

Key Points of the Initiative

- The main target of the initiative is adults in their prime working years, to whom the municipality does not have easy access.
- The marriage is a timing for a couple to change their living environment, so it can be seen as a good opportunity to promote changes in their eating habits, and effective initiatives are being implemented to target this timing.
- This initiative was planned through close cooperation between municipal registered dietitians and public nurses, with the cooperation of the Citizen's National Insurance Division, and was realized through smooth cooperation within the city government.

Background and History of the Initiative

- Fukuoka Prefecture has a high proportion of hypertensive persons compared to other prefectures. Furthermore, Koga City has a particularly high rate of hypertension in Fukuoka Prefecture. Under these circumstances, municipal registered dietitians and public nurses are aware of the problems in improving the nutrition and lifestyle of citizens and preventing Non-Communicable Diseases and have always been discussing effective ways of approaching these problems.
- As the elderly often have fixed taste preferences and eating habits, and it is sometimes difficult to encourage them to change their behaviors, it was considered important to start approaches from the younger generation in order to tackle nutritional improvement.
- Additionally, the generations that the city has many opportunities to approach are mainly pregnant women and infants, those who are eligible for specific health checkups in their 30s and onwards (only those who are members of the National Health Insurance system) and the elderly, so there are few opportunities to approach citizens of the younger and working age groups. As a point of contact with people of that generation, the city focused on the timing of 'marriage registration'.
- Marriage can be a major milestone in changing lifestyle habits, including eating habits. Therefore, the city thought it would be effective to make use of the timing of the marriage registration, and launched an initiative to give newlyweds a set of health-related goods that will help them reduce sodium intake when they register their marriages.

List of Relevant Parties Involved in the Initiative

■ Relevant departments within the City Government and related organizations

- **Health and Care Division***
- Citizen's National Insurance Division
- Human Rights Center

■ Relevant Parties outside the City Government

- Koga City Volunteers for Promoting Improved Dietary Habits Council
- Security company (for distribution of leaflets to those who register their marriages at the municipal office on holidays)

* :Main department in charge of the initiative

– Details of the Initiative

A set included measuring cups, a leaflet about appropriate sodium intake and cooking recipe cards are given as a wedding gift to those who have registered their marriage or declared a partnership in Koga.

Distribution of measuring cups

- The initiative focused on the importance of measuring seasonings when tackling the reduction of sodium intake. Measuring cups were chosen as a gift to make the people easier to measure the amount of several liquid seasonings for mixing and measuring.

Producing and distributing leaflets on appropriate sodium intake

- Registered dietitians and public health nurses jointly produce and distribute leaflets to inform people about the need to reduce sodium and to promote awareness of appropriate sodium intake.

The initiative to give a set of health-related goods as a gift was realized by the division in charge collaborating with the Citizen's National Health Insurance Division and the security company.

- Departments within the City Hall are cooperating in this initiative, as the Health and Care Division prepares goods for the gifts, such as measuring cups and leaflets, while the giving gifts is carried out in cooperation with the Citizen's National Insurance Division, which is in charge of handling marriage notifications at the counter.
- Additionally, a flyer has been prepared for those who submit a marriage certificate outside the opening hours of the municipal offices, such as on holidays, informing them that they will be given a set of health-related goods as the newlywed gift.

Creation and distribution of recipe cards

- In order to promote cooking with the appropriate amount of seasonings, the city has been creating and distributing cards with five to six different recipes every year in cooperation with Volunteers for Promoting Improved Dietary Habits. The cards are also available at City Hall and libraries in the city for citizens to refer to.

– Outcome of the Initiative

- Citizens who received the sets of health-related goods commented, "I realized that I use more seasoning than I thought when I cook and season food according to my visual perception." and "It gave me an opportunity to discuss with my husband / wife about the saltiness of our meals".

– Future Perspective of the Initiative

- As with marriage, pregnancy and childbirth can be times of changing lifestyles and can be considered good opportunities to promote changes in eating habits, and from 2023, a box of congratulatory gifts (measuring spoons, measuring cups, sets of baby food, etc.) is planned to be distributed at the time of pregnancy notification.
- A survey is planned to be carried out by means of a questionnaire to those to whom the set of health-related goods have been given, asking them whether they got used to measuring seasonings and what kind of changes they have experienced after using the measuring cups.

Key Points of the Initiative

- Sanjo City has been promoting awareness of reduction of sodium intake to citizens of all ages by taking advantage of opportunities that the city government can provide, such as group health checkups, nutrition education promotion programs, cooking classes for parents and children at daycare centers, health classes held at companies, and health classes held at community gathering places where seniors in the community can gather and interact (*Kayoi-no-Ba*).
- Sanjo City is taking steps to encourage citizens to naturally reduce sodium intake in their daily lives who have little interest in health. In addition, the city is also planning to reduce usage of sodium at restaurants in order to increase the number of people who are aware of this issue.
- Sanjo City has been working in collaboration with stores that promote local production and local consumption in the “Operation to secretly get everyone to reduce sodium consumption”, and as a result, the retailers with which Sanjo City collaborates are voluntarily promoting initiatives related to reduction of sodium intake.

Background and History of the Initiative

- In Sanjo City, the incidence of cerebrovascular diseases is higher than the prefectural average, and in addition, the incidence of cardiovascular diseases (hypertension, etc.) is on the increase.
- This situation has led to an increase in medical costs. Sanjo City considered about excess sodium intake to be the main cause of higher medical expenses and conducted a “Survey on Sodium Intake Status” in 2015. Having found the trend through the survey toward excess sodium intake among citizens and based on the dietary habits that lead to excess sodium intake, Sanjo City initiated a policy to reduce sodium intake.
- In 2017, Sanjo City prepared a pamphlet to inform citizens regarding the results of the “Survey on the status of sodium intake” and launched a project to raise public awareness of the importance of reducing sodium intake.
- Sanjo City has also been working to create a “smart wellness” community for those who are less concerned about their health. Through the concept of smart wellness, those people can become healthy just by living a normal life. In conjunction with these initiatives, Sanjo City launched the “Operation to secretly get everyone to reduce sodium consumption” campaign in 2017.

List of Relevant Parties Involved in the Initiative

■ Relevant departments within the City Government and related organizations

- **Health Promotion Division***
- Child Rearing Support Division
- Elderly Care Division
- Agriculture and Forestry Division

* :Main department in charge of the initiative

■ Parties outside the city hall

- Niigata Dietetic Association (support for cooperation in surveying the sodium content of ready-made foods and advice on methods how to reduce sodium for cooking in the “Operation to secretly get everyone to reduce sodium consumption”)
- Supermarket operators
- Stores promoting local production and local consumption
- Sanjo City Restaurant Association (recruitment of cooperating stores, etc.)

– Details of the Initiative

Educational Activities for People of All Ages

- Sanjo City conducts educational activities on reducing sodium intake through group health checkups for citizens and promotion of *Shokuiku* programs conducted by the city, cooking classes for parents and children at daycare centers, health classes for companies and health classes for the elderly at *Kayoi-no-Ba*.
- As an approach to those who are raising children, the Child Rearing Support Division provides educational activities for parents with health consultation for their 10-month-old children to reduce sodium intake.
- The health class for companies is an initiative realized by the city visiting and holding the classes together with public health nurses who have been working with companies on other projects.

“Operation to secretly get everyone to reduce sodium consumption”

- By gradually reducing the amount of sodium used in the cooking of ready-made foods sold at local supermarkets to an appropriate level (0.2%/year) while maintaining their taste, the city has been creating a healthy food environment in which citizens can naturally reduce using sodium in their daily lives.

The Program of Providing Healthy Meals at Shops Promoting Local Production and Local Consumption

- Shops Promoting Local Production and Local Consumption are working to promote and educate the local people about certified healthy meals and to actually improve their existing menu items so that they can obtain the certification. In addition, in cooperation with the Agriculture and Forestry Division, which is in charge of initiatives related to stores promoting local production and local consumption, the city is working to expand the number of stores promoting local production and local consumption.

– Outcome of the Initiative

- In the “Survey on Sodium Intake by Citizens” conducted in Sanjo City, the percentage of respondents who answered positively on 8 out of 11 questions related to excessive sodium intake improved between 2015 and 2020.
- Through this initiative, supermarkets as the cooperating partners with the city began to voluntarily promote initiatives to reduce sodium intake, such as switching from granulated ready-made dashi to natural dashi and using less sodium for ready-made dishes, and purchasing a sodium meter and using it during cooking.

Future Perspective of the Initiative

- From 2023, the city plans to expand its initiatives for reduction of sodium intake from local supermarkets to the local restaurants (for eating out), through certifying low-sodium menus, and also certifying restaurants that promote such initiatives. The city is working with the Sanjo Restaurant Association to recruit restaurants to cooperate with this initiative.
- The “Survey on the Status of Sodium Intake” conducted in 2022 was targeted mainly the elderly people in the Sanjo city. Then, in 2023, the city plans to conduct a survey for obtaining data on the status of sodium intake among the working-age population by utilizing opportunities to visit the local companies for health education classes.

Key Points of the Initiative

- Hachimantai City, in cooperation with the Liaison Council of Dietary Improvement Promoters and the after-school childcare clubs operating throughout the city, is working to provide children with opportunities for hands-on learning and other activities that contribute to improved nutrition from school age, particularly a proper understanding and practice of eating habits.
- Since 2022, the city has been holding nutrition education classes for children with the main theme of passing on food culture while also taking health into consideration, to create opportunities for children to think about the importance of reducing sodium and eating vegetables while experiencing local cuisine, and at the same time to provide opportunities for intergenerational exchange between Volunteers for Promoting Improved Dietary Habits and children.
- Through the classes, results have been achieved, such as a decrease in the proportion of children who are obese and a decrease in the proportion of children who feel that miso soup with a sodium reduction is not salty enough.

Background and History of the Initiative

- Hachimantai City considers excessive sodium intake among adult citizens as a municipal health challenge, due to the high rate of hypertension in the results of specific health checkups for adults. The prevalence of diabetes among citizens is also high compared to other municipalities in Iwate Prefecture.
- Looking at the situation of school-aged children, percentage of those who tend to be obese among primary school children is high in comparison with the national standards, and in addition, children eat the same seasoned diet as adults at home, resulting in an issue of excessive sodium intake among children.
- Based on this situation in the local community, the city has been seeking projects that can be implemented in cooperation with the community, rather than by the government alone, and the city has been promoting projects in collaboration with Volunteers for Promoting Improved Dietary Habits.
- In recent years, the city has implemented the project in cooperation with the after-school childcare clubs that have been organized throughout the city, on the basis that moderate sodium intake, a well-balanced diet from childhood will lead to the prevention of Non-Communicable Diseases in the future.

List of Relevant Parties Involved in the Initiative

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| <ul style="list-style-type: none"> ■ Relevant departments within the City Government and related organizations • Health and Welfare Division* | <ul style="list-style-type: none"> ■ Relevant Parties outside the City Government • Liaison Council of Volunteers for Promoting Improved Dietary Habits • After-School childcare clubs |
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* :Main department in charge of the initiative

– Details of the Initiative

Training for staffs at after-school childcare clubs

- For the implementation of this initiative, the city holds regular staff training for managers and instructors of after-school childcare clubs. In the staff training, the municipal registered dietitian provides information on municipal health issues, the need for health promotion, and points to keep in mind when implementing *Shokuiku* (food and nutrition education) and shares the policy of this initiative with the participants.

Measuring the sodium concentration of the home-made miso soup

- After-school childcare clubs are asked to bring miso soup from home and measure the sodium concentration. The results are fed back to the children and their families, providing an opportunity to think about reducing sodium intake.

How to choose snacks / vegetable weighing experience

- The children are given the opportunity to think about how to choose snacks by measuring the same amount of sodium, sugar and oil contained in commercial snacks, etc., and looking at the actual amounts.
- Through the experience for weighing vegetables, an initiative is implemented through which children try to choose vegetables and weigh them to have the approximate amount of vegetables. This amount is the target amount of vegetables which they should consume per day.

Conducting questionnaires on *Shokuiku*

- The current status and problems of dietary habits in different areas of the city are identified by investigating through questionnaires for children, for example, whether children have breakfast, about the nutritional balance at meals, and trends in snacking and sodium intake. Feedback is provided to parents and other relevant parties.

Cooking workshops for local cuisine

- Cooking workshops on the theme of inheriting food culture are also conducted. In 2023, “*Hittsumi-Jiru*” was chosen as the theme for introducing and tasting local cuisine in order to learn about reducing sodium intake and eating more vegetables.

– Outcome of the Initiative

- Compared to the responses in 2016 and 2019, the proportion of children who tend to be obese (3rd grade: 12.1% to 10.1%, 6th grade: 16.6% to 13.3%) and the proportion of children who feel that miso soup with a sodium content of 0.8% is not salty enough have decreased (46.1%→12.7%).

– Future Perspective of the Initiative

- In order to establish face-to-face links between all (approximately 40) municipal registered dietitians and dietitians working in nurseries, schools, medical facilities, elderly care facilities and companies in the city, a liaison committee of dietitians has been established to promote city-wide initiatives to improve nutrition.
- In addition, as opportunities for *Shokuiku* classes and hands-on learning have been reduced due to the outbreak of COVID-19, the city will further strengthen cooperation with the local community and Volunteers for Promoting Improved Dietary Habits so that initiatives can be implemented as before.

Key Points of the Initiative

- In Yamato City, various actions are being taken to improve underweight among young women in collaboration with the Health Promotion Division, Medical Health Checkup Division, Cultural Promotion Division, Board of Education, as well as Medical Associations, the Association of Obstetricians and Gynecologists, and others. As a high-risk approach, individual nutritional consultations are provided by municipal registered dietitians, and as a population approach, information is provided using various tools as well as events are organized to raise public awareness, with the aim of changing the value system that being underweight is attractive, etc.
- These actions are being implemented based on the recognition that it is necessary to raise awareness not only among young women, but also among men and society as a whole.
- As a result of the nutrition education for students, comments were received such as ‘I was aware about underweight’ and ‘It was good to know about the relationship between underweight and babies with low birth weight’, and the initiative has raised awareness about underweight among the younger generation.

Background and History of the Initiative

- In Yamato City, an initiative to improve underweight among young women was launched in 2019, utilizing the expertise in the prevention of undernutrition among the elderly that had previously been undertaken.
- Initially, the city worked to promote knowledge and awareness-raising to change the value system that being underweight is attractive. Later, the city started collaboration with the Yamato City Medical Association and the Yamato City Obstetrician-Gynecologist Association, with the expectation that the initiatives would lead to individual nutritional consultations, etc.
- In order to effectively spread awareness of the initiative among the younger generation by using impressive illustrations and catchphrases, in 2021 the city also collaborated with the Cultural Promotion Division of the Culture and Sports Department and asked the winners of an illustration competition organized by the city to create illustrations for the project, which is a unique point of this initiative.
- In addition, from planning to implementation, the initiative has been carried out through cooperation with a university and receiving its advice.

List of Relevant Parties Involved in the Initiative

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| <p>■ Relevant departments within the City Government and related organizations</p> <ul style="list-style-type: none"> • Health Promotion Division* • Medical Health Checkup Division • Cultural Promotion Division • Yamato City Board of Education (Guidance Section, Health and School Lunch Section), municipal junior high schools | <p>■ Relevant Parties outside the City Government</p> <ul style="list-style-type: none"> • Yamato City Medical Association • Yamato City Obstetricians and Gynecologists Association • Prefectural high schools (in Yamato City) • Kanagawa Prefectural University of Health and Welfare • Private companies <p>* :Main department in charge of the initiative</p> |
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– Details of the Initiative

Nutritional counseling by a municipal registered dietitian in Yamato City.

- Prior to the start of this initiative, Yamato City had been conducting monthly women's health checkups for women aged 39 and under, and around 60 people have received the checkups each time. Nutritional counseling by a municipal registered dietitian has been offered to those who have undergone the women's health checkup and who wish to receive nutritional counseling, but since 2015, nutritional counseling has been offered to all women undergoing the checkup, not just those who wish to receive nutritional counseling.

High Risk Approach

“Nutrition Counseling Room for Adult Women” “Nutrition Counseling Room for High School Girls”

- The “Nutrition Counseling Room for Adult Women” generally targets women in their 20s and 30s, while the “Nutrition Counseling Room for High School Girls” targets female high school students, with a municipal registered dietitian providing free nutrition counseling.

Utilization of “Health Consultation Contact Form”

- The Health Consultation Contact Form, which had been used for the elderly and those with metabolic syndrome, was created for young women, and in 2019, the city began collaborating with the Yamato City Obstetricians and Gynecologists Association, utilizing the Health Consultation Contact Form as an information-sharing tool.
- The family doctor fills out the health consultation contact form, and the eligible person submits the form to the Health Promotion Division to receive individual consultation and advice from a municipal registered dietitian or public health nurse.

Population Approach

Health & Beauty Fair

- The “Health & Beauty Fair” is held every year during Women's Health Week (March 1-8) to promote awareness through questionnaires and quizzes, and to provide individual Nutrition counseling to participants of the event.
- Registered dietitians visit schools to give lectures and classes on women's health issues.
- At the beginning of the initiative, the target age group of the Health & Beauty PROJECT was 18-39 years old, so it was targeted at high school and college students. However, as the initiative progressed, it became clear that it was necessary to start working on improving underweight among the younger generation, and in 2023, nutrition education will also be provided at junior high schools.

– Outcome of the Initiative

- A system was established to provide individuals nutritional counseling to those who are suffering from underweight and weight gain by sharing information between family doctors and municipal registered dietitians through the “Health Consultation Contact Form”.
- As a result of the nutrition education at junior high schools and universities, comments such as “I was aware of underweight” and “It was good to know the relationship between underweight and babies with low birth weight” were received, as well as comments from boys such as “I want to be careful about my little words and actions”.

– Future Perspective of the Initiative

- Nutrition education at junior high schools, which began in 2023, will continue to be offered to the younger generation, while reviewing the method of implementation.
- In cooperation with neighboring municipalities, Yamato City aims to provide the same consistent support to students from outside the city who attend high schools in the city.
- The city also intends to expand its contacts with young working women. In addition to working with restaurants and businesses in the city to expand initiatives, the city is also considering the use of the Web and SNS to reach young women more effectively.

Key Points of the Initiative

- Komatsu Ltd. is working to improve nutrition, mainly for adults and people in their prime working years, who are difficult for local governments to have contact with.
- It suggests healthier meal options for health-conscious people, and is creating a system that encourages even those who are less concerned about health to naturally want to choose healthier options.
- Information on employees' health conditions is shared with food service providers to promote nutrition improvement activities tailored to specific issues at each office.

List of Relevant Parties Involved in the Initiative

■ Related organizations within the company

- **Health Promotion Center***
- General Affairs Division of Human Resources Department
- Health and Safety Division of the Health and Safety Promotion Department
- Health Care Division
- Health insurance union
- Labor union

■ Related organizations outside the company

- Food service provider
- Canteen management company

* :Main department in charge of the initiative

Background and History of the Initiative

- Since 2019, Komatsu has been working to improve the meals served at its offices and to create a better food environment for employees and to improve their health literacy, with the aim of “developing an environment and structure that enables employees to make healthy choices naturally.”
- In addition to the Health Promotion Center, which oversees the initiative, Komatsu has been working internally with the General Affairs Division of the Human Resources Department, the Health and Safety Division of the Health and Safety Promotion Department, health insurance union, labor union, and other departments to form multiple teams to promote the initiative. In addition, Komatsu has been working with related organizations outside the company, such as food service providers, to promote the initiative through multi-departmental and multi-organizational partnerships.

– Details of the Initiative

Cooperation with food service providers

- Cooperation with food service providers includes receiving materials and ideas for the creation of the KOMATSU Healthy Canteen Checklist, and obtaining cooperation for the creation and development of canteen menus.

KOMATSU Healthy Canteen Checklist

- In 2019, the first year of the initiative, the group visited 20 offices in Japan and conducted interviews on health promotion activities at canteens, shops, etc., in order to understand the actual status of the activities conducted under the supervision of each office. In 2020, the group compiled the KOMATSU Healthy Canteen Checklist consisting of 46 items, including the essential items for the private certification of healthy diets, based on the best practices of each office gathered from the interviews.
- Through the responses to the checklist, the group encourages each office to evaluate their initiatives and provides an opportunity to think about the priority of their initiatives.
- In rolling out the checklist to each office, the group collaborates with the general affairs department of each office and the canteen management company.

Improving the food environment through the provision of healthy meal

- The aim was to provide healthy meal options for diverse employees, as their daily activities varied depending on their job type.
- In providing healthy meal, in order to dispel the image that “healthy meal does not taste good”, we hold tasting parties and serve meal without emphasizing that it is healthy meal, and so on.
- The company also devised eating utensils and arrangements for healthy meal, and set up a system to encourage employees who are less concerned about their health to naturally choose healthy meal options.

Information exchange meeting on food environment improvement activities

- Since 2022, information exchange meetings have been held to share information on food environment improvement activities of each office.

– Outcome of the Initiative

- As a result of this initiative, healthy meal has become a popular option, with the rate of healthy eating employees reaching 20% in some offices.
- The provision of healthy meal has also led to increased health awareness among employees, with employees requesting recipes to make the healthy meal served in the canteen at home.

– Future Perspective of the Initiative

- An analysis of canteen usage shows that there are a certain number of employees who have never chosen healthy meal, and the company plans to strengthen initiatives aimed at such employees in the future.
- In addition, the company will consider distributing recipes that can be used at home in order to respond to requests from employees that they would like recipes to make the healthy meal that is served in the canteen at home.

Key Points of the Initiative

- Hyogo Prefecture has developed a “Frailty Prevention and Improvement Program” that provides an example of how municipalities in Hyogo Prefecture can take measures to prevent and evaluate the effects of frailty. The prefecture has also created a number of tools such as leaflets and videos that can be utilized in the prevention of frailty classes.
- In addition to the prefectural government, 11 parties, including cities and towns, businesses, academia and civil society, are involved in the initiative, which are being expanded and continued through multi-sectoral collaboration that leverages the strengths of each party.
- The program has improved the diversity of food intake and the subjective view of health of the program participants, and has also raised participants’ awareness of measures to prevent frailty.

List of Relevant Parties Involved in the Initiative

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| <ul style="list-style-type: none"> ■ Relevant departments within the Prefectural Government and related organizations • Health Promotion Division* • National Health Insurance and Medical Care Division • Aging Policy Division • Wide-area federation | <ul style="list-style-type: none"> ■ Relevant Parties outside the Prefectural Government • Professional associations (10 associations: Medical Association, Dental Association, Pharmacists Association, Nursing Association, Registered dietitians Association, Dental Hygienists Association, Physical Therapists Association, Occupational Therapists Association, Speech Therapists Association, Long-term Care Support Professionals Association) • National Health Insurance Federation • Supermarkets • Food distribution service providers | <ul style="list-style-type: none"> • Food-related businesses • Companies (For development of the “Frailty Check” application) • Kobe University • Cities and Towns (Divisions of Health, Elderly* or National Health Insurance) • * including community general support centers • Medical insurers (National Health Insurance, Regional) • Liaison Council Volunteers for Promoting Improved Dietary Habits • NPO (Food Bank) |
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- * :Main department in charge of the initiative

Background and History of the Initiative

- Hyogo Prefecture has a worrying trend in the health of its elderly residents, with a ‘higher incidence of proximal femur fractures and a higher proportion of emaciation compared to the national average’. To address this problem, in 2018, under the leadership of the prefecture’s registered dietitians, a study was initiated to examine initiatives to improve undernutrition and frailty among the elderly.
- At that time, there was a situation where initiatives to improve oral function and undernutrition, which would lead to measures against frailty, were not widespread enough in community gathering places where seniors in the community can gather and interact, such as “*Kayoi-no-Ba*”. Having examined the factors behind this situation, as a result, it became clear that the lack of specialists for this field in municipalities (cities and towns) and the methods of handling measures, contents of materials and tools, and evaluation methods of the measures, were the factors causing this situation.
- Based on this situation, the prefectural government aimed to support the measures of municipalities to improve the oral functions and undernutrition of their residents by creating a program that could be used by the specialists of municipalities and that would also lead to changes in the behaviors of the participants.

– Details of the Initiative

- “Frailty Prevention and Improvement Program” provides municipalities that are trying to implement measures to prevent frailty with examples of how to implement the measures and how to evaluate the content of the measures. To enable municipalities to flexibly implement measures in accordance with their local characteristics and conditions and the availability of specialists, four different plans for the frailty prevention classes are provided, which differ in terms of content, time required and specialists who participate in the classes. Also Hyogo Prefecture has created a number of tools such as leaflets and frailty prevention videos that can be used in frailty prevention classes.
- The measures against frailty, such as the implementation of the frailty prevention program and the dissemination of the frailty check application, will be developed for elderly across the whole prefecture. In addition, opportunities for specialists such as dentists and registered dietitians to approach people at high risk of frailty have been strengthened, and exercise guidance has been provided to them in collaboration with health and sports physicians. Initiatives are also being made to develop a nutrition and dietary support system for persons in need.
- In this initiative, health-supporting food distribution services are provided at places such as “*Kayoi-no-Ba*” in cooperation with food distribution service providers, etc. The diets served are nutritionally balanced and chewy diets that generally meet set standards per diet.

– Outcome of the Initiative

- As a result of the evaluation of the project implemented in nine municipalities in the prefecture in 2020 as a model case, it was confirmed that the diversity of food intake and the subjective view for health among program participants have been.
- The program participants commented that they were aware and have learned about their own dietary habits, such as subconsciously choosing soft foods, as a result of participating in the program. In addition, the results of the questionnaire quantitatively show that the program has raised participants’ awareness of frailty.
- According to the results of the survey, the percentage of the elderly with undernutritional tendencies (BMI below 20) decreased by 4.9 ppt for males and 2.1 ppt for females between 2016 and 2021.
- As of 2022, in some areas of Hyogo Prefecture, residents have taken the initiative in holding classes on preventing frailty, and these initiatives have developed into activities for residents to look after each other.

– Future Perspective of the Initiative

- In the future, the program will continue to analyze and evaluate participants’ conditions using the data from the KDB(National Health Insurance Database) system that is being accumulated, as well as using the evaluation of participants’ oral function and nutritional status that is being obtained within the program.
- It is also expected that each of the specialists involved in this initiative will acquire know-how on measures against frailty through the program, from which various activities will be developed in collaboration with various types of specialists.

Key Points of the Initiative

- In Gosen City, registered dietitians of the city government’s departments (Health and Welfare Division, Children Division, School Education Division) and registered dietitians from the prefectural health center are working together to prepare a disaster manual and a food stockpiling system in cooperation with the Disaster Prevention Section of the General Affairs Division using a food stockpiling calculation simulator, in order to create a disaster-resistant community.
- Regarding food stockpiling in preparation for a large-scale disaster, Gosen City uses a food stockpiling calculation simulator published by the Ministry of Health, Labour and Welfare of Japan to calculate possible food stockpiling quantities for nutrition and dietary support, considering health and nutritional aspects and also those who require special dietary support, to ensure the dietary support so that ‘no one is left behind’.
- The stockpiled food that is approaching its expiry date is used as teaching materials for disaster prevention education, leading to the maintenance and improvement of disaster awareness among the citizens of Gosen.

– Background and History of the Initiative

- In Gosen City, the Internal Review Meeting about Dietitians’ Services was established in 2017 in order to strengthen cooperation between registered dietitians in the city government.
- The Internal Review Meeting about Dietitians’ Services shares initiatives and issues related to nutrition that are being handled by each department and discusses how to solve their problems and implement nutrition improvement activities in a better way.
- In 2018, Gosen City started a study on how to provide nutrition and dietary support in large-scale disasters.
- In promoting food stockpiling for large-scale disasters, a ‘Simple simulator for calculating nutritional food stocks in preparation for large-scale disasters’ (hereinafter referred to as the ‘simulator’) released by the Ministry of Health, Labour and Welfare of Japan (MHLW) is used for preparations that lead to nutritional and dietary support, considering health and nutritional aspects as well as those who require special dietary support, such as infants, the elderly and residents with food allergies.

– List of Relevant Parties Involved in the Initiative

■ Relevant departments within the City Government and related organizations

- **Health and Welfare Division***
- Senior Citizens Welfare Division
- Children Division (nurseries and childcare support centers)

■ Relevant Parties outside the City Government

- School Education Division (Schools)
- Disaster Prevention Section, General Affairs Division
- Niitsu Health Center
- Gosen City Volunteers for Promoting Improved Dietary Habits Councils

* :Main department in charge of the initiative

– Details of the Initiative

Study for nutrition and dietary support activities in large-scale disasters

- Since 2018, the roles required of registered dietitians in large-scale disasters have been studied, and a “Manual for Nutrition and Dietary Support Activities in Large-Scale Disasters” has been issued in accordance with existing manuals such as the “Disaster Action Manual of Gosen City Department of Health and Welfare”, “Gosen City Public Health Nurses Disaster Response Manual”, “Gosen City Regional Disaster Prevention Plan” and “Niigata Prefectural Regional Disaster Prevention Plan”, etc. The manual for Gosen city was finally released in 2021.
- In the process of issuing the manual, the prefectural local health center (Niitsu Health Center) joined this study group, and initiatives were promoted in collaboration with the relevant parties.

Usage of simulators for the establishment of a food stockpiling system

- The simulator released by MHLW was created to promote food stockpiling in order to provide nutrition and dietary support in large-scale disasters, considering health and nutritional aspects and those who require special dietary support, and enables municipalities to estimate the amount of food stockpiles required within each municipality based on its basic information.
- This has enabled Gosen City to estimate the nutritional requirements of its citizens in large-scale disasters and to provide data on excess or deficient nutritional values.
- In Gosen City, the Disaster Prevention Section of the General Affairs Division and registered dietitians work together, and the simulator is also used to examine food for stockpiling in order to improve nutritional value.

Disaster prevention education in the local community

- Stockpiled food is used as teaching materials for disaster education for citizens before its shelf life expires.

– Outcome of the Initiative

- By using the simulator, cooperation between registered dietitians and the Disaster Prevention Section of the General Affairs Division has been strengthened, a food stockpiling system has been established to provide nutrition and dietary support in consideration of health and nutrition and those who require special dietary support, and initiatives to create a disaster-resilient community have been promoted in the city.
- The management of stockpiled food based on data from the simulator and the utilization of stockpiled food for disaster education, etc. provided the basis for conducting health crisis management at maximum levels within a limited budget.

– Future Perspective of the Initiative

- The simulator will be used to continue strengthening the nutrition and dietary support system in preparation for large-scale disasters, and to expand cooperation with departments other than those already working together within the city government.
- Cooperation with Volunteers for Promoting Improved Dietary Habits and staffs at various facilities is planned to be strengthened in order to educate leaders in disaster education at nurseries, schools and *Kayoi-no-Ba*⁺.
+ community gathering places where seniors in the community can gather and interact.