

6. Submission of documentation

The City of Owariasahi will send the following documentation:

1) Written policy statement in support of Healthy Cities
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Owariasahi Charter for a Healthy City (proposal)

The City of Owariasahi, blessed with greenery and sunshine, shall hereby declare that Owariasahi will always be a Healthy City where each citizen can live healthily and pleasantly.

1. We shall develop our health with great dreams in our hearts.
2. We shall actively engage in our health development.
3. Health development begins with orderly lifestyles.
4. Fresh and radiant shall our hearts be like the morning sun.
5. In good health shall we shine like the showering sunlight.
6. 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.

2) Future vision and goal

◆ Issues

1. Healthcare, medical treatment and welfare

Good health is the foundation from which we enjoy our lives. Although the proportion of the aged population in our city is presently lower than the Prefectural average, it is expected to rise rapidly in the future.

Initiatives to support health development for all to enjoy long lives in good health, and the establishment of medical systems so that everyone can receive treatment at times of illnesses without worry, shall become more important.

Promotion of community welfare and support systems so that children can be reared without worry and the elderly and disabled can live in comfort are also important issues.

2. Education and lifelong learning

Children shall build the future, but the environment around them is undergoing great changes. We need to enhance education in a way that fully develops their possibilities. We should also promote programs based on the collaboration of schools, home, and the community.

On the other hand, we also need to engage positively in diverse activities that enrich our entire lives including lifelong learning, artistic and cultural activities, conservation and succession of traditional culture, and sports activities.

3. Urban infrastructure

The city has endeavored to develop an orderly cityscape through land readjustment projects. In promoting city development we should utilize local features and surroundings.

We also need to develop roads and public sewerage systems. Other issues include improvement of public transportation systems and stations as well as systems against heavy rainfall.

4. Safety and comfort

Safety and comfort are basic elements for a comfortable city. We must reinforce measures to prevent and mitigate damage in the wake of earthquakes and other natural disasters. The improvement of fire fighting and emergency medical care capabilities are also vital issues.

Traffic safety and crime prevention also need to be promoted to ensure that people can live in assurance.

5. Natural environment

Environmental measures are of utmost importance since the environment is degenerating on a global scale. We must reduce waste and promote recycling to establish a sound material-cycle society.* Citizens, businesses, and the administration must collaborate to develop a hygienic living environment.

The natural environment blessed with greenery and water is a precious heritage of our city that we should maintain and utilize in developing a rich environment.

*A sound material-cycle society refers to a society where the load on the environment is reduced by (1) reduction of waste, (2) recycling of waste as a resource, and (3) the proper treatment of waste that cannot be recycled.

6. Industrial promotion

Industrial promotion is essential in establishing the city's independence and developing human resources who will support the region. Existing industries must be vitalized and new industries that incorporate the city's appeal as a residential city should be induced.

We shall take advantage of the city's suburban location in promoting agriculture.

We also need programs to develop human resources who will support these industries.

7. Citizens' living

The role of communities shall increase in importance as interaction and exchange become active.

The city's population has grown rapidly with its development into a residential city. However, ties among citizens have gradually weakened. A city can become more attractive if each resident comes to love and feel proud of the area, as well as enjoy living there.

We must also ensure that diverse values are recognized, and both men and women can contribute equally to the city's development.

8. Administrative financial management

With the long economic depression and decentralization of power, local administrations can no longer be managed by just following regular standards.

To respond to diverse administrative needs within a limited financial resource, it is necessary to select key areas, identify role sharing between citizens and the administration, and promote city development in collaboration.

To this end, it is necessary to develop systems that would ensure that citizens' opinions and requests are accurately reflected onto the city's policies as well as enhance the administration's autonomy.

Information must also be managed properly in promoting the use of computers.

◆ Future vision

The rich nature and history of the city of Owariasahi is a precious heritage passed over from our ancestors.

The basic concept for city development is to pass on this precious heritage to the next generation and to build a society where each citizen is respected as an individual who can enjoy a healthy and meaningful life at all stages of his/her lifetime.

Based on this basic concept for city development, we hereby determine that the future vision of Owariasahi in the 21st century is to be “A park city full of life developed together.”

A park city full of life developed together

The phrase “developed together” expresses our intent to develop our city by sharing information, deliberation, and common acknowledgement among citizens, organizations, groups, communities, corporations, stores, and the administration, and that all these members shall contribute their ideas and work together for this purpose.

The phrase “full of life” expresses our wish to make the city one that is full of life, where joyful voices resound, and people of both sexes, all age groups, communities, corporations, and stores are full of life.

The phrase “park city” expresses our wish to make the city like a park in its entirety; a beautiful city abounding in greenery, blessed with an excellent natural environment, safe, pleasant, and relaxing. We also wish to make the city one where people can interact with each other, one which is loved by the people, and one where people would want to live in forever.

◆ Outline of policies

We have established the following eight policies as the pillars to realize our vision, “park city full of life developed together.”

1. Healthcare, medical treatment and welfare

[Developing health through mutual support]

We shall conduct various health promotion programs for citizens of all generations so that everyone from infants to the elderly can enjoy their lives in good health. We shall improve healthcare, medical, and welfare systems so that everyone can receive treatment when necessary, young families can enjoy child rearing, the elderly can enjoy their lives in good health, and the disabled can work and lead independent lives.

For this purpose, we shall enhance mutual support as we develop our city by making administrative welfare policies and local mutual support systems complement each other.

2. Education and lifelong learning

[Fostering intelligent minds and broad hearts]

School education plays an important role in fostering children who shall shoulder the next generation. Taking this into consideration, we shall promote education suited to the personality of each child, and education that nurtures the power to live and thoughtfulness for others. We shall also open up schools so that schools, homes, and community can work together in raising the next generation.

We shall also promote lifelong learning and sports activities so that citizens can learn, discuss, engage in, and have exchange with people of other regions and generations.

As many historical monuments have been conserved and traditional culture passed over in our city, we would like to pass on such heritages through hands-on activities for the preservation of historical monuments, history, and culture.

3. Urban infrastructure

[Developing infrastructure for daily life]

We shall promote projects to develop an orderly and pleasant cityscape through the development of water and sewerage systems and other urban infrastructure based on city planning. We shall also make the city a healthy and pleasant place.

We will also develop main roads and roads serving daily life. Public transportation

systems shall be improved and made barrier-free* so that everyone can travel freely and safely. We shall also develop drainage facilities and reinforce rivers against heavy rainfall.

*The concept for barrier-free transportation systems is to facilitate traveling and the use of public transportation by elderly and/or disabled persons by removing barriers (such as walls, obstacles, and inconveniences) and installing elevators at stations, making sidewalks, introducing low-floor buses, and other means.

4. Safety and comfort

[Making the city safe and comfortable]

Safety and comfort are basic elements for a comfortable city.

With the prediction of the Tokai earthquake and other great earthquakes, citizens' awareness against disasters is rising. The administration and citizens shall cooperate to promote measures to prevent and mitigate damage.

Fire fighting and emergency medical care capabilities shall be improved, and measures to promote traffic safety and crime prevention shall be reinforced to protect citizens and their assets from accidents and crimes to ensure that people can live in comfort.

5. Natural environment

[Making the city blend with its surroundings]

Citizens, businesses, and the administration shall collaborate to reduce waste and suppress discharge. We shall also promote lifestyles and activities that put less stress on the global environment.

We shall also conserve rich greenery and water environments and develop a pleasant and hygienic living environment.

6. Industrial promotion

[Making the city prosper]

We shall collaborate with relevant organizations to vitalize local commerce and promote industry and agriculture that capitalizes on local features to generate the city's production.

In the course of developing these policies, we shall also build up collaboration among industries and new frameworks for industrial promotion.

Moreover, we shall make a local community where everyone can work assuredly and that improves the welfare of workers.

7. Citizens' living

[Making a friendly city]

We shall encourage activities by neighborhood committees and town associations, as well as support the fostering of and activities by volunteers and NPOs to develop the city based on mutual collaboration among citizens.

We shall encourage the use of community facilities to enhance ties among various organizations and groups. These will serve as opportunities for more citizens to take part in diverse activities.

We shall also promote programs for international and inter-regional exchange as well as those for a gender-equal society*. In this way, we hope to make a city where diverse values are acknowledged and people respect each other regardless of nationality, origin, or gender.

We also hope to enhance interaction among people, and make the city a hometown which people are fond of.

* Gender-equal society refers to a society in which both men and women, as equal members, have the opportunity to participate in, and benefit from all kinds of social activities if they wish, as well as carry equal responsibilities.

8. Administrative financial management

[Promoting the plan]

To respond to more complex and diverse administrative needs, we need to identify what the citizens want. We shall also provide and share the administration's information with the people. We shall streamline operations and improve administrative services by using computers. At the same time we shall also pay due attention to the protection of personal data, and appropriate management of data in general.

Moreover, we shall introduce the concept of administrative evaluation* for flexible reviewing of policies and projects, promote efficient administrative financial management in an organized manner, and develop our staff and organization so that they can respond to changing needs.

We shall also develop a reliable relationship between the citizens and administration so that we can work together in city development.

* Administrative evaluation is a management system for collaborative city development by residents and administration, aimed to induce the effective use of limited administrative resources. First, the goals for the city development plan based on questionnaire and performance data are presented in a style with numerical values that is easy for citizens to understand. Then, during or after the implementation of the plan, data for the same items in the previous

questionnaire and performance are obtained, and the results are compared with the numerical goals to evaluate the project.

3) Profile of city (baseline data)

Profile of Owariasahi

Located in the northwestern part of Aichi Prefecture, the city of Owariasahi consists of the Owari hills and plains along the Yada River.

It lies to the northeast of Nagoya, the core city of the Chubu (Central Japan) region. It is about 15 km from downtown Nagoya, and 5 km from the Nagoya Interchange on the Tomei Expressway.

1. Topography

- a. Area: 21.02 km²
5.7 km east-west, and 5.6 km north-south
(urbanization promotion area: 11.78 km²
urbanization control area: 9.24 km²)
- b. Location (city hall):
Longitude 137° 2' 17" E, Latitude 35° 12' 47" N
- c. Elevation (above sea level): 57.8 m (city hall) 130 m (maximum)
- d. Temperature (as of 2001):
Annual average 16.0°C
Highest temperature 33.8°C
Lowest temperature 0.4°C
- e. Annual precipitation (as of 2001): 1,415 mm

2. Population (as of April 2003)

- a. Total Population: 77,888 (Male: 38,395 Female: 39,493)
- b. Households (as of April 2003):
26,671 households with an average of 2.7 persons per household

3. Industries

- a. Number of workers by industry (National Census of October 2000):

Total	38,349 (100 %)
Primary industry	192 (0.5%)
Secondary industry	11,835 (30.9%)
Tertiary industry	26,322 (68.6%)
- b. Agriculture (as of February 2000):

Number of farm households	318
(including 17 full-time farm households)	

Gross production 220 million yen

c. Industry (Businesses with 4 workers or more as of December 2001):

Number of businesses	151 businesses
Number of workers	5,810
Shipment of products	214.1 billion yen

d. Commerce (as of July 1999):

Wholesale	127 stores
Number of workers	1,251
Annual sales	45.2 billion yen
Retail	542 stores
Number of workers	4,654
Annual sales	75.0 billion yen

4. Medical Institutions (as of December 2001):

Total 123 institutions
3 hospitals (including Tosei Hospital)
55 General clinics
34 Dental clinics
3 Midwife clinics
28 Pharmacies

5. Educational Institutions (as of May 2002)

9 elementary schools with 4,624 pupils
3 junior high schools with 2,179 students
1 senior high school with 999 students
1 university and 1 college with 982 students

4) Analysis of priority health problems

1. Establishment of the Health and Welfare Center

To respond to diversifying healthcare and welfare needs of mothers, children, the elderly, and the disabled, the City of Owariasahi established the Health and Welfare Center in October 2001 as a comprehensive base for healthcare, disease prevention, health development, and welfare services.

As the environment is a very important for health, utmost attention was paid to mitigate the load on the environment in the center's planning. Thus, the center is equipped with solar power generation systems, systems to reuse rainwater, and ozone-friendly air conditioning systems.

2. Healthcare programs

Based on the Health and Medical Service Law for the Aged (Law No.80 of 1982), the City of Owariasahi holds various health programs at its Health and Welfare Center and other sites for the prevention of lifestyle related illnesses and health development. The city also offers various health checkups including basic health checkups and cancer screenings for preventive health, early detection and early treatment.

The basic health checkup is offered to citizens (who are not eligible for workplace and other checkups) who are aged 40 or older. The proportion of citizens who had the checkup is gradually rising, and was 59.3 % for fiscal year 2002. Meanwhile, the proportion of those found to have no problems at the checkup is gradually decreasing, and was 9.0 % for the same year.

Results of Basic Health Check-ups

FY	No. of subjects	People who received a checkup		Results								Institutions offering check-ups
				No problems		Observation necessary		Instruction necessary		Medical treatment necessary		
		No.	%	No.	%	No.	%	No.	%	No.	%	
10	12,937	6,620	51.2	875	13.2	1,875	28.3	1,378	20.8	2,492	37.7	69
11	13,298	6,928	52.1	807	11.6	1,933	27.9	1,541	22.3	2,647	38.2	67
12	13,629	7,396	54.3	897	12.1	2,033	27.5	1,595	21.6	2,871	38.8	69
13	13,986	7,840	56.1	763	9.7	2,230	28.4	1,627	20.8	3,220	41.1	71
14	14,372	8,524	59.3	773	9.0	2,360	27.7	1,660	19.5	3,731	43.8	72

Note: The number of subjects is calculated based on the results of a questionnaire conducted in FY 1992 (June 1992).

The proportion of those diagnosed as needing medical care is rising; with particularly high proportions of those diagnosed as having high blood pressure, hyperlipemia, and obesity (and others).

The year-on-year trend of the basic medical checkup results shows significant increase in those with high blood pressure, heart diseases, hyperlipemia, and liver problems. Those who are instructed for signs of symptoms or require treatment for circulatory insufficiencies, diabetes, and other lifestyle related illnesses are on the increase in Owariasahi. This coincides with the national trend. Such people are recommended to go to a medical institution and require follow-ups.

To enhance primary and secondary prevention of lifestyle related diseases, we must emphasize the importance of basic health checkups, foster deeper understanding on the significance of health management and prevention of such diseases among people older than 40.

Diagnosis for those who required follow-ups after the basic health checkups

Unit: cases

(%)

FY	Follow-ups	Diagnosis												
		High blood pressure	Heart disease	Abnormal oclar fundus	Hyperlipemia	Anaemia	Liver problems	Abnormal glycometabolism	Kidney problems			Hyperuricemia	Obesity & others	Total no. of cases
									Proteinuria	Urinal occult blood	Creatinine			
'98	5,745	2021 (30.5)	1,342 (20.3)	496 (7.5)	2,989 (45.2)	868 (13.1)	921 (13.9)	691 (10.4)	407 (6.1)	1,178 (17.8)	93 (1.4)	402 (6.1)	2,073 (31.3)	13,481
'99	6,121	2,194 (31.7)	1,472 (21.2)	577 (8.3)	3,332 (48.1)	871 (12.6)	1,004 (14.5)	759 (11.0)	415 (6.0)	1,167 (16.8)	85 (1.2)	454 (6.6)	2,178 (31.4)	14,508
'00	6,499	2,312 (31.3)	1,572 (21.3)	490 (6.6)	3,482 (47.1)	882 (11.9)	1,017 (13.8)	834 (11.3)	473 (6.4)	1,349 (18.2)	106 (1.4)	514 (6.9)	2,545 (34.4)	15,576
'01	7,077	2,533 (32.3)	1,761 (22.5)	494 (6.3)	3,919 (50.0)	1,017 (13.0)	1,211 (15.4)	861 (11.0)	605 (7.7)	1,486 (19.0)	177 (2.3)	604 (7.7)	3,579 (45.7)	18,247
'02	7,751	2,974 (34.9)	1,957 (23.0)	467 (5.5)	4,354 (51.1)	1,078 (12.6)	1,608 (18.9)	1,020 (12.0)	616 (7.2)	1,634 (19.2)	201 (2.4)	595 (7.0)	3,928 (46.1)	20,432

3. Primary disease prevention

The City of Owariasahi has developed the Health Assessment Program (nicknamed "Genkimaru") for individuals to promote primary prevention. In the program, each person answers a questionnaire on health (including medical history, dental data, swallowing functions, rest, drinking and smoking habits, dietary balance, and eating and exercise habits). We also take blood pressure, weight, and other physical measurements. A physical fitness test using equipment to measure muscular strength is also conducted. Then we assess the healthiness of each person by analyzing data thus obtained, and provide instructions to improve their daily habits

for primary prevention of lifestyle related illnesses.

The Genkimaru Assessment Program has been conducted once a week since the opening of the Health and Welfare Center in October, 2001, and a total of 2,923 persons have taken the assessment as of the end of January 2004. Assessment is also conducted at the beginning and end of the three-month, and other health courses held at the center, and the effects are discussed with the participants.

We believe that it is vital to improve primary prevention to make our slogan “good health throughout our lifetime” with the rapid aging of the society. Encouraging more citizens to take the Genkimaru Assessment so that they can be given adequate guidance is a good way to do so.

4. Conclusion

The Owariasahi Health and Welfare Center established as a comprehensive base for health development and welfare services has engaged in diverse programs for these purposes. The center will make further efforts to provide an excellent comprehensive environment for health development to make Owariasahi a Healthy City.