

Documents required for Application to Alliance for Healthy Cities

- I Written Policy Statement in Support of Healthy Cities**
- II Future Vision and Goals**
- III Profile Data of the City**
- IV Analysis of Priority Health Problems**
- V Other Documents**

I Written Policy Statement in Support of Healthy Cities

The City of Obu, with 'a healthy city' as the basic philosophy of its municipal government and general plan, declared itself a 'City of Health Promotion' in March 1987, and continues to encourage the health of the city to improve community awareness of health.

Declaration - A City of Health Promotion

Health is in our common interest as the greatest asset to each and every one of us, our families and society, and the most important foundation for leading a rich and energetic life.

Promotion of health and fitness within our community, through an awareness of mental and physical wellbeing as being something that one must create and maintain on one's own, is our goal.

As we move toward a society of longevity, we, the City of Obu, through our combined will and strength, declare our city 'A City of Health Promotion'.

March, 1987

City of Obu

The City of Obu will continue in its efforts to realise its future vision as 'an active, caring city of good health' through the opportunity to participate in the Alliance of Healthy Cities.

II Future Vision and Goals

In order to promote the health of the community, in March 2003 the City of Obu

devised the 'Healthy Japan 21 City of Obu Plan', incorporating the characteristics of the city. The plan aims to increase the health awareness of each member of the community as a measure against lifestyle-related disease and the consequential decline in the quality of life, and has concrete objectives concerning 9 areas: the 3 elements of nutrition, exercise and recreation; and the 6 additional areas of smoking, drinking, teeth, diabetes, circulatory disorders, and cancer.

To increase the effectiveness of the plan, separate activity plans according to different life stages were created. The life stages are: Infancy (age 0-6), Childhood and Adolescence (age 7-19), Youth (age 20-39), Adulthood (age 40-64), and Older Age (age 65 and over).

The 'City of Obu Collaborative Community Building Promotion Ordinance' was enacted in April 2006 in order to build a healthy city in which people can lead rich and energetic lives. Through this we encourage citizens, residents' associations, NPOs, volunteers, businesses and the municipal government to cooperate and support one another in collaborative city and community building.

III Profile Data of the City

Located at longitude 136° 57', latitude 35° 00', the City of Obu is situated in the west of Aichi Prefecture, adjoining the City of Nagoya to the southeast at the top of the Chita Peninsula. Japan Railways Tokaido Line runs through the city from north to south, while the 2nd Tomei Expressway passes through the city's north and the Chita Hanto Road through the west. In the south of the city are several national and federal facilities including the 51.5 hectare Aichi Health Village, the National Centre for Geriatrics and Gerontology, the Aichi Children's Health and Medical Centre.

Formerly an agricultural village, the municipality has become a major centre for the automobile manufacturing industry as a result of inviting industries to establish factories in the area from the late 1950s. Being conveniently located next to Nagoya, the area underwent a sudden increase in population, and on September 1, 1970, Obu became the 24th city in Aichi Prefecture. With an area of 33.68km², in April 2006 the population was 82,188 people, in 32,509 households, and this number is expected to continue to grow. Children (under 15 years of age) make up 15.7% of the population, which is greater than the national average, while seniors (over 65 years of age) account for 14.9% of the population, less than the national average.

The City of Obu declared itself a 'City of Health Promotion' in March 1987 to improve the awareness of health issues within the community, and the health of the

city. We aim to realise our vision of Obu as 'an Active, caring, city of good health', where children and senior citizens alike can feel safe and enjoy a wholesome life in a caring community, and where those who work, learn and live can lead active lives and contribute towards making a vigorous, exciting, healthy city.

IV Analysis of Priority Health Problems

To obtain as accurate an idea as possible of the actual condition of the health of the people of the City of Obu, in 2002 the city conducted a survey of 3,000 residents aged 20 and over concerning the 3 lifestyle-related areas of (1) awareness of lifestyle-related disorders, (2) status of respondents' use of health examinations, and (3) understanding of lifestyle-related disorders and the status of such disorders among respondents. In addition, a survey of 9,000 seniors aged 65 and over covered 10 areas, namely (1) details of any illness for which respondents were currently undergoing treatment, (2) movement, (3) effects of aural, visual and other impairments on life, (4) status of respondents' use of health examinations, (5) opportunities to obtain information and consultations on health issues, (6) life satisfaction, (7) personal relationships, (8) social activities and economic status, (9) lifestyle, and (10) amount of sleeping time, exercise, meals, alcohol and tobacco consumption, etc. As a follow-up, a survey of 3,000 individuals aged 20 and over and another of 12,000 seniors aged 65 or over will be carried out, 4 years after the original survey, this year. The results of these surveys will be analysed in a comparative study with the previous results, in collaboration with a national facility located within the City of Obu. The analysed results will serve as a barometer for future countermeasures against lifestyle-related and cognitive disorders.

Greenery, a necessary element for the health of a city, was lost in the rapid move to urbanise. In order to transform the whole of Obu into a civic garden, this year has been pronounced the 'City of Obu Greening Year One', under which citizens, families, neighbourhoods, schools, businesses and so on will collaborate in the reclamation of a green Obu abundant with natural greenery and flowers.