



## AICHI DECLARATION OF HEALTH AND LONGEVITY

Announced by the Aichi Prefectural Government at the Aichi Health Village Promotion Meeting on March 22, 2006, the Declaration aims to promote a long and healthy life among the citizens of Aichi. The Aichi Prefectural Government is the first among the 47 prefectures in Japan to adopt a policy that stipulates specific numeric targets.

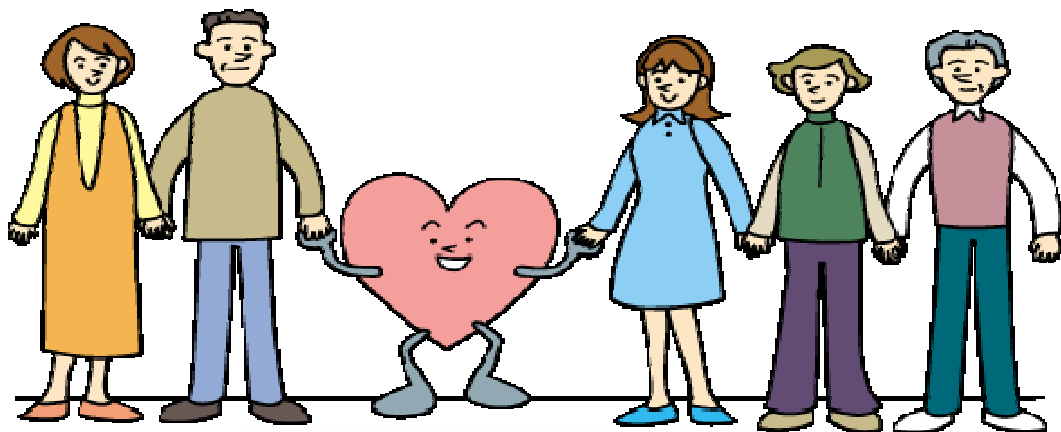
### AICHI DECLARATION OF HEALTH AND LONGEVITY

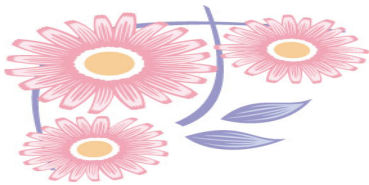
The Aichi Prefectural Government hereby declares  
that it will pursue the realization of  
a healthy, active, and longevous society for the citizens,  
while working together with industry, academia, and governments.

To this end, the Aichi Prefectural Government will

- realize a healthy life for citizens of all ages, from children to the elderly;
- create a vibrant community where people support and care about each other;
- assist industries that support citizens' health promotion.

TOWARDS THE REALIZATION OF A HEALTHY, VIGOUROUS, AND LONGEVOUS AICHI





## NUMERIC TARGETS

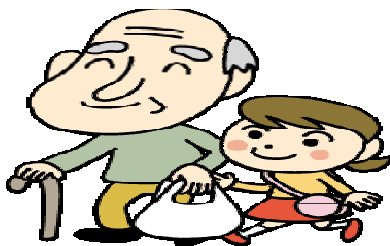
### Physical Health

#### <Target>

Achieve a higher percentage of healthy and longevous citizens in the population over 65 years of age, 4% higher than the national average, within 5 years.

|       |              |
|-------|--------------|
| Aichi | 83.8% (2004) |
| Japan | 81.2% (2004) |

\*Healthy and longevous citizens refer to those who are 65 or over and are: a) not authorized as being in need of care and b) not in hospitals (does not include inpatients in special hospitals that offer both medical and nursing care).



### Mental Health

#### <Target>

Boost the percentage of citizens who go outside more than 4 days a week to the national level under the slogan, "Let's go outside everyday and have fun".

|       |                      |
|-------|----------------------|
| Aichi | 51.9% (January 2006) |
| Japan | 67.4% (2003)         |

**EVERYONE IS RESPONSIBLE FOR THEIR OWN HEALTH**



**AICHI PREFECTURAL GOVERNMENT**

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