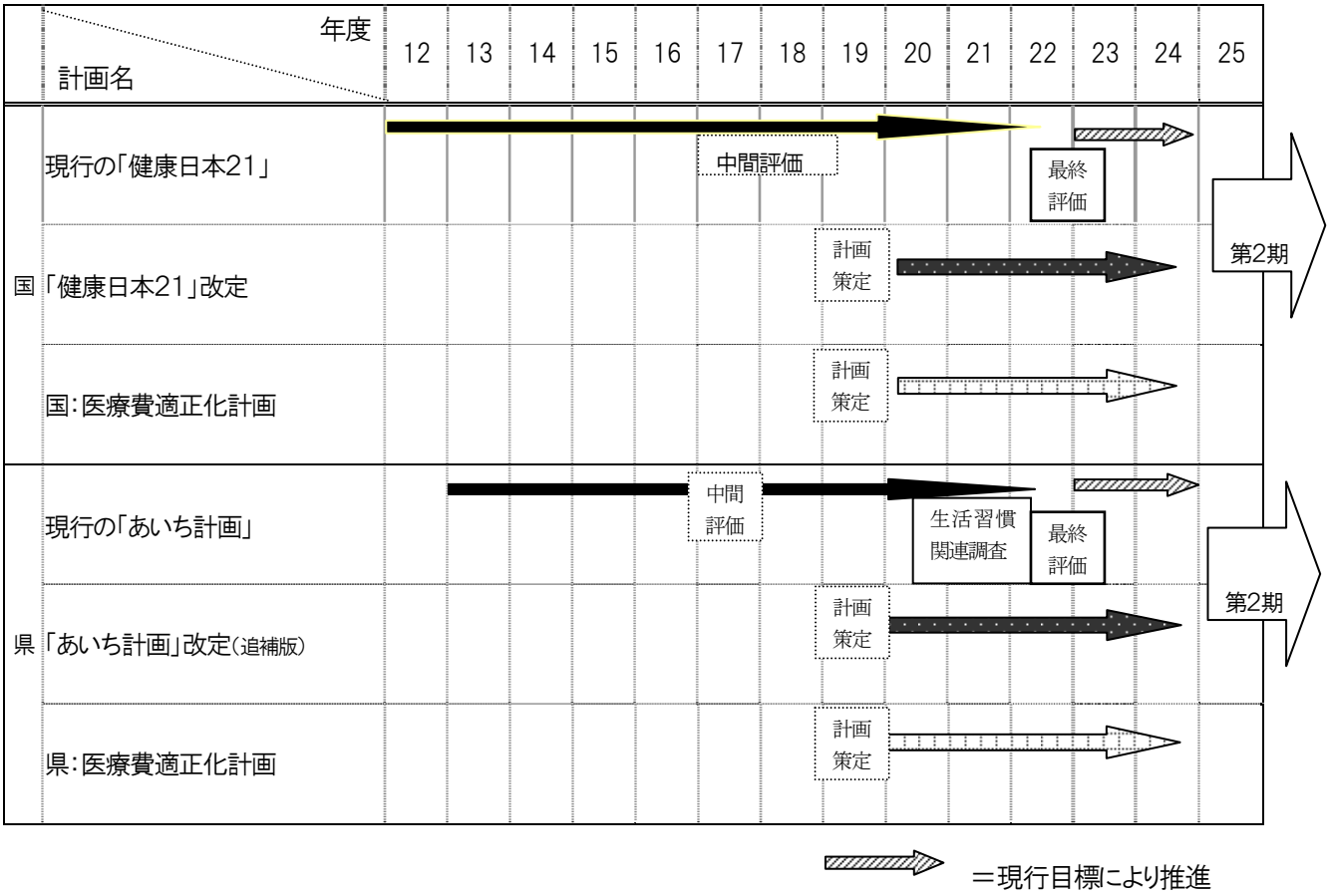「健康日本21あいち計画」の流れ