Conference of the AFHC

Name of award	Good Practice Award
Giver	AFHC
Award details	<p>Unity of people and communities in line with the Healthy City Program (and leading plans)</p> <p>In June 2004, Owariasahi City received approval to join the Alliance of Healthy Cities. In order to actively develop the 'Healthy City Development', which has been positioned and promoted as one of the city's priority policies since 2003, together with its citizens, the city declared itself a Healthy City on 1st August 2004 and designated 29th April as 'Owariasahi City Health Day' every year. In December 2005, the city formulated the 'Owariasahi City Healthy City Program', which outlines the background, targets and promotion Program system for the Healthy City development that the city aims to achieve. In order to comprehensively realize a city where all citizens, including not only healthy citizens but also those with health concerns, can stay healthy forever, while taking the environment into consideration, the city has three policies: 'a city that prevents people from becoming bedridden', 'a city people want to go out into' and 'a city where people would always want to live'. In addition, five 'Leading Plans' have been compiled to lead the way in realizing a Healthy City.</p>
Name of award	Progress Award (Performance Award)
Giver	AFHC
Award details	<p>Progress on Healthy Cities</p> <p>Responded to questions about the content and progress of the city's Healthy City initiatives over the past three years, in the format prescribed by AFHC.</p>

Healthy City Award 2007

Name of award	Healthy City Award 2007
Giver	AFHC
Award details	<p>Land readjustment projects implemented by land readjustment associations</p> <p>The land readjustment project that Owariasahi City is actively promoting is in perfect conformity with the WHO's philosophy of a 'Healthy City', which aims to make not only people healthy but also the city itself healthy. In our city, where more than half of the urbanized areas have been developed by land readjustment projects over the past 40 years, the land readjustment projects carried out by cooperatives in 16 out of 17 districts have accumulated experience in realizing "City Development of the people, by the people and for the people". The land readjustment projects carried out by cooperatives have accumulated experience in realizing "City Planning by residents, for residents". Land readjustment projects carried out by cooperatives are one effective means of actively promoting the development of Healthy City in which residents take the initiative.</p>

2008 3rd Global Conference of the AFHC

Name of award	Creative Development Award
Giver	AFHC
Award details	<p>The Asapy City Bus System, a means of transport for citizens</p> <p>The city operates the City Bus "Asapy" to ensure a means of transport for elderly people who do not have or cannot drive a car, and promotes the 'integration of people and city health'.</p> <p>Providing opportunities for elderly people to 'go outside' using the 'Asapy' bus leads to them actually 'wanting to go outside' and being stimulated by going outside, leading to them wanting to 'go outside' more and more, which in turn leads to 'not letting them become bedridden'. Furthermore, 'going out' and 'not letting people become bedridden' will lead to 'wanting to continue living' in this city in a happy and energetic way. In addition, a designated manager system has been introduced to improve services and reduce costs, and a mechanism has been created for citizens to remain attached to the 'Asapy' bus, with citizens participating in setting the route of the bus service and deciding on the bus's nickname and design.</p> <p>This is the very essence of the three pillars of the city's 'Healthy City Program': 'Making a city that prevents people from becoming bedridden', 'Making a city people want to go out into' and 'Making a city where people would always want to live', and this synergistic effect is in line with the WHO's philosophy of making not only people healthy but also the city itself healthy. This synergistic effect is in line with the WHO's philosophy of making not only people healthy but also the city itself healthy.</p>
Name of award	Progress Award (Good Dynamic Award)
Giver	AFHC
Award details	<p>Progress on Healthy Cities</p> <p>Responded to questions about content and progress of the city's Healthy City initiatives over the past three years, in the format prescribed by AFHC.</p>

2010 4th Global Conference of the AFHC

Name of award	Creative Development Award
Giver	AFHC
Award details	<p>Evaluation of Owariasahi City as a Healthy City</p> <p>The WHO has identified reflection and evaluation of the projects that have been implemented as an important means of promoting the Healthy City Project.</p> <p>Therefore, the city considers 'evaluating' as one of the important elements of Healthy City development, and has examined how the city's Healthy City development since 2005 has been reflected in various projects, public awareness, etc., and prepared a summary.</p> <p>In the summary, the evaluation covers (1) basic projects and administrative projects of the fourth General Plan, (2) various data (long-term care, Healthy Life Expectancy, medical costs), (3) citizens' awareness survey (city planning questionnaire), and summarizes each of the three policies of the Healthy City Program, comparing and analyzing the results before and after the Healthy City initiatives based on published data and other information. Negative information was also deliberately incorporated and graphs were used to make the information easier to understand.</p> <p>The results show that reasonable progress has been made over the five-year period, including good results in 'Nursing Care' and 'Healthy Life Expectancy'.</p> <p>In addition, the challenges that emerged in organizing the evaluation and future responses were summarized for each of the three policy measures of the Healthy City Program, with examples of the actions actually being continued and the solutions taken.</p>
Name of award	Progress Award (Strong Action Award)
Giver	AFHC
Award details	<p>Progress on Healthy Cities</p> <p>Responded to questions about content and progress of the city's Healthy City initiatives over the past three years, in the format prescribed by AFHC.</p>

2012 5th Global Conference of the AFHC

Name of award	Best Practice Award
Giver	WHO
Award details	<p>Achieving equal access to healthy ageing programs and improvement of functional status of senior citizens by providing bus services to all corners of urban communities</p> <p>The withdrawal of some private bus routes from the city in 2004 resulted in areas with inadequate transport access. Therefore, to ensure that all citizens have equal access to transport, The City Bus "Asapy" was introduced as a public transport system that provides access to the entire city area.</p> <p>A designated manager system was introduced for the City Bus "Asapy" service in order to provide citizens with high-quality services through the expertise of private operators. In addition, citizen participation methods were utilized, such as the establishment of a citizens' organization to make requests and proposals, and the public solicitation of municipal bus nicknames. The City Bus "Asapy" makes it easier for people to go out, which leads to a wider circle of bus users and an increase in the number of friends and acquaintances. Going out helps prevent people from becoming bedridden, and continuing to review the 'Asapy' from the citizens' point of view will make the city a place where people want to continue to live, and create a chain of events that will make people want to go out more and more. This chain of events has a synergistic effect, leading to a 'fusion of human's and city's health', the results of which can be seen in the data on care-related and Healthy Life Expectancy.</p> <p>The City Bus "Asapy" service is an environmentally friendly, sustainable and healthy urban transport system that can provide transport services to all citizens.</p>
Name of award	Creative Development Award
Giver	AFHC
Award details	<p>The Prevention of Non-communicable Diseases by the Healthy Asahi 21 Plan</p> <p>In March 2005, the city formulated the Health Asahi 21 Plan with the aim of promoting the creation of an environment in which each and every citizen takes the initiative in health promotion and is supported by the family, community and society as a whole. The Plan consists of eight main areas and four life stages, based on four basic policies: support for lifelong health promotion, promotion of health promotion (with emphasis on primary prevention), promotion of health promotion supported by society as a whole, and setting and evaluating specific plan targets.</p> <p>Subsequently, a mid-term review of the Health Asahi 21 Plan was carried out from 2009 to 2010 to evaluate the targets and clarify future issues, and to add new items for the prevention of lifestyle-related diseases, such as metabolic syndrome and Food education. In addition, the plan was divided into nine main areas and six life stages to enable a more detailed response in accordance with the areas and generations. The evaluation of target values shows certain results, such as an increase in the cancer screening rate and awareness of lifestyle-related diseases, which can be said to be the result of the implementation of the Genkimaru Health Assessment, promotion of cancer screening and its accuracy management based on the Health Asahi 21 Plan over the past five years.</p>

Name of award	Creative Development Award
Giver	AFHC
Award details	<p>Disaster control measures against large-scale disasters</p> <p>Concluding a “City-to-City Partnership” agreement for mutual support(with Wajima City)</p> <p>On 24 March 2011, Wajima City and Owariasahi City concluded an Agreement on Mutual Support in the Event of a Large-Scale Disaster, in anticipation of a situation where the affected city is unable to take sufficient emergency measures on its own due to the occurrence of a large-scale disaster. Under this agreement, Wajima City and Owariasahi City will mutually support each other in the event of a disaster, for example by dispatching staff necessary for the operation of the disaster response headquarters and providing food, necessary equipment and vehicles to the affected city.</p> <p>The advantages of this agreement include the fact that the two cities are located on opposite sides of the Japanese archipelago, so the likelihood of both cities being hit by an earthquake at the same time is relatively low and the risk of a disaster can be spread out, and because Wajima is a city that has experienced a disaster, information can be shared about Wajima's experience of a disaster, thus strengthening the disaster prevention system.</p> <p>The mutual support agreement between the Wajima City and Owariasahi City can be said to be a project to promote the creation of an environment where citizens can live safely and securely and to realize the policy of the Owariasahi Healthy City Program: a city where people would always want to live.</p> <p>The fact that disaster preparedness has been strengthened with the cooperation of other cities not only advances disaster preparedness and brings significant benefits to citizens, but also has the potential to develop into a multi-sectoral private-sector exchange.</p>
Name of award	Progress Award (Strong Action Award)
Giver	AFHC
Award details	<p>Progress on Healthy Cities</p> <p>Responded to questions about content and progress of the city's Healthy City initiatives over the past three years, in the format prescribed by AFHC.</p>

6th Global Conference of the AFHC, 2014

Name of award	Creative Development Award
Giver	AFHC
Award details	<p>Practical disaster preparedness drill in preparation for large earthquakes based on lessons learned from the Great East Japan Earthquake</p> <p>In the Great East Japan Earthquake of 2011, local authorities, residents and disaster management agencies were unable to respond to the unforeseen scale of the earthquake and tsunami, which hampered rescue and relief operations. As the city is located in an area where a major earthquake is feared to occur in the near future, the city has reviewed its existing disaster drills based on the experience of the disaster area.</p> <p>Therefore, since 2012, in order to improve the ability of the city, citizens and relevant disaster management agencies to respond to unexpected disaster situations, new disaster drills have been conducted in which participants act on the spot, without the prior announcement of disaster scenarios that had previously been conducted. This has improved the response capabilities and strengthened cooperation between the city, citizens and disaster management agencies in the event of a disaster, as well as uncovering new issues.</p>
Name of award	Progress Award (Comprehensive Development Award)
Giver	AFHC
Award details	<p>Progress on Healthy Cities</p> <p>Responded to questions about content and progress of the city's Healthy City initiatives over the past three years, in the format prescribed by AFHC.</p>

7th Global Conference of the AFHC, 2016

Name of award	Best Practice Award
Giver	WHO
Award details	<p>Efforts to establish systems for maintaining citizens' health in case of disasters</p> <p>In cooperation with the local community, medical institutions and private companies, Owariasahi City has established a system to treat, prevent and control lifestyle-related diseases of its citizens in emergencies.</p> <p>In emergencies, through agreements with local medical institutions, the Medical Association dispatches doctors to medical aid stations, the Dental Association provides oral hygiene instruction to evacuees and the Pharmaceutical Association provides a priority supply of medicines in shops.</p> <p>Disaster-responsive vending machines have been installed in 15 public facilities in the city, providing citizens with free drinking water and nutritional supplements in the event of a disaster.</p> <p>In addition, the Government has stockpiled nutritional supplements to help prevent and manage lifestyle-related diseases in the event of a disaster, and is working to ensure that the public is well catered for in terms of nutritional management.</p>

Name of award	Creative Development Award
Giver	AFHC
Award details	<p>Promotion of Effective Healthy City Policies Based on Periodic Evaluation</p> <p>In order to promote Healthy City measures comprehensively through the cooperation of all departments, the 'Owariasahi City Healthy City Program', which forms the basis of the city's Healthy City measures, has been formulated based on the city's top-level plan, the General Plan. And in order to promote the Healthy City initiatives more effectively, in 2010 and 2016, a review and evaluation of the Healthy City development that has been undertaken so far was conducted, and a report was prepared and published on the city website.</p> <p>As the measures of the Healthy City of Owariasahi City are based on the General Plan, the report can evaluate most of the city's measures as Healthy City initiatives, and as the report was discussed in the Owariasahi Healthy City Promotion Headquarters, headed by the Mayor and staffed by department heads, the issues identified in the report can be addressed by each This enables departments to work together on the issues identified in the report.</p> <p>In the 2016 Healthy City report, it was found that one area of the Healthy City initiatives in Owariasahi City that has not been successful is the creation of opportunities for citizens to get out and about. Therefore, as a new way of creating opportunities for citizens to get out and about, the city has started to expand the municipal bus service, which citizens use as a means of getting out and about, and to introduce the Nordic Walk, which is said to be a more effective form of exercise than regular walking.</p> <p>In this way, Owariasahi City regularly evaluates its Healthy City initiatives, identifies issues and works to resolve them on an all-agency basis, enabling the city to implement Healthy City initiatives in a continuous and effective manner.</p>

Name of award	Progress Award (Expert Award)
Giver	AFHC
Award details	<p>Progress on Healthy Cities</p> <p>Responded to questions about content and progress of the city's Healthy City initiatives over the past three years, in the format prescribed by AFHC.</p>

8th Global Conference of the AFHC, 2008

Name of award	Best Practice Award
Giver	WHO
Award details	<p>Making an accessible city with the involvement of residents</p> <p>To ensure that everyone can get around safely, Owariasahi City is working with operators, the national government and the prefecture to make railway stations barrier-free and to operate municipal bus services, taking into account the opinions of users, including people with disabilities, experts and various organizations.</p> <p>Land readjustment projects comprehensively create an accessible environment in which everyone can move freely through the city. As a result of this project, the accessibility of the city as a whole has been greatly improved and the level of awareness and involvement of the residents in city development has increased significantly. The project has made a significant contribution to improving the sustainability of the city.</p> <p>In order for various actors and the administration to work together to promote accessible urban development, the General Plan and Healthy City Program set out the basic approach to urban development, numerical targets and the division of roles between the various actors. A system is in place to inspect and discuss the progress of numerical targets, review projects and allocate resources.</p> <p>The initiatives of the Healthy City Program, which encompass accessible urban development, will also contribute to achieving the goals of the SDGs.</p>
Name of award	Creative Development Award
Giver	AFHC
Award details	<p>Owariasahi City Activities and SDGs of Healthy City</p> <p>The relationship between Healthy City and the SDGs was organized from two perspectives and future initiatives were discussed.</p> <p><① City planning and the SDGs> The city's highest-level plan, the General Plan, reflects the idea of a 'Healthy City' in its 'vision for the future city'. The General Plan systematizes the areas of action and sets out the aspirations and numerical targets. In addition, the 'Healthy City Program' is developed and promoted in association with the General Plan, so that the city's initiatives can also be evaluated as cross-sectional 'Healthy City' initiatives. These plans have many features in common with the SDGs and relate broadly to their targets.</p> <p><② Specific projects and the SDGs> The Asahi Health Meister Program, which we have been working on for 10 years, was examined in relation to the SDGs, and it became clear that expanding the project would make it more relevant to the SDGs targets.</p> <p><Future actions> Both municipal plans (macro perspective) and specific projects (micro perspective) can be more effective with an SDGs perspective.</p> <p>Owariasahi City will work with various actors to promote Healthy City initiatives to achieve the goals of the SDGs and become a world-standard Healthy City.</p>
Name of award	Progress Award (Strong Action Award)
Giver	AFHC
Award details	<p>Progress on Healthy Cities</p> <p>Responded to questions about content and progress of the city's Healthy City initiatives over the past three years, in the format prescribed by AFHC.</p>

The 9th Healthy Life Expectancy Extension Award 2020 Award (in the field of lifestyle-related disease prevention, municipal sector)

Name of award	<p>The 9th Extending Healthy Life Expectancy! Award (Lifestyle-related Disease Prevention Sector, Municipal Sector)</p> <p>The Commissioner of the Sports Agency's Award for Excellence</p>
Giver	Commissioner of Japan Sports Agency
Award details	<p>Working with health promotion staff to make a city that prevents people from becoming bedridden.</p> <p>Owariasahi City has declared itself a 'Healthy City' and is promoting the health of its people and city, and its Healthy Life Expectancy is among the highest in the country.</p> <p>The Owariasahi Health Promoter (referred to as Promoters) have been regularly trained by the city since 2005 as leaders of health promotion in the local community to strengthen community activities, as advocated in health promotion, and currently 29 members are active in this field.</p> <p>After attending training courses organized by the city, the Promoters deepen their knowledge of health promotion on a daily basis through voluntary study circle activities and workshops organized by the city.</p> <p>Activities are carried out according to the three pillars of 'Walking', 'Muscular Training' and 'Laughter and Health'. One of these activities is the support of the Muscular Training (Rakuraku Easy Muscular Training Exercise) voluntary group, which has been supported for more than 10 years since it started. There are currently 64 groups in the city, with approximately 1,400 people taking part in Muscle Training activities. This time, the Promoters themselves said that they wanted to verify the effectiveness of the support, so they carried out an analysis in collaboration with a university.</p> <p>The results of the analysis showed that there were significant differences in 10 meters walking speed and maximum leg extension strength between the two groups, one in which the Promoters were involved in supporting the participants and the other in which the Promoters were not involved. This clearly showed that the participants' motor function improved when the Promoters were involved in and supported the voluntary muscle training group.</p> <p><Outcome></p> <p>It became clear that the Promoters are effectively supporting the voluntary muscular training groups and the role they are playing in extending the Healthy Life Expectancy of the citizens. Furthermore, there was a ripple effect of increased motivation, with the Promoters holding group discussions and voluntary study sessions on the results of this analysis. Based on these results, the city is planning to enhance training and other support to maintain and improve the quality of the Promoters.</p>

9th Global Conference of the AFHC, 2021.

Name of award	Creative Development Award (Grand Prize)
Giver	AFHC
Award details	<p>Owariasahi, a comfortable city full of greenery and vitality</p> <p>At a time when the COVID-19 Pandemic requires people to avoid density and curb their behavior, the healing properties of greenery and the health benefits of walking are becoming even more important.</p> <p>Owariasahi City was founded in 1970 and has developed as a compact residential city adjacent to the metropolis of Nagoya (33,634 inhabitants in 1970 → 84,135 in 2020* 2.5 times). The city has been focusing on urban infrastructure development in order to systematically develop the limited city area (21.03 km²), and has also recognized the importance of greenery in the city from early on, and has included language on greenery in its citizens' charter and future city vision, promoting urban development in harmony with development and greenery.</p> <p>In addition to the 'City Enjoyable for Walking' in the Healthy City Program formulated in 2005, the Owariasahi City Green Basic Plan was formulated in 2010, and both hardware and software initiatives are being implemented in collaboration with citizens, businesses and organizations, such as the development of paths that add 'charm' to walkability, the fostering of communities, etc., and the creation of opportunities for walking. The city is implementing these measures on a sustained basis in collaboration with citizens, businesses and organizations.</p> <p>In 2019, the country cultivated its love for forests by attracting and organizing the National Tree Planting Ceremony, a central event in the national land greening campaign. In this context, the expansion of the COVID-19 infection from 2020 had a significant impact, especially on soft projects.</p> <p>'Urban development and greenery' and 'walking' are the key words used while the application example in the 'COVID-19 Pandemic' is reported.</p> <p>Hardware initiatives may be difficult due to budgetary constraints, but the initiatives and applications of soft projects related to collaboration with civil society organizations are sustainable, replicable and scalable.</p>

Name of award	Creative Development Award (Award of Excellence)
Giver	AFHC
Award details	<p>Risk Communication Strategies Applied to the COVID-19 Vaccination</p> <p>In Japan, many people have psychological resistance to vaccination due to the impact of previous cases of vaccination suspension, and it was unknown how vaccination with the COVID-19 vaccine would proceed. This paper reports on risk communication methods that have played an important role in the vaccination against new coronas in Owariasahi City.</p> <p>The Government of Japan has set a target to complete the vaccination of the elderly aged 65 and over by the end of July 2021. At the end of July, Owariasahi City was able to proceed with the two-dose vaccination of 85.5% (approximately 20,000 people) of the elderly aged 65 years and over, and was one of the first to start inoculating younger people.</p>

	<p>At the time of writing (August), the target is to complete the two-dose vaccination of 80% (approximately 60,000 people) of those aged 12 years and older by the end of October.</p> <p>Aware that risk communication plays a major role in the rapid progress of inoculation, we communicate in various ways with the following actors.</p> <ol style="list-style-type: none"> 1. Communication within government agencies 2. Communication with the city council 3. Communication with other local, prefectural and national authorities 4. Communication with health professionals 5. Communication with citizens, businesses and the media <p>The four common points are (i) rapid and in-depth information sharing, (ii) leadership, (iii) transparency and (iv) a broad perspective.</p> <p>There are many problems and difficulties in proceeding with vaccination, but proper communication makes a big difference to the speed at which vaccination proceeds and to the satisfaction of the population. Communication does not necessarily need to be costly and can be used as a reference in other cities and in other risk cases.</p>
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Name of award	Creative Development Award (Award of Excellence)
Giver	AFHC
Award details	<p>Creative efforts to raise awareness of SDGs and encourage individual actions by cooperating with different sectors</p> <p>Owariasahi City aims to become a Healthy City of global standards by taking an SDGs perspective; a 2018 survey showed that the majority of both citizens and staff were unaware of the SDGs, so raising awareness is a top priority, and the city is working on various projects in collaboration with diverse actors, using two main approaches.</p> <p>(i) Awareness-raising at large-scale events.</p> <p>In FY2019, a total of 6,300 people were provided with opportunities to think about health and the SDGs in a familiar way while exercising.</p> <p>(ii) Continuous dissemination.</p> <ul style="list-style-type: none"> • Citizens: publicity through municipal PR, awareness-raising at commercial facilities, awareness of various projects and the SDGs through the Asahi Health Meister Handbook. • Staff: staff training and study groups (in collaboration with business and UNCRD). <p>Awareness of the SDGs is steadily increasing, with approximately 10% of those who have not heard of the SDGs in 2021.</p> <p>We have implemented projects that are also compatible with COVID-19 Pandemic, such as a special website in place of large-scale events, and we will continue to prepare for the revision of the Healthy City Program to incorporate the SDGs perspective for better and more sustainable health.</p>

Name of award	Progress Award (Strong Action Award)
Giver	AFHC
Award details	<p>Progress on Healthy Cities</p> <p>Responded to questions about content and progress of the city's Healthy City initiatives over the past three years, in the format prescribed by AFHC.</p>

Visits received (2007 – 2022)

Fiscal Year	No.	Visiting Groups, etc.	Fiscal Year	No.	Visiting Groups, etc.
2007	1	Hiroshima Pref. Hatsukaichi City Council	2013	12	Saitama Pref. Gyoda City Council
	2	Kyoto Pref. Yosano Town Council		13	Aichi Pref. Kariya City
	3	Gunma Pref. Shibukawa City Council		14	Yamanashi Pref. Municipalities in the prefecture (Kofu City, etc.)
	4	Tokyo Ota City Assembly		15	Kyoto Pref. Kizugawa City Council
	5	Gunma Pref. Maebashi City Council		16	Gunma Pref. Tatebayashi City Council
	6	Shizuoka Pref. Sunto City Mayor's Association (Numazu City, Gotemba City, Susono City, Shimizu Town, Nagaizumi Town, Oyama Town)		17	Tokyo Kiyose City Council
	7	Aomori Pref. Towada City Council		18	Chiba Pref. Abiko City
2008	1	Thailand Bangkok Delegation	2014	19	Chiba Pref. Katori City Council
	2	Kanagawa Pref. Yamato City		20	Saitama Pref. Ageo City
	3	Fukuoka Pref. Maebaru City		21	Aichi Pref. Tsushima City
	4	Aichi Pref. Asian Health Institute (AHI)		1	Aichi Pref. Nagakute City Council
	5	Chiba Pref. Nagareyama City Council		2	Aichi Pref. Obu City
	6	Saitama Pref. Sakado City Council		3	Kyoto Pref. Yawata City Council
	7	South Korea Suncheon City		4	Shizuoka Pref. Kannami Town Council
	8	Niigata Pref. Joetsu City Council		5	Chiba Pref. Noda City Council
	9	Fukuoka Pref. Dazaifu City Council		6	Tochigi Pref. Tochigi City Council
	10	Hokkaido Pref. Tomakomai City Council		7	Kanagawa Pref. Hayama Town Council
	11	Toyama Pref. Himi City Citizens' Group		8	Hokkaido Pref. Asahikawa City Council
	12	Hokkaido Pref. Eniwa City Council		9	Taiwan Yu Da University of Science and Technology
	13	Gifu Pref. Ena City Council		10	Aichi Pref. Nagoya Sangyo University
	14	Finland Oulu Faculty		11	Aichi Pref. Asian Health Institute (AHI)
2009	1	Kyoto Pref. Yawata City Council	2015	12	Kanagawa Pref. Kamakura City Council
	2	Kyoto Pref. Kyotanabe City Council		13	Aichi Pref. Toyoake City
	3	Tochigi Pref. Nikko City Council		14	Saga Pref. Tosu City Council
	4	Aichi Pref. Asian Health Institute (AHI)		15	Tochigi Pref. Utsunomiya City Council
	5	Hyogo Pref. Sumoto City Council		16	Hokkaido Pref. Takikawa City Council
	6	Gifu Pref. Ena City Council		17	Mie Pref. Kameyama City Council and Community Association
	7	Kyoto Pref. Muko City Council		18	Aichi Pref. Hekinan City
2010	1	Kagoshima Pref. Amami City Council	2016	19	Hokkaido Pref. Takasu Town
	2	Aichi Pref. Asian Health Institute (AHI)		1	Aichi Pref. Asian Health Institute (AHI)
	3	Kanagawa Pref. Isehara City Council		2	Tokyo Tama City Council
	4	Hiroshima Pref. Fuchu Town Council		3	Aichi Pref. Owari Area Land Readjustment Committee
	5	Mie Pref. Kameyama City		4	Mie Pref. Asahi Town Council
	6	Aichi Pref. Kitanagoya City		5	Kagawa Pref. Sakaide City Council
	7	Aichi Pref. Sugiyama Jogakuen University Students		6	Aichi Pref. Chunichi Hospital Medical Examination
	8	Osaka Pref. Osaka City University Graduate School Students		7	Osaka Pref. Kansai University Professor
	9	Aichi Pref. Meijo University Students		8	Shimane Pref. Yasugi City Council
2011	1	Gifu Pref. Mitake Town	2017	9	Tokyo Healthy City Support Organization
	2	Shizuoka Pref. Hamamatsu City		10	Fukuoka Pref. Kurume City Longevity Support Division
	3	Tokyo Corporate Design Institute Ltd		11	South Korea Korean Chapter of AFHC
	4	Aichi Pref. Obu City		12	Aichi Pref. Nagoya Sangyo University Professor
	5	Saitama Pref. Asaka City Council		1	Nagano Pref. Tomi City Council
	6	Aichi Pref. Asian Health Institute (AHI)		2	Okinawa Pref. Nago City Council
	7	Shizuoka Pref. Fujieda City		3	Kanagawa Pref. Hayama Town Council
	8	Shizuoka Pref. Yaizu City		4	Shiga Pref. Tanaka Business Support Co., Ltd.
	9	Okinawa Pref. Kitanakagusuku Village Chamber of Commerce		5	Aichi Pref. Asian Health Institute (AHI)
	10	Taiwan Kaohsiung City		6	Tokyo Tachikawa City Council
	11	Gifu Pref. Mitake Town		7	Hokkaido Pref. Monbetsu City Council
2012	1	Aichi Pref. Asian Health Institute (AHI)	2018	8	Gifu Pref. Mizunami City Area Comprehensive Support Center
	2	Chiba Pref. Chiba University Graduate School Students		9	Hyogo Pref. Takasago City Council
	3	Yamagata Pref. Sagae City Council		1	Tottori Pref. Kurayoshi City Educational Welfare Standing Committee
	4	Saga Pref. Tosu City Council		2	Taiwan Yu Da University of Science and Technology Associates
	5	Aichi Pref. Mihama Town		3	Aichi Pref. Asian Health Institute (AHI)
	6	Chiba Pref. Kimitsu City Council		4	ASEAN Countries (Philippines 5, Vietnam 2, Cambodia 3, Singapore 1, Malaysia 2)
	7	Aichi Pref. Tsushima City		1	Thailand Bangkok Metropolitan Administration (BMA), United Nations Centre for Regional Development (UNCRD)
2013	1	Aichi Pref. Konan College Visiting Fellow	2019	2	Malaysia South Kuching City, United Nations Centre for Regional Development (UNCRD)
	2	Gifu Pref. Minokamo City		3	Aichi Pref. Asian Health Institute (AHI)
	3	Aichi Pref. Tahara City		4	Yamagata Pref. Sagae City Council
	4	Saitama Pref. Ageo City Council		5	Shizuoka Pref. Omaezaki City
	5	Aichi Pref. Nishio City		6	Tokyo Bunkyo City Committee
	6	United Kingdom South Lakeland		7	Tokyo Chuo City Committee
	7	Yamagata Pref. Sakata City Council		1	JICA
	8	Aichi Pref. Western Region Komeito City Council		2	Saitama Pref. Chichibu City Council Educational Welfare Committee
	9	Aichi Pref. Asian Health Institute (AHI)		3	Chiba Pref. Kimitsu City Council Educational Welfare Standing Committee
	10	Ehime Pref. Niihama City	2022	1	Kyoto Pref. Nagaokakyo City Council Educational Welfare Standing Committee
	11	Tokyo Nerima City Assembly		2	Tochigi Pref. Nikko City Council Civil Welfare Education Standing Committee

*The number of cases is shown on page 30.

Lectures given on business (2008 – 2022)

Fiscal Year	No.	Lecture Venue		Fiscal Year	No.	Lecture Venue	
2008	1	Chiba Pref.	Alliance for Healthy Cities (Ichikawa City)		3	Aichi Pref.	Tahara City
2010	1	South Korea	Alliance for Healthy Cities (Gangnam, Seoul)		4	Shizuoka Pref.	Tokai Public Health Association
2011	1	Aichi Pref.	Nagoya University of Commerce & Business	2013	5	Aichi Pref.	Tsushima City
	2	Aichi Pref.	Tokai Public Health Association		6	Tokyo	Japan Breast Cancer Society
	3	Shizuoka Pref.	Yaizu City		7	Aichi Pref.	Nagoya University of Commerce & Business
	4	Osaka Pref.	Osaka City		8	Aichi Pref.	Aichi Prefectural Public Health Association
	5	Chiba Pref.	Japan Academy for Municipal Personnel	2014	1	Aichi Pref.	Otsuka Pharmaceutical Co.Ltd.
	6	India	6th Regional EST Forum in Asia		2	China	Alliance for Healthy Cities (Hong Kong)
	7	Aichi Pref.	Aichi Prefectural Institute of Public Health	2016	1	Aichi Pref.	Nagoya University of Commerce & Business
	8	Okinawa Pref.	Kitanakagusuku Village Chamber of Commerce		2	Tokyo	RIKEN (Institute of Physical and Chemical Research)
	9	Okinawa Pref.	Kitanakagusuku Village		3	South Korea	Alliance for Healthy Cities (Wonju City)
	10	Tokyo	Ministry of Health, Labour and Welfare		4	Aichi Pref.	Setoasahi Labor Standards Association
2012	1	Shizuoka Pref.	Fujieda City		5	Aichi Pref.	Pfizer Japan Inc.
	2	Aichi Pref.	Nagoya University of Commerce & Business		6	Aichi Pref.	Nagoya Sangyo University
	3	Mie Pref.	Tokai Public Health Association	2017	1	Aichi Pref.	Aichi Prefecture National Pension Council
	4	Tokyo	Ministry of Health, Labour and Welfare		2	Cambodia	Alliance for Healthy Cities (Phnom Penh City)
	5	Australia	Alliance for Healthy Cities (Brisbane City)		3	Aichi Pref.	Nagoya University of Commerce & Business
	6	Yamaguchi Pref.	Japan Public Health Association		4	Aichi Pref.	Aichi Prefecture Japanese Nursing Association Public Health Nurse Professional Meeting
	7	Miyagi Pref.	Miyagi Prefecture	2018	1	Tokyo	Waseda University Research Institute of Manifesto
	8	Aichi Pref.	Owariasahi Rotary Club		2	Malaysia	Alliance for Healthy Cities (Kuching City)
	9	Aichi Pref.	National Health Insurance Federation		3	Aichi Pref.	Aichi Prefecture Home Health Nurse Association
	10	Aichi Pref.	Aichi Prefecture	2020	1	South Korea	Alliance for Healthy Cities (Gangdong District, online)
	11	Aichi Pref.	Seto Public Health Center	2021	1	Republic of China	Republic of China Community Building Society (Taiwan, online)
2013	1	Shizuoka Pref.	Yaizu City		2	China	Alliance for Healthy Cities (Hong Kong, online)
	2	Aichi Pref.	Nagoya University of Commerce & Business	2022	1	Aichi Pref.	Nagoya Sangyo University

*The number of cases is shown on page 30.



Toward Achieving Owariasahi Healthy City

Summary of Efforts to Date.

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