



Healthy City Yamato: Comprehensive Plan

2019 - 2028

[Digest Edition]



Healthy City Yamato: Making Plans Reality

Yamato has grown steadily through the periods of “Showa” and “Heisei” , and reached the 60th anniversary of its founding through the enactment of the municipalities system in 2019. When the city was first founded it had a population of less than 40,000, but that number has now approached 240,000, and it is making progress as a mature city.



Currently, Japan is undergoing a rapid decline in birth rate, rise in the proportion of seniors, and shrinking of the population like nowhere else in the world. When the city was founded the average life expectancy was only 60 years, but that number now exceeds 80 years, and is expected to soon reach 100 years, so the meaning of a “lifetime” has changed significantly. The “singularity” is also approaching, when artificial intelligence becomes superior to human intelligence, with experts saying that many jobs will be taken over by machines, so the future may bring questions about how people should live their lives and organize society.

However, we can be certain that in any era the people here will still wish for good health for themselves and their families, when they make the first pilgrimage of the year to a shrine or temple or just in their day to day thoughts or prayers. Therefore, the city has written “Healthy City Yamato: Comprehensive Plan” as a series of guideposts for our municipal administration in the new era to make Yamato a city of the future.

For the following 10 years, the city will make itself a place that residents of all ages will be glad they lived in, by working on measures based on this plan that incorporate the opinions of our residents to make the “people” , “town” , and “society” that comprise Yamato more healthy, and by making our city more sustainable while also improving the quality of living for its residents.

Finally, I would like to express my heartfelt gratitude to the residents who shared their valuable opinions at town hall discussions and through public comment procedures when the city was writing this plan, as well as to the members of the City Council and the General Planning and Review Committee who devoted themselves to its creation.

Satoru Oki, Mayor of Yamato City, February 2019

Table of Contents

Introduction	3
---------------------	----------

Basic Concept	4
----------------------	----------

- "Healthy City Yamato": A Vision for a City of the Future 4
- Three Areas of Health & Eight Basic Goals 4
- Sound Administrative Management 4

First Five Years Basic Plan (2019-2023)	5
--	----------

Health of the People

- Basic Goal 1: A city where residents can always be healthy 5
- Basic Goal 2: A city where each individual can enjoy each other's support 6
- Basic Goal 3: A city where it is easy to give birth and raise healthy children 7
- Basic Goal 4: A city that helps children learn and live for a better future 8

Health of the Town

- Basic Goal 5: A city where everyone can live safely and securely 9
- Basic Goal 6: A city with comfortable urban spaces friendly to people and the environment 10

Health of the Society

- Basic Goal 7: A city with room for rich thought and emotion 11
- Basic Goal 8: A city where people lead active lives 12

Sound Administrative Management

- Policy 1: Easily Understood Administrative Management 13
- Policy 2: Highly Responsive Administrative Management 13
- Policy 3: People Driven Administrative Management 13

Data on Yamato City	14
----------------------------	-----------



Introduction

Basic Ideas Behind the Plan

Japan already has a legacy as a super-aged society, and 10 years have already passed since reaching its peak population, with the population steadily decreasing ever since. If this trend continues into the future, it is expected that the Japanese economy will contract because of its shrinking labor force, the supply of medical and nursing care will struggle to meet demand, and other serious effects will be felt in our daily lives.

Yamato considers “health”, a universally desired trait, to be the driving force of municipal administration., and so in 2009 created the 8th Yamato City Comprehensive establishing “Healthy City Yamato and Creativity”. This plan examined the people, town, and society that comprise Yamato from the perspective of health, and pushed forward with urban development that improves the standard of living for its residents by making these three factors better than ever.

In the 10 years since then, Yamato has also reached its peak population, and has shifted to a shrinking population for the first time since the enactment of the municipalities system. The birth rate is expected to further decrease and the proportion of seniors to further increase in the future. Yamato must also face stunning changes in the environment and new views and values, such as the technological revolution represented by the development of artificial intelligence and the age of centenarians brought on by the ever growing average lifespan.

In order to improve the sustainability of our city under these circumstances, the city must continue to keep the “health” that all people desire as a core element of our municipal administration, and make further progress in initiatives taken so far by consolidating the strength of our residents and our region.

Healthy City Yamato: Comprehensive Plan will shine light in the direction for new urban planning as a plan made from the perspectives of its residents, and as a plan that is easy to understand for the residents, the community, the council, and the administration.

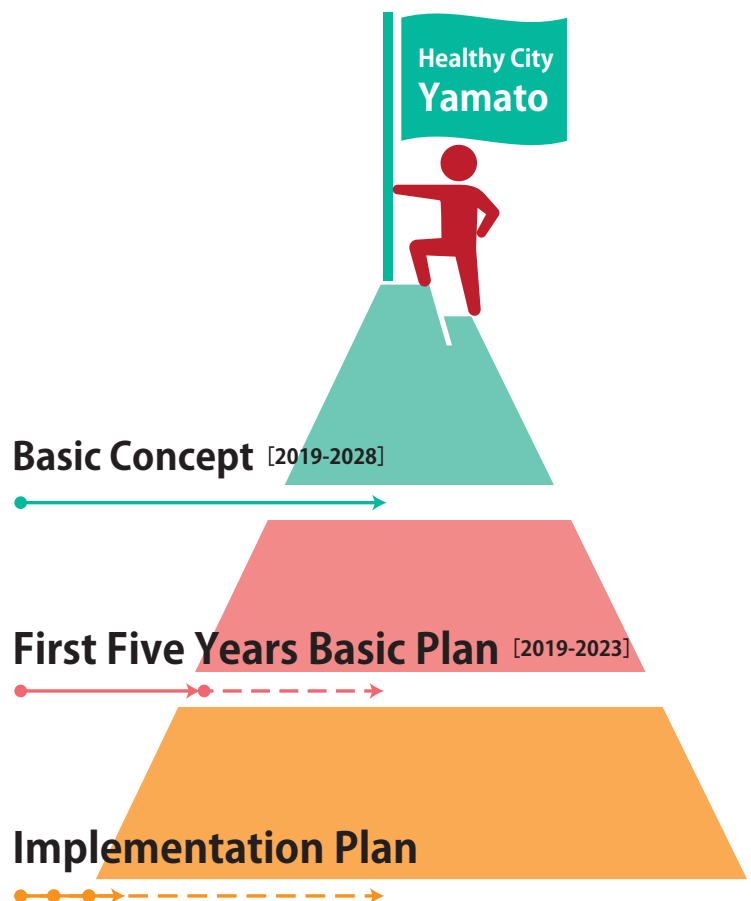
Composition

This plan is composed of three layers: the basic concept that shows the vision for the future city of Yamato and the long-term ideas for making it a reality, the basic plan that shows the direction of measures based on this, and the implementation plan that summarizes specific projects.

※ The implementation plan is not covered in this digest.

Period

Medium and long term initiatives are essential in order to create an ideal city and in order to continue stable administration, it is also necessary to respond flexibly to rapidly changing social conditions, so the basic concept spans 10 years, while the basic plan spans 5 years. The implementation plan spans 3 years, with revisions made every year.



Basic Concept

(2019 to 2028)

● “Healthy City Yamato”: A Vision for a City of the Future

“Health” is one thing that all of us wish for, whether it is for our families, our loved ones, or ourselves.

Yamato has worked to make itself healthier based on the belief that it will be an ideal city to ensure the happy lives of its residents when the people, the town as a place to support the lives and activities of people, and society as a community that binds people together are all made well from the perspective of health.

In the future, as the declining birth rate, growing proportion of seniors, and shrinking population all make progress, it will become more and more necessary to make Yamato an ideal city where each and every citizen was happy to have lived, by utilizing the strength of its residents and community with the support of the administration.

Yamato City will aim to build “Healthy City Yamato” where people of all generations from the very young to the very old can lead healthy and hearty lives sustainably even in this new era, by improving and maturing the synergy between these three areas of health in the next 10 years to come.

● Three Areas of Health & Eight Basic Goal

Health of the People

This area focuses on making it possible for anyone both young and old alike, whether they are healthy in body and mind or require some support of support, to live vigorously as they see fit and enjoy fulfilling days regardless of their age.

Basic Goal 1 A city where residents can always be healthy

Basic Goal 2 A city where each individual can enjoy each other’s support

Basic Goal 3 A city where it is easy to give birth and raise healthy children

Basic Goal 4 A city that helps children learn and live for a better future

Health of the Town

This area turns its gaze to the town as a place where people go about their daily business, and focuses on making the town a safe and secure place with a comfortable environment and urban space, so that residents can live healthy and happy lives while demonstrating their full potential.

Basic Goal 5 A city where everyone can live safely and securely

Basic Goal 6 A city with comfortable urban spaces friendly to people and the environment

Health of the Society

This field focuses on making it possible for residents to live not only in good physical health, but in good mental health as well, by enjoying days full of compassion, emotion, and vitality.

Basic Goal 7 A city with room for rich thought and emotion

Basic Goal 8 A city where people lead active lives

● Sound Administrative Management

Policy 1 Easily Understood Administrative Management

Policy 2 Highly Responsive Administrative Management

Policy 3 People Driven Administrative Management

Health of the People

Basic Goal

1

A city where residents can always be healthy

Our bodies lose functionality and change as we get older. In order to maintain and improve upon our health even as we age, the city must take various measures, such as consciously moving our bodies. The proportion of seniors is predicted to grow even further in the future, so it is expected that it will be even more important for residents to work on their own health.

On the other hand, many seniors are already healthy and active in a wide range of fields, including work, community activities, and volunteering. Demonstrating one's potential in society helps build a healthier body and mind, so it will be necessary to offer more opportunities for seniors to be active and to support them in their activities.

It is also important to take measures to bolster one's health on a daily basis, diagnose illnesses early, and prevent illness from becoming more severe through early treatment. The city will also work to improve the environment, so that residents can receive health examinations according to their age and sex. The city will also strive to build an environment where anyone can count on getting a medical examination if they are injured or become ill.

Yamato City will promote development as a "city where residents can always be healthy", with the goal of supporting health promotion and improving the community medical system so that anyone can live a rich life of a century or more, in order to be a "Healthy City".

Individual Goal 1-1

Extend healthy lifespan

Desired Outcome 1-1-1

Each and every citizen works to improve their own health and live well

(Walk for Health Project, Yamato City Health Points Project, General Care & Prevention Project, etc.)

Desired Outcome 1-1-2

Have a system to maintain and improve health of both body and mind

(Health Examination Project, Suicide Prevention Project, etc.)

Individual Goal 1-2

Enable residents to get the medical care they need at any time

Desired Outcome 1-2-1

Residents are able to get health examinations when in need

(Holiday & Night Emergency Clinic Operation Project, Emergency Medical Information Utilization Project, etc.)

Desired Outcome 1-2-2

Municipal hospitals play a role as key hospitals for the community (Municipal Hospital Operation Project, etc.)

● Health Level Visualization Corner

In the Healthy City Library on the 4th floor of Sirius Cultural Creation Base, there is a "Health Level Visualization Corner" that offers support for improving your health. It is equipped with machinery so you can easily check your body composition, bone health, and blood vessel age, and public health nurses and registered dietitians offer consultation based on your measurement results. The "Health Terrace" on the same floor is used to conduct lessons on health as well.



● Yamato Municipal Hospital

Yamato Municipal Hospital was designated as a "Community Cancer Treatment Collaborative Base Hospital" on April 1st, 2012. This hospital now works to improve and enhance the provision of specialist cancer treatment, the construction of a collaborative system for treating cancer in the community, and the provision of consultation and information for cancer patients, which are the main roles of a base hospital. Yamato City has also focused on various types of cancer screenings as a health promotion project, and by designating Yamato Municipal Hospital as a base hospital, has further enhanced cancer countermeasures from prevention to treatment.



Basic Goal
2

A city where each individual can enjoy each other's support

The year 2025, when baby boomers will be 75 years or older, will arrive in the span of this plan. As they approach this age, a higher proportion of them will be certified as needing support or nursing, so it is expected that in the near future Yamato City will also require more nursing services. In order to respond to this situation, it is necessary for Yamato to systematically build a system to provide appropriate and adequate service. It will also be extremely important for us to work on preventive care for seniors so that they can live without need for nursing care or support for their entire lives.

It is also important to offer the necessary support for people with disabilities to live independently as members of the community. The city will offer intensive support that accounts for the circumstances of each individual with disabilities and the circumstances of their family as well.

Also, in order to build a city where anyone can live securely, the city will develop an environment where residents can receive public support when they need it, and enhance the mechanisms for residents to aid and support each other.

Yamato City will promote development as “a city where each individual can enjoy each other's support” in order to be a “Healthy City”.

Individual Goal 2-1 Improve support for seniors and people with disabilities

Desired Outcome 2-1-1 Enable seniors and their family to get the support they need in order to eliminate the anxiety and burden
(Solitary Resident End of Life Preparation Support Project, Dementia Countermeasures Promotion Project, etc.)

Desired Outcome 2-1-2 People with disabilities live independently in the community
(Independence Support & Supply Project, Disabled Resident's Community Workplace Operation Support Project, etc.)

Individual Goal 2-2 Promote welfare mechanisms for mutually aided living

Desired Outcome 2-2-1 Residents are able to live their lives with peace of mind and the warm support of the community
(Social & Child Welfare Worker Support Project, Social Welfare Commission Operation Support Project, etc.)

Desired Outcome 2-2-2 The social security system is stably maintained
(National Health Insurance Project, Independence Support for Residents in Need Project, etc.)

● Dementia Supporters

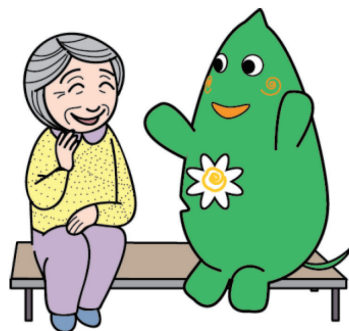
Dementia supporters are “helpers” who help dementia patients and their family with a correct understanding of dementia and a compassionate outlook, free of prejudice. The city government holds dementia supporter training lessons at various community comprehensive support centers, as well as going on location to corporations and gatherings with 10 students or more. Students receive an orange ring that shows their intent to help dementia patients. The goal of this program is to build a city with as many dementia supporters as possible so that everyone can live securely.



Orange Ring

● Enabling mutual support in the community

The city conducts initiatives that make it possible for seniors to continue living in the community they have grown accustomed to. “Councils” serve as a place for various organizations active in the community to share information on the content of their activities and discuss issues, especially as more seniors need support for new difficulties that arise with age, find places where they belong, and get care. The city has also placed “Senior Support Coordinators (Mutual Support Promoters)”, who serve the role of connecting seniors facing challenges with supporters who can help them, and to recruit new supporters. The city will establish more councils across the city and work to maintain and support the living environment for seniors.



Yamaton, Yamato City's Mascot Character

Health of the People

Basic Goal

3

A city where it is easy to give birth and raise healthy children

The hope that healthy children responsible for our future shines true whenever you see a smiling baby on the street or hear the happy voices of children echoing around the neighborhood. As the birth rate declines and the population shrinks across Japan, it is expected that the population of Yamato will also gradually decline during the period of this plan, so it is becoming more and more important to take measures against the declining birth rate in order to maintain the sustainability of the city. The city will promote support for residents who want to have a child and initiatives for people to give birth safely, so that as many couples as possible have the children they are hoping for.

As nuclear families have become the norm in Japan, many guardians do not get any experience caring for children until they have children of their own, and because they are severely lacking in both knowledge and experience it is common for them to face great difficulties raising children. In order to meet the needs of such guardians and support the healthy growth and development of their children, the city is promoting initiatives to protect the physical and mental health and safety of children, as well as improve the child rearing capabilities of families and build communities that support families with children.

As lifestyles change, with more women hoping to continue work after childbirth, there is also a trend toward rising demand for toddler care. The city will accurately ascertain the needs of residents so that they can raise their children with peace of mind while continuing to work, and also strive to make a higher quality child care environment.

Yamato will promote development as a “a city where it is easy to give birth and raise healthy children” in order to be a “Healthy City”.

Individual Goal 3-1

Give seamless support for pregnancy, childbirth, and child rearing

Desired Outcome 3-1-1 All children grow up healthy

(Expectant & Nursing Mothers/New Born Babies Visiting Project, Children's Cafeteria Support Project, etc.)

Desired Outcome 3-1-2 Residents can get support from the time they wish to have a child

(Infertility Treatment Expenses Aid Project, Child Medical Expenses Aid Project, etc.)

Individual Goal 3-2

Make it possible to raise children while still working

Desired Outcome 3-2-1 Parents can entrust their children to caregivers with peace of mind

(Private Daycare Center Construction & Expansion Support Project, After School Children's Clubs Project, etc.)

● Child Rearing Consultation & Support Center

The city has opened a “Child Rearing Consultation & Support Center” that offers various consultation on various topics, from pre-conception, to pregnancy, childbirth, and child rearing, on the second floor of the Health & Welfare Center. Dedicate public health nurses and consultants will answer your questions, so feel free to come with any questions regarding health during pregnancy, nursing, child care, and child discipline.



● Support for toddler care needs

In order to meet the desire of guardians who wish to work and raise children at the same time, the city has worked steadily to develop facilities such as nursery schools, and achieved a rate of zero families on waiting lists for infant or child care at the start of the fiscal and school year in April for three consecutive years from 2016 to 2018. In addition, the city has promoted initiatives that meet diverse toddler care needs, such as “pick-up stations” where guardians can entrust their children before and after kindergarten hours.



Basic Goal

4

A city that helps children learn and live for a better future

In a world where technological innovation, digitization, and globalization are proceeding rapidly, it is important that the children responsible for our future develop the capability to tap unknown potential in order to survive in these changing times. In order to make this a reality, Yamato will work to develop educational environments where can develop academic skills, communication skills, and strong sensibilities, while holding onto their own dreams and goals as they optimistically confront new changes and become able to act bravely and independently.

Schools are a place for children to learn new things through various activities alongside children from different values, status, culture, and backgrounds. The city will foster the sociability that children need to live together, certain to be necessary well into the future, by cultivating the awareness to acknowledge and respect each other's diversity.

Physical fitness is driving force behind human activity, and it is deeply related to both the physical aspect of maintaining health as well as the mental aspect including motivation and energy. The city will raise children with care given to both physical and mental aspects, so they maintain healthy bodies well into the future.

An important element in developing humanity among children is to expose them to children of different ages and people with different knowledge and experiences in the community, so the city will strive to further enhance collaboration between schools, families, and communities.

Yamato will promote development as "a city that helps children learn and live for a better future", in order to be a "Healthy City".

Individual Goal 4-1

Cultivate broad learning opportunities for children

All children have developed solid academic skills

Desired Outcome 4-1-1 (Elementary and Junior High School Library Education Promotion Project, Academic Skill Improvement Measure Promotion Project, etc.)

Children get education that suits their personality and abilities

Desired Outcome 4-1-2 (Tech Education Promotion Project, Special Needs Support Education Promotion Project, etc.)

Individual Goal 4-2

Raising children to have healthy minds and hardy bodies

Children are mentally and physically healthy in their school lives

Desired Outcome 4-2-1 (School Lunch & Dietary Education Promotion Project, Student Safety Measures Project, etc.)

Children have the sociability to respect diversity and live side by side with others

Desired Outcome 4-2-2 (Human Rights Education Promotion Project, Bullying Prevent Project, Elementary & Junior High School Community Education Capability Utilization Promotion Project, etc.)

Children have strong sensibilities

Desired Outcome 4-2-3 (After School Children's Lessons Management & Operation Project, Youth Counselor Training Support Project, Children's Experiences Project, etc.)

● Improving School Libraries

The city has crafted an environment where children can get familiar with books on a daily basis and study independently, by placing school librarians, expanding collections, and effectively utilizing the library system. In addition, the city has held independent study contests starting in 2018, for children to do research using the Yamato Public Library, so as to improve thinking and judgment skills, as well as academic ambition among children.



Health of the Town

Basic Goal 5

A city where you can live safely and soundly

Since the 2011 Tohoku Earthquake and Tsunami, the city has learned many lessons from natural disaster. It is expected that there will be a major earthquake directly under the region Yamato is in as well, so the city must make use of what the city has learned from past experiences.

In order to prepare for various types of disasters, it is important to properly take “self help” initiatives in which residents protect themselves, “mutual help” initiatives in which neighbors cooperate to help each other, and “public help” in which the municipal government protects residents. To fulfill the role of mutual help, the city will build facilities and equipment for use in times of need and actively work to promote preparation among residents to aid themselves or their community.

It is also important to guard the safety of residents in their day to day lives. The city will work to enhance firefighting capacity in order to respond to fires and conduct emergency rescues, promote crime prevention and traffic safety measures, secure safe consumer activities, and otherwise ensure that residents can live securely.

Various problems caused by Navy Air Facility Atsugi (NAF Atsugi) have had an impact on the daily lives of residents for many years, including the noise and accidents caused by airplanes. The city is also working diligently to solve these issues with concern for changes to use of the facility and the noise situation after carrier planes have been transferred away.

Yamato City will promote development as “a city where everyone can live safely and securely” in order to be a “Healthy City” .

Individual Goal 5-1 Improve capability to respond to disasters

Desired Outcome 5-1-1 Residents are prepared for disasters
(Community Disaster Prevention Drills Project, Architectural Seismic Retrofitting Promotion Project, etc.)

Desired Outcome 5-1-2 Mechanisms are in place for disaster prevention and damage reduction
(Disaster Countermeasure Headquarters Operations Project, Disaster Prevention Stockpile Maintenance Management Project, etc.)

Desired Outcome 5-1-3 Disaster prevention functions are well developed as a city (Rainwater Pipe Maintenance Project, etc.)

Individual Goal 5-2 Guard safety in day to day life

Desired Outcome 5-2-1 Residents live without fear of crime
(Community Crime Prevention Activities Promotion Project, Street Crime Prevention Camera Installation Project, Crime Prevention Lighting Installation Project, etc.)

Desired Outcome 5-2-2 Residents live without fear of traffic accidents
(Traffic Safety Education Project, Sidewalk Safety Improvement Project, etc.)

Desired Outcome 5-2-3 Residents engage in consumer activities securely
(Resident Consultation Support Project, Consumer Education Project, etc.)

Desired Outcome 5-2-4 Adequate firefighting capacity is in place
(Residential Firefighting Measures Project, Emergency Rescue Activities Project, etc.)

Individual Goal 5-3 Eliminate damages inflicted by airplanes

Desired Outcome 5-3-1 Live without damages inflicted by airplanes
(NAF Atsugi Countermeasures Public Relations & Demand Activities Project, Noise Measurement Project, etc.)

● Standpipe Firefighting Equipment

In our city, which has a high population density, preventing the spread of fire after a major earthquake will be a major challenge. If many fires ignite at once, then depending on the state of damage to roads and traffic conditions, it may be impossible for the fire department or fire brigade to respond to a fire. For this reason, the city is installing “standpipe firefighting equipment” that residents can use to do initial firefighting activities on their own.



● Initiatives on the NAF Atsugi Problem

The presence of NAF Atsugi has had various effects on the lives of residents, including concern about airplane noise and accidents and obstacles to urban development due to height restrictions on buildings stipulated by the Aviation Act. For these reasons, the city has made efforts to solve various problems caused by NAF Atsugi and reduce the burden on residents, via the activities of the Yamato City NAF Atsugi Countermeasures Council, which consists of representatives of residents, the city council, and the municipal administration.



A city with comfortable urban spaces friendly to people and the environment

Environmentally friendly cities and cities with substantial urban infrastructure make daily life more livable and improve the quality of life overall, while also supporting various activities done by everyone from individual residents to corporations. However, it is necessary to take heed of the progress of global warming, said to be the greatest environmental issue of all, as well as the future population decline and increasing proportion of seniors, and pay greater attention to the effect that our lives have on the environment, while maintaining the equilibrium of the city overall. Having done so, the city must adjust the status of urban functions maintain and improve upon the convenience and comfort of our city, while also making it more sustainable.

We the residents should bear in mind that our air and water makes it around the world and work to protect the environment by promoting recycling and greening urban spaces in conjunction with reducing emissions of greenhouse gases and reducing the amount of garbage we make. By doing these things, and also developing urban areas and infrastructure facilities in harmony with the traits of our community and extending the life of public facilities, the city can achieve urban development that makes our lives more comfortable.

To ensure that children can grow freely and seniors can live happily even as birthrate declines and senior population rises, the city will strive to build appealing spaces on roads and in parks with a focus on the movement and lifestyles of the people who live here. In addition, the city will consider universal design while building a pleasant townscape that harmonizes urban functions with the environment. Furthermore, the city will enhance traffic measures so that everyone including seniors can get out of the house and move about freely.

Yamato will promote development as “a city with comfortable urban spaces friendly to people and the environment, so as to be a sustainable “Healthy City” that improves on its own comfort and convenience.

Individual Goal 6-1

Protect and nurture the environment

Greenhouse gas emissions have been reduced

Desired Outcome 6-1-1 (Solar Power Generation Promotion Project, Public Facilities Energy Conservation Promotion Facilities Development Project, etc.)

Desired Outcome 6-1-2 **Progress has been made toward a cyclical society by reducing and recycling garbage, and the city is kept clean** (Waste Reduction Promotion Project, Yamato City Clean Campaign Project, etc.)

Desired Outcome 6-1-3 **Green areas are conserved, and more urban areas have been made green** (Green Areas Conservation Project, Municipal Garden Operation Project, etc.)

Desired Outcome 6-1-4 **Residents live with air that will make you want to breath deep and clean water** (Pollution Prevention Education & Guidance Project, Sewage Pipe Maintenance Project, etc.)

Individual Goal 6-2

Enhance infrastructure for a more comfortable city

Desired Outcome 6-2-1 **Development of urban areas is proceeding systematically** (City Planning Decision Office Work, Land Readjustment Assistance Project, etc.)

Desired Outcome 6-2-2 **A high quality townscape is formed** (District & Block Urban Development Support Project, Empty House Countermeasure Project, etc.)

Desired Outcome 6-2-3 **Roads and parks are made more comfortable** (Fukuda Sagamihara Line Road Development Project, Block Park Development Project, etc.)

Individual Goal 6-3

Make a city that is easy for everyone to get around in

Desired Outcome 6-3-1 **Regional transportation is made convenient** (Community Bus Operation Project, Community Public Transportation Measure Project, etc.)

Desired Outcome 6-3-2 **Bicycles are used safely and comfortably** (Abandoned Bicycle Countermeasure Project, Bicycle Friendly Environment Promotion Project, etc.)

● Yamato Yutori No Mori

Yamato Yutori No Mori is a sports and recreation park opened in 2007 on the south side of the city. Most of the park is covered in wide open lawns, while Shukei Pond in the central area is anti-flood reservoir installed in case of heavy rains.



● Community Bus

With the twin goals of improving transportation in the city and giving elderly residents more opportunities to go outside, the city has been operating the community buses “Norotto” (in the photograph) on 2 routes since 2002, and “Yamaton Go” in 4 neighborhoods since 2014. At present, over 700,000 passengers annually use these community buses.



Health of the Society

Basic Goal
7

A city with room for rich thought and emotion

We feel pleasure and enjoyment from the acts of creating, learning, or playing sports, and our hearts are moved by new discoveries waiting in works of art, unique local culture, and books or in the tense figures of athletes. These things not only liven up our existences, but sometimes give us the strength to keep living and hope for tomorrow. Lifelong learning, reading, culture, arts, and sports are essential elements to nurturing the mind and enriching everyday life, so it is necessary to promote their practice.

In addition, fostering and expanding upon diverse activities done by residents helps spark encounters, foster a sense of unity, and develop a sense of attachment to the city. The opportunities to gather freely, join in activities and exchange with others are what makes this city a place where all of us can feel we belong and live vibrant lives in this long-lived society, so they will become even more important in the future.

Yamato will work to promote the appeal and develop an environment where all people can participate freely, with the goal of further invigoration lifelong learning, culture, arts, and sports activities, and promote development as “a city with room for rich thought and emotion” in order to be a “Healthy City”.

Individual Goal 7-1

Enrich environments so residents can always enjoy reading and studying

Desired Outcome 7-1-1 More people read books (Library Management Operation Project, etc.)

Desired Outcome 7-1-2 More people study (Healthy City University Project, Lifelong Learning Center Management Operation Project, etc.)

Individual Goal 7-2

Create and pass on sophisticated culture and art

Desired Outcome 7-2-1 More people are familiar with culture and art
(Culture & Art Promotion Project, Culture Creation Leader Development Project, etc.)

Desired Outcome 7-2-2 Local cultural is reliably passed on to the next generation
(Local History Materials Organization & Conservation Project, Cultural Property Dissemination & Education Project, etc.)

Individual Goal 7-3

Promote community sports activities

Desired Outcome 7-3-1 More people enjoy sports (Sports Lesson Project, Women’s Soccer Promotion Project, etc.)

● Yamato City, the city built around libraries instead of a castle

Yamato has 3 public libraries within the city limits: Yamato Municipal Chuorinkan Library (3rd floor of Chuorinkan Tokyu Square) on the north side of town, the Yamato Municipal Library (Sirius) in the center of town, and Yamato Municipal Shibuya Library (3rd floor of IKOZA) on the south side of town. In addition, there are book rooms in district learning centers, which form a network with the main libraries. All stations inside the city are equipped with book return boxes, and these are currently being expanded to commercial facilities as well. Renewals have been completed in the school libraries of all elementary and junior high schools in the city, with school librarians placed at all schools, as part of efforts to improve the reading environment for children. Yamato is expanding library facilities to all corners of the city, as a city with libraries instead of a castle, and the Yamato Municipal Library in place of a “main keep”.



● City of Women’s Soccer

Yamato has decided upon women’s soccer as the foundation for promoting sports, and is working to promote local sports by spreading the appeal of sports and raising interest among locals. The city is also working to broaden its base with the goal of becoming “Yamato, City of Women’s Soccer” by hosting events such as “Nadeshiko Legends in Yamato!” and “Yamato Nadeshiko Soccer Festival” with Japanese Women’s National Soccer Team players invited, as well as “Yamato Nadeshiko Cup” for elementary and junior high school students.



A city where people lead active lives

In Japan, both the working age population and the number of households are decreasing, so there is concern over the impact on our day to day lives as the Japanese economy as a whole and the size of families begins to shrink. In the future, the population of Yamato is expected to start gradually shrinking as well, so it will be necessary for each individual resident and their communities to consolidate strength, and stoke their activities and exchanges, while also making the city an easier place to live.

By recognizing each other's value regardless of age, sex, or nationality, and building mutually respectful interpersonal relationships, the city will build a community where we can move forward in unison while properly dividing roles among individual residents in various activities in the community, the workplace, and society.

The city will maintain functions that support conveniences such as shopping, while increasing the appeal of the town, increasing the socializing population and strengthening the well of residents to live here permanently. At the same time, the city will work to attract more people based on actual circumstances and invigorate local industry, as well as promote economic growth.

Community activities and civic activities play important roles in bringing vitality to the town. The city will support these activities with the ideal of forming relationships of "reciprocal assistance" in which residents freely assist each other, so that we can all live happily in our daily lives, even in the society of the near future with a higher proportion of seniors and a smaller population.

Yamato will promote development as "a city where people lead active lives", and residents pool their strength and stimulate each other to invigorate the city as a whole, in order to be a "Healthy City".

Individual Goal 8-1 Build a society where accept each other

Desired Outcome 8-1-1 All forms of discrimination are eliminated and all residents respect each other's human rights
(Human Rights Education Project, Domestic Violence Consultation Support Project, etc.)

Desired Outcome 8-1-2 Gender equality is achieved (Gender Equality Awareness Education Project, etc.)

Desired Outcome 8-1-3 Multicultural coexistence is achieved in the community
(Internationalization Promotion Project, Overseas Friendship City Exchange Project, etc.)

Individual Goal 8-2 Promote grow and economic activity in the town

Desired Outcome 8-2-1 Shopping districts and corporations are active
(Corporate Activity Promotion Project, SME Business Funding Support Project, Entrepreneurial Support Project, etc.)

Desired Outcome 8-2-2 More people are working contentedly inside the city limits
(Industrialist Commendations Ceremony Project, Young Workers Support Project, etc.)

Desired Outcome 8-2-3 Urban agriculture is practiced and locally grown produce is consumed reliably
(Agricultural Product Increased Consumption Promotion Project, Agricultural Modernization Support Project, etc.)

Desired Outcome 8-2-4 Many visitors come to Yamato, and the appeal of the city rises
(Tourism Promotion Project, Event Tourism Association Support Project, etc.)

Individual Goal 8-3 Invigorate community activities and civic activities

Desired Outcome 8-3-1 Community activities are conducted actively, building deeper bonds
(Community Association Activities Support Project, Community Center Management Operation Project, etc.)

Desired Outcome 8-3-2 More residents and enterprises take responsibility for public matters
(Civic Activities Promotion Project, Civic Activities Center Management Operation Project, etc.)

● Human Rights Initiatives

The city conducts human rights education projects, with a focus on "Human Rights Week" in December, in order to foster deeper recognition among residents of the importance of human rights and spread awareness of human rights. At the "Yamato City Assembly to Consider Human Rights", awards are given at the Yamato City Junior High Human Rights Writing & Poster Contest, which features a reading of outstanding pieces of writing, as well as lectures and speeches.



● Civic Activities Base Betelgeuse

This base consists of the civic activities booth "Clubroom", civic exchanges spaces, the entrepreneur support space "Rigel", youth centers, civic activities centers, silver personnel centers, and the like. It is the perfect venue for various people and groups to gather freely and engage in deep exchanges.



Sound Administrative Management

It is essential that the city improve the sustainability of its administration by effectively using and allocating its limited administrative funds, especially as the circumstances affecting municipal government change greatly, with a declining birth rate, growing proportion of seniors, and shrinking population nationwide, and the expected increase in social welfare costs to come. In order to respond to these issues, the city must adhere to the efficient and effective administrative management it has achieved so far, while also improving its quality by discerning modern trends and incorporating new ideas. Simultaneously, the city must make administrative management itself “healthy” by developing measures based on self help, mutual help, and public help.

Yamato will work to achieve “Easily Understood Administrative Management” that respects the perspective of its residents, “Highly Responsive Administrative Management” that meets residents’ needs and the changing times with a sense of urgency, and “People Driven Management” that provides the best civic services by fully exploiting the capabilities of civil servants, as the three administrative management policies for becoming the “Healthy City”.

Policy 1 Easily Understood Administrative Management

Administrative management based on mutual understanding

(Municipal Administration PR Project, City Council Correspondence Work, Personal Information Protection Project, Town Hall Meeting Operation Work, etc.)

Administrative management by setting goals

(Comprehensive Plan Execution Management Project, Healthy City Promotion Project, Administrative Evaluation Implementation Project, etc.)

Policy 2 Highly Responsive Administrative Management

Sound and sustainable fiscal management

(Budget Formation Work, Voluntary Fiscal Resource Enhancement Promotion Project, Collection Service Improvement Promotion Project, etc.)

Functional Organization & Preparation (Inclusive Collaboration Project, IT Promotion Project, Administrative Reform Promotion Project, etc.)

Proper management of public facilities and public assets

(General Property Management Operation Project, Conservation Planning Operation Work, etc.)

Policy 3 People Driven Administrative Management

Recruiting high quality civil servants (Civil Servant Recruiting Work, etc.)

Honing the skills of civil servants (General & Special Training, Civil Servant Self Education Support Project, Civil Servant Proposal Project, etc.)

Placement and environment building to motivate civil servants

(Personnel Evaluation & Placement Work, Civil Servant Health Management Work, etc.)

● Town Hall Meetings

Town hall meetings are an initiative in which residents chosen at random discuss themes set in advance, summarize the opinions collected there, and apply them to urban development. This method is said to be effective for hearing the voice of the silent majority, who have few opportunities for speaking their mind to the city government.



Data on Yamato City

Yamato is located near the very center of Kanagawa Prefecture, 40 kilometers outside of central Tokyo. Its city limits stretch far from north to south, with very few hilly areas.

There are 8 train stations inside the city, with the Sagami Railway Main Line running through the center from East to West and the Odakyu Enoshima Line running through the center from north to south, as well as the Tokyu Denen Toshi Line starting in the north. It also has a highly convenient network of roads, as it is crisscrossed by National Routes 16, 246, 467, and Prefectural Route 4, as well as being close to the Tomei Expressway Yokohama-Machida Interchange.



Terrain & Position

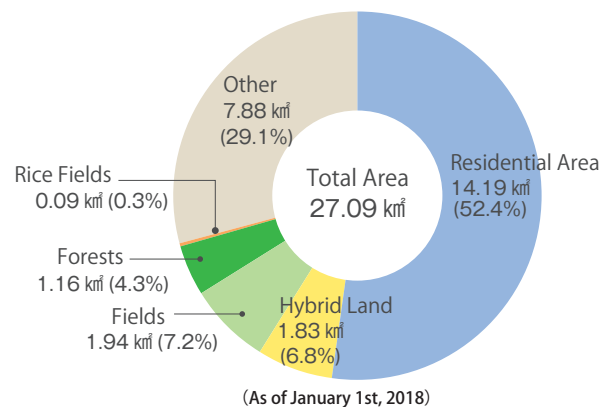
Position

Easternmost Point: 139° 28'50" E
 Westernmost Point: 139° 25'45" E
 Southernmost Point: 35° 25'23" N
 Northernmost Point: 35° 31'14" N

Elevation

City Hall: 66.8 m
 Highest Point: 91.149 m
 Lowest Point: 28.328 m

Area: 27.09 km² (3.2 km east to west, 9.79 km north to south)



Population / Households (As of October 1st, 2018)

Population: 235,846

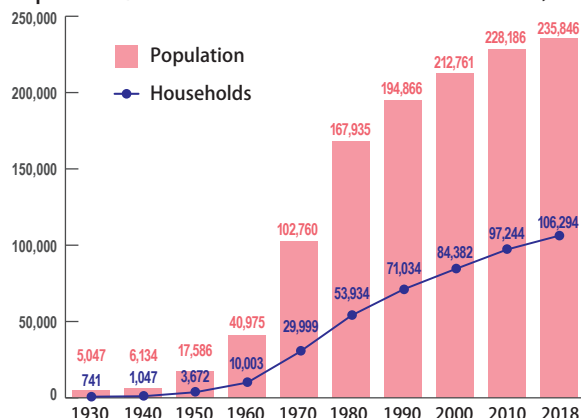
Households: 106,294

Men: 117,831

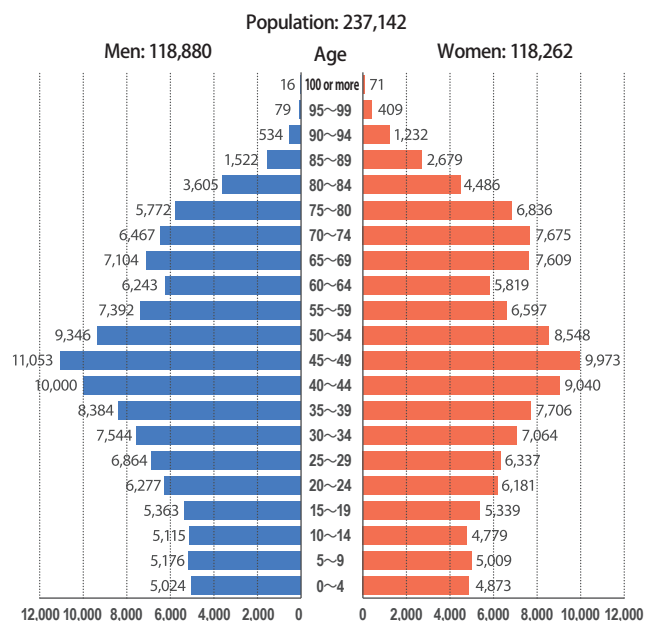
Population Density: 8,706/km²

Women: 118,015

Population / Households Trends (As of October 1st of each year)



Population by Age (According to Basic Residents Register) (As of October 1st, 2018)



"Healthy City Yamato" Declaration

Health is the bedrock on which our daily lives are built, and it is very important for the pursuit of happiness. In order for us the residents who live in this city to live to life our fullest, it is crucial that we guard the "health of the people" through hygiene, welfare, and medicine, as well as cultivate the "health of the town" by building a safe and comfortable urban environment, and the "health of the society" supported by the warm bonds between us. Yamato declared its aim to be a "Healthy City" by promoting initiatives aimed at realizing healthy lives for each and every resident.



February 1st, 2009

Healthy City Yamato



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Editor / Publisher
General Policy Section, Policy Division, Yamato City
1-1-1 Shimotsuruma, Yamato-shi, 242-8601
TEL: 046-263-1111 <http://www.city.yamato.lg.jp>