



Oiso Town

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Dr. John Beard
Director of the department of Ageing and Life Course
World Health Organization
Avenue Appia 20
CH-1211 Geneva 27, Switzerland

Dear Dr. Beard,

It is great pleasure for us to write this letter that supports the process required for Oiso Town to join the WHO Global Network for Age-Friendly Cities and Communities. Here we send the mayor's letter which assures Oiso Town's commitment to the process.

We look forward to Oiso Town joining the WHO Global Network for Age-Friendly Cities and Communities and working together with WHO.

Sincerely,

Nobuhiko Yamaguchi

Director, Sports and Health Division

Oiso Town

Director of the Department of Ageing and Life Course
World Health Organization

Dear Dr. Beard,

While aging progresses globally, Oiso Town's proportion of people aged 65 and over has reached 34.0%. It is growing more rapidly than the same proportion of Japan, which is 26.7%. As Japan's population is expected to decrease and age, the population of Oiso Town in 2045 will also decrease to 25,730, while proportion of people aged 65 and over will rise to 41.1%

As a medical doctor, I have examined so many patients who became bedridden due to decline in leg strength as they age. So I fully realize the importance of preventive medicine.

After I became a mayor, I aimed to disseminate the importance of preventive medicine and raise people's awareness of their health. This is why I started the project named "Oasis 24-- Healthy Oiso," in which people can easily participate and access health information and consultations in their own communities.

This project is based on the three pillars of our Town's health objectives: prevention of lifestyle-related diseases, prevention of decline in physical functions, and developing healthy daily habits from a young age. In addition, targeting seniors, we hold "Oiso Anti-locomotive Syndrome Class" jointly with industries and academic circles, to prevent decline in their physical functions.

I started this project with a principle of "creating a seniors' life model in which they can live a meaningful life without being isolated from society." An age-friendly city is not attained only by government's efforts – I think seniors and other generations heading toward ageing will also create such a city on their own initiative.

In order to raise international awareness of Oiso Town's health programs in which residents are central players aiming to become age-friendly, I agree to WHO's values and approach to creating age-friendly cities, and take an approach in line with WHO's four steps to develop the age-friendly environments. I also state that Oiso Town will commit to participating in the global network of age-friendly cities and communities, and that I will commit myself to making Oiso Town more age-friendly.

Sincerely,

September 5, 2017

 Misao Nakasaka, Mayor

Oiso Town