

CLOSE UP!

## Rejuvenating health classes

The program is designed for Ojiya residents aged 60 or older who enjoy dancing to music and doing simple exercises and stretches to prevent stiff shoulders, back pain, and falls.



### Promoting health



Shinano River terrace walk

Benefiting from an environment that promotes incorporating exercise habits into daily life, visitors can enjoy nature and local history while walking.

### Lifelong learning



Club activities & exhibitions

Artists of all ages exhibit numerous works of Japanese painting, ink painting, and ceramics at the city's exhibitions. Citizens also take part in many activities such as sign language clubs.



Promoting nuclear-free peace

As opportunities to learn about the importance of peace, lectures are held on Japan's experience of the atomic bomb and junior high school students are sent to the Hiroshima Peace Ceremony.

### Welfare for those with disabilities



Employment assistance

The city also provides a place to work for those who have difficulty finding employment with general employers, as well as the training needed to improve knowledge and abilities and support for general employment.

### Medical care



Securing enough doctors & improving local medical care

In conjunction with Niigata Prefecture and local medical institutions, Ojiya City is working to secure enough doctors and improve local medical care.



Exercise science course to prevent frailty

To extend the healthy life expectancy of citizens, the city has established classes in collaboration with Niigata University to conduct research on mobility and prevention of frailty.

## INTERVIEWS

### “The mouth is our gateway to health.”

Ojiya Kita-uonuma Residential Dental Care Coordination Office  
Sayuri Ohashi, Dental Hygienist

Ojiya City provides ongoing dental health guidance such as fluoride mouthwash, dental checkups and health advice, and cavity prevention classes. Ojiya City is actively working to prevent tooth decay, and ranks first in Niigata Prefecture for low rates of adult tooth decay! As well as brushing teeth, the key is to enjoy snacks in moderation in short windows of time. Until about the fourth grade, parents should finish brushing children's teeth carefully, while encouraging their children's efforts. Prevention of periodontal disease is also important, because it is associated with the risk of dementia and arteriosclerosis. Oral care is closely related to extending healthy life expectancy.

Ideally, toothbrushes should be replaced monthly!



### Disaster readiness



Bosai Park

In the event of a disaster, this site will be used as an emergency evacuation site where manhole toilets and cooking benches will be available, and as a place to construct emergency temporary housing.



Ojiya Earthquake Museum Sonaekan

This facility is designed to pass on the memories and lessons of the great Chuetsu earthquakes to future generations by providing disaster readiness education with electric simulators that simulates strong lateral shaking.

### Safety



Traffic safety classes

The city promotes and raises awareness of traffic safety by educating children and the elderly about traffic rules and manners.

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## Disaster readiness training

By drilling in preparation for large-scale disasters such as large earthquakes, voluntary associations and disaster readiness organizations in each municipality deepen their relationships and raise awareness of disaster readiness for everyone to protect their own life and property.



## TOPIC

### Ojiya has learned to live with snow

Ojiya is a place of extremely heavy snowfall. Not only do we fight to overcome snow, we enjoy it and we use it, making the most of its blessings and living alongside it.

#### Enjoying snow

At the Ojiya Summer Snow Festival held each summer, children love to play with snow that has been covered and stored with insulating sheets since winter! Enjoying the benefits of delightfully cool snow in midsummer is something that only a city deep in snow country can offer.



#### Overcoming snow

To ensure that daily life is not interrupted, snow-melting pipes have been installed on major roads and snow removal trucks are tasked with removing snow.



#### Using snow

Snow storage, utilizing snow-cooled thermal energy, enhances the flavorful components of rice, vegetables, and sake, making them even more delicious. We make the most of the wisdom of our ancestors, who lived alongside snow for ages.



A town where people can live in vigorous good health

A town where everyone can live in peace