Application Report to Become a Member of the International Safe Community Network

December 2012

【Revision, February 2013】

Sakae Ward,
City of Yokohama

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Why is Sakae Ward participating in Safe Community Activities?

In the past, children played energetically outdoors in nature. People in the community could easily talk to the children, and there was a “relation of faces” in the region. The regional community supported the children's’ growth and the region’s security. Japan has gone through a rapid economic growth, and today’s society has changed greatly. Life has become more convenient, and there are fewer opportunities for children to play freely outdoors, and for neighbors to talk to the children. It also seems like the warm gaze of parenting adults has declined. On the other hand, our communities are manifested by serious problems such as child abuse and an increase in suicides.

In June 2012, Sakae Ward announced the “Action Plan for Promoting Safe Community Activities”. To be designated as a member of the Safe Community Network, we must identify the region’s challenges. The community, related agencies and administration must work together to create effective programs. We enacted a five-year action plan to be promoted with our ward residents. The Sakae Ward application for designation and reports have been prepared based on that Action Plan. Our Action Plan clearly indicates that “outreach”, in which all ward residents are promoters of Safe Community Activities is essential, and that we must carry out “Process Management”, in which each programs and its results are shared by all and revised as necessary.

Our Action Plan is titled “Aiming for a Community Overflowing with Children’s Smiles”, and clearly states what type of community Sakae Ward hopes to achieve through these Safe Community Activities. We believe that our safety and security lies within a regional community supported by people. At Sakae Ward, the community residents hold various seasonal activities participated by many people. A new regional community appropriate for the current times is growing, and we believe that it will lead to the safety and security of the people living in Sakae Ward. We hope that our ring of regional community will continue to grow by incorporating the Safe Community organization.

A community that together gently and warmly watches over each child’s growth. That type of community should be pleasant for anyone to live in. We hope to transform Sakae Ward into a “Community Overflowing with Children’s Smiles” through these Safe Community activities.

<Background of Action Plan Enactment>

March 2010	**Officially announced start of activities at International Safe Community Conference (Suwon, South Korea)**
June to September 2010	**Set Sakae Ward Safe Community Steering Committee and eight subcommittees**
June 2011	**Receive interim on-site evaluation by Safe Community Certifying Centre**
March 2012	**Prepared and published Action Plan (Draft)**
March to April 2012	**Held seminars to explain Action Plan (Draft) and collected opinions. (Seven explanation meetings, 16 explanations to various groups, 34 times of collecting opinions, etc.)**
June 2012	**Action Plan enacted**

Chapter 1 Profile of Sakae Ward

(1) History of Sakae Ward

As can be seen with various ruins from the Paleolithic Period, this history of the Yokohama City area, including Sakae ward, goes back about 20,000 years. Until the end of the Edo era, this was a quiet village of only several hundred houses. Half were involved in agriculture, and the other half in fishing. However, when Commodore Perry of the US Navy came with his black boats and Japan opened up, a foreign settlement was established in Yokohama. The city grew rapidly as it was the first place in Japan to be exposed to Western culture.

While Yokohama developed rapidly, the flatlands of the Sakae area remained as rice paddies until the 1920s. There were only small hamlets in the foothills near the flat bogs . However, in the 1930s many military facilities were built, such as the first navy fuel depot in Kosugaya. Many large-scale factories emerged along the Kashio River from around this time. The rice paddies along the river transformed into industrial districts, and the population started to increase.

During the 1960s to 1970s, large-scale residential development took place in the hilly part of the area. The satoyama (patches of country side forest), with their flat bogs, greatly transformed into a residential area with lines of houses. When the Negishi Line opened (and Hongodai Station opened) in 1973, development of the Hongodai Area accelerated. With this increase in population through development, Sakae Ward was made official in 1986.

After the birth of Sakae Ward, the transportation network was organized with new bus routes, etc. Various facilities for ward residents, such as the Sakae Hall, Sakae Sports Center and community centers, and welfare facilities such as the Community Care Plaza and work facilities for persons with disabilities were opened, bringing future development to the ward and changing the ward into the current Sakae Ward.

(2) Data on Sakae ward

◆Location and area

Sakae ward is an administrative ward (Note 1) in Yokohama City, which is the next largest metropolitan area following Tokyo. Located in the southern area of Yokohama City, Sakae Ward has a population of approximately 125,000 people and area of 18.55 km^2. This makes it one of the smallest wards in the city. Sakae Ward is about 20 to 30 minutes by train from the center of Yokohama, and about 50 minutes from Tokyo Station. Geographically, it extends long to the west and east. The symbol river, the Itachi River, runs east to west through the ward. The Kashio River runs south to north on the east side of the ward.
Yokohama City has a population of about 3,690,000 people, and is located in the approximate center of Japan. It is one of eighteen ordinance-designated cities in Japan, and is comprised of eighteen administrative wards. (See 1-2 page 2.)

(1) Administrative ward
The wards (special wards) in Tokyo are independent self-governing bodies, and have approximately the same functions as a municipality. The ward mayor is elected through election, and the ward has a council. On the other hand, a ward (administrative ward) in an ordinance-designated city is part of the City Hall's internal organization. The ward director general is appointed by the mayor from the city employees, and there is no council.

Fig. 1-1 Location of Yokohama City

Fig. 1-2 Location of Sakae ward

<Reference: Mechanism of Japan's Local Governments>

Table 1-1 Types of local public bodies

Ordinary local authorities	Prefectural areas			
	Municipalities	Designated city	Requirement:	Population of 500,000 or more, and designated by cabinet order
		Core city	Requirement:	Population of 300,000 or more, and designated by cabinet order if applied
		Special city	Requirement:	Population of 200,000 or more, and designated by cabinet order if applied
		Other cities	Requirement:	Population 50,000 or more
		Towns and villages		
Special local authorities	Special wards			
	Others			

Table 1-2 Main duties of Yokohama City (designated city)*

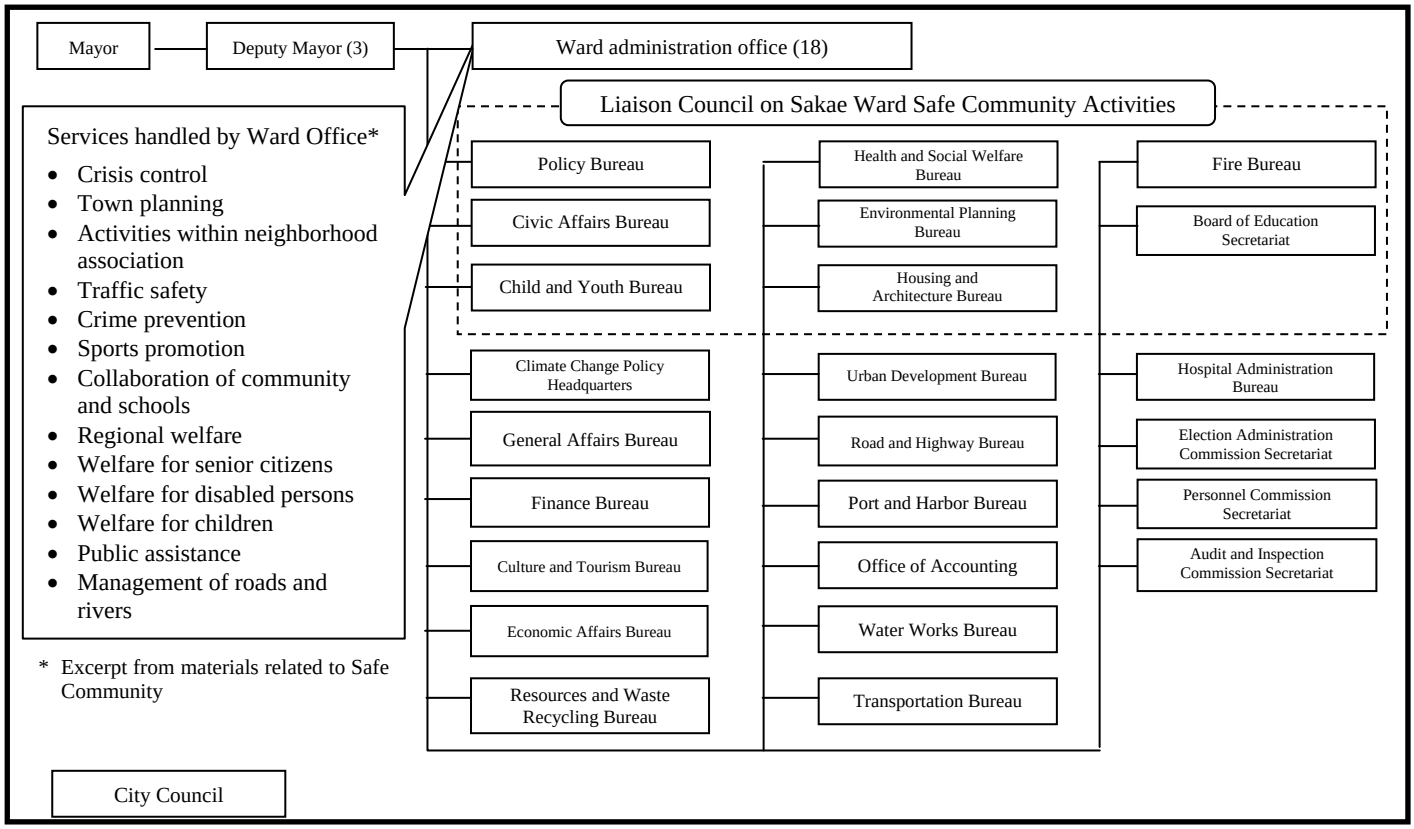
Designated city

- Establishment of child consultation center
- Management of national and prefectural highways and roads outside of designated area in city
- Services provided by city with Health Department
- Public assistance (handled by city, and by towns and villages with welfare office)
- Long-term care insurance services
- National health services
- Fire department and emergency services
- Construction and management of municipal roads and bridges

Prefectural areas

- Management of grade-one rivers and grade-two rivers within designated area
- Installation and management of high schools
- Police (criminal investigations, drivers' licenses)

Fig. 1-3. Organization in Yokohama city



◆Population and Number of Households

Sakae Ward's population is approximately 125,000, and has declined three years consecutively. On the other hand, the number of households has increased, so the number of persons per household has dropped. (Fig. 1-4) When looking at the types of households, it is apparent that one-person households and couple households are increasing. (Fig. 1-5)

Table 1-3 Population, Number of Households, Number of Persons Per Household and Population Density (as of October 1, 2010)

	Population (persons)	Number of household (households)	Number of persons per household (persons)	Population density (persons/km^2)
Sakae Ward	**124,866**	**50,345**	**2.48**	**6,749.5**
Yokohama City	3,688,773	1,583,889	2.33	8,433.8
Nationwide	128,057,352	51,950,504	2.46	343.4

(National census)

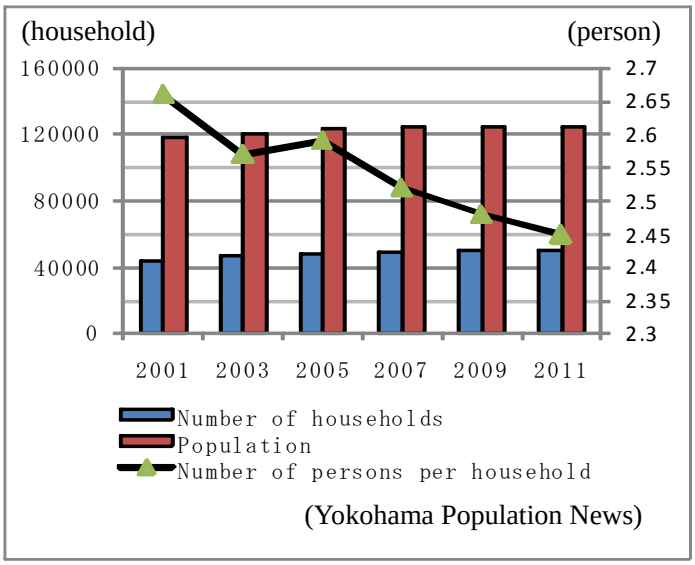


Fig. 1-4 Transition of population, number of households and number of persons per household

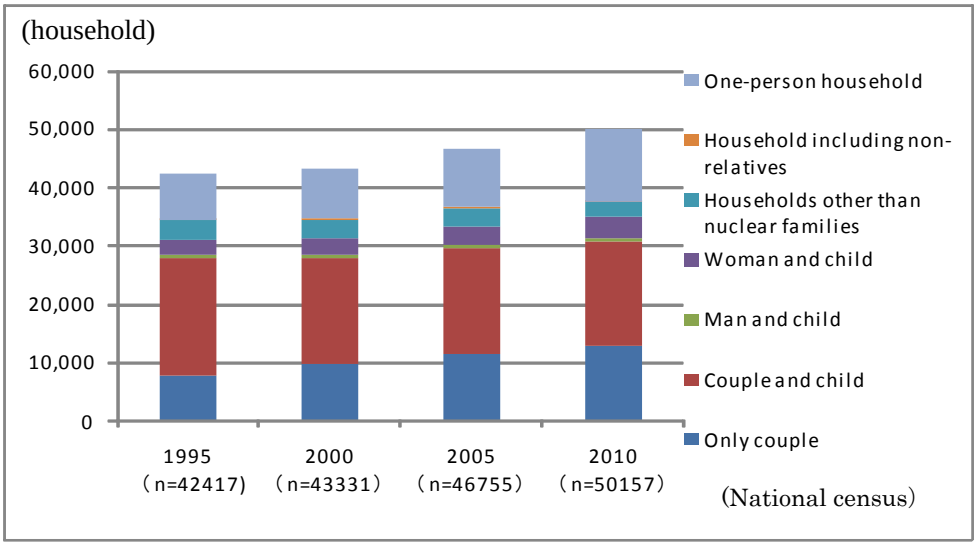


Fig. 1-5 Transition of types of households

The number of births in Sakae Ward has been steady numbering around 1000. (Fig. 1-6) Based on "Population Projection for Japan", it is anticipated that the population will drop to approximately 90,000 people in 2050. (Fig. 1-7)

Table 1-4 Total Fertility Rate (FY2010)

	Sakae Ward	Yokohama City	Nationwide
Total fertility rate	**1.26**	1.30	1.39

(Statistics and Information Department, Minister's Secretariat, Ministry of Health, Labour and Welfare)

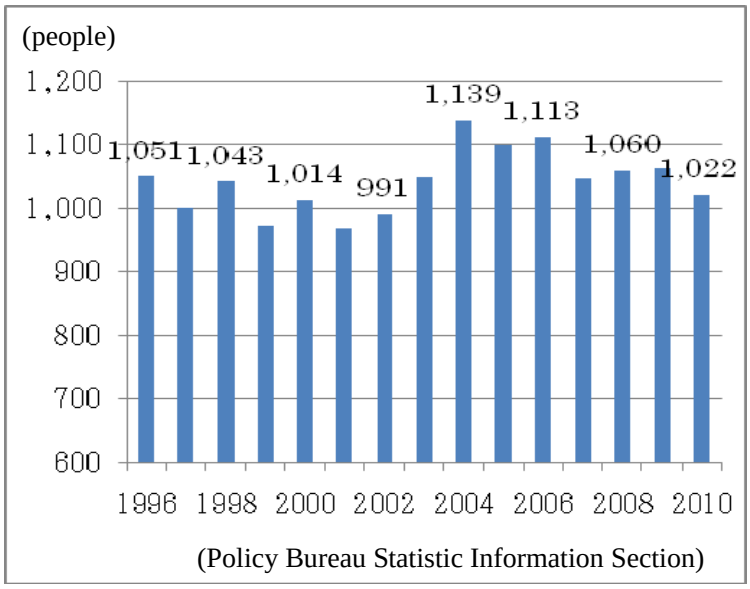


Fig. 1-6 Transition of number of births

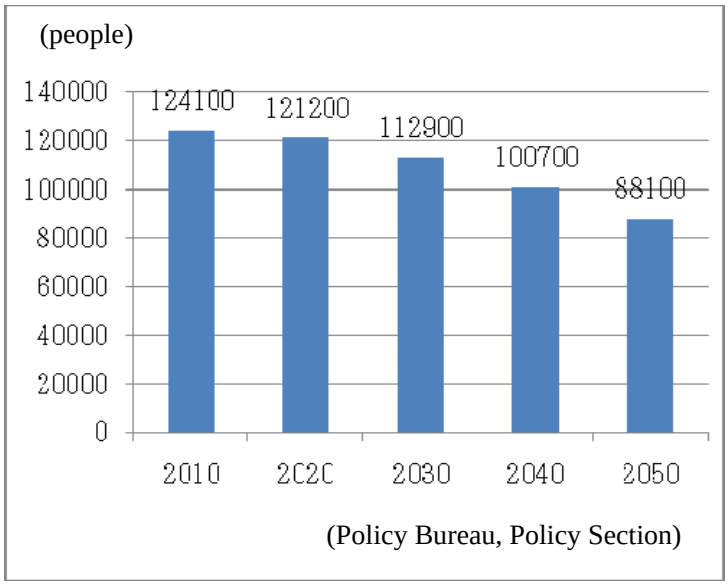


Fig. 1-7 Population projections

◆Aging of Population

The proportion of the elderly out of the whole population in Sakae Ward has increased rapidly, and in FY2009 exceeded the national average.
(Fig. 1-8)

Table 1-5 Population by Age (as of October 1, 2010)

	Sakae Ward	Yokohama City	Nationwide
Average age (years)	**45.2**	43.4	45.0
Young population (0 to 14 years) (%)	**13.3**	13.3	13.2
Working age population (15 to 64 years) (%)	**62.4**	66.6	63.8
Aging population (65 years and older) (%)	**24.3**	20.1	23.0

(National census)

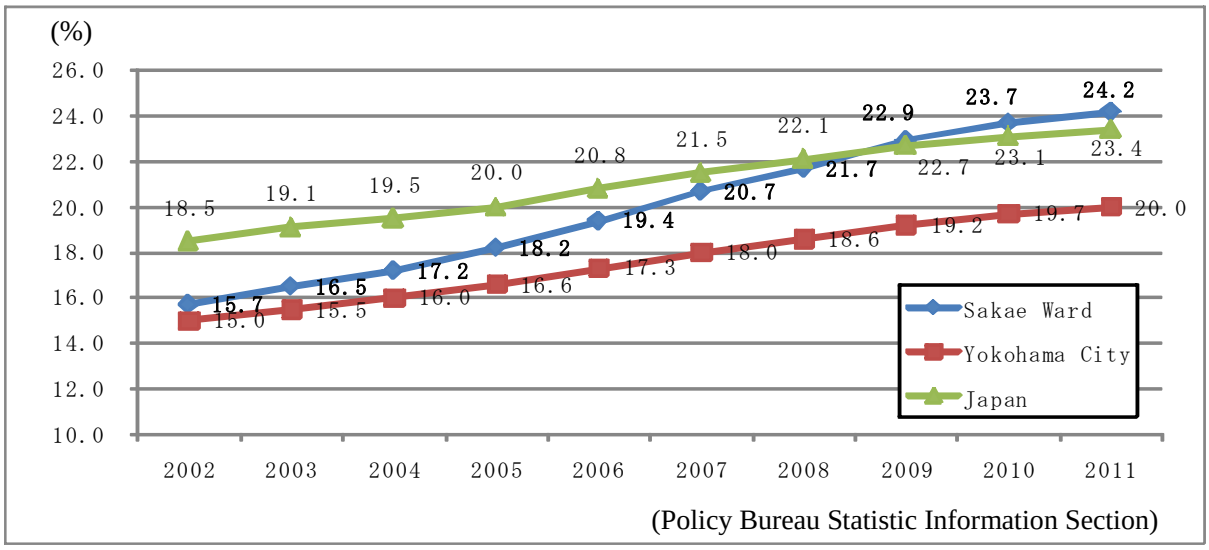


Fig.1-8 Transition in the proportion of the elderly

◆Foreign residents

The foreign population in Sakae Ward makes up approx. 0.8% of Sakae Ward's population. The prominent nationalities are China, South Korea, North Korea, Philippines and Vietnam. (Fig. 1-9)

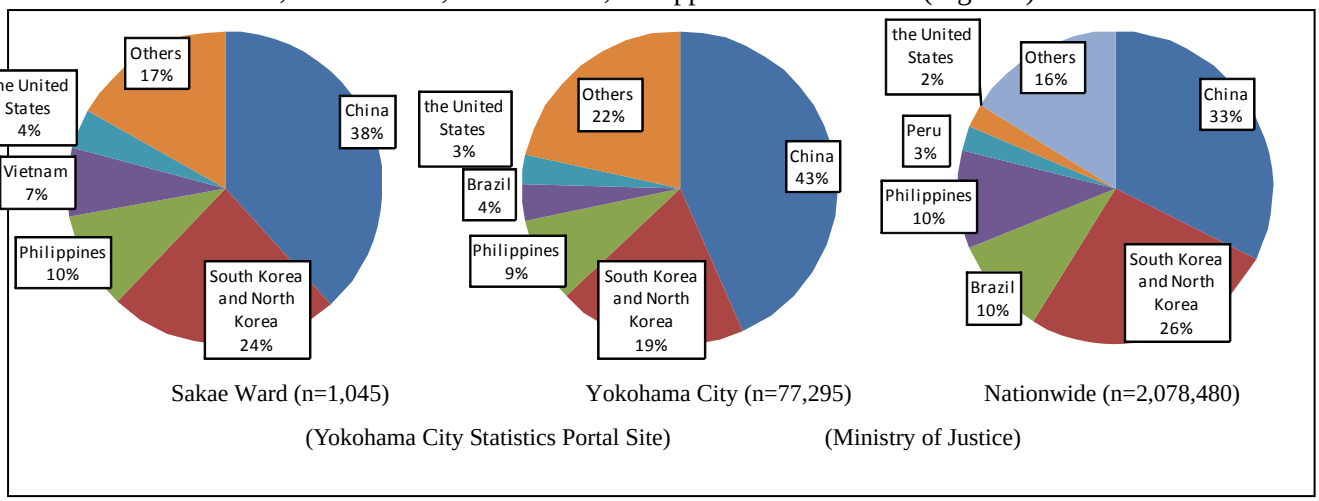


Fig. 1-9 Number of registered foreign residents by nationality (as of December 31, 2011)

◆Demographics

The numbers of transfers in and out of Sakae Ward are both on the decline. (Fig. 1-10) The ratio of daytime population in regard to nighttime population is the lowest in Yokohama City, showing that the population shifts out of the ward during the daytime. (Fig. 1-11)

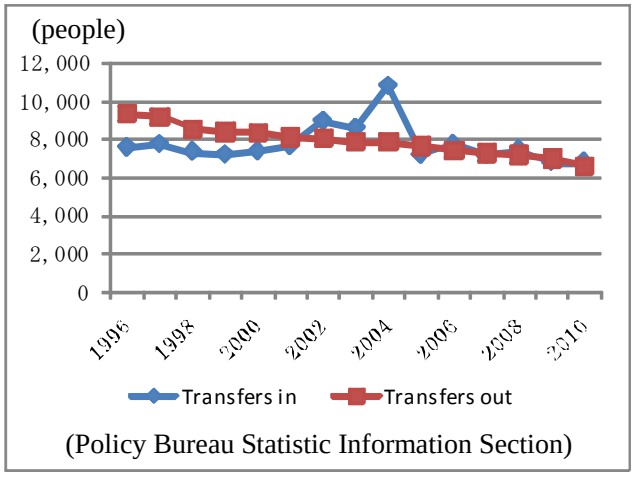


Fig. 1-10 Transition in social increase

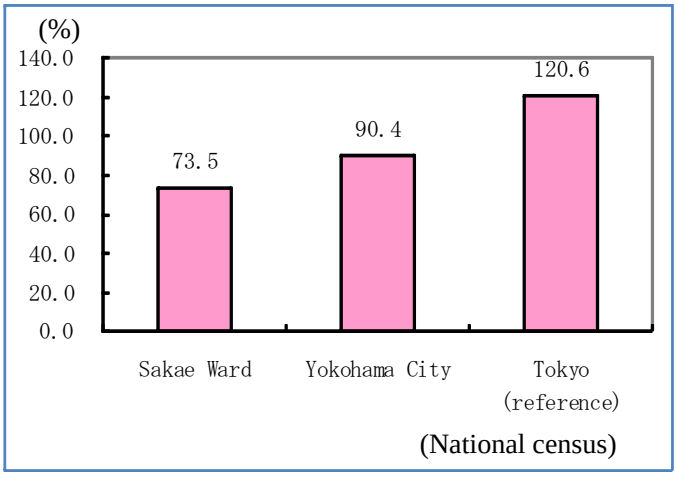


Fig. 1-11 Ratio of daytime and nighttime population (2007)

◆Housing

Large-scale residential development was carried out in Sakae Ward during the 1960s to 1970s. The households that transferred in at that time settled, so the length of residence is long. (Table 1-6) Many of the residents are houses, and the proportion of homeownership is high. (Table 1-7, Fig. 1-12)

Table 1-6 Length of Residence (as of October 1, 2010)

		Sakae Ward (%)	Yokohama City (%)	Nationwide (%)
From birth		**7.4**	7.8	12.1
Number of migrants		**88.6**	84.0	81.7
Length of residence at current address by migrant	Less than 1 year	**5.8**	6.5	6.0
	1 year or more, less than 5 years	**17.5**	18.7	16.7
	5 years or more, less than 10 years	**18.6**	16.8	13.4
	10 years or more, less than 20 years	**16.7**	18.6	16.6
	20 years or more	**30.1**	23.4	29.0

(National census)

Table 1-7 Homeownership rate, and area per person

(as of October 1, 2008)

	Homeownership rate	Area per person
Sakae Ward	**64.3%**	**11.91 m^2**
Yokohama City	57.6%	11.48 m^2
Nationwide	61.2%	12.83 m^2

(Residence and land statistics survey)

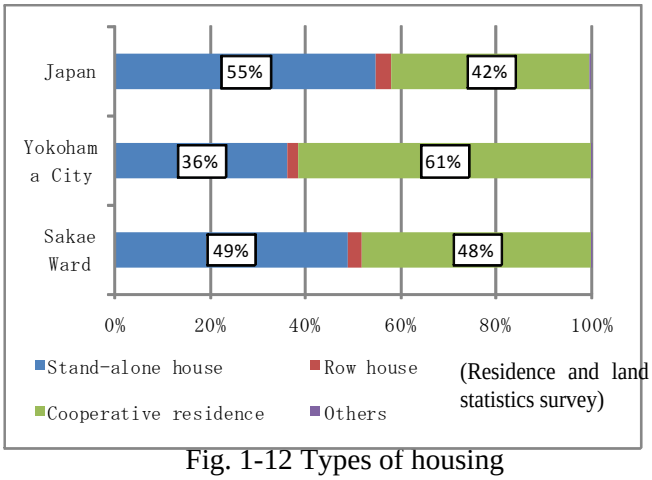


Fig. 1-12 Types of housing

◆Parks and greenery

Greenery in Sakae Ward has rapidly decreased due to large-scale development that went on until the 1970s. However, we still have abundant nature in the eastern area. The green covering ratio (Note 2) is 41.8%, which is the second highest in the city. (Table 1-8)

(Note 2) Green covering ratio
A method of understanding the total amount of greenery. The ratio of land covered by green as seen in an aerial photo.

Table 1-8 Park and Greenery Ratio (as of September 30, 2011)

	Parks (locations)	Area (ha)	Park area per person (ha)	Green covering ratio
Sakae Ward	**124**	**59.0**	**4.73**	**41.8**
Yokohama City	2,575	1726.3	4.72	29.8

(Environment Planning Bureau, Park and Greenery Management Section)

◆Region's characteristics

Sakae Ward has one train station in the center of the ward. There is a terminal station at the southeast boundary, and many younger people live around the train stations. The ward has many bus routes providing a convenient means of transportation for ward residents. There are generous green lands at the southeast area of the ward. A favorable residential area is formed, but there are some areas that need improvements to the traffic convenience, and the aging population is increasing. (Fig. 1-13, Fig. 1-14, Fig. 1-15)

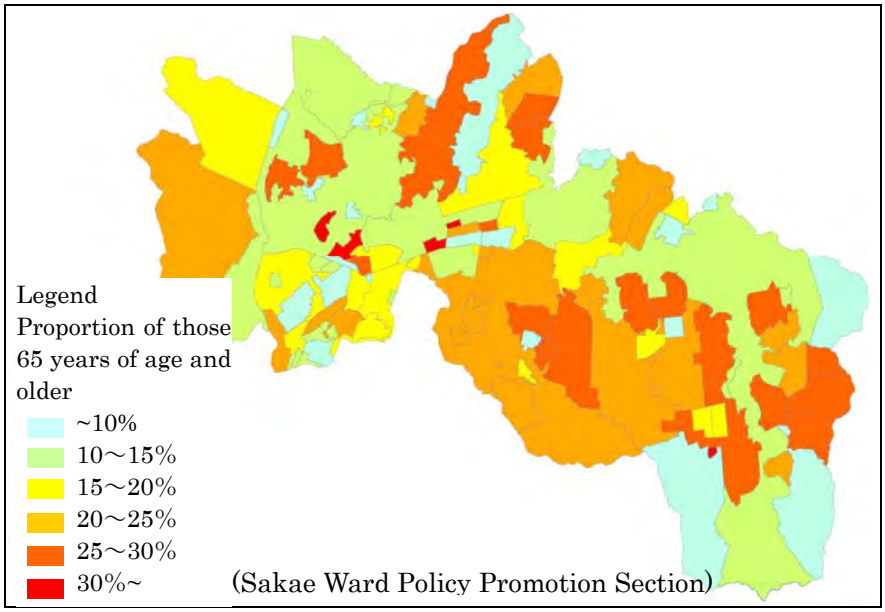


Fig. 1-13 Proportion of the elderly by neighborhood associations (2007)

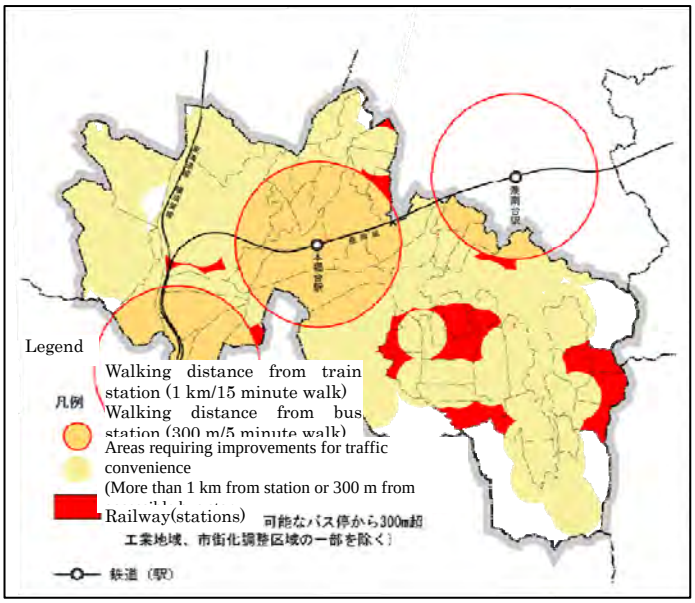


Fig. 1-14 Walking distances from train station and bus stops

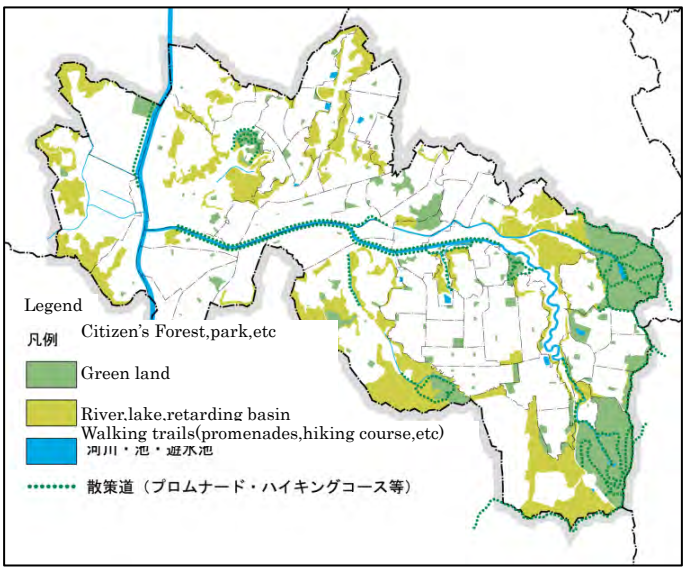


Fig. 1-15 Green lands and parks, etc., in Sakae Ward

◆Industry

Sakae Ward has the lowest number of workers in Yokohama City. The labor force participation rate (Note 3) is also lowest in the city. (Table 1-9, Table 1-10, Table 1-11)
By industry, the ratio of service industries is the highest. There are several large-scale factories in the western section of the ward, so the number of employees is the highest in the manufacturing industries, followed by wholesales/retail sales, medicine and welfare. (Fig. 1-16)

(Note 3) Labor force participation rate
Indicates the percentage of employed persons and persons wanting employment within the population age 15 and higher.
* Labor force participation rate = labor force ÷ population age 15 and older x 100

Table 1-9 Number of Business and Workers (as of July 1, 2009)

	Number of businesses (percentage)	Number of workers (percentage)
Sakae Ward	**2,467 (2.0%)**	**27,196 (1.7%)**
Yokohama City	123,277 (100.0%)	1,552,882 (100.0%)

(General economic survey)

Table 1-10 Labor Force Participation Rate and Unemployment Rate

	Sakae Ward	Yokohama City	Nationwide
Labor force participation rate (%)	**54.0**	56.7	61.2
Unemployment rate (%)	**5.7**	5.5	6.4

(National census)

Table 1-11 Proportion of Workers Age 15 and Higher Per Industry

	Sakae Ward	Yokohama City	Nationwide
Primary industry (agriculture, forestry, fishing)	**0.5%**	0.5%	4.0%
Secondary industry (mining, construction, manufacturing)	**22.0%**	19.6%	23.7%
Tertiary industry (wholesales/retail sales, medicine/welfare, service industry, etc.)	**75.1%**	74.8%	66.5%
Unclassifiable industries	**2.4%**	5.1%	5.8%

(National census)

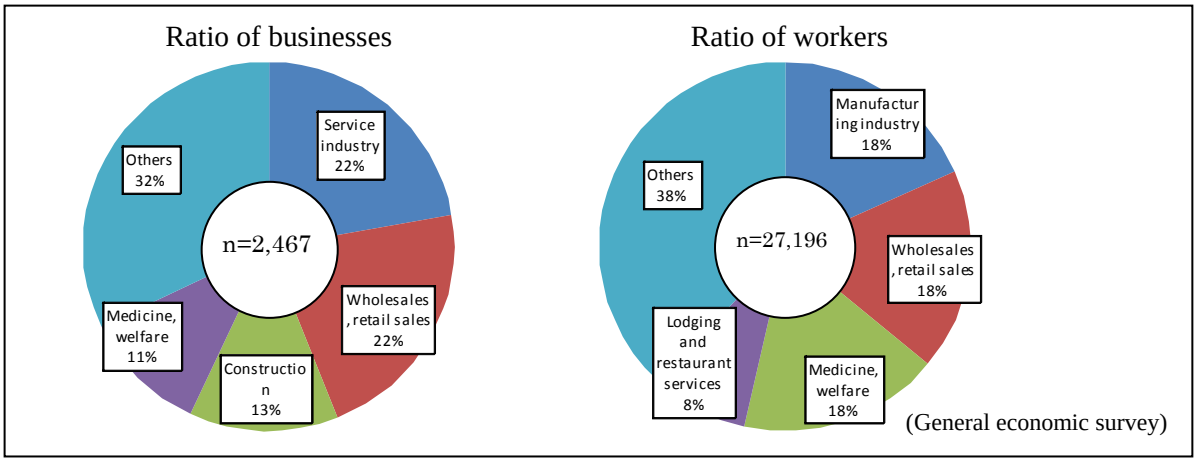


Fig. 1-16 Ratio of businesses and workers (as of July 1, 2009)

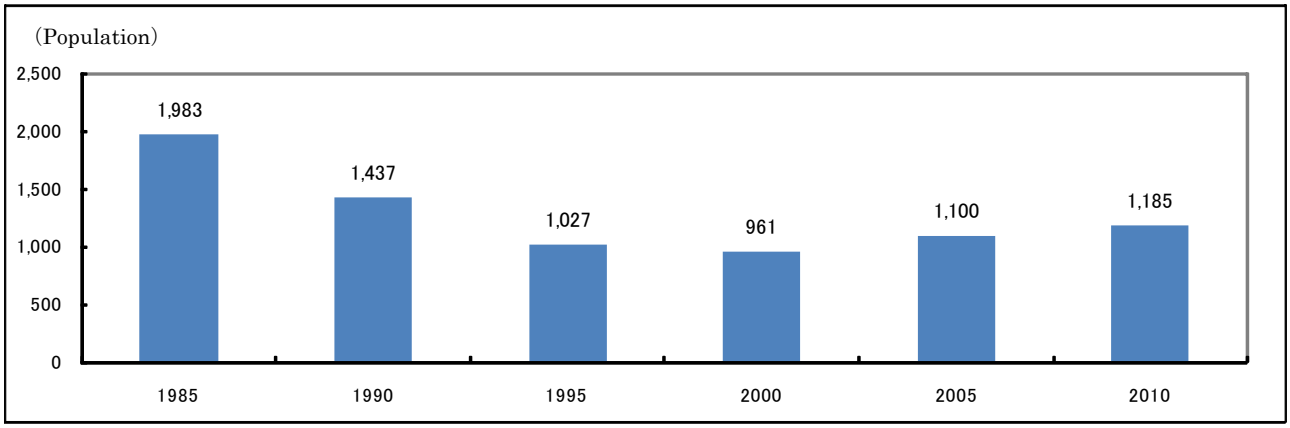
◆Education

Sakae Ward has 12 kindergartens, 10 nursery schools, 14 elementary schools, 8 junior high schools, 4 senior high schools and one special support school. (Table 1-12)
The number of students enrolling in the first grade has declined since its peak in the 1980s, and the total number of elementary schools had dropped through merging and closing schools in 2007. (Fig. 1-17)

Table 1-12　Educational Institutions (as of November 1, 2011)

Class	Number of schools	Total number of students	Total number of students per school
Kindergarten	12	2,126	177.2
Nursery school	10	1,101	110.1
Elementary school	14	7,027	501.9
Jr. high school	8	3,131	391.4
Sr. high school	4	3,642	910.5
Special support school	1	186	186.0

(Results of basic survey on Kanagawa Prefecture schools)



(Results of basic survey on Kanagawa Prefecture schools)

Fig. 1-17　Transition of number of students enrolling in first grade

◆Health and Medicine

Sakae Ward has 2 hospitals, 72 general clinics and 49 dental offices. There is a designated emergency hospital in the approximate center of the ward that accepts patients from Sakae ward and neighboring cities and wards. (Table 1-13)

Table 1-13　Number of Medical Facilities, Beds and Medical Personnel (2008)

Medical facilities (locations)		Number of beds (beds)		Physicians (people)	
Hospitals	2	General ward beds	455	Doctors	144
General clinics	72	Long-term care beds	18	Dentists	54
Dental offices	49	Psychiatric ward beds	106	Pharmacists	138

(Basic statistics on community medicine)

◆Welfare (physically challenged children/adults, welfare recipient)

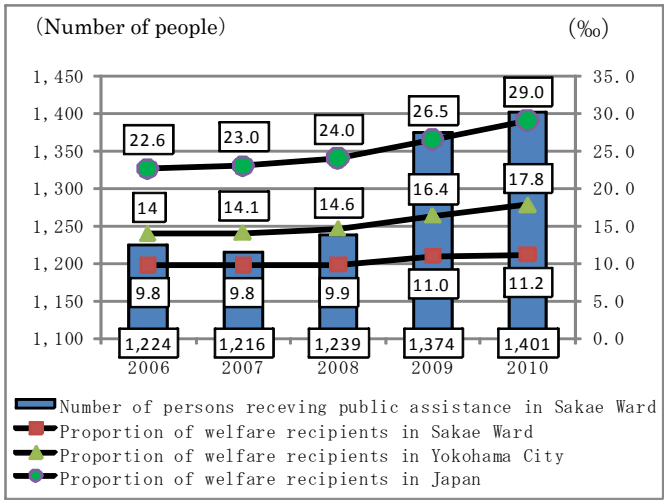
Table 1-14 shows the situation of disability certificates issued for physically challenged, mentally challenged and intellectually challenged people in Sakae Ward.
The proportion of welfare recipients to the total population is lower than the national and Yokohama City average, but is on the increase as it is throughout Yokohama and Japan.

Table 1-14 Situation of disability certificates issued (end of FY2011)

	Sakae Ward	Yokohama City
Number of physically challenged people	**3,039**	91,605
Number of intellectually challenged people	**742**	20,807
Number of mentally challenged people	**723**	20,912

(Yokohama City Statistics)

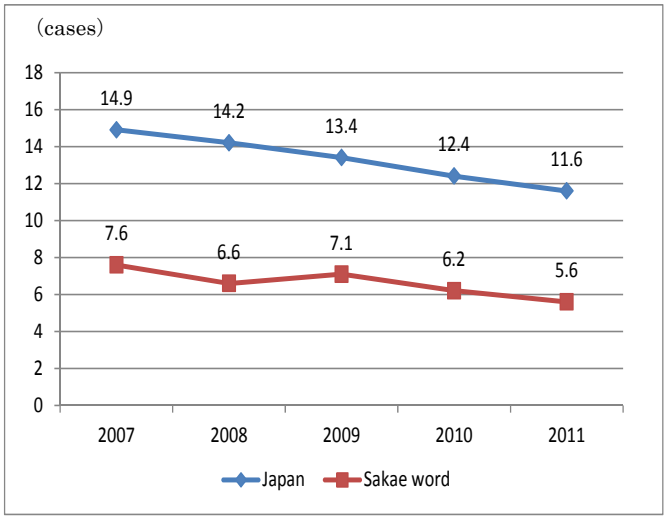
Fig. 1-18 Transition in the proportion of welfare recipients



(Sakae Ward Public Assistance Section,
National Institute of Population and Security Research)

◆Crime

The number of criminal offenses occurring per thousand people in Sakae Ward is low compared to nationwide levels, and is on the decline. (Fig. 1-19)
When looking at types of crime, noninvasive crimes (bicycle thefts, etc.) are the highest. (Table 1-15)



(Data from Sakae Police Station and the Police White Paper)

Fig. 1-19 Number of criminal offenses (per 1,000 people)

Table 1-15 State of Criminal Offenses by Crime Type (2011)

Crime type		Number of cases
Serious crime (murder, robbery, etc.)		10
Violent offenses (assault injury, etc.)		55
Thefts	Invasive thefts	49
	Non-invasive thefts	453
Intellectual crimes (scams, etc.)		42
Moral offenses (rape, etc.)		10
Others (property damage, etc.)		84
Total		703

(Sakae Police Department)

◆Nature and Culture

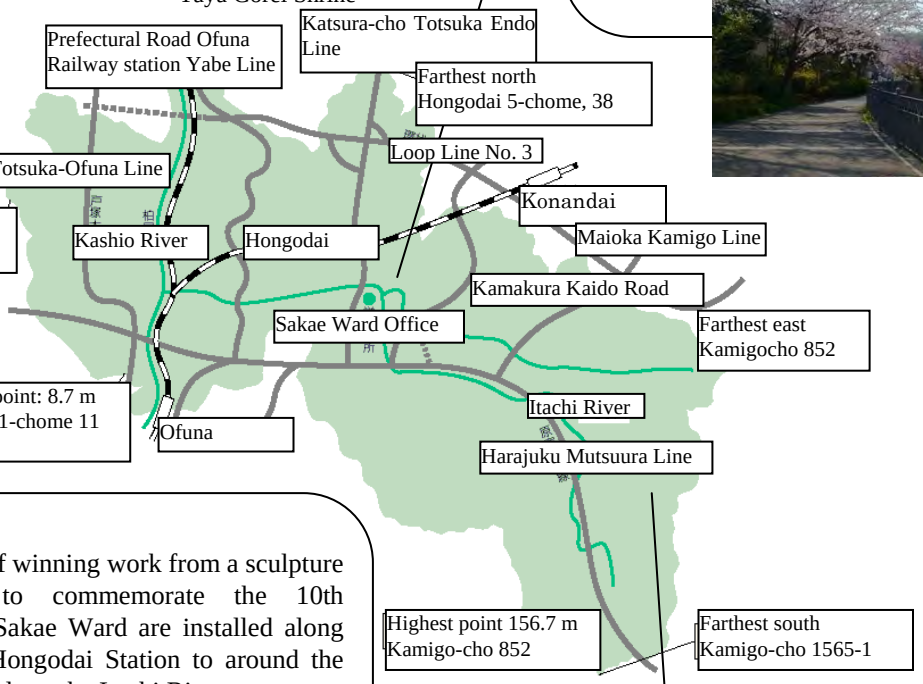
It is said that people have been living in the current Sakae Ward area for close to 20,000 years. Many ruins can still be seen. Sakae Ward also has abundant reserves of nature, especially along the Itachi River and the Yokohama Nature Observation Forest, etc. Many sculptures have been installed along the Itachi River, giving the ward residents a chance to experience art.

<Temples and shrines>
There are many old temples and shines in Sakae Ward, some dating back as far as the Kamakura era.

Aoki Shrine

Taya Gorei Shrine

[Itachi River Promenade]
Seasonal flowers including cherry blossoms in Spring, and various wild birds can be observed from the Itachi River Promenade. This area is loved by many ward residents as a wonderful walking course.



<Sculptures>
Twelve pieces of winning work from a sculpture exhibit held to commemorate the 10th anniversary of Sakae Ward are installed along the area from Hongodai Station to around the Ward Hall, and along the Itachi River.

GREEN GREEN CIRCLE

Into the universe

[Yokohama Nature Observation Forest]
Here is a place where citizens can experience nature. Many types of living things can be observed in this forest.

Chapter 2　Seven Indicators and Sakae Ward's Programs

【Indicator 1 】An infrastructure based on partnership and collaborations, governed by a cross-sector group that is responsible for safety promotion in their community

(1) Safe Community Promotion Organization

Sakae Ward's safe community activities are carried out by the "　Sakae Ward Safe Community Steering Committee", a comprehensive promotion organization comprised of the related agencies including the community, various groups, police and fire stations. Eight "　Subcommittees", with respective themes, have been set as a subordinate organization. Individual subcommittees work to strengthen collaboration between organization groups and to share information on respective programs. The Steering Committee secretariat is located at the Sakae Ward Office General Affairs Section. The subcommittee secretariats are set at the Ward Office departments that are deeply related to each theme.
A "　Injury Surveillance Subcommittee" is also set to analyze data and verify results, etc.
The "　Safe Community Promotion Committee" is set at the Sakae Ward Office, and a "　Liaison Council of Safe Community Activities" is set at the Yokohama City Hall. These committees organize the exchange of information regarding Sakae Ward safe community activities between each department, and also provide a place to share information. (Fig. 2-1-1)

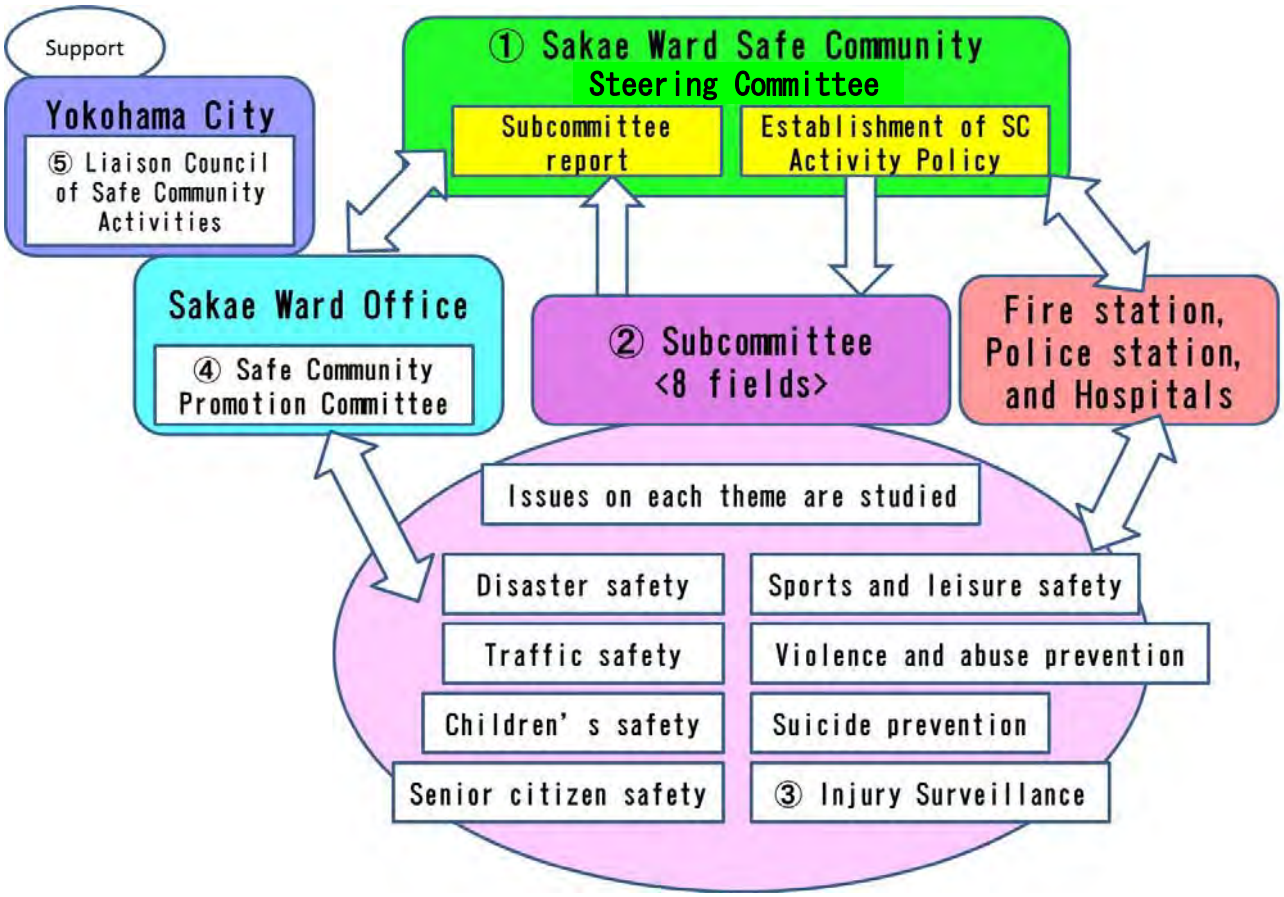


Fig. 2-1-1 Promotion organization

(1) Safe Community Steering Committee

A council, including representatives of the neighborhood associations, various groups, Ward Hall, Police Station and Fire Station, etc., is set as a body to comprehensively promote the Safe Community programs. The Council sets the Safe Community Activity Policy, etc., and works to comprehend the progress of all programs while strengthening collaboration with each subcommittee.

◆ Organization
24 groups, 24 members
Chair : Sakae Ward Director General
Sub-chair : Sakae Ward Neighborhood Association chief, Sakae Police Station chief, Sakae Police Department chief
Members : Each neighborhood association chief, representatives from various groups, representative from medical institutions, subcommittee chairs

◆ Number of meetings
About three times a year

(2) Subcommittees

Subcommittees are set so that related agencies can work together on programs for each theme. Each subcommittee works to share information and confirm the progress of various programs, verifies the effect of programs, and exchanges opinions to make improvements. The following three subcommittees also function as existing committees.

- Senior Citizen Safety Task Force Subcommittee
  Joint Committee on Wandering Senior Citizen SOS Network and Senior Citizen Abuse Prevention
- Traffic Safety Task Force Subcommittee
  Sakae Ward Traffic Safety Task Force Committee Board
- Violence and Abuse Prevention Task Force Subcommittee
  Sakae Ward Child and Home Support Consultation Service Related Agency Liaison Council and Sakae Ward Child Abuse Prevention Liaison Council

◆ Subcommittee Organization (◎indicates chair)

Subcommittee name	Members	
Child Safety Task Force Subcommittee	Educational institution, etc. (4 persons)	◎Sakae Ward Elementary School Principals Association Sakae Ward Middle School Principals Association Yokohama City Private Kindergarten Association Sakae Branch Office Sakae Ward Nursery School Principals Liaison Council
	Community activity groups, etc. (5 persons)	Sakae Ward PTA Liaison Council Sakae Ward Children's Association Liaison Council Sakae Ward Hamakko/Kids Liaison Council Child Rearing Support Group Liaison Council Juvenile Officer Liaison Council
Senior Citizen Safety Task Force Subcommittee	Person with relevant experience and knowledge (1 person)	Yokohama City University, Graduate School of Medicine, Department of Community Health Nursing
	Administrative agency, etc. (2 persons)	Sakae Police Station Sakae Fire Station
	Community activity groups, etc. (5 persons)	◎Sakae Ward Senior Club Association Sakae Ward Social Welfare Council Sakae Ward Local welfare/child care commissioner Sakae Ward Volunteer/Citizen's Activities Groups Section Sakae Care Network

	Medical institutions, etc. (2 persons)	Yokohama Sakae Kyosai Hospital Sakae Seijinkai Hospital
	Welfare facilities, etc. (8 persons)	Welfare institution for the elderly (special nursing home for the elderly) in the ward Community Care Plaza in the ward(6) Community Activity Center for People with Midlife Disabilities
Traffic Safety Task Force Subcommittee	Administrative agency, etc. (5 persons)	Sakae Police Station(2) Sakae Fire Station Sakae Ward Administration(2)
	Community activity groups, etc. (5 persons)	◎Sakae Traffic Safety Association Permanent Council(3) Sakae Traffic Safety Mother's Club Sakae Ward Silver Leader Liaison Club
	Private corporations, etc. (2 persons)	Sakae Association of Safe Driving Administrators Sakae Public Works Safety Committee
Sports and Leisure Safety Task Force Subcommittee	Community activity groups, etc. (12 persons)	◎Sakae Ward Sports Association (4) Sakae Ward Physical Training Committee Liaison Council(2) Sakae Ward Youth Counselor Committee(2) Sakae Ward Refreshing Sports Promotion Committee(2) Sakae Sports Club Steering Committee(2)
Suicide Prevention Task Force Subcommittee	Person with relevant experience and knowledge (1 person)	◎Yokohama City University Graduate School of Medicine
	Community activity groups, etc. (3 persons)	Sakae Ward Shopping District Association Sakae Ward Welfare Officer Children's Committee Sakae Ward Healthcare Activities Promotion Committee
	Medical institutions, etc. (2 persons)	Sakae Ward Medical Association Yokohama Sakae Kyosai Hospital
	Administrative agency, etc. (2 persons)	Sakae Police Station Sakae Fire Station
	Welfare facilities, etc. (2 persons)	Sakae Ward Lifestyle Support Center for the Mentally Challenged Community General Support Center Liaison Council
Disaster Safety Task Force Subcommittee	Community activity groups, etc. (7 persons)	◎Steering Committee Liaison Council at the Sakae Ward Community Disaster Prevention Base(2) Sakae Fire Volunteers Sakae Ward Fire Brigade Liaison Council Sakae Ward Flood Control Measures Liaison Council Sakae Ward Council of Social Welfare Fire Prevention Association
	Educational institution, etc. (2 persons)	Sakae Ward Elementary School Principals Association Sakae Ward Middle School Principals Association
Violence and Abuse Prevention Task Force Subcommittee	Administrative agency, etc. (12 persons)	Sakae Police Station Sakae Ward Administration Office(6) Child Consultation Center Board of Education Secretariat(4)
	Community activity groups, etc. (9 persons)	◎Sakae Ward Child Welfare Committee Sakae Ward Welfare Officer, Children's Committee Sakae Ward Healthcare Activities Promotion Committee Sakae Ward Youth Guidance Counselors Committee Sakae Ward PTA Liaison Council Sakae Ward Children's Association Liaison Council Sakae Ward Council of Social Welfare Sakae Ward Child Rearing Support Group Liaison Council Community Support Center for child rearing
	Medical institutions, etc. (4 persons)	Sakae Ward Medical Association Yokohama Sakae Kyosai Hospital(2) Totsuka, Yokohama Habitation Centers for Children
	Educational institution, etc. (11 persons)	Sakae Ward Middle School Principals Association(2) Sakae Ward Elementary School Principals Association(2) Elementary School Nurse Research Society(2) Middle School Nurse Research Society(2) Sakae Branch of the Yokohama Kindergarten Association Sakae Ward Nursery School Principals Liaison Council (2)

(3) Injury Surveillance Subcommittee

An Injury Surveillance Subcommittee was set to provide expertise data analysis and verification of program effects, etc. Sakae Ward's Safe Community programs are evaluated from a perspective of actual effect, etc., from a third-party and expertise standpoint.
Until FY2011, mainly the data providers were members. These members deliberated about data collection and analysis. Since FY2012, the committee has been organized of persons with expertise experience and knowledge to deliberate how to utilize the achieved data onto each subcommittee's programs and the Ward's policies.

◆ Injury Surveillance Subcommittee

Up to FY2011	Administrative agency, etc. (8 persons)	◎Health and Social Welfare Bureau, City of Yokohama Sakae Police Station Sakae Fire Station Fire Bureau, City of Yokohama Institute of Public Health, City of Yokohama Sakae Ward Administration Office (3)
	Person with relevant experience and knowledge (2 persons)	Otsuma Women's University, Department of Human Life Sciences Yokohama City University, Graduate School of Medicine, Department of Community Health Nursing
	Medical institutions, etc. (3 persons)	Sakae Ward Medical Association, Sakae Dental Association, Yokohama Sakae Kyosai Hospital
From FY2012	Person with relevant experience and knowledge (5 persons)	◎Otsuma Women's University, Department of Human Life Sciences Yokohama National University, Department of Architecture Yokohama City University, Graduate School of Medicine, Department of Community Health Nursing Meiji Gakuin University, Department of Social Work Yokohama City University, Association of International Arts and Science

(4) Safe Community Promotion Committee

This committee has been set to organize the exchange of information within the Sakae Ward Office, and also provide a place to share information.

◆ Organization
All Ward Office section managers and higher level employees　21 persons

◆ Number of meetings
About once to twice a month

(5) Liaison Council of Safe Community Activities

This liaison council has been set to organize the exchange of information with each department involved with the Yokohama City Hall Safe Community activities, and also provide a place to share information.

◆ Organization
Section Managers of each related department at City Hall, etc.　18 members (See section 1-2, page 4)

◆ Number of meetings
About once to twice a year

(2) Educational Activities

We have been making an effort with educational activities to spread the Safe Community activities throughout the Ward.

(1) Increase in awareness

a. Banners
Banners have been hung on the front wall of the Sakae Ward Hall and in the plaza in front of JR Hongodai Station

b. Flags
Flags have been put up at 110 places around the Ward including at neighborhood associations, facilities used by ward residents, and elementary and jr. high schools

c. Printing of Safe Community Promotion logo mark on public use envelops

d. Ward employee nametags and name cards
The logo mark is printed on nametags and name cards used by Ward employees

e. Preparation and distribution of promotional materials
- Art set (300 sets)
- Letter opener (400 pieces)
- Hand towels (4,200 pieces)

f. Campaign
- Campaign in front of Hongodai Station
  (November 18, 2010, December 16, 2011)

g. Exhibits at events, etc.
- Ward Resident Festival (November 5, 2011)
- New Year Celebration (January 5, 2012)
- Road Race Tournament (January 8, 2012)
- Spring Traffic Safety Festival in Kasama (April 15, 2012)
- Summer Traffic Accident Prevention Campaign (July 16, 2012)
- Community Center Festival
  (May 19 and 20, September 8, 2012)

New Year Celebration

Promotional materials

Summer Traffic Accident Prevention Campaign

(2) Introduction of Safety Promotion Activities

Safety promotion activities are introduced through various public information material.

a. Gazette Yokohama (Special edition published twice a year)
b. Cable TV JCN “Daily Yokohama” (Weekly)
c. “Kashiogawa” corporate gazette (Monthly)
d. Town News
e. Kanagawa Newspaper (February 10 to 12, 2012)
f. Sakae Ward website
h. Leaflets (5000 copies)

Gazette Yokohama, Town News
Safe Community special

【Indicator ２】Long-term, sustainable programs covering genders and all ages, environments, and situations

(1) Safety and Security Programs in Sakae Ward

The programs being held in Sakae Ward to improve safety and security are summarized according to age, environment and situation.
The alphabetic characters and numbers listed in Table 2-1-1 correspond to “(2) Details of Programs”.
All programs are targeted to both genders.

Table 2-2-1　Safety and Security Programs in Sakae Ward (Summary)

		Age group			
		Child Age 0 to 14	Youth Age 15 to 24	Adult Age 25 to 64	Senior citizen Age 65 and older
Accident	Home	A⑨⑭ D① F⑭	F⑭	F⑭	E①②③④⑤⑥⑦ F⑭
	School	A②④⑥⑦⑬ C③ F②			
	Workplace			H①	
	Sports/leisure	A①⑤⑦⑧⑨ B①②④	B①②④	B①④	B①③④
	Traffic	C①②③④⑤⑥	C①②⑥	C①②⑥	C①②③⑥
	Other public places	A②③④⑥⑪ H③	A⑪ H③	A⑪ H③	A⑪ H③
	Hospital	H②	H②	H②	H②
	Disaster	F②③⑥⑦⑧⑨⑪⑫⑬⑭	F①③④⑤⑥⑦⑧⑨⑪⑬⑭	F①④⑤⑥⑦⑧⑨⑪⑬⑭	F①④⑤⑥⑦⑧⑨⑩⑪⑬⑭
Intentional factors	Suicide	G①③④	G①②③④⑤	G①②③④⑤	G①②③④
	Violence/abuse	D①②③④⑤⑥⑦⑧⑨	D①②③④⑤⑥⑦⑧⑨	D①②③④⑤⑥⑦⑧⑨	D①②③④⑥⑦⑧

(2) Details of Programs

The programs we have to resolve community issues are listed below.
Programs for people at high-risk are indicated with a circle in the High Risk field.

A. Safe children

* Sakae Ward Office is involved with all programs and is not listed.

	Program	Details	Implemented by*	High risk
Creating a comfortable community				
(1)	Participation in community activities and volunteer activities	Increasing the opportunity for elementary and jr. high school students to participate in community festivals and volunteer activities.	Neighborhood associations, elementary/jr. high schools	
(2)	Watching children commuting to and from school by community residents	Children are watched as they go to and come home from school.	Neighborhood associations, elementary/jr. high schools	
(3)	Provision of Child Dial 110 Houses	Places (homes) are provided so children can seek refuge in the event of an emergency.	PTA Liaison Council	
Creating an environment where children can play energetically				
(4)	Greenery of school yards and parks	The administration is promoting greenery in schoolyards, kindergarten yards and parks to create an environment where children can play safely. These areas are maintained and controlled by community residents.	Neighborhood associations, nursery schools, elementary/jr. high schools	
(5)	Health promotion using nature	Programs to encourage healthy children are carried out using nature in the ward.	Neighborhood associations, nursery schools, kindergartens, elementary/jr. high schools	
(6)	Management and inspection of facilities and playground equipment	Facilities and playground equipment at parks and schools, etc., are managed and inspected.	nursery schools, kindergartens, elementary/jr. high schools	
Improvement of children's physical fitness and exercise performance, and improvement of life styles				
(7)	Physical strength improvement programs	Physical strength improvement programs for children are carried out at elementary/jr. high schools.	elementary/jr. high schools	
(8)	Special exercise classes	Exercise programs are carried out at nursery schools, etc., to teach children how to exercise.	Sports Associations, nursery schools, kindergartens, Parenting Support Group Committee	
(9)	Danger prediction training	Trainings are carried out so that children learn how to predict and avoid danger.	Children's Association Liaison Council, Youth Guidance Counselor Council	
(10)	Improvement of Food Habits	Food education seminars are held to help children improve their food habits.	Food Habits Improvement Promotion Member, elementary/jr. high schools	
Creating a community to protect children from crime				
(11)	Crime prevention patrol	Communities are patrolled to protect children from crime, and to prevent delinquency	Neighborhood associations, Crime Prevention Association, voluntary fire corp, volunteer probation officers, women's groups for rehabilitation, Youth Guidance Counselor Council, elementary/jr. high schools	
(12)	Child Safety Mail	Information on crimes, such as suspicious people, is sent by e-mail.	Police Station	
(13)	Cyber classes	Seminars are held at schools, etc., to prevent damage from cyber crimes.	Police Station, Youth Guidance Counselor Council	
(14)	Leaflets to education on preventing child accidents	Leaflets listing information on accidents that often occur at home are distributed.		

B. Safe Sports and Leisure

* Sakae Ward Office is involved with all programs and is not listed.

	Program	Details	Implemented by*	High risk
(1)	Increasing participants in sports events	Sports events such as road races, etc., are held and ward residents are encouraged to participate.	Groups on the Sports and Leisure Safety Task Force, Children's Association Liaison Council, Association of Traffic Safety, National Council of Mothers for Traffic Safety, high schools	
(2)	Sports activities for children	A full range of sports activities are held for children.	Groups on the Sports and Leisure Safety Task Force, Children's Association Liaison Council, elementary/jr. high schools	
(3)	Sports activities for senior citizens	Various sports events, such as walking, which senior citizens can easily participate in are held.	Groups on the Sports and Leisure Safety Task Force, Association of Senior Citizens	
(4)	Seminars and one-point advice on preventing injuries during events	Advice on preventing injuries is given at sports events, etc.	Sports Associations, Sports Promoter Liaison Council	

C. Safe traffic

* Sakae Ward Office is involved with all programs and is not listed.

	Program	Details	Implemented by*	High risk
(1)	Preparation of traffic safety map	A map listing hazard spots, such as traffic accidents, has been prepared. These are used during educational activities for persons watching children (mimamori) and senior citizens.	Association of Traffic Safety, National Council of Mothers for Traffic Safety, Safe Driving Administrator Committee, Neighborhood associations, School Zone Task Force Committee, elementary schools, School Zone Task Force Committee, nursery schools, Police Station	
(2)	Traffic safety campaign	Traffic safety is publicized.	Association of Traffic Safety, National Council of Mothers for Traffic Safety, Police Station	
(3)	Traffic safety classes	Traffic safety classes are held for children and senior citizens.	Association of Traffic Safety, Silver Leader Liaison Council, Police Station	
(4)	Bicycle Helmet Promotion for toddlers and school children	Use of bicycle helmets is promoted through handbills and campaigns.	Association of Traffic Safety, elementary schools	
(5)	Child seat seminar	Child seat seminars are held for guardians.	Association of Traffic Safety, National Council of Mothers for Traffic Safety, Police Station	
(6)	Maintenance of road environment	Road environment has been modified by using colored pavement or sidewalks in road shoulders in areas with high rate of accidents.	Neighborhood associations, School Zone Task Force Committee, Police Station	

D. Violence and Abuse Prevention (Child Abuse)

* Sakae Ward Office is involved with all programs and is not listed.

	Program	Details	Implemented by*	High risk
Creating a climate to support parenting in community				
(1)	Hello Baby Visits	Homes with an infant up to 4 months old are visited to provide parenting advice and information.	Welfare Officer, Children's Committee, Healthcare Activities Promotion Committee	
(2)	Parenting seminars	Seminars regarding parenting are held.	Parenting support groups	
Training of staff to support parenting				
(3)	Parenting supporters	Seminars to train parenting supporters are held.	Parenting support groups	
(4)	Parenting support network	A network of parenting supporters is established to provide information and provide opportunities for consultations.	Parenting support groups	
Creating organization to distribute information				
(5)	Community Center for Child Rearing	A place for parents with infants and toddlers to meet is managed. Parents can consult and receive information here.	Community Center for Child Rearing	
(6)	Distribution of information through website and gazettes	Information on consulting services and parenting are provided through the Ward's website and gazettes.		
(7)	Advertisement of Yokohama Children Abuse Hotline	Telephone services specializing in abuse are advertised in the gazette.		○
(8)	Child Abuse Prevention Liaison Council	Meetings to help identify and handle child abuse at an early stage are held.	Child Consultation Center, elementary/jr. high schools, Board of Education Secretariat, medical institutions	○
(9)	Daycare services	Daycare services, including the organization of nursery schools and temporary daycare for infants and toddlers have been increased.	Parenting support groups, nursery schools	

E. Safe elderly

* Sakae Ward Office is involved with all programs and is not listed.

	Program	Details	Implemented by*	High risk
(1)	Classes and seminars for preventing long-term care	Activities to promote senior citizens voluntarily prevent long-term care are supported.	Community Care Plaza	
(2)	Genki Station (fall prevention program)	Community residents hold voluntary long-term care prevention activities, and the administration supports these activities.	Neighborhood associations	
(3)	Physical strength improvement and brainpower improvement program	Sakae War's original long-term care prevention program has been created is promoted.	Neighborhood associations	
(4)	Dementia supporters	Seminars to help ward residents increase understanding toward dementia are held.	Community Care Plaza	
(5)	Community watching over activity network	Senior citizens are watched over with meal delivery services, etc. so that senior citizens needing assistance can be identified and supported at an early stage.	Community Care Plaza, NPO, volunteer groups	○
(6)	Wandering Senior Citizen SOS Network	Senior citizens with dementia and their families are supported.	Community Care Plaza, District Social Worker and Child Welfare Worker Council, Social Welfare Committee	○
(7)	Care-needing Senior Citizen Supporter Liaison Council	Liaison meetings are held for workers from long-term care insurance businesses and medical institutions, etc.	Community Care Plaza, long-term care insurance businesses, medical institutions	○

F. Safety at Disaster

* Sakae Ward Office is involved with all programs and is not listed.

	Program	Details	Implemented by*	High risk
Securing and training personnel to help in community disaster prevention				
(1)	Voluntary fire corps	Voluntary fire corps are advertised at events, etc., to increase members.	Neighborhood associations, voluntary fire corp, Fire Station	
(2)	Disaster prevention classes	Disaster prevention seminars are held for elementary school students, our future disaster prevention personnel.	Elementary schools, voluntary fire corps, Fire Station	
(3)	Life-saving classes	Lifesaving trainings are held for jr. high and sr. high students.	Jr. high schools, sr. high schools, high schools, voluntary fire corp, Fire Station	
(4)	Disaster prevention license leaders	Seminars are held to increase the number of community residents who can handle disaster prevention equipment stored at community disaster bases.	Neighborhood associations, Steering committee liaison council at the sakae ward community disaster prevention base, Fire Station	
(5)	Volunteer Center	A center to accept volunteers from outside the Ward in the event of a disaster will be started up and management training will be held.	Social Welfare Committee, Disaster Volunteer Network	
(6)	Drills at Community disaster prevention bases	Community residents have opened an evacuation center, and are being training to run it.	Steering committee liaison council at the sakae ward community disaster prevention base, Neighborhood associations, elementary/jr. high schools, voluntary fire corp, Fire Station	
Extensive disaster prevention publicity				
(7)	Disaster prevention field seminars	Administration employees, etc., hold field seminars to enhance community awareness on disasters.	Neighborhood associations, Fire Station	
(8)	Using mobile devices	Information on disasters is swiftly announced using e-mails and twitter, etc.		
(9)	Hazard maps	A map listing hazardous spots in the event of an earthquake, floods or landslides, etc., and showing evacuation sites will be prepared and distributed.		
(10)	Support of people requiring assistance in event of disaster	A system will be set up to find persons requiring assistance in the community, and to enable safe evacuation of these persons in the event of a disaster.	Neighborhood associations	○
Preparation for water damage				
(11)	Measures and training for water disasters	Evacuation and lifesaving skills will be practiced, etc., in preparation for flooding or landslides, etc., that could occur during torrential rains.	Flood Control Liaison Council, Neighborhood associations, voluntary fire corps, private companies, Fire Station	
(12)	Emergency clothed-swimming classes	Emergency clothed-swimming classes are held for elementary schools in preparation for sudden increase in water levels in rivers.	Elementary schools, Fire Station	
Fire prevention				
(13)	Patrols to prevent arsons	Patrols are carried out to prevent arsons.	Neighborhood associations, voluntary fire corps, Fire Station	
(14)	Promotion of residential smoke detectors installation	Events and campaigns are used to alert people to install residential smoke detectors.	Neighborhood associations, Fire Station	

G. Suicide prevention

* Sakae Ward Office is involved with all programs and is not listed.

	Program	Details	Implemented by*	High risk
(1)	Preparation and distribution of leaflets and educational material	Leaflets and educational materials are distributed at events, etc. to increase Ward resident understanding on suicide prevention.	Suicide Prevention Task Force Subcommitte	
(2)	Training of Gatekeepers	Seminars are held to train all Ward residents as gatekeepers.	Suicide Prevention Task Force Subcommitte	
(3)	Advertising of consulting services	Information on consulting services for people with worries will be advertised with leaflets, etc.		○
(4)	Operation of life support center	Life support and consultation, and community exchange activities are held to promote independence of mentally challenged people and help them return to society.	Social welfare corporation	○
(5)	Sakae Ward Mental Health Support Network	Seminars to review cases and exchange information, etc., are held for mental health specialists.	Medical institutions, welfare facilities	○

H. Other Programs

	Program	Details	Implemented by	High risk
(1)	Labor monitoring	In accordance with labor related laws, workplaces are visited to confirm that laws, etc., to be complied with, and to improve work conditions.	Labor Standards Inspection Office	
(2)	Monitoring of medical institutions	In accordance with medical laws, hospitals and clinics are instructed to carry out appropriate management.	Yokohama City	
(3)	Maintenance and management of roads, rivers and parks	Roads, rivers and waterways are maintained and repaired, etc., and the region's parks and roadside trees are maintained and managed.	Yokohama City, Sakae Ward	

【Indicator ３】Programs that target high-risk groups and environments, and programs that promote safety for vulnerable groups

(1) High-risk groups

(1) Target people

In Sakae Ward, the following high-risk groups have been set.

i) Children subject to violence
ii) Senior citizens subject to violence
iii) People at risk of injury due to intentional factors such as self-inflicted injuries
iv) Persons requiring assistance in event of disaster

(2) Data on high-risk groups

i) Children subject to violence

The number of known new cases of child abuse is increasing in Sakae Ward. (Fig. 2-3-1) Consultations regarding parenting from mothers who feel uncertainties toward their parenting skills are also on the rise. (Table 2-3-1)

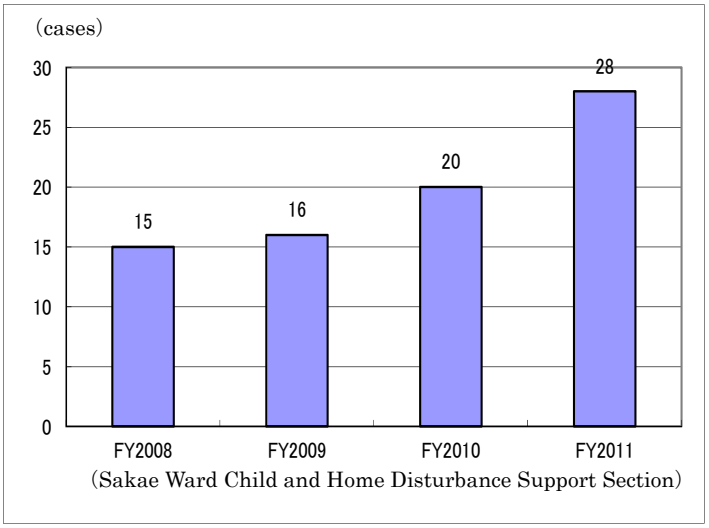


Fig. 2-3-1 Number of known new cases of child abuse

Table 2-3-1 Number of Consultations Regarding Children

	2008 FY	2009 FY	2010 FY	2011 FY
Sakae Ward	2,031	2,405	2,359	2,553
[Reference] Population age 14 and younger	16,491	16,570	16,549	16,535

* Excerpt from “Report on Social Welfare Administration and Services” issued by the Ministry of Health, Labour and Welfare Vital, Health and Social Statistics Division
* Population is the value as of January 1 of each year.

(Sakae Ward Child and Home Disturbance Support Section, Yokohama City Statistics Portal Site)

ii) Senior citizens subject to violence

The number of known cases of senior citizen abuse in Sakae Ward has increased by five-fold in five years. (Fig. 2-3-2)

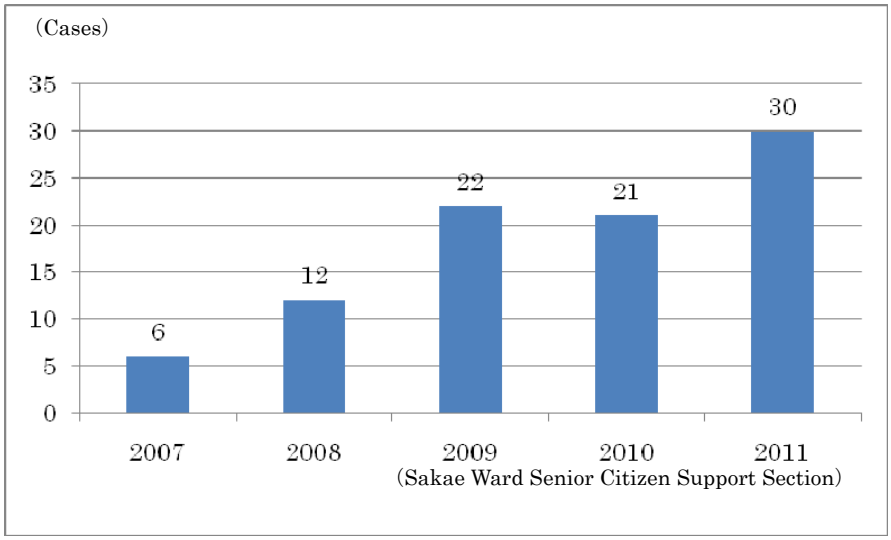


Fig. 2-3-2 Number of known cases of senior citizen abuse

Table 2-3-2 Senior Citizen (65 years and older) Population

	2007	2008	2009	2010	2011
Sakae Ward	24,785	26,238	27,787	29,115	30,368

* As of January 1 of each year
Yokohama City Statistics Portal Site

iii) People at risk of injury due to intentional factors such as self-inflicted injuries

The number of deaths from suicide is the 7th cause of death in Sakae. When looked at by age, it is the primary cause of death in the 15 to 39 years age group. (Refer to Table 2-4-1 on page 31, 2-4-2 on page 32.)

iv) Data on persons requiring assistance in event of disaster

There are approximately 4,000 people in the Ward living at home who cannot evacuate by themselves in the event of a disaster. (These include senior citizens requiring aid, disabled persons, infants and toddlers, pregnant women, foreign residents, etc.)

(3) Programs for high-risk groups

Details on the programs for high-risk groups are explained in the programs for each theme.

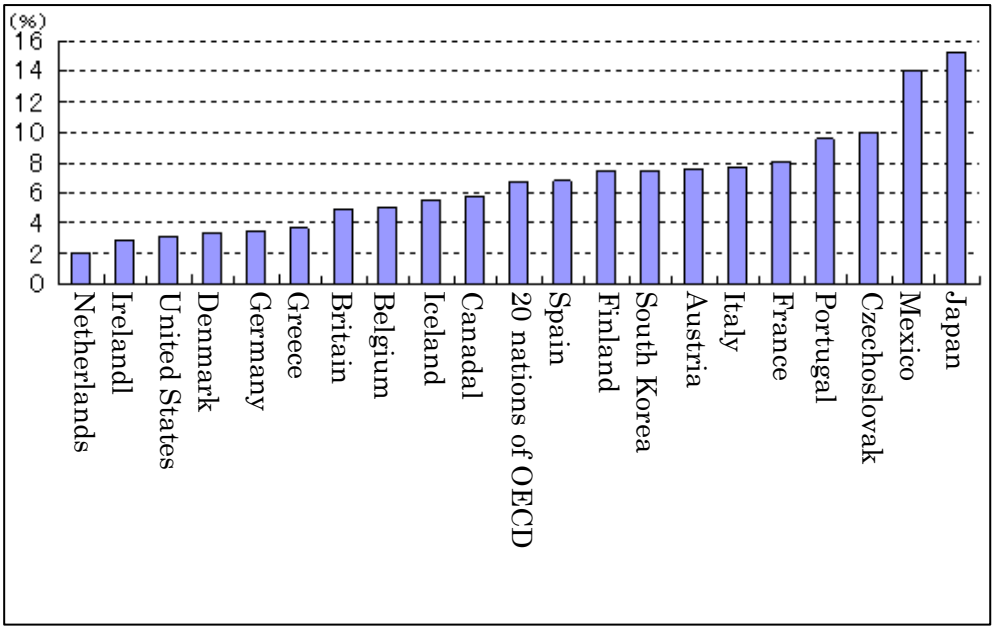
i) Child abuse prevention (Refer to pages 87 to 92)
ii) Safe elderly (Refer to pages 55 to 60)
iii) Suicide prevention (Refer to pages 74 to 81)
iv) Safety at disaster (Refer to pages 82 to 86)

(2) High-risk environment

In Sakae Ward, isolation or “situation in which relations with family and neighbors is extremely weak” is set as a high-risk environment.

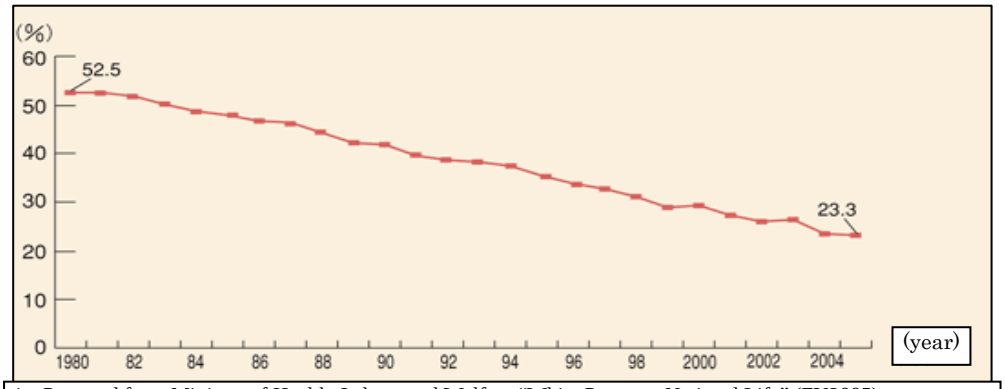
The OECD 2005 report points out Japan as a country in which people have the least contact with people other than family members. (Fig. 2-3-3). In the 2007 White Paper on National Life, it was found that relations even between family members have weakened as more parent generations live apart from their married children’s generation. (Fig. 2-3-4)
Problems such as child abuse and senior citizen abuse are apparent among these social changes. In today’s regional communities, it is becoming harder to receive assistance from family members or neighbors. Furthermore, the concept that child rearing and care-giving are to be covered by family members is still prominent. It is thought that child rearing and care-giving amid a situation where support cannot be anticipated from people in the area causes stress and leads to abuse, etc. In recent years, solitary deaths in which the deceased is not found for some time after death have become social problems.

Looking at the situation of households in Sakae Ward, while the number of persons in each household is dropping, the number of one-person households, households with only aged couples, and single parent (both mother and father) households are increasing. (Fig. 2-3-5) In other words, it is apparent that the number of households that cannot request assistance for care-giving or parenting from family members is increasing.
As explained in the previous chapter, the number of known new cases of child abuse and senior citizen abuse is increasing. We have various programs in place to resolve this issue in the community. In these programs, community residents and the administration collaborate to support parenting families and care-giving for senior citizens. Details on the programs are explained in “Child abuse prevention” (refer to pages 84 to 88) and “Safe elderly” (refer to pages 54 to 59).



（Society at a Glance 2005）

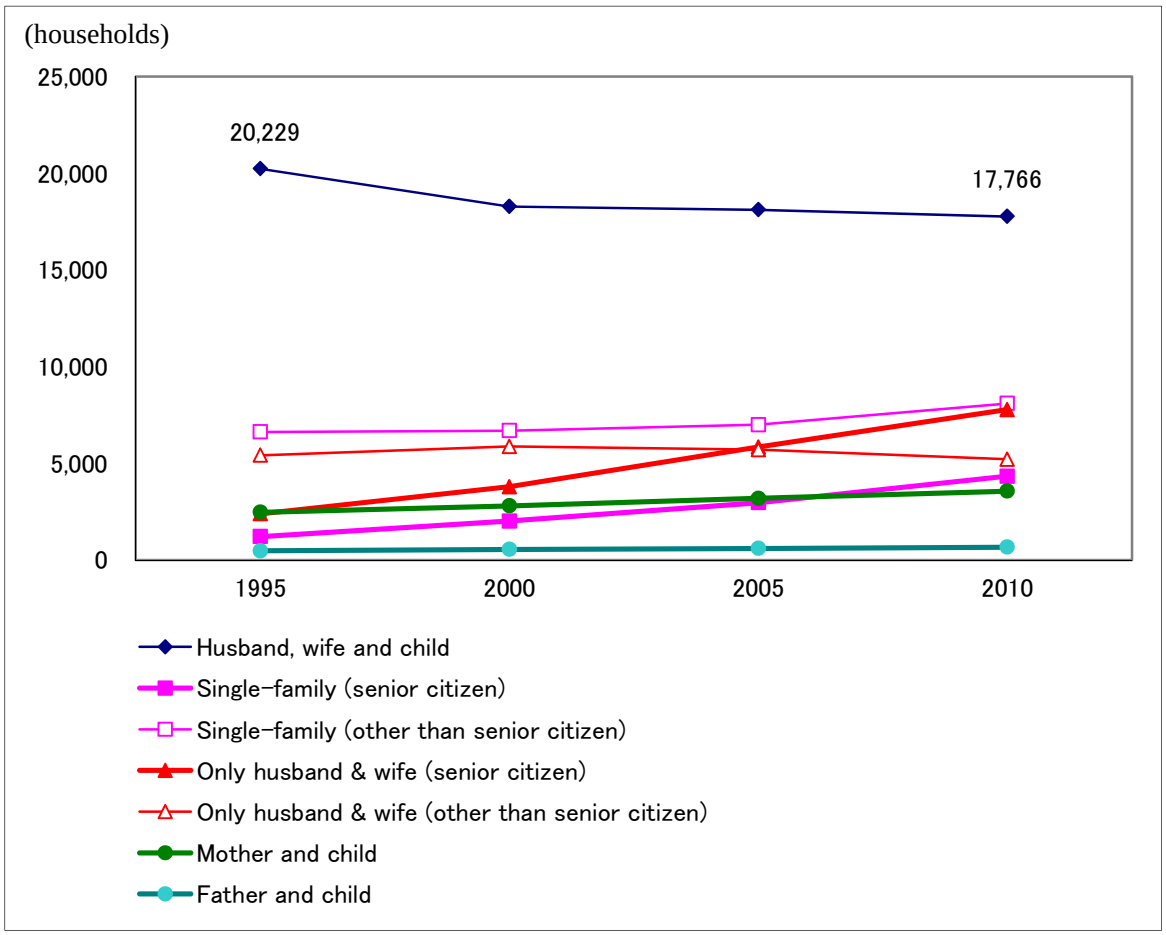
Fig. 2-3-3 Persons who have rarely or never spend time with friends, colleagues or others in social groups



1. Prepared from Ministry of Health, Labour and Welfare "White Paper on National Life" (FY2005)
2. Percentage of "parents living with married children" when types of households for persons 65 years and older are categorized into "single-person households", "parents only household", "parents living with married children", "parents living with single children", "living with other relatives", and "living with non-relatives".

(White Paper on National Life, 2007)

Fig. 2-3-4 Transition of cohabitant rate of parent generation and married children's generation



(National Census)

Fig. 2-3-5 Transition of number of household according to family type (Sakae Ward) (Unit: Household)

(1) Data used as evidence

(1) Mortality data (Vital statistics)

Every year in Sakae Ward, 32 people die of “accidents” and 25 people die of “intentional self-harm”. (Five-year average) (Table 2-4-1)

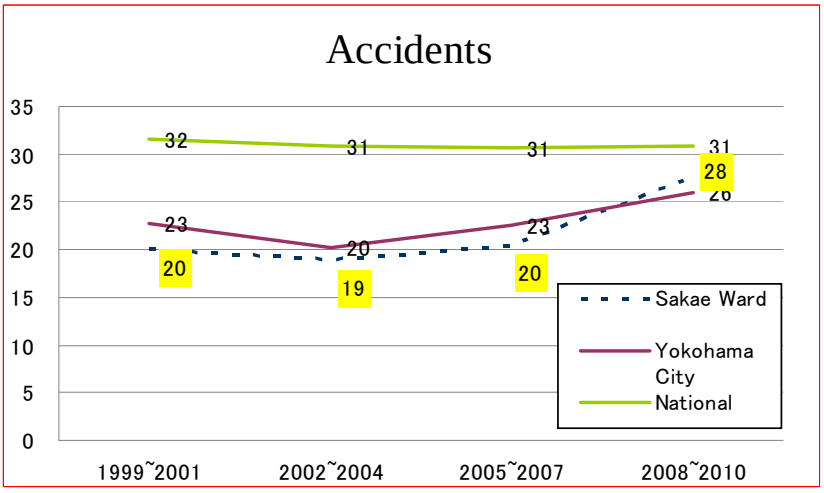
Table 2-4-1 Number of deaths in Sakae Ward by cause (2006 to 2010)

Order	Cause of death	Sakae Ward				Yokohama City			
		Number of deaths (people)	Annual average (people)	Death rate (per 100,000 people)	Composition ratio	Number of deaths (people)	Annual average (people)	Death rate (per 100,000 people)	Composition ratio
1st	Malignant growths	1455	291	230	34.5	41578	8316	227	33.0
2nd	Heart disease (excluding high blood pressure)	555	111	88	13.1	18650	3730	102	14.8
3rd	Cerebrovascular disease	407	81	64	9.6	12950	2590	71	10.3
4th	Pneumonia	399	80	63	9.5	11731	2346	64	9.3
5th	Old age	174	35	28	4.1	3886	777	21	3.1
6th	Accidents	161	32	26	3.8	4504	901	25	3.6
7th	Intentional self-harm	123	25	19	2.9	3648	730	20	2.9

(Vital statistics)

In regards to “accidents”, the transition of death rate from 1999 is lower than the national average, but is on the rise in recent years. (Fig. 2-4-1)

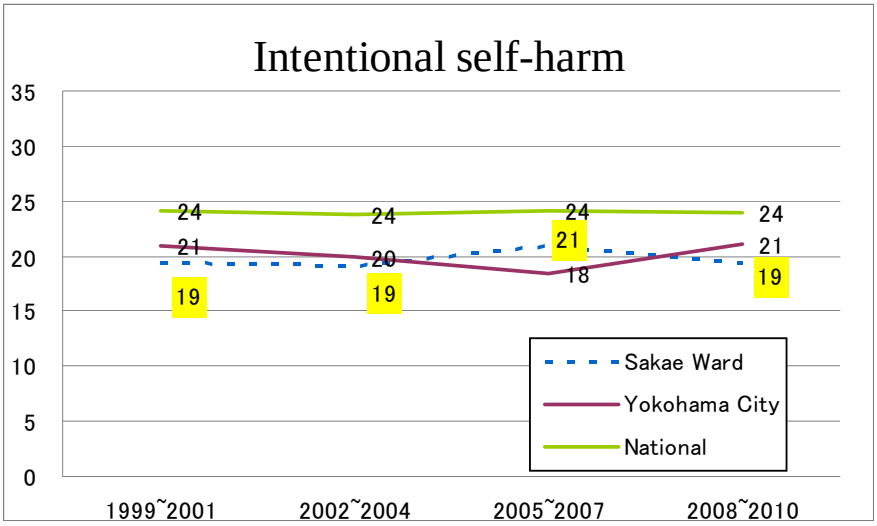
Fig. 2-4-1 Transition of “accidents” death rate (Comparison of national figures, Yokohama City and Sakae Ward)
* Comparison of 3-year moving average
  Per 100,000 people



(Vital statistics)

The death rate by “intentional self-harm” has not changed much from 1999. (Fig. 2-4-2)

* Comparison of 3-year moving average: Per 100,000 people



(Vital statistics)

Fig. 2-4-2 Transition of “intentional self-harm” death rate
(Comparison of national figures, Yokohama City and Sakae Ward)

Summary of mortality data (Vital statistics)

- The rate of deaths by accidents is lower than national and Yokohama City levels, but has been on the rise in recent years, and exceeded Yokohama City’s level.
- Succeeds among younger generations were the leading cause of death.

Looking at the order of deaths in Sakae Ward according to age group, “accidents” are within 5th place in almost all age groups.
“Intentional self-harm” was the leading cause of death in the 15 to 39 years age group. “Intentional self-harm” is a serious social problem in Japan where there are more than 30,000 suicides each year. Sakae Ward is facing similar problems. (Table 2-4-2)

Table 2-4-2 Order of deaths in Sakae ward according to age group, and numbers of deaths (2006 to 2010)

	1st	2nd	3rd	4th	5th
Age 0	Congenital malformation and chromosomal abnormalities (6) Illnesses occurring during perinatal period		**Accident (1)**, Malignant growths (1), Heart disease (1), Pneumonia (1)		
Ages 1 to 4	Malignant growths (1), Cerebrovascular disease (1)				
Age 5 to 9	**Accident (3)**				
Age 10 to 14	Malignant growths (3)	**Accident (2)**			
Age 15 to 19	**Intentional self-harm (9)**	**Accident (2)**, Malignant growths (2)			
Age 20 to 24	**Intentional self-harm (10)**	**Accident (3)**	Malignant growths (1)		
Age 25 to 29	**Intentional self-harm (19)**	**Accident (5)**	Malignant growths (3)		
Age 30 to 34	**Intentional self-harm (12)**	Malignant growths (7)	**Accident (5)**	Heart disease (2)	Cerebrovascular disease (1)
Age 35 to 39	**Intentional self-harm (13)**	Malignant growths (6)	**Accident (2)**, Cerebrovascular disease (2)		Heart disease (1), Pneumonia (1)
Age 40 to 44	Malignant growths (14)	**Intentional self-harm (10),** Heart disease (10)		Cerebrovascular disease (6)	**Accident (2)**
Age 45 to 49	Malignant growths (18)	Cerebrovascular disease (8)	**Intentional self-harm (7)**	Heart disease (6)	**Accident (2)**
Age 50 to 54	Malignant growths (48)	**Intentional self-harm (8)**	Heart disease (5), Cerebrovascular disease (5)		**Accident (3)**
Age 55 to 59	Malignant growths (85)	Heart disease (21)	**Intentional self-harm (11),** Cerebrovascular disease (11)		**Accident (5)**
Age 60 to 64	Malignant growths (136)	Heart disease (23)	**Intentional self-harm (12),** Cerebrovascular disease (12)		**Accident (1)**
Age 65 to 69	Malignant growths (224)	Heart disease (44)	Cerebrovascular disease (26)	**Accident (10)**	**Intentional self-harm (9)**, Pneumonia (9)
Age 70 to 74	Malignant growths (221)	Heart disease (54)	Cerebrovascular disease (36)	Pneumonia (32)	**Accident (13)**
Age 75 to 79	Malignant growths (242)	Cerebrovascular disease (76)	Heart disease (70)	Pneumonia (40)	**Accident (27)**
Age 80 to 84	Malignant growths (222)	Heart disease (99)	Pneumonia (77)	Cerebrovascular disease (58)	**Accident (21)**
Age 85 to 89	Malignant growths (134)	Heart disease (104)	Pneumonia (76)	Cerebrovascular disease (66)	**Accident (25)**
90 years and older	Pneumonia (133)	Old age (114)	Heart disease (112)	Cerebrovascular disease (100)	Malignant growths (87)

(Vital statistics)

Table 2-4-3 Data on deaths in Sakae Ward (2006 to 2010)

Age group	Item		2006	2007	2008	2009	2010	Total
Ages 0 to 14	Accidents	Transport accidents	2	0	0	0	0	2
		Falls	0	0	0	0	0	0
		Accidental drowning and submersion	0	0	0	1	1	2
		Accidental threats to breathing	0	0	0	1	1	2
		Exposure to smoke, fire and flames	0	0	0	0	0	0
		Accidental poisoning by and exposure to noxious substances	0	0	0	0	0	0
		Other accidents	0	0	0	0	0	0
		Total number of accidents	2	0	0	2	2	6
	Intentional self-harm		0	0	0	0	0	0
	Assault		0	0	0	0	0	0
Ages 15 to 24	Accidents	Transport accidents	1	0	0	1	2	4
		Falls	0	0	0	0	0	0
		Accidental drowning and submersion	0	0	0	0	0	0
		Accidental threats to breathing	0	0	0	0	0	0
		Exposure to smoke, fire and flames	0	0	0	0	0	0
		Accidental poisoning by and exposure to noxious substances	0	0	0	0	0	0
		Other accidents	0	0	0	1	0	1
		Total number of accidents	1	0	0	2	2	5
	Intentional self-harm		8	0	7	1	3	19
	Assault		0	0	0	0	0	0
Ages 25 to 64	Accidents	Transport accidents	2	0	4	2	3	11
		Falls	2	2	4	0	0	8
		Accidental drowning and submersion	1	0	0	3	3	7
		Accidental threats to breathing	2	0	0	1	1	4
		Exposure to smoke, fire and flames	0	0	0	1	0	1
		Accidental poisoning by and exposure to noxious substances	0	0	2	0	0	2
		Other accidents	0	0	1	0	0	1
		Total number of accidents	7	2	11	7	7	34
	Intentional self-harm		18	13	19	10	18	78
	Assault		0	0	0	0	0	0
65 years and older	Accidents	Transport accidents	1	3	3	1	3	11
		Falls	5	8	5	4	7	29
		Accidental drowning and submersion	6	5	4	9	13	37
		Accidental threats to breathing	5	7	7	4	4	27
		Exposure to smoke, fire and flames	0	0	0	1	0	1
		Accidental poisoning by and exposure to noxious substances	0	0	2	0	0	2
		Other accidents	2	2	2	3	2	11
		Total number of accidents	19	25	23	22	29	118
	Intentional self-harm		5	5	5	6	5	26
	Assault		1	0	0	0	0	1
Total	Accidents	Transport accidents	6	3	7	4	8	28
		Falls	7	10	9	4	7	37
		Accidental drowning and submersion	7	5	4	13	17	46
		Accidental threats to breathing	7	7	7	6	6	33
		Exposure to smoke, fire and flames	0	0	0	2	0	2
		Accidental poisoning by and exposure to noxious substances	0	0	4	0	0	4
		Other accidents	2	2	3	4	2	13
		Total number of accidents	29	27	34	33	40	163
	Intentional self-harm		31	18	31	17	26	123
	Assault		1	0	0	0	0	1

(Vital statistics)

(2) Injury Data (emergency transport records)

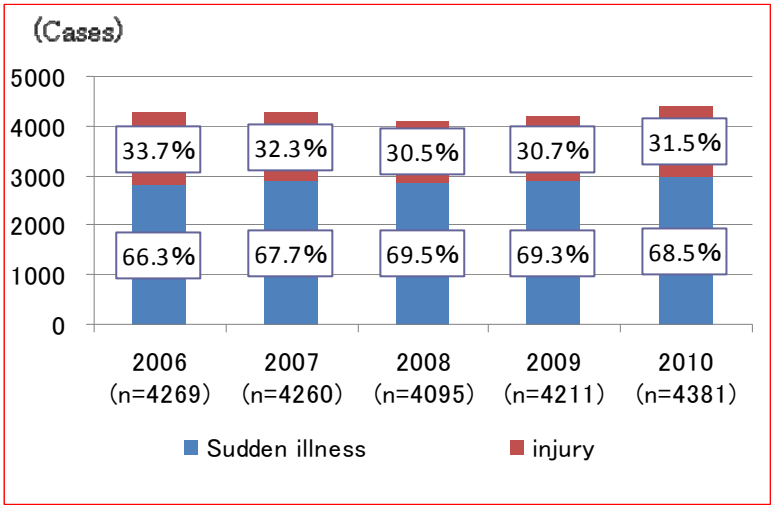
Sakae Ward uses emergency transport records to understand the situation of injuries.

* The total number of cases follows data from the Sakae Fire Station, and details on injuries follows data from the Yokohama City Fire Station.

<General>

◆ Number of emergency transport cases

Of all emergency transport cases handled by the Sakae Fire Station, approximately 30% were for injuries. (Fig. 2-4-3)



(Sakae Fire Station)

Fig. 2-4-3 Transition of number of emergency transports

◆ Number of emergency transport cases for injuries

The number of emergency transport cases for injuries in the ward shifts between about 1,200 and 1,400 cases a year. In 2010, there were 1,279 cases. (Fig. 2-4-4) Looking at the number of emergency transport cases per 100,000 people, Sakae Ward had the second lowest number of cases in Yokohama City. (Fig. 2-4-5)

(2010, per 100,000 people)

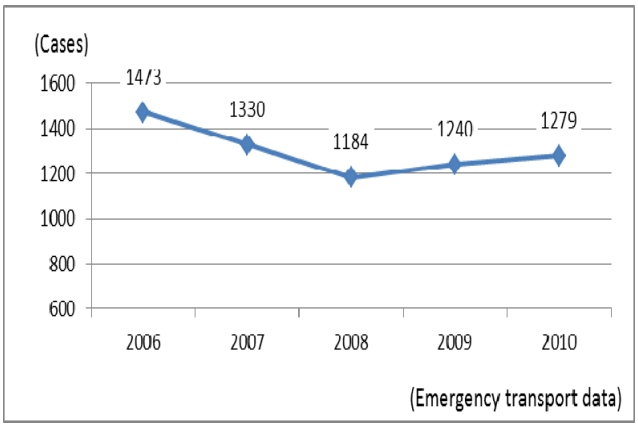


Fig. 2-4-4 Transition of emergency transport cases

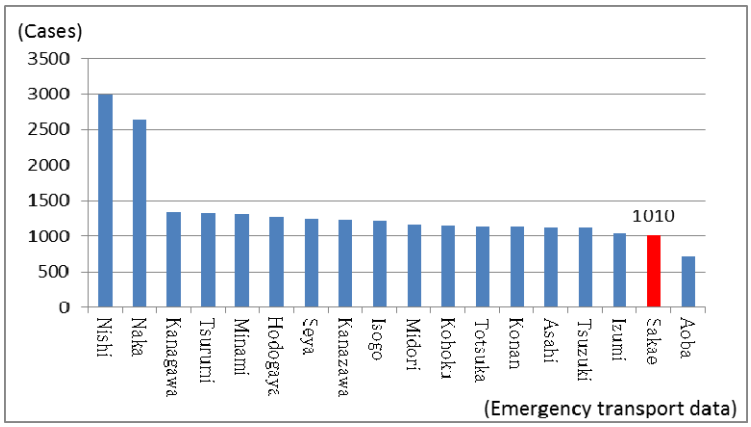


Fig. 2-4-5 Number of emergency transport cases by ward

◆ Age groups

Looking at the number of emergency transport cases for injuries by age group, the proportion of the 65 and higher age group was high compared to the population composition ratio, and was low for the 25 to 64 age group.
(Fig. 2-4-6)

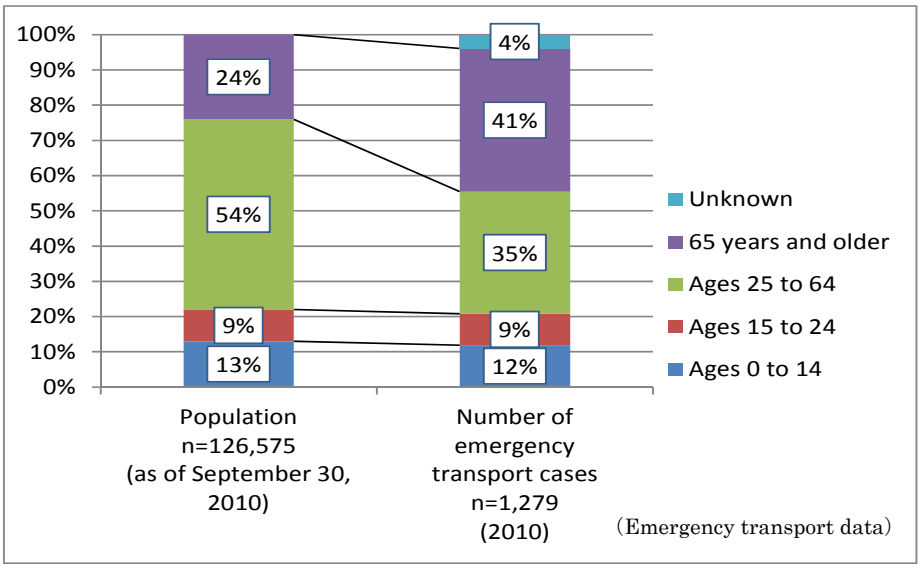


Fig. 2-4-6 Comparison of emergency transport cases and population composition ratio

◆ Place of occurrence

Looking at the place of occurrence, the proportion of injuries occurring at home was the highest at 41%, followed by roads at 39% and public entrances at 15%. (Fig. 2-4-7)

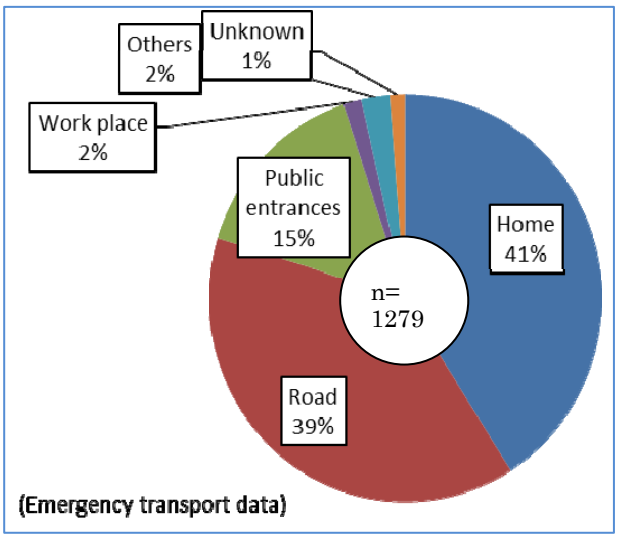
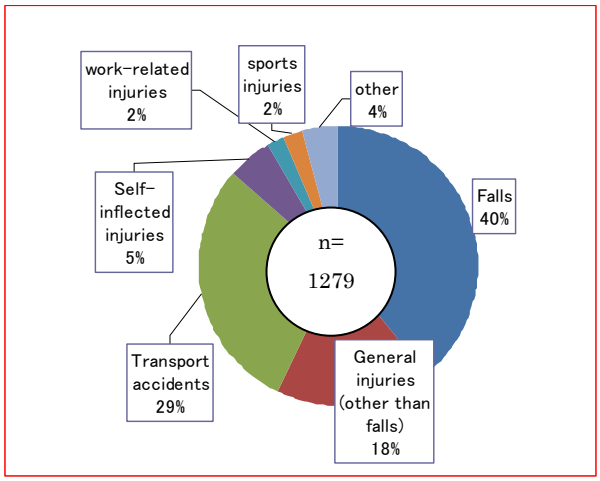


Fig. 2-4-7 Place of occurrence (2010)

◆ Types of injuries

When looked at by type of injuries, the proportion of falls was highest at 40%, followed by transport accidents at 29%. (Fig. 2-4-8) When the type of injuries was looked at by age group, the percentage of falls for 65 and older citizens was especially high at 68%. Conversely, the proportion of transport accidents was highest for the 15 to 64 age group, and the proportion of falls was low. (Fig. 2-4-9)



(Emergency transport data)

Fig. 2-4-8 Types of injuries (2010)

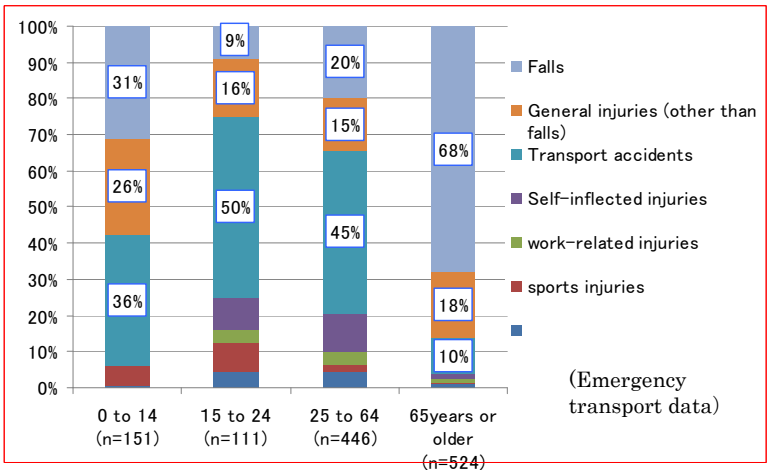


Fig. 2-4-9 Types of injuries by age group (2010)

◆Severity of injuries

Minor injuries make up approximately 60% of injuries. (Fig. 2-4-10)

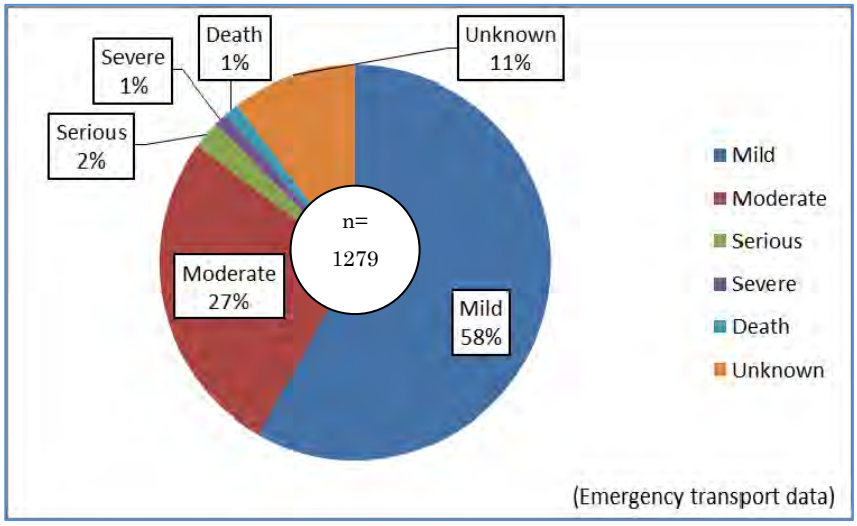


Fig. 2-4-10
Severity of injuries (2010)

Summary of injury data (emergency transport records)

- The number of emergency transport cases was second lowest in the city. (per 100,000 people)
- The proportion of senior citizens is highest among all cases.
- The place of occurrence was highest at “home”(41%), and “Roads”(39%) were high.
- The proportion of “falls” and “transport accidents” was highest for types of injuries. In the 65 years and older, “falls” accounted for 68% of injuries.
- In severity of injuries, approximately 60% were mild injuries.

<According to field>

◆ Children's injuries

By type of injuries for the 0 to 14 year age group, the proportion of injuries caused by falls was highest up to age 4. Conversely, the proportion of falls drops from age 5, and instead the proportion of transport accidents is higher. (Fig. 2-4-11)

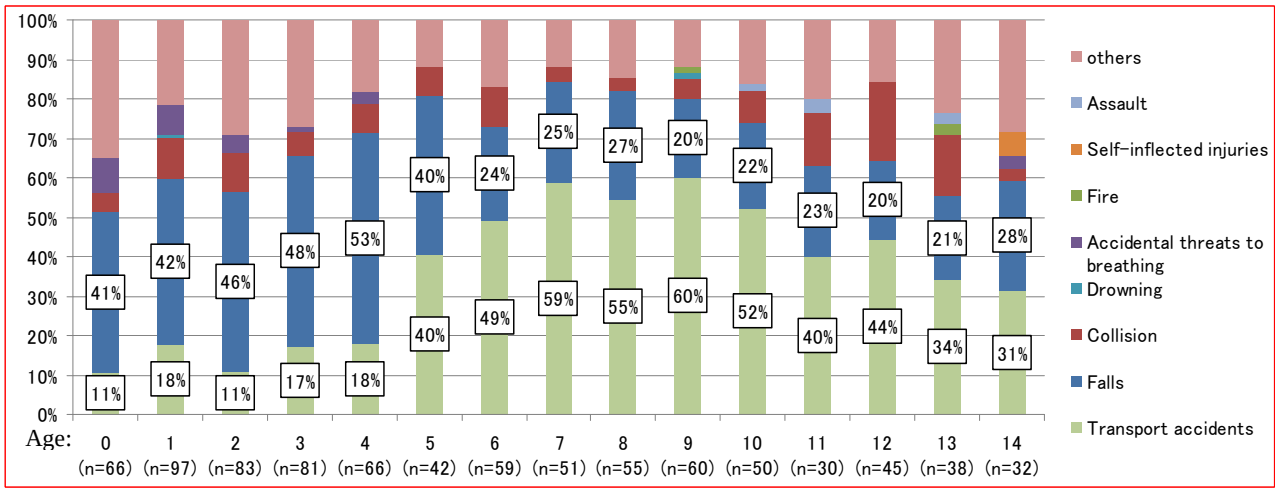


Fig. 2-4-11 Types of injuries (Age 0 to 14, 2006 to 2010) (Emergency transport data)

◆Senior citizen injuries

In types of injuries, the proportion of falls is high, and especially for ages 75 and older accounts for 77% of injuries. (Fig. 2-4-12, 2-4-13)

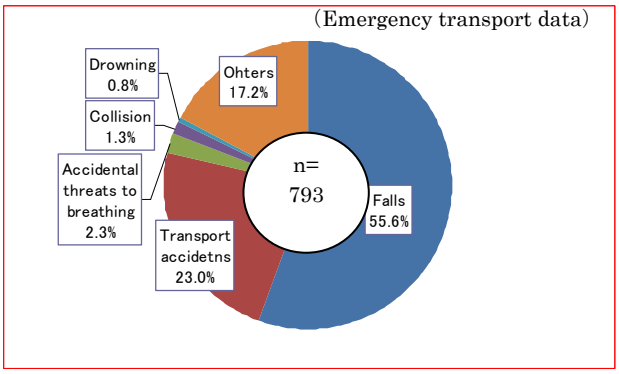


Fig. 2-4-12 Types of injuries for ages 65 to 74 (2006 to 2010)

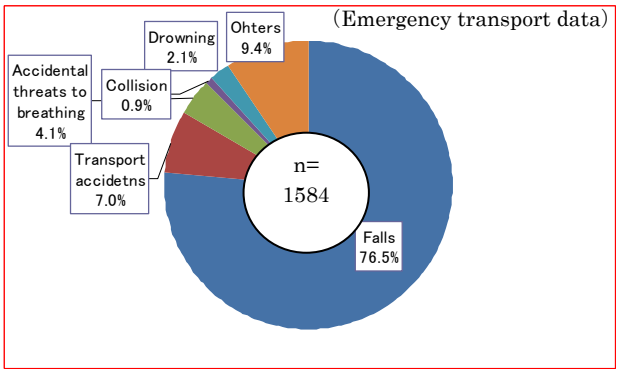


Fig. 2-4-13 Types of injuries for ages 75 and older (2006 to 2010)

◆ Traffic injuries

The proportion of injuries with bicycles was high for the 0 to 14 age group, and with motorcycles for the 15 to 25 age group. (Fig. 2-4-14)

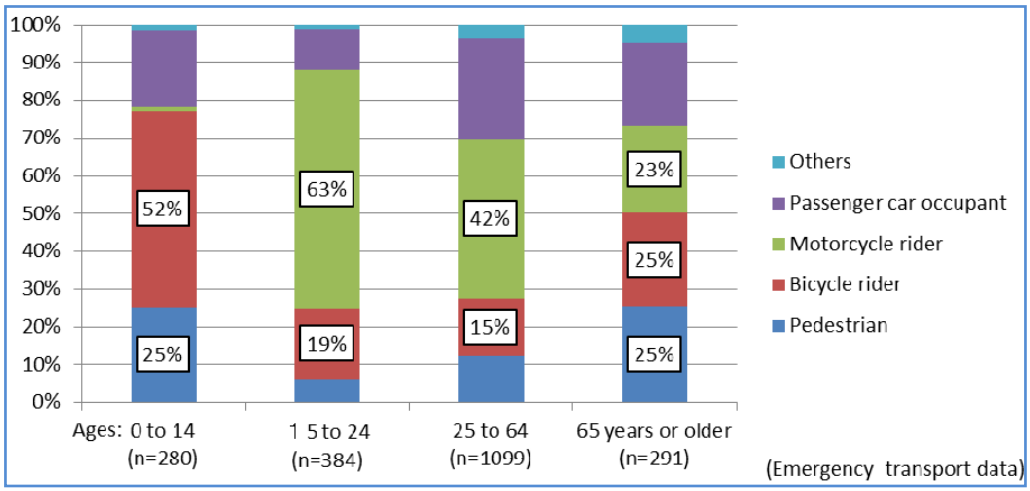


Fig. 2-4-14 Details by age group (2006 to 2010)

◆Sports injuries

The number of sports injuries shifts between 30 and 40 cases a year. (Fig. 2-4-15)

In the details by age group from the population composition ratio, the ratio for age 24 and younger is higher. (Fig. 2-4-16)

More than 70% of injuries are minor injuries, but there were 41 moderate injuries and two serious cases. (Fig. 2-4-17)

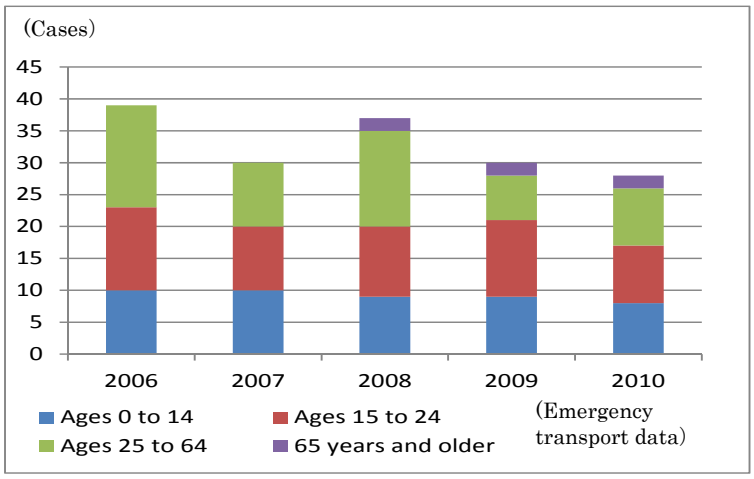


Fig. 2-4-15 Number of cases (2006 to 2010)

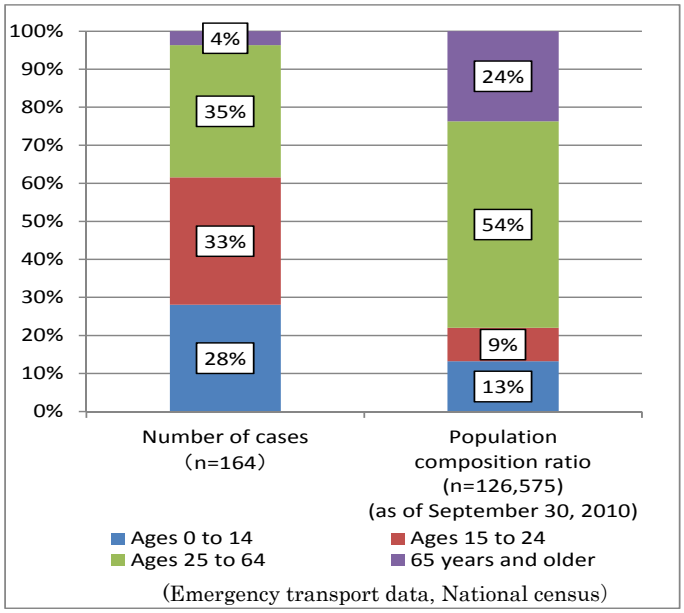


Fig. 2-4-16 Proportion of injury occurrence by age group and population composition ratio (2006 to 2010)

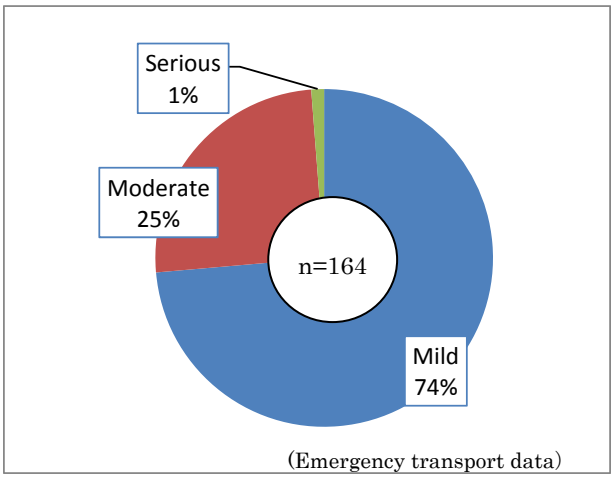


Fig. 2-4-17 Severity of injuries (2006 to 2010)

◆ Self-inflicted injuries

In all age groups, the percentage of women is highest, accounting for 60% of all cases. (Fig. 2-4-18) Among men, the proportion of strangulation and suffocation is highest, and among women, the proportion of self-inflicted injury by drugs is highest, accounting for about half of all cases. (Fig. 2-4-19)

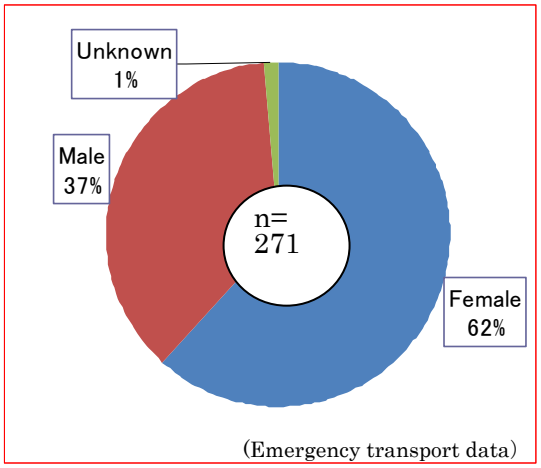


Fig. 2-4-18 Cases by male and female (2006 to 2010)

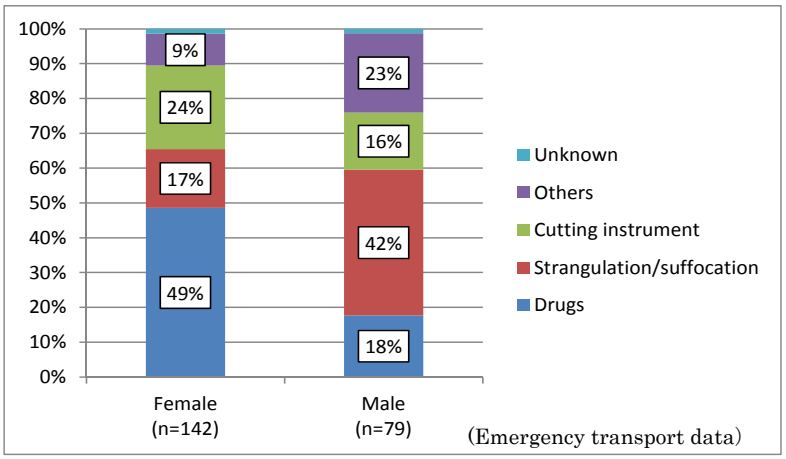


Fig. 2-4-19 Methods of self-inflicted injury by male and female (2006 to 2010)

◆Work-related injuries

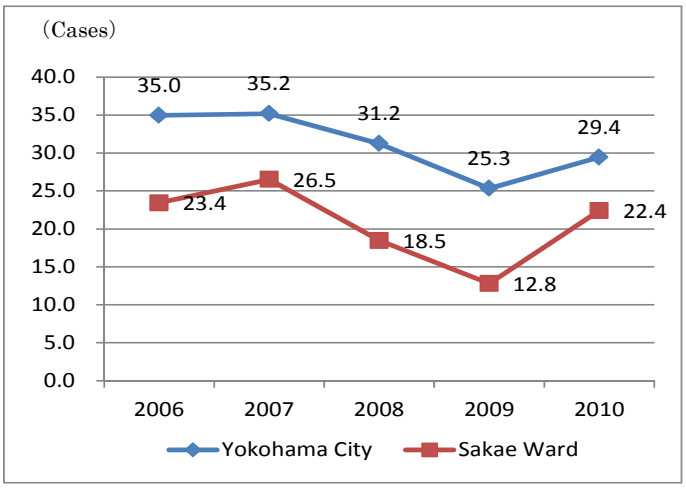
There are about 15 to 35 cases of work-related injuries in Sakae Ward each year. (Table 2-4-4)

The rate of occurrence per 100,000 people is lower than the Yokohama City average. (Fig. 2-4-20) In regards to Severity of injury and wounds, mild injuries and moderate injuries account for 90% of all injuries. (Fig. 2-4-21)

Table 2-4-4 Transition of number of work-related injuries

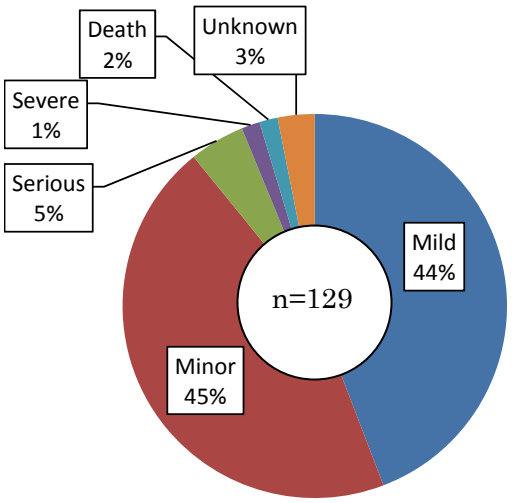
	2006	2007	2008	2009	2010
Number of occurrences	29 cases	33 cases	23 cases	16 cases	28 cases

(Emergency transport data)



(Emergency transport data, Yokohama City Statistics portal site)

Fig. 2-4-20 Number of work-related injuries (per 100,000 people)



(Emergency transport data)

Fig. 2-4-21 Severity of injuries (2006 to 2010)

(3) Sakae Ward Data

◆ Disaster prevention

According to ward resident surveys, the proportion of ward residents who answered that they had no preparation for disasters greatly changed before and after the Great East Japan Earthquake. (Fig. 2-4-22) On the other hand, just under 60% of ward residents knew the location of their community disaster prevention base, and just under 50% of ward residents had participated in disaster prevention drills. (Fig. 2-4-23, Fig. 2-4-24)

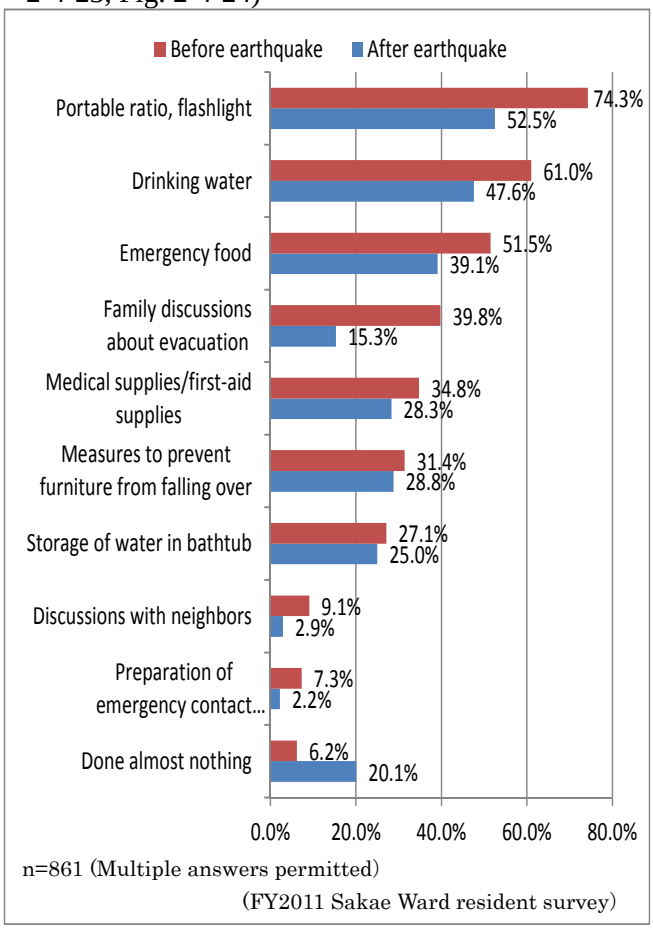


Fig. 2-4-22 Preparations for disasters (Comparison before and after the earthquake)

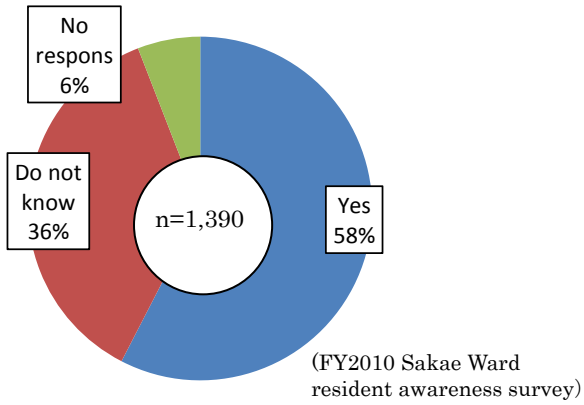


Fig. 2-4-23 Do you know your community disaster prevention base?

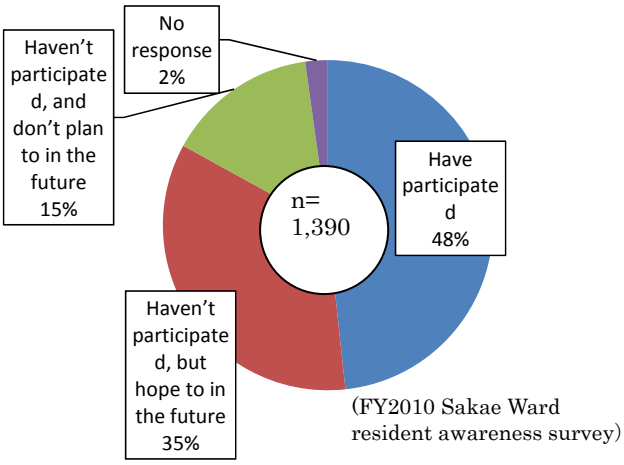


Fig. 2-4-24 Have you participated in your community's disaster prevention drills?

Just under 50% of neighborhood associations have started programs to support the evacuation of persons needing assistance. (Fig. 2-4-25)

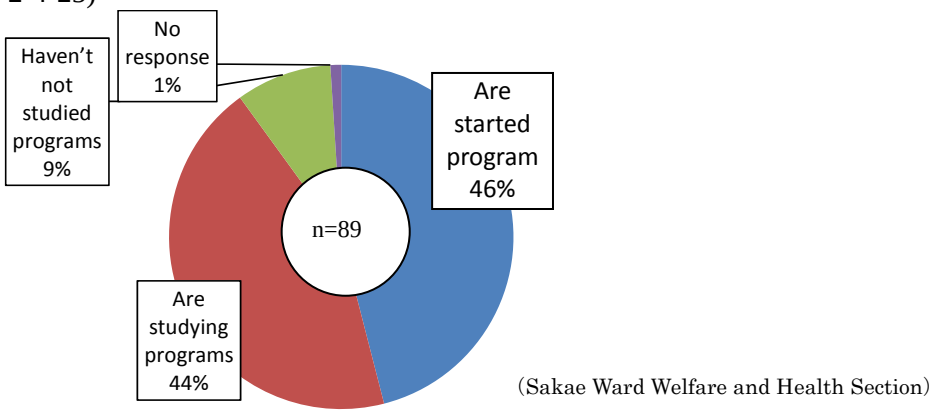


Fig. 2-4-25 Situation of neighborhood association programs to support persons needing assistance (2011)

(2) Programs for Each Subjects

Seven Subjects and Subcommittees

Seven subjects have been selected based on evidence data.

Table 2-4-5 Summary of Challenges and Setting of Subjects

[Data] (1) There have been six deaths in the last five years. (See page 34, Table 2-4-3) * Data on six deaths: 0 years (accidental threats to breathing) 1 case, ages 5 to 9 (transport accident, accidental threats to breathing, drowning) 3 cases, ages 10 to 14 (transport accident, drowning) 2 cases (2) In types of injuries, falls were highest up to age 4. The proportion of transport accidents increased as age increased. (See page 38, Fig. 2-4-11) **[Challenges]** **(1)(2) Detailed prevention actions for risks by age group are not in place.**	Safe children
[Data] (1) Senior citizens accounted for the highest percentage of emergency transport cases. (See page 36, Fig. 2-4-6). The proportion of falls was high among senior citizens. (See page 38, Fig. 2-4-12, 13) (2) The number of known new cases of senior citizen abuse has increased. (See page 28, Fig. 2-3-2) **[Challenges]** **(1) There are insufficient programs to prevent falls.** **(2) Senior citizen abuse is not prevented.**	Safe elderly
[Data] (1) Of the emergency transport cases, approximately 30% were traffic injuries, following falls. (See page 37, Fig. 2-4-8) (2) In types of injuries, falls were highest up to age 4. The proportion of transport accidents increased as age increased. (See page 38, Fig. 2-4-11) 【Relisting】 **[Challenges]** **(1) The majority of injuries are caused by transport accidents.** **(2) The majority of injuries to children are caused by transport accidents.**	Safe traffic
[Data] (1) The number of sports injuries shifts between 30 and 40 cases a year. (See page 40, Fig. 2-4-15) The 25 to 64 age group has the highest percentage of injuries. Compared to the population composition ratio, the percentage of 15 to 24 year olds is highest. (See page 40, Fig. 2-4-16) **[Challenges]** **(1) There is not enough data to deliberate preventive measures.**	Sports and Leisure Safety

[Data] (1) Vital statistics regarding suicide: Suicide is the leading cause of death in the 15 to 39 age group. (See page 33, Table 2-4-2) The death rate is slightly lower than national levels, but is close to the data for all of Yokohama City. (See page 32, Fig. 2-4-2) **[Challenges]** **(1) A system and network to take practical measures for the prevention of suicide need to be established and to conduct continuous activities.**	Suicide prevention
[Data] (1) Just under 60% of ward residents know the location of their community disaster prevention base, and just under 50% of ward residents have participated in disaster prevention drills. (See page 43, Fig. 2-4-23, 24) (2) Just under 50% of neighborhood associations have started programs to support the evacuation of persons needing assistance. (See page 43, Fig. 2-4-25) **[Challenges]** **(1) Only some of the ward residents participate in disaster prevention drills at the community disaster prevention bases.** **(2) Programs to support the evacuation of persons needing assistance are not available in all neighborhoods.**	Safety in Disasters
[Data] (1) The number of known new cases of child abuse is increasing. (See page 27, Fig. 2-3-1) Consultations regarding parenting from mothers who feel uncertainties toward their parenting skills are also on the rise. (See page 27, Table 2-3-1) **[Challenges]** **(1)There are insufficient programs to prevent child abuse across the whole community.**	Child abuse prevention

Subcommittees for seven subjects have been set to resolve these challenges.

■ Seven subjects
1. Safe children
   (Child Safety Task Force Subcommittee) *1
2. Safe elderly
   (Senior Citizen Safety Task Force Subcommittee) *2
3. Traffic safety
   (Traffic Safety Task Force Subcommittee) *1
4. Sports and Leisure safety
   (Sports and Leisure Safety Task Force Subcommittee)
5. Suicide prevention
   (Suicide Prevention Task Force Subcommittee)
6. Safety in disasters
   (Disaster Safety Task Force Subcommittee)
7. Child abuse prevention
   (Violence and Abuse Prevention Task Force Subcommittee)*3

*1 Child traffic injury is deliberated by the Traffic Safety Task Force Subcommittee.

*2 Senior citizen abuse is deliberated by the Senior Citizen Safety Task Force Subcommittee.

*3 The main focus of the Violence and Abuse Prevention Task Force Subcommittee is deliberation on child abuse.

The areas covered by each subcommittee are shown below.

Table 2-4-6 Subcommittees and Main Points of Deliberation

<table>
<tr><th></th><th>Safety in disasters</th><th>Safe traffic</th><th>Sports and leisure safety</th><th>Falls prevention</th><th>Prevention of abuse</th><th>Suicide prevention</th></tr>
<tr><td>Age 0 to 14 years old</td><td rowspan="4">Disaster Safety Task Force Subcommittee</td><td rowspan="4">Traffic Safety Task Force Subcommittee</td><td rowspan="4">Sports and Leisure Safety Task Force Subcommittee</td><td>Child Safety Task Force Subcommittee</td><td rowspan="3">Violence and Abuse Prevention Task Force Subcommittee</td><td rowspan="4">Suicide Prevention Task Force Subcommittee</td></tr>
<tr><td>Age 15 to 24 years old</td><td></td></tr>
<tr><td>Age 25 to 64 years old</td><td></td></tr>
<tr><td>65 years and older</td><td colspan="2">Senior Citizen Safety Task Force Subcommittee</td></tr>
</table>

A Safe children

[Data]

(1) There have been six deaths in the last five years. (See page 34, Table 2-4-3)

* Data on six deaths:
0 years (accidental threats to breathing) 1 case, ages 5 to 9 (transport accident, accidental threats to breathing, drowning) 3 cases, ages 10 to 14 (transport accident, drowning) 2 cases

(2) In types of injuries, falls were highest up to age 4. The proportion of transport accidents increased as age increased. (See Fig. 2-4-11)

[Challenges]

(1)(2) Detailed prevention actions for risks by age group are not in place.

The Child Safety Task Force Subcommittee has, as follows, further focused in on the key challenges and conducted measures based upon the data and the opinions of the subcommittee.

The Child Safety Task Force Subcommittee

<Members>

Child Safety Task Force Subcommittee	Educational institution, etc. (4 persons)	◎Sakae Ward Elementary School Principals Association Sakae Ward Middle School Principals Association Yokohama City Private Kindergarten Association Sakae Branch Office Sakae Ward Nursery School Principals Liaison Council
	Community activity groups, etc. (5 persons)	Sakae Ward PTA Liaison Council Sakae Ward Children's Association Liaison Council Sakae Ward Hamakko/Kids Liaison Council Child Rearing Support Group Liaison Council Juvenile Officer Liaison Council

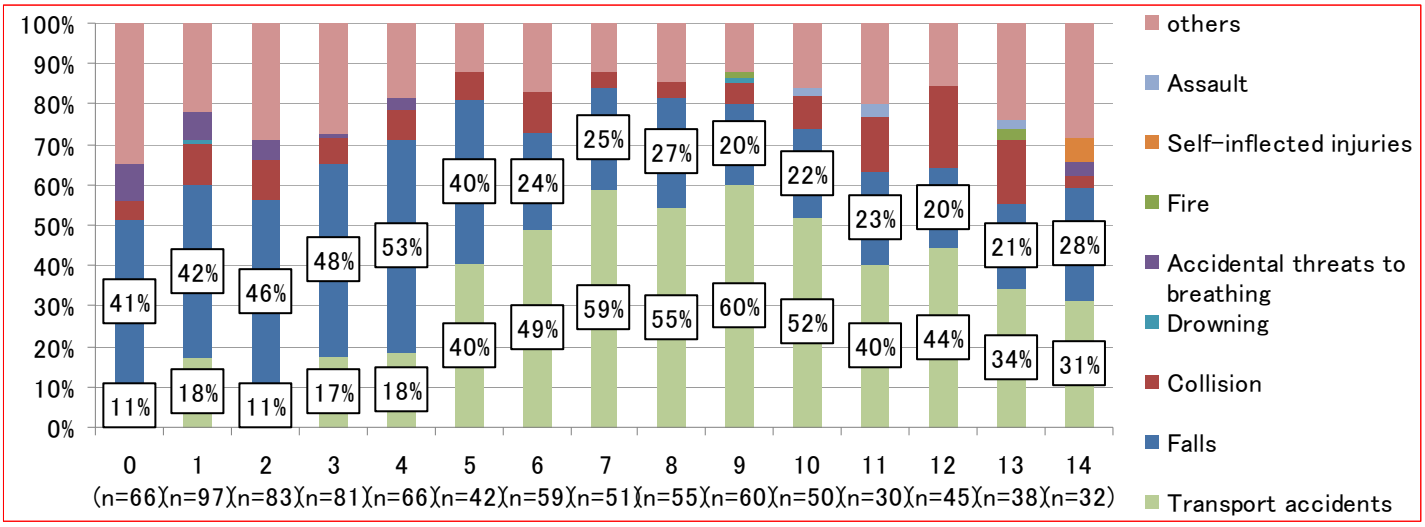


Fig. 2-4-11 Types of injuries (Age 0 to 14, 2006 to 2010) 【relisting】 (Emergency transport data)

*"Traffic injuries" will be deliberated by the Traffic Safety Task Force Subcommittee.

Since in emergency transport records, the majority of injuries to children under five years of age was reported as being due to “falls,” we conducted a factual survey on injury.

Survey on Children’s Injuries

◆ Infants: From injury reports (received from 4 municipal nursery schools between 2007 to 2009)

- Most injuries were to the “face”
- “Fall” was the highest cause of injuries
- There were no critical injuries

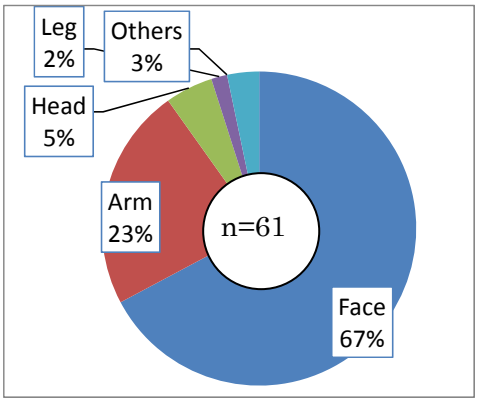


Fig. A-1 Injured part

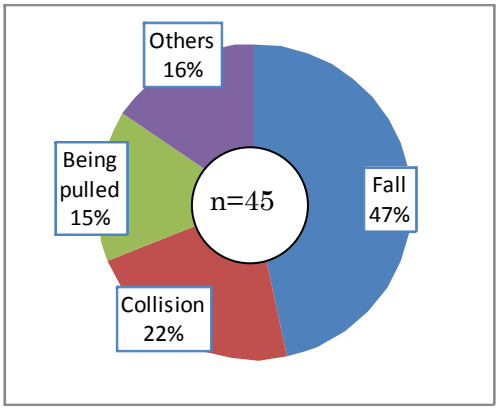


Fig. A-2 Cause of injury

◆ Elementary and jr. high school students:
From the “Research Report 2012 (Factual survey on ward resident injuries)” based on a survey of 463 5th graders and 365 second-year jr. high school students in Sakae Ward

- Experience of injury in past year:
  Elementary students 88%, jr. high students 82%
- Details of injury:
  There were many “scratches” and “cuts”. There were 21 (7%) fractures among elementary students and 48 (17%) among jr. high students.
- Place of injury:
  At elementary school, during “recess” and “physical education” was highest. At jr. high school, during “after-school sports activities” was highest.
- Situation of injury:
  “Carelessness” was highest for both elementary and jr. high school students.

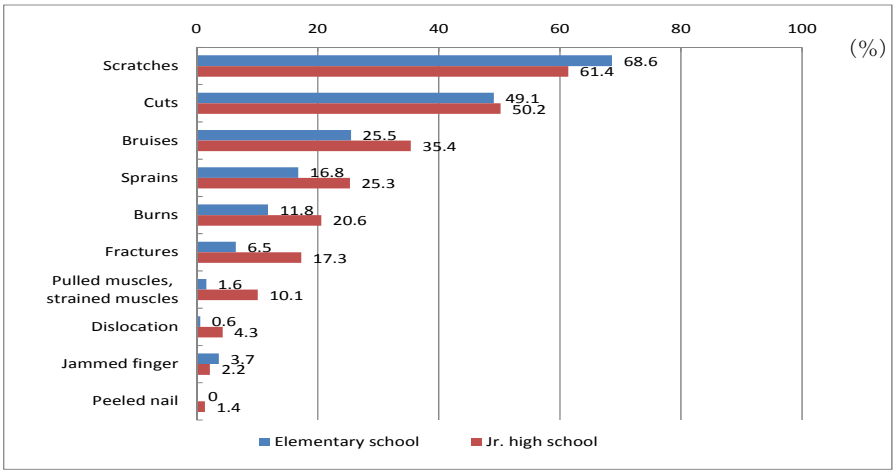


Fig. A-3 Details of injury (multiple answer accepted)

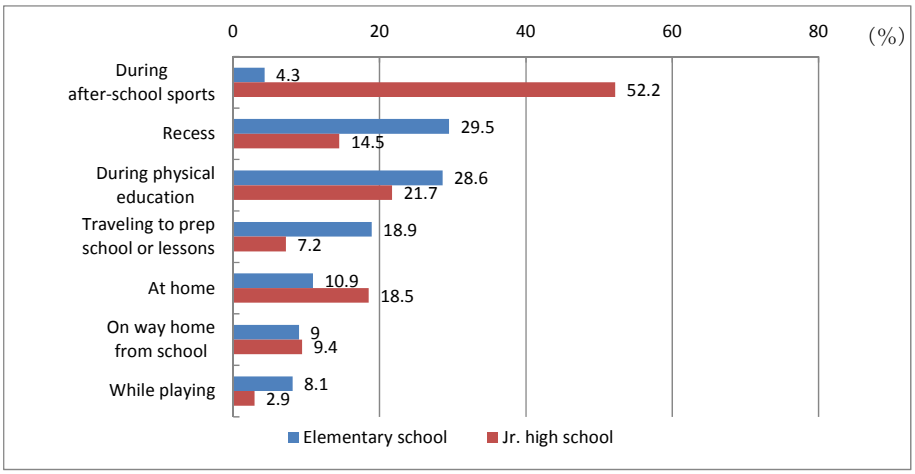


Fig. A-4 Place of injury (multiple answers accepted)

Situation of injury (multiple answers accepted): Top three

	Elementary school	Jr. high school
1st	Carelessness (41%)	Carelessness (48%)
2nd	Running (38%)	Running (28%)
3rd	Rushing (20%)	Acting funny (16%)

From subcommittee's opinions

<Regarding injury>

- Regarding "fall", children do not put their hands out when they fall. That is because they do not know how to fall well, and parents have not let them fall. They are inexperienced.
- Injuries occur when there is no teacher in the area, such as during recess. Children must increase their physical strength, and learn to move so that they do not get injured.
- There are many careless injuries, such as a child playing baseball that swings his bat before checking if there's anyone in the area.
- Children today tend to have less of a sense of danger. Improvements in the skills of those who instruct and care for them are necessary, but children also need to learn to protect themselves.
- To prevent incidents of injury, playing catch (usually with a baseball) is often prohibited in public places such as parks. Children need places where they can play freely, in a carefree manner, using their bodies and energy.

<Challenges identified from data and subcommittee's opinions>
(1) Many children cannot use their hands well when falling, and fall on their faces.
(2) Children cannot sense danger according to the situation, and cannot take preventive actions.

In addition, since the opinion that the "countermeasures regarding crimes and kidnappings by scary persons are insufficient" was contributed in the subcommittee, we examined the results of the research report regarding the current situation of children's encounters with scary persons.

◆ Elementary and jr. high school students: form the Research Report 2012 (Factual survey on ward resident injuries)

- Experience of encountering a scary person in past year:
  Elementary students 30%, jr. high students 40%
- Place of encounter:
  "Near home" and "park" were high for elementary students, "Near school" was high for jr. high students.

- What did you do at encounter?:
  "Ran away" was highest for elementary students, "Did nothing" was highest for jr. high students.

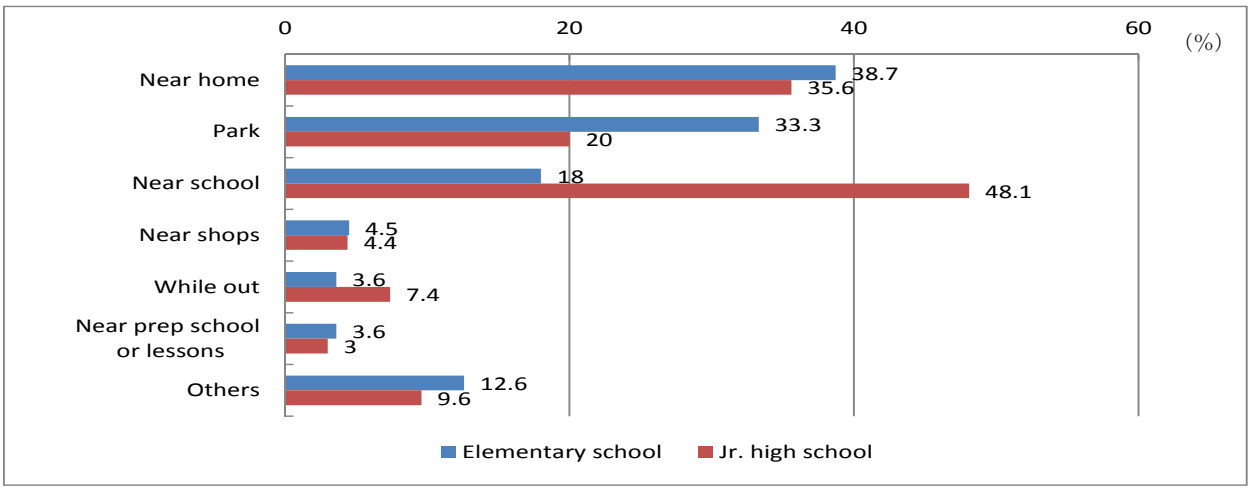


Fig. A-5 Place of encounter with scary person (multiple answers accepted)

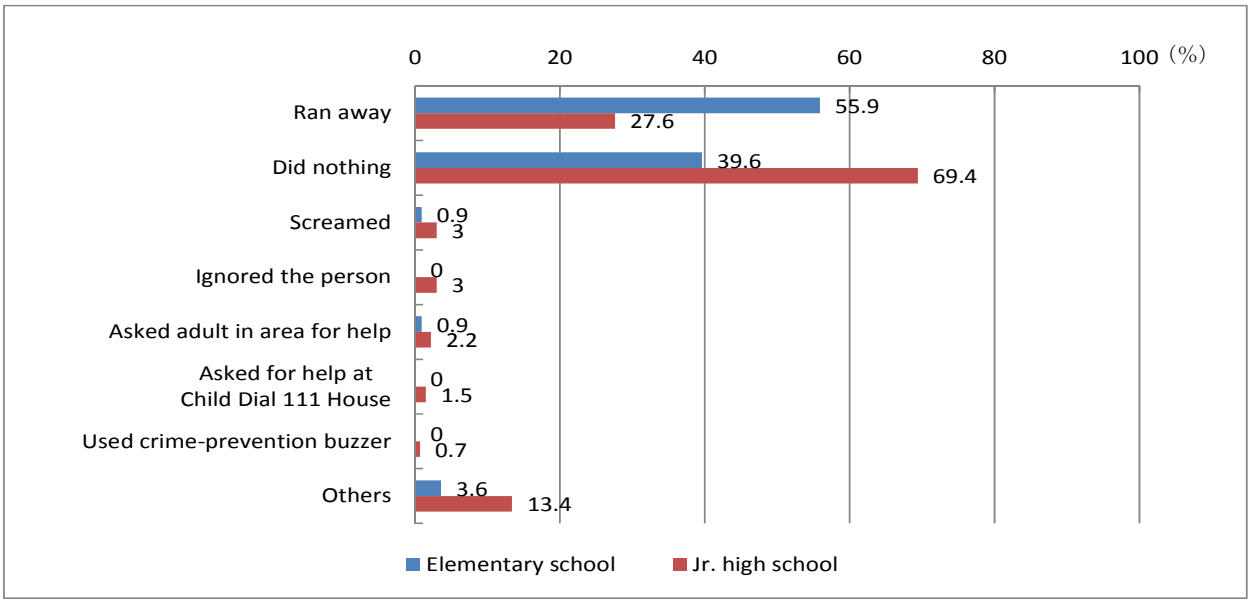


Fig. A-6 What did you do at encounter with scary person? (multiple answers accepted)

From subcommittee's opinions

<Regarding scary persons>

・Not many children asked an adult in the area for help, but children do not normally ask people they do not know for help anyway. If there were more people who they knew well in the community, they would certainly be able to ask for help more easily.

・Not many children asked for help at a "Child Dial 110 House" but we have aimed to increase the number of houses registered in this system. It makes it appear that "many eyes are watching" and can assist in the aim of preventing crime.

・In the elementary schools in Sakae Ward, volunteer groups of local residents and parents to support the safety management of the school are conducting activities to watch over children on the commute to and from school. We need to further reinforce this sort of cooperation regime between schools and the community.

<Challenges identified from data and subcommittee's opinions>
(3) Children who still lack the ability to make judgments need the watchful eye of adults in the area and the safe environments.

Summary of Challenges

<Challenge>
(1) Many children cannot use their hands well when falling, and fall on their faces.
(2) Children cannot sense danger according to the situation, and cannot take preventive actions.
(3) Children who still lack the ability to make judgments need the watchful eye of adults in the area and the safe environments.

<Programs to resolve challenges>
(1) Special exercise classes:
Targeted for infants and toddlers
(2) Danger prediction training:
Targeted for educators, elementary and jr. high school students
(3)-1 Watching children commuting to and from school by community residents:
Targeted for elementary students
(3)-2 Child Dial 110 Houses:
Targeted for elementary and jr. high school students
(3)-3 Greenery of school yards and parks

Programs to resolve challenges

(1) Special Exercise Classes

Currently, the Sports Association leads this project for 4 and 5-year olds enrolled at nursery schools. This year, a program will be held for children between 4 and 1/2 years to 5 and 1/2 years will be carried out five times. The children's physical strength will be measured with five events (25m run, backwards crawl, 6m jump with both legs, tennis ball throw, and standing long jump), and the effect will be measured.
Current achievements: A model program was held at four nursery schools in FY2011. During FY2012, the program will be held five times for children between 4 and 1/2 years and 5 and 1/2 years, and the effect will be measured.

●Evaluation index

Program	Step 1	Step 2	Step 3
Special exercise classes	Children know how to use their body well	Improve children's physical strength	Reduction of children's injuries
	Index	Index	Index
	Number of children joining the classes	Number of children's injuries caused by falls	Number of children's injuries caused by falls
	Measurement method	Measurement method	Measurement method
	Records of provider	Records of provider	Emergency transport records

(2) Danger prediction training

Danger prediction skills are taught to staffs at nursery schools, and to elementary and jr. high students so that they can learn how to protect themselves. This year, the Danger Prediction Training Seminar for childcare staffs and teachers was held by the Child Safety Task Force Subcommittee.

*What is Danger prediction training?
Danger prediction training was originally formulated as a means of preventing work-related accidents in consideration of the conditions at work sites. In Danger prediction training, meetings are held to point out matters requiring confirmation on that day after confirming and identifying the potential risks in the day's activities.

Past records:

Danger Prediction Training Seminar (once a year, for nursery school employees)

Training to increase danger prediction skills (jr. high school)

Danger Production Training Seminar for childcare staffs and teachers (held in June 2012, 24 participants)

●Evaluation index

Program	Step 1	Step 2	Step 3
Danger prediction training	Children and adults in the community (including parents) understand potential risks in daily life.	Children are taking actions to avoid potential risks in daily life.	Reduction of children's injuries
	Index	Index	Index
	Number of opportunities for danger prediction training, number of participants	Number of places known to be hazardous	Number of children's injuries
	Measurement method	Measurement method	Measurement method
	Records of provider	Training participants survey	Emergency transport records

<Building a safe environment>
In order to build a safe environment for children, we are upgrading and expanding the following measures, which are being conducted in cooperation with their schools, families, and the community.

(3)-1 Watching children commuting to and from school by community residents
To increase school's crime prevention, parents and community residents work as volunteers to watch over the children commuting to and from school, and to support safety control. This year, in collaboration with the Traffic Safety Task Force Subcommittee, watching activities were stepped up.
Past records: 2,160 registered volunteers (FY2011)

(3)-2 Child Dial 110 Houses

"Child Dial 110 Houses" are a place where children can easily find refuge if they encounter a suspicious person or if an emergency occurs on their way to and from school or while they are playing. The PTA Liaison Council leads this program, and is working to increase the houses.
Past records: 2,134 registered houses (2010)

(3)-3 Greenery of school yards and parks

In the elementary schools in Sakae Ward, we are working towards enhancing the greenery of schoolyards by laying grass for the purpose of improving children's physical strength. At Koyamadai Elementary School, the greenery of the entire schoolyard has been enhanced by being laid with grass and programs to improve physical capabilities that children can do while playing games and enjoying themselves are being conducted during break times, etc.

Regarding enhancing the greenery of schoolyards by laying grass, while the advantage of a reduction in injuries can be anticipated, the issues of cost and the difficulty in maintaining and managing it have been pointed out. At schools which have had greenery enhanced in this manner, means are being used to involve

local residents, such as having parents and community volunteers take on the responsibility of maintaining and managing the grass. Since a cooperative regime involving the school, parents and local residents is required for the laying of the grass, at Sakae Ward, the Ward Office is also cooperating by providing information, and the laying of grass is being proceeded with. In addition to schoolyards, in fiscal 2012, laying of grass was also conducted in nursery schoolyards and parks.

The Case of Koyamadai Elementary School

●Evaluation index

Program	Step 1	Step 2	Step 3
Watching children by community residents Child Dial 110 Houses Greenery of school yards and parks	Parents and ward residents understand the importance of those activities.	Parents and ward residents participate in those activities voluntarily	A safe environment for children is established.
	Index	Index	Index
	Number of activities	(1) Number of volunteers for watching children (2) Number of registered “Child Dial 110 Houses” (3) Number of places where grass has been laid	(1) Number of volunteers for watching children (2) Number of registered “Child Dial 110 Houses” (3) Number of places where grass has been laid
	Measurement method	Measurement method	Measurement method
	Records of provider	Records of provider	Records of provider

Assessment of Current Programs

- The Danger Prediction Training Seminar was held by the subcommittee. In addition to groups involved with this subcommittee, other subcommittees (Sports and Leisure Task Force Subcommittee) participated, allowing for cross-sector collaboration.

Plan to upgrade the current programs over the next 5 years

◎Injury prevention

	2013	2014	2015	2016	2017
Special exercise classes	Conduct continuously Expand target of classes (Introduce into private nursery schools)	Improve content, based on physical strength and motor function measurements conducted before and after the program.			
Evaluation index	Physical strength and motor function measurement values Number of children's injuries				
	2013	2014	2015	2016	2017
Danger prediction training	Conduct continuously Conduct continuously (Children's Association)	Improve content, based on records of provider and interviews. Provide feedback to other subcommittee members and consider introduction to other groups.			
Evaluation index	Content of interviews Number of children's injuries				

- Regarding injuries to children of school age, it was found that among elementary school students, most occur during recess or during physical education classes, while among junior high school students, most occur during after-school activities. Consideration is in progress regarding these points, in cooperation with the Sports and Leisure Task Force Subcommittee. (Regarding collection and analysis of the necessary data, this is occurring in cooperation with the Injury Surveillance Subcommittee).

◎Building a safe environment

	2013	2014	2015	2016	2017
Watching over children by community residents, Child Dial 110 Houses, Greenery of school yards and parks	Increase number of participants, Increase number of registered Houses, Promote greenery by laying grass	Promote awareness through enhanced PR, etc. Expand program based on cooperation among residents, educational institutions and the ward office.			
Evaluation index	Number of volunteers for watching children, Number of registered "Child Dial 110 Houses" Number of places where grass has been laid				
<Target> places where grass has been laid	three elementary schools				All (14) elementary schools

◎Prevention of traffic injuries [see "Traffic Safety"]

◎Intentional injury (bullying, violence etc.)

- Proceed with consideration in cooperation with the Violence and Abuse Prevention Task Force Subcommittee.

◎Safe children is an area in which cooperation among the subcommittees is particularly important, and therefore, the Child Safety Task Force Subcommittee takes the main role and gather together information regarding the programs of each subcommittee relation to children's safety.

B Safe Elderly

[Data]

(1) Senior citizens accounted for the highest percentage of emergency transport cases. (See page 36, Fig. 2-4-6). The proportion of falls was high among senior citizens. (See page 38, Fig. 2-4-12, 13)

(2) The number of known new cases of senior citizen abuse has increased. (See page 28, Fig. 2-3-2)

[Challenges]

(1) There are insufficient programs to prevent falls.

(2) Senior citizen abuse is not prevented.

The Senior Citizen Safety Task Force Subcommittee has studied the following issues.

The Senior Citizen Safety Task Force Subcommittee

＜Members＞

Senior Citizen Safety Task Force Subcommittee	Person with relevant experience and knowledge (1 person)	Yokohama City University, Graduate School of Medicine, Department of Community Health Nursing
	Administrative agency, etc. (2 persons)	Sakae Police Station Sakae Fire Station
	Community activity groups, etc. (5 persons)	◎Sakae Ward Senior Club Association Sakae Ward Social Welfare Council Sakae Ward Local welfare/child care commissioner Sakae Ward Volunteer/Citizen's Activities Groups Section Sakae Care Network
	Medical institutions, etc. (2 persons)	Yokohama Sakae Kyosai Hospital Sakae Seijinkai Hospital
	Welfare facilities, etc. (8 persons)	Welfare institution for the elderly (special nursing home for the elderly) in the ward Community Care Plaza in the ward(6) Community Activity Center for People with Midlife Disabilities

* The subcommittee also acts as the Joint Committee on Wandering Senior Citizen SOS Network and Senior Citizen Abuse Prevention .

<Summary of Subcommittee's Opinions>

Risks faced by senior citizens

- Senior citizens often have osteoporosis. If they trip and fall on a step, carpet, cord or paper, etc., they easily fracture their hip, and become bedridden.
- Senior citizens can lose consciousness while taking a bath, and this can lead to drawing. This can be prevented by heating the room, etc.

- The movement of an older person's esophagus and respiratory tracts can be sluggish, and senior citizens easily choke on rice cakes.
- People do not know how to approach senior citizens who do not want relations with people in the neighborhood.

Wandering senior citizens

- A person with dementia, walking along a highway, was not found in time. It would be better if people in the area would notify the authorities faster.
- It is hard to help people as caregivers often do not want neighbors to know they are carrying for a family member with dementia.
- It would be good to create a network in which neighbors become aware of the matter in the early stages of dimension, and advice could be given from specialists.

Senior citizen abuse

- As a supporter, recognizing the care-givers stress at an early stage and providing help before the sense of burden becomes to heavy would be good.

The following types of programs were carried out based on the opinions received at the subcommittee.

I. Programs to Prevent Falls

▼ Challenges identified from Fall Prevention Seminar (program sponsored by Ward Office)

- The total number of participants has increased, but the actual number of members has not increased. The same people are taking the seminar repeatedly.
- 80% of the seminar participants are women.
- The number of voluntary groups sponsored by ward residents to continue the program has increased after the seminars.

Table B-1 Records on Fall Prevention Seminars

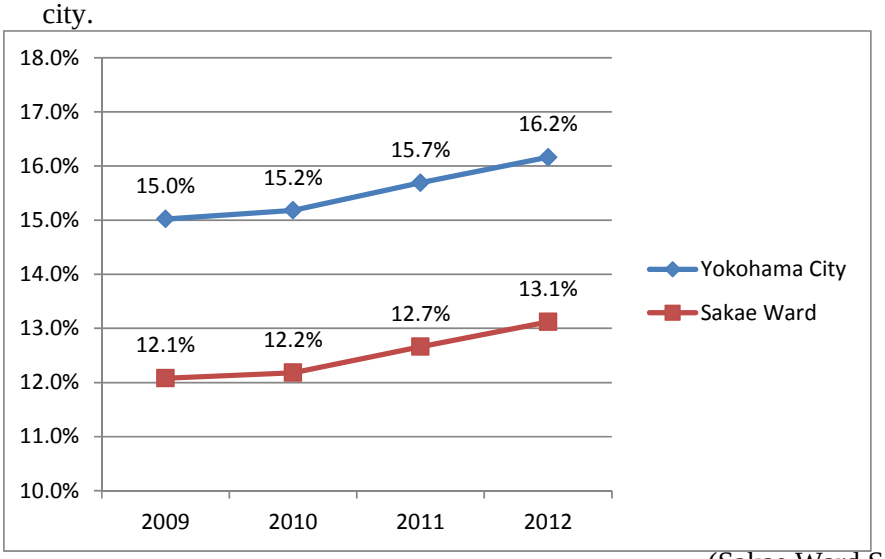
Details	Site	FY2010			FY2011		
		Number of times	Total No. of participants	Actual participants	Number of times	Total No. of participants	Actual participants
Muscle training	Ward Office, Community Care Plaza	36	593	135	40	1076	236
Exercise programs other than the above	Ward Office, Community Care Plaza, neighborhood halls, etc.	87	1028	385	106	1270	115
Voluntary group support seminar after muscle training	Ward Office	15	324		14	684	

[Details of seminar participants (FY2011)]
Gender: Male 20%, female 80% Ages: 65 to 74 years 62%, 75 years and older 38%

[Number of voluntary groups] 3 groups (FY2009), 6 groups (FY2010), 7 groups (FY2011)

▼ Transition of certification of long-term care ratio

- The level is lower than the Yokohama City average, but is increasing yearly in the same manner as the city.



(Sakae Ward Senior Citizen Support Section)

Fig. B-1 Transition of certification of long-term care ratio

<Challenge>

To increase the number of senior citizens (especially men) who voluntarily exercise so they do not require long-term care.

<Program>

Genki Station

This is a fall prevention program voluntarily held by ward residents. The program has been held continuously at a pace of once a week. The program includes exercise and other matters related to preventing to be in need of long-term care.

- Target: Senior citizens 65 years and older
- Place of activity: Neighborhood halls, etc.
- Role of Ward Office:
  Dispatch instructors and public health nurses for a set period when the station is started.
- Past records: Two places in ward

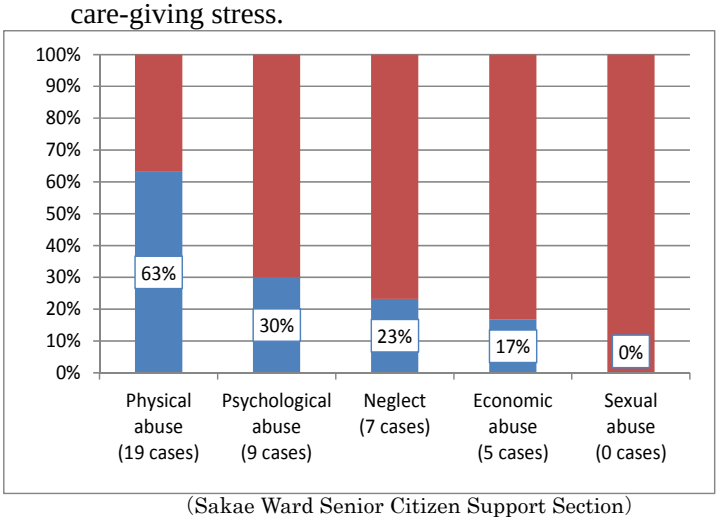
● Evaluation index

Program	Step 1	Step 2	Step 3
Genki Station (Fall Prevention Program)	Program participants understand the importance of fall prevention activities	(1) Increase the number of stations (2)Increase the number of participants	Suppress certification of long-term care ratio
	Index	Index	Index
	Awareness of fall prevention program	(1) Nnumber of stations (2) Number of participants (especially male, 75 years and older)	Certification of long-term care ratio
	Measurement method	Measurement method	Measurement method
	Program participants survey	Records of provider	Sakae ward data

II. Programs to Prevent Senior Citizen Abuse

▼ Challenges identified from situation of senior citizen consultations in Sakae ward (details of 30 cases received in FY2011)

- Among consultations on abuse, many were regarding physical abuse.
- Most of the abused victims were women, and the ratio of dementia was high. Most abusers were men (sons, husbands).
- In many cases, the caregiver tried to hide the parent with dementia from neighbors. This increased the care-giving stress.



(Sakae Ward Senior Citizen Support Section)

<Abuse victim>

- Gender: 6 male, 24 female
- Age: 11 persons ages 65 to 74, 10 persons ages 75 to 84, 9 persons ages 85 and higher
- Nursing care level: Independent - 0 persons, support required (1/2) - 3 persons, care required (1 to 5) - 19 persons, in application stage - 1 person, haven't applied for care - 7 persons
- Of the 30 persons, 21 had dementia

<Abuser>

- 12 sons, 8 husbands, 7 daughters, 3 wives, 1 sister or brother * Note

* Note:In some cases, there were two abusers so the total is 31 persons.

Fig. B-2 Details of consultations (Details of 30 cases, some overlapping, FY2011)

<Challenges>

The support for senior citizens with dementia and their families (especially men) is insufficient.

<Programs>

1. Watching activities
   Community regional groups providing services such as meal delivery carry out activities to notify consultation services when they recognize a change in the server users.
   - Target:
     Senior citizens living alone, senior citizen couples, homes of senior citizen parents and disabled child, etc.
   - Role of Ward Office: Issuance of subsidies, dispatch of nurses, support of those needing support

● Evaluation index

Program	Step 1	Step 2	Step 3
Mimamori (watching over) activities for persons and households needing support	Ward residents know *Mimamori* activities	(1)The participants of *Mimamori* activities has increased (2)The areas providing *Mimamori* activities has increased	Early discovery of difficult cases such as abuse
	Index	Index	Index
	Number of ward residents participating in the events held by *Mimamori* groups	(1) Number of servers providing *Mimamori* activities (2)Number of areas providing *Mimamori* activities	Number of known difficult cases such as abuse, etc.
	Measurement method	Measurement method	Measurement method
	Records by Mimamori groups	Records by Mimamori groups	Records of Sakae Ward Office, etc.

2. Dementia Supporters

Typically, sufferers of dementia are discriminated (due to thought of as insane or abnormal, etc.), and family members refuse to recognize the situation or try to hide the fact. The idea that family members should be the caregivers is still accepted, there are cases of abuse caused by care-giving stress (including abandonment of care).

Various seminars to train dementia supporters are held voluntarily by ward residents at Senior Clubs and voluntary sessions, in order to change this awareness found throughout society and to create a community where family members do not feel stress. These activities can be further spread if the Ward Office, etc., supports these dementia supporters.

Table B-2 Dementia Supporter Seminars (FY2011)

Provider	Administration	Residents	Schools	Companies	Care-giving services	Total
Number of seminars	2	14	1	1	1	19
Number of participants	340	604	115	5	41	1,105

Number of dementia supporters: 2,497 persons (end of March 2012)

●Evaluation index

Program	Step 1	Step 2	Step 3
Dementia supporters	Through educational activities like seminars, ward residents understand dementia	(1) Increase in number of dementia supporters (2) Dementia supporters are carrying out voluntary seminar	Early discovery of difficult cases such as abuse
	Index	Index	Index
	Dementia awareness (evaluation by seminar participants)	(1) Number of supporters (2) Number of seminars, seminar participants	Number of known difficult cases such as abuse, etc.
	Measurement method	Measurement method	Measurement method
	Seminar participants survey	Records of provider	Records of Sakae Ward Office, etc.

Assessment of Current Programs

- By effectively applying the community spirit that is Sakae Ward's strength, a mechanism for Genki Station was successfully established.
- Education on dementia and abuse is being conducted, and the understanding of citizens is growing.
- Through expansion of community networks via subcommittee meetings, face-to-face relationships have been created.

Plan to upgrade the current programs over the next 5 years

◎Fall prevention

	2013	2014	2015	2016	2017
Education and raising awareness among ward residents	・ Seminar on fall prevention ・ Explanation meetings of Genki Station	Review content of educational activities and expand participation			
Genki Station (Fall prevention program)	Increase number of participants	Continue activities centered on neighborhood associations, invite people to participate (In particular, men and senior citizens over 75)			
Evaluation index	Number of station areas and participants				Certification of long-term care ratio
<Target> Number of Genki Station areas	6 areas	10 areas	14 areas (entire ward area)	Continue (increase number of participants)	Sakae Ward data

◎Prevention of abuse of the elderly (Building a local network)

	2013	2014	2015	2016	2017
Dementia supporters	Spread awareness about dementia ・Dementia supporter seminars	・ Increase the number of groups hosting seminars (in addition to ward resident groups and the ward office, invite participation from schools and private companies that have rarely participated until now to host seminars) ・ Improve content based on questionnaire surveys			
Mimamori (watching over) activities for persons and households needing support	Expand *Mimamori* (watching over) activities	・ Increase the number of participants in activities (mutual watching over activities by residents) ・ Increase *Mimamori* groups responsible for providing links to administrative offices (Welfare Officer Children's Committee members, volunteer groups, and life line businesses) ・ Build communication centers for people involving those activities (in cooperation between *Mimamori* groups and the ward office)			
Evaluation index	Number of supporters, Number of areas providing *Mimamori* activities				
<Target> Areas conducting Mimamori (watching over) activities	2 areas		7 areas (entire ward area)		

C Traffic Safety

[Data]

(1) Of the emergency transport cases, approximately 30% were traffic injuries, following falls. (See page 37, Fig. 2-4-8)

(2) In types of injuries, falls were highest up to age 4. The proportion of transport accidents increased as age increased. (See page 38, Fig. 2-4-11)

[Challenges]

(1) The majority of injuries are caused by transport accidents.

(2) The majority of injuries to children are caused by transport accidents.

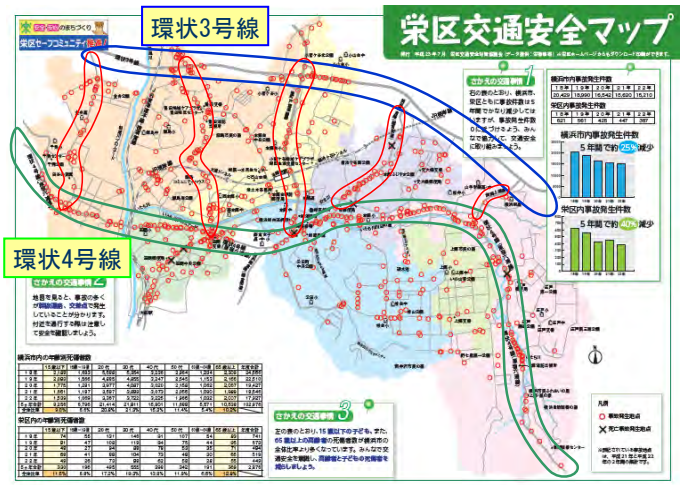
The Traffic Safety Task Force Subcommittee

＜Members＞

Traffic Safety Task Force Subcommittee	Administrative agency, etc. (5 persons)	Sakae Police Station(2) Sakae Fire Station Sakae Ward Administration(2)
	Community activity groups, etc. (5 persons)	◎Sakae Traffic Safety Association Permanent Council(3) Sakae Traffic Safety Mother's Club Sakae Ward Silver Leader Liaison Club
	Private corporations, etc. (2 persons)	Sakae Association of Safe Driving Administrators Sakae Public Works Safety Committee

The Traffic Safety Task Force Subcommittee has, as follows, further focused in on the key challenges and conducted measures based upon the data and the opinions of the subcommittee.

＜The Situation of Road Traffic in Sakae Ward:Sakae Ward Traffic Safety Map>



Two urban beltways (curving lines marked in blue and green) pass across the Ward and are linked together by five arterial roads. These roads are extremely congested at morning and evening peak times, and there is an influx of traffic seeking to avoid this congestion which passes through narrow roads in residential areas.

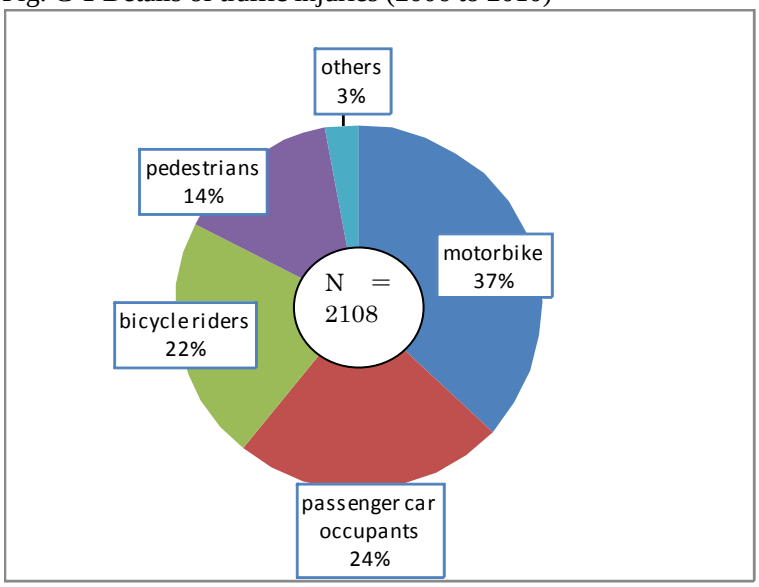
Major traffic injuries usually occur along the arterial roads, but it is clear that traffic injuries are also occurring across a wider scope throughout the entire Ward area.

From the emergency transport records

◆Details of traffic injuries

The details of injured persons are motorbike riders 37%, passenger car occupants 24%, bicycle riders 22%, and pedestrians 14%. (Please see Fig. C-1.)

Fig. C-1 Details of traffic injuries (2006 to 2010)



<Challenges identified from data>

(1) Traffic injuries are occurring all over the Ward area, including on residential and community roads. Moreover, the majority involve motorbike riders, passenger car occupants and bicycle riders.

◆Children's injuries

From cases of emergency transport records, it can be seen from the breakdown of traffic injuries involving children that among children over seven years of age over 50% involve bicycle riders. (See Fig. C-2.)

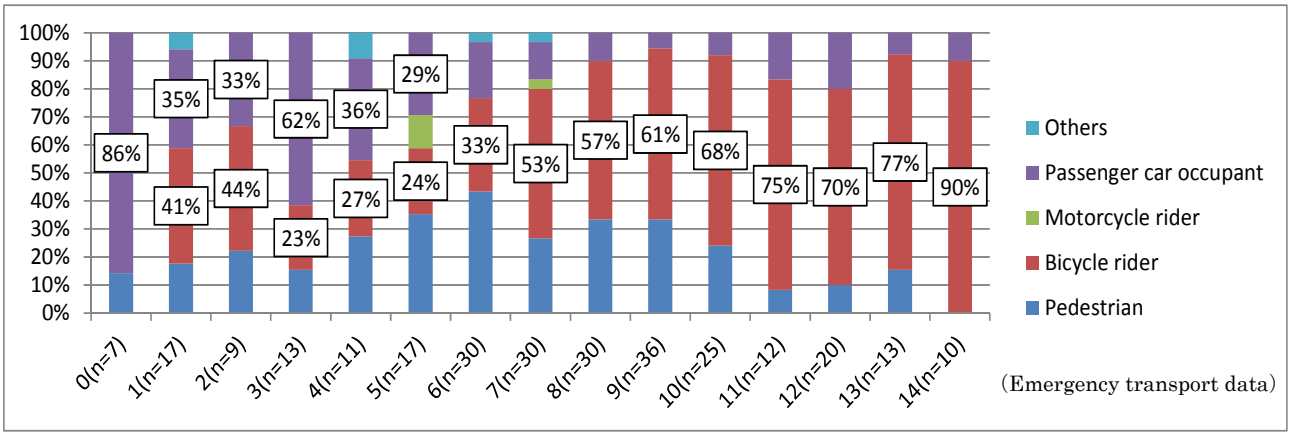


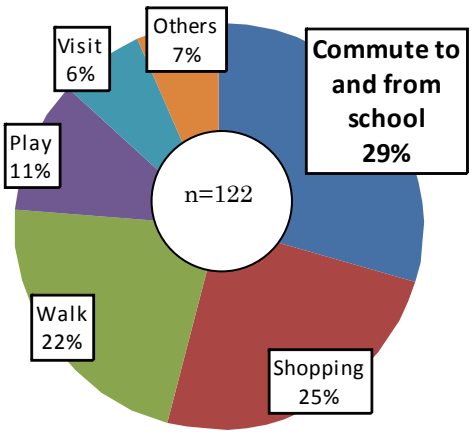
Fig. C-2 Traffic injuries involving ages 14 and younger (2006 to 2010)

<Challenges identified from data>

(2) The majority of injuries to children (over seven years of age) involve bicycle riders.

From subcommittee's opinions

- From police statistics, it can be seen from the purpose of travel (for bicycle riders and pedestrians only) at the time of traffic injuries involving children that in most cases the purpose of travel is to commute to and from school. (29%; see Fig. C-3.) A program is necessary to prevent traffic injuries during the commute to and from school, as well as to prevent injuries involving bicycle riders. (In Sakae Ward, all children walk to and from school.)
- In order to make children obey traffic rules and manners, parents and other adults around children need to provide a good example. In addition, it is necessary to identify the hazardous spots in the Ward and to protect children from traffic injuries.
- Sakae Ward benefits from the active voluntary contributions of fit and healthy elderly persons. We would appreciate the participation of elderly members of the community in activities to watch over children and assist in taking responsibility to ensure traffic safety.



(Sakae Police Station)

Fig. C-3 Sakae police station traffic accident statistics

Children (15 years and younger) injury data: purpose of travel (2005 to 2009)

* Extracted from traffic injuries involving children (315 cases) which specified the purpose of travel.

<Challenges identified from subcommittee's opinions>

(3) The majority of traffic injuries involving children occur during the commute to and from school.
*In Sakae Ward, all children walk to school.

(4) The adults around children need to identify and be aware of the hazardous spots in the Ward, and to make children observe traffic rules and manners.

Summary of challenges

<Challenge>

(1) Traffic injuries are occurring throughout the entire Ward area, including on residential and community roads. Moreover, the majority of injuries involve motorbike riders, passenger car occupants and bicycle riders.

(2) The majority of injuries to children (over seven years of age) involve bicycle riders.

(3) The majority of traffic injuries involving children occur during the commute to and from school.

*In Sakae Ward, all children walk to school.

(4) The adults around children need to identify and be aware of the hazardous spots in the Ward, and to make children observe traffic rules and manners.

<Programs to resolve challenges>

(1)-1 Traffic safety map preparation and distribution

(1)-2 Campaigns and educational activities

(2)-1 Hamakko Traffic Safety Class

(2)-2 Education to promote use of bicycle helmets

(3)(4) Measures for school zones

Programs to resolve challenges

(1)-1 Traffic safety map preparation and distribution (from 2010)

In FY2010, a traffic safety map listing places of frequent traffic accidents (including close calls) in the ward was prepared based on information received from the Sakae Police Station.
The main aim is to conduct education and awareness raising activities directed at local residents (pedestrians) regarding hazardous spots.
This map was distributed to ward residents by neighborhood associations, to promote caution.
<Features of the map>
・Prepared for each primary school area
・Create data by utilizing the geographic information system (GIS)
→information can be added on accident locations, risky locations, school commuting routes, etc.
→Various types of output is possible depending on the scope of distribution and use
This map will be revised roughly every two years, and in the next revision, in order to grasp the location of hazardous spots which need to be improved on by the schools and the ward office, it is planned to include on it the location of past traffic injuries, as well as commuting routes to schools, and meeting places for commuting to school in groups. From then onward, with each revision, it will be possible to ascertain over time whether the hazardous spots have been improved and what the effects of the improvements have been.

●Evaluation index

Program	Step 1	Step 2	Step 3
Preparation and distribution of traffic safety map	Ward residents understand hazardous spots	Ward residents are taking actions to avoid hazards	(1) Reduction of transport accidents (2) Reduction of injuries and deaths from transport accidents
	Index	Index	Index
	Number of traffic safety maps distributed	Number of ward residents knowing hazardous spots	(1) Number of cases (2) Number of injuries and deaths from transport accidents
	Measurement method	Measurement method	Measurement method
	Records of provider	Survey	(1) Police statistics (2) Emergency transport records, vital statistics

(1)-2 Campaigns and educational activities

Educational activities to raise awareness targeting pedestrians, drivers and bicycle users are being conducted all the year around. Efforts are being made to link the program with other events and other ideas are being used to gather together more participants, such as by displaying traffic safety maps in event venues.

● Traffic Safety Festival in Kasama（April 2012, 1,000 participants）
Held together with allied neighborhood associations from 2012 with the aim to increase participation

Main achievements in 2011

		Number of participants
Bicycle Manner Improvement Promotion Month (May)		
	Spring Traffic Safety Festival	450 persons
	Bicycle Manner Improvement Campaign	150 persons
Motorcycle Traffic Accident Prevention Promotion Month, Motorcycle Gang Abolishment Promotion Month (June)		
	Motorcycle Accident and Motorcycle Gang Abolishment Campaign	700 persons
Summer Traffic Accident Prevention Campaign (July)		
	Summer Accident Prevention Campaign	500 persons
	Meeting of Working Cars	1,250 persons
“Motorcycle Day” Campaign (August)		50 persons
Abandoned Bicycle and Motorcycle Clean Campaign (October)		350 persons

(2)-1 Hamakko Traffic Safety Class

Hands-on type traffic safety classes, which cover simulations of actual hazards such as collisions, entanglements and blind spots, are held for all elementary students. Children experience the proximity and threat of accidents, and learn how to walk and ride bicycles correctly while protecting themselves. Through the cooperation of the Traffic Safety Committee, Police and community volunteers, a program that matches the community and schools’ characteristics is provided. (Held at 14 elementary schools each year)

●Evaluation index

Program	Step 1	Step 2	Step 3
Hamakko Traffic Safety Classes for elementary school students	Through the classes, children understand traffic rules and manners including the correct way to ride bicycle	Children are observing traffic rules and manners	(1) Reduction of transport accidents (2) Reduction of injuries and deaths from transport accidents involving children
	Index	Index	Index
	Percentage of children who have correct knowledge regarding traffic rules and manners	Causes of transport accidents involving children	(1) Number of cases (2) Number of injuries and deaths from traffic accidents involving children
	Measurement method	Measurement method	Measurement method
	Class participants survey	Police statistics	(1) Police statistics (2) Emergency transport records, vital statistics

(2)-2 Education to promote use of bicycle helmets

In Japan, the wearing of bicycle helmets by children is an effort obligation, and the usage rate in Sakae Ward is low (*). In FY2011, an original leaflets with benefits was prepared for Sakae Ward, and distributed to all elementary students in Sakae Ward. By taking this leaflet to a bicycle shop in Sakae Ward, they can receive a discount on a helmet and have their bicycle inspected for free.

* Bicycle helmet usage rate (Sakae Ward): From the Research Report 2012 (Factual survey on ward resident injuries)
Elementary school 7.9% (n=366), jr. high school 2.7% (n=338)

Target : All preschoolers and elementary students living in Sakae Ward

Role of Ward Office : Preparation of leaflets (four bicycle shops cooperated with the benefits)

●Evaluation index

Program	Step 1	Step 2	Step 3
Education to promote use of bicycle helmets	Children and parents understand importance of wearing helmet	Increase in number of children wearing helmets	Reduction of injuries and deaths from transport accidents involving children
	Index	Index	Index
	Number of leaflets distributed	Number of children wearing helmets	Number of injuries and deaths from transport accidents involving children
	Measurement method	Measurement method	Measurement method
	Records of provider	Survey	Emergency transport records, vital statistics

(3)(4) Measures for school zones

A radius of approx. 500 m around an elementary school is set as a school zone. Parents and community volunteer provide watchful eyes while the children are commuting to and from school. The aim of the school zone measure is to educate and raise awareness among drivers, and to increase the sense of participation of local people in the community in building a safe environment. The school, parents, Police Station and Ward Office hold a meeting each year to review and improve the traffic rules in the school zone, and to inspect and service safety facilities.

An example of an improvement made to a hazardous area in a school zone

- Evaluation index

Program	Step 1	Step 2	Step 3
Measures for school zones	Parents and ward residents understand the hazardous spots in school zones	(1) Parents and ward residents are carrying out voluntary watching activities in school zones (2) Hazardous spots in the school zone have been maintenance	Reduction of transport accidents involving children during the commute to and from school
	Index	Index	Index
	Number of parents and ward residents who understand the hazardous spots in school zones	(1) Number of watching activity participants (2) Number of maintained areas	(1) Number of cases (2) Number of injuries and deaths from traffic accidents involving children
	Measurement method	Measurement method	Measurement method
	Records of provider	Records of provider	(1) Police statistics (2) Emergency transport records, vital statistics

Assessment of Current Programs

- As a subcommittee program, a declaration to promote traffic rules and manners was prepared to ensure safety while children commute to and from school. The Safe Community Steering Committee has promoted this action to committees other than the Traffic Safety Task Force Subcommittee, and has distributed the declaration. The sharing of information and collaboration between subcommittees is active.

Plan to upgrade the current programs over the next 5 years

◎ Raise awareness among ward residents

	2013	2014	2015	2016	2017
Campaigns and educational activities	Increase the number of participants (in cooperation with neighborhood associations)	Review content and location of educational activities			
Traffic safety map preparation and distribution	Revise traffic safety map (add school commuting routes and meeting points for group commuting) ・Identify hazardous spots ・Make on GIS		Revise map based on data and opinions from subcommittee ・Check whether hazardous spots have been improved ・Update and utilize		Revise map based on data and opinions from subcommittee
Evaluation index	Number of campaign participants Number of transport accidents				

◎ Safe Children (Reduce number of bicycle rider traffic injuries, including close calls)

	2013	2014	2015	2016	2017
Hamakko Traffic Safety Classes for elementary school students	Conduct continuously (hold in all elementary schools)	Improve observance of traffic rules and manners and teach how to ride bicycles correctly			
Education to promote use of bicycle helmets	Educate parents of preschoolers (in cooperation with nursery schools and kindergartens)		Conduct questionnaire survey at nursery schools		Conduct questionnaire survey at nursery schools
Evaluation index	Percentage of preschoolers riding on parents' bicycles wearing bicycle helmets Number of emergency transport cases				
<Target> Percentage of parents riding bicycles with their children wearing helmets			50%		70%

◎Safe Children (Reduce number of traffic injuries during the commute to and from school, including close calls)

	2013	2014	2015	2016	2017
Measures for school Zones	Watching over activities (by schools, parents and residents)	Conduct traffic safety instruction in combination with watching over activities (Education of children and drivers to promote traffic safety)			
	Establish traffic restrictions and make improvements of hazardous spots (road management officers and traffic management officers)	Reflect in traffic safety map			
Evaluation index	Number of participants in watching over activities Number of locations where improvements to hazardous spots have been made Number of traffic injuries during the commute to and from school				

D Sports and Leisure Safety

[Data]

(1) The number of sports accidents shifts between 30 and 40 cases a year. (See page 40, Fig. 2-4-15)
The 25 to 64 age group has the highest percentage of injuries. Compared to the population composition ratio, the percentage of 15 to 24 year olds is highest. (See page 40, Fig. 2-4-16)

[Challenges]

(1) There is not enough data to deliberate preventive measures.

The Sports and Leisure Safety Task Force Subcommittee has studied the following issues.

The Sports and Leisure Safety Task Force Subcommittee

＜Members＞

Sports and Leisure Safety Task Force Subcommittee	Community activity groups, etc. (12 persons)	◎Sakae Ward Sports Association (4) Sakae Ward Physical Training Committee Liaison Council(2) Sakae Ward Youth Counselor Committee(2) Sakae Ward Refreshing Sports Promotion Committee(2) Sakae Sports Club Steering Committee(2)

<Summary of Subcommittee's Opinions>

Sports and Recreational Activities in Sakae Ward

- The range of recreational activities is broad, and difficult to grasp just with this subcommittee.
- Original health promotion activities are held by the neighborhood activities, health activities promoters and senior clubs. Information from these activities should be collected.
- How about sharing event programs with other groups?

Injury Prevention

- There is little data related to injuries occurring during sports and leisure.
- When looking at places of sports activities, there are few cases that ambulances are called to transport injured persons. Most often, the injured person is taken to the hospital in a personal car.
- Safety measures are implemented by each group, so it is difficult to grasp the entire situation.
- Not all instructors know how to properly stretch. There are many people involved in sports as a hobby. Not all instructors are qualified.
- Should the inspections and manuals used by each group be reviewed?

Others

- It is necessary to understand the situation in Sakae Ward regarding the relation of daily exercise habits, health promotion and the prevention of long-term care.

The following survey was conducted to collect data for reviewing preventive actions.

Factual survey regarding injuries

◆Survey by subcommittee (conducted in FY2010)

<Outline of survey>
Details of survey; Cases of injuries occurring during activities in the past five years
Method of survey: Groups participating in the subcommittee contacted participants and collected response
Number of returned surveys: 179 cases

Results

- The cause of injuries included insufficient warm up exercises (30%), lack of exercise, fatigue and aging (28%).

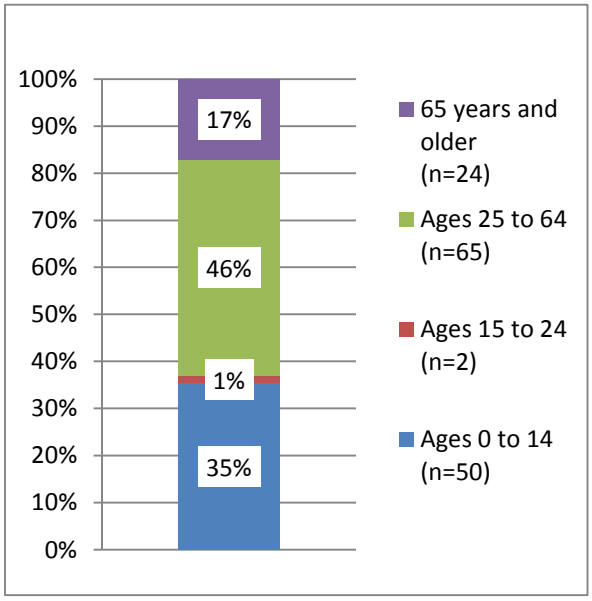


Fig. D-1 Age of injured people

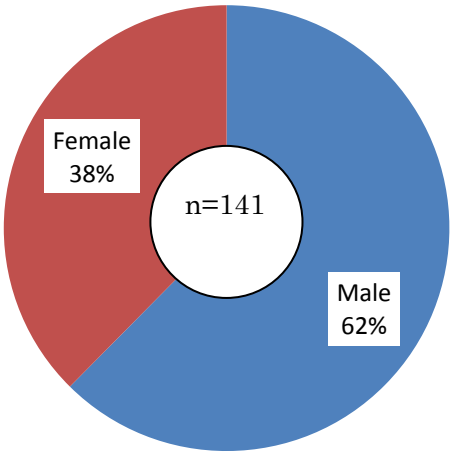


Fig. D-2 Male to female ratio of injured people

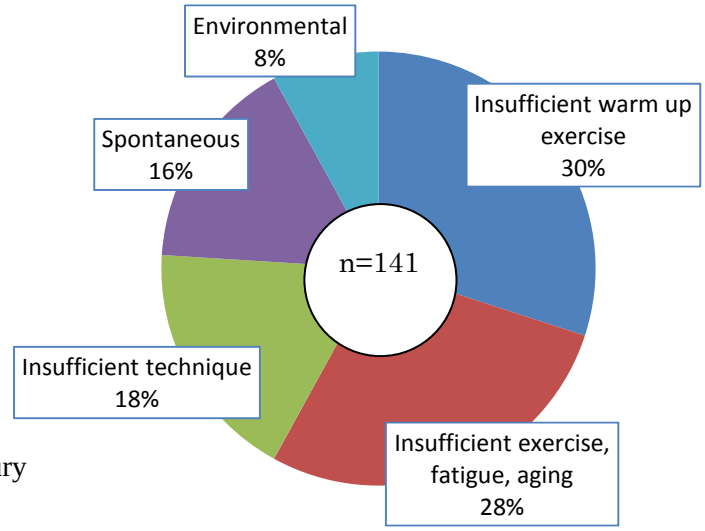


Fig. D-3 Cause of injury

<Challenges identified from data>

(1) Based on the survey conducted by the subcommittee, the main causes of injuries during sports activities were 1. Insufficient warm up exercises, and 2. Insufficient daily exercise, fatigue, aging, etc.

(2) In the survey conducted by the subcommittee, there is almost no information on the age group (15 to 24 years) that had the highest rate of emergency transport.

Summary of Challenges

<Challenge>

(1) Based on the survey conducted by the subcommittee, programs are needed to handle 1. Insufficient warm up exercises, 2. Insufficient daily exercise, fatigue, aging, and 3. Insufficient skills, etc.

<Programs to resolve challenges>

(1)-1 Holding of prevention seminars and provision of one-point advice during events

(1)-2 Improvement of ward residents' physical strength and physical fitness

Programs to Resolve Challenges

(1)-1 Holding of prevention seminars and provision of one-point advice during events

Groups in the subcommittee will hold prevention seminars to prevent various sports injuries. In addition, that information will be provided as one-point advice to promote caution during warm-up exercises at various events sponsored by the groups.

Target: Subcommittee member groups and participants of events sponsored by the groups

Past records

Injury prevention seminar held in FY2011				
Group name	Seminar name	Dates	No. of participants	Other achievements
Sports Association	Seminar for the group members	March 10, 2012	55 persons	Helped in preventing injuries during sports activities by each group
Physical Training Committee Liaison Council	Seminar for the group members	June 12, 2011	64 persons	Helped in preventing injuries during sports activities held by seven districts in the ward
Youth Counselor Committee	Seminar for the group members	July 3, 2011 January 29, 2012	58 persons 63 persons	Participants learned about "stretching" as a means to prevent injuries, and applied this to activities in each district.
Refreshing Sports Promotion Committee	Seminar for the group members	July 24, 2011	19 persons	Details of the seminar on preventing children's sports injuries were applied during events in each district
Sakae Sports Club Steering Committee	Sports Safety Seminar	January 28, 2012	14 persons	Applied to injury prevention safety measures in programs where a total of 120 members participated.

Achievements of main events held in ward during FY2011 and results regarding prevention			
Group name	Dates	No. of participants	Achievements
Sakae Ward Resident Road Race Tournament	January 8, 2012	1200 persons	Helped in preventing injuries during sports activities by each group.
Sports and Recreation Festival	October 10, 2011	5476 persons	Helped in preventing injuries during sports activities held by seven districts in the ward.

- Evaluation index

Program	Step 1	Step 2	Step 3
Holding of injury prevention seminars and provision of one-point advice during events	Subcommittee group members understand the importance of preventing sports injuries	Group members are carrying out voluntary educational activities	Number of injuries during sports and competition decreases
	Index	Index	Index
	Knowledge regarding prevention of sports injuries	Number of seminars and number of participants	Sports injuries
	Measurement method	Measurement method	Measurement method
	Reports from each group	Reports from each group	Emergency transport records

(1)-2 Improvement of ward residents' physical strength and physical fitness

Critical injuries during sports activities will be prevented by improving the ward residents' general physical strength and physical fitness.

The number of people involved with sports will be increased through main ward events (Road Race Tournament, Sports Festivals, etc.) as well as events for children sponsored by children's associations and youth counselors, and events for senior citizens sponsored by neighborhood associations and senior clubs.

Target: Ward residents

Past records

Achievements of main events held in ward during FY2011 (Improvement of physical strength and physical fitness)		
Event name	Dates	No. of participants
Sakae Ward Resident Road Race Tournament	January 8, 2012 (Sunday)	1,200 persons
Sakae Ward Resident Sports Festival	November 3, 2011 (Thursday, National holiday)	More than 1,000 people
Sports and Recreation Festival	October 10, 2011 (Monday, National holiday)	5,476 persons

- Evaluation index

Program	Step 1	Step 2	Step 3
Events and opportunities for ward residents to enjoy sports	Ward residents understand the importance of sports	Ward residents enjoy sports voluntarily	Increase in number of ward residents enjoy sports
	Index	Index	Index
	Number of sports events, number of participants	Number of ward residents enjoy sports once in a week and more	Number of ward residents enjoy sports once in a week and more
	Measurement method	Measurement method	Measurement method
	Providers records	Survey	Survey

Assessment of Current Programs

- Establishment of the subcommittee has given sports related groups, which were active independently, a chance to meet and share information.
- A Survey on Injuries during sports activities by ward residents was carried out.
- Members of each group spread the information and skills they gained at seminars through the area.

Plan to upgrade the current programs over the next 5 years

◎ Creation of opportunities for sports and leisure, and prevention of injury

	2013	2014	2015	2016	2017
Events and opportunities for ward residents to enjoy sports	Expand opportunities and participants	・ Mutually cooperate among various organizations such as neighborhood associations, senior clubs and children's associations, etc. to expand opportunities for sports and leisure activities such as sports events, radio calisthenics, and walking events etc. ・ Regarding the above, enhance PR centered on the subcommittee and increase participants.			
Holding of prevention seminars and provision of one-point advice during events	Provide one-point advice during events (as necessary) Hold prevention seminars continuously	As opportunities for sports and leisure activities increase, provide one-point advice during events			
Evaluation index	Number of sports events and participants Number of seminars and participants				Number of sports injuries

E Suicide Prevention

[Data]

(1) Vital statistics regarding suicide: Suicide is the leading cause of death in the 15 to 39 age group. (See page 33, Table 2-4-2) The death rate is slightly lower than national levels, but is close to the data for all of Yokohama City. (See page 32, Fig. 2-4-2)

[Challenges]

(1) A system and network to take practical measures for the prevention of suicide need to be established and to conduct continuous activities.

A subcommittee was started to approach practical and effective suicide prevention.

Suicide Prevention Task Force Subcommittee

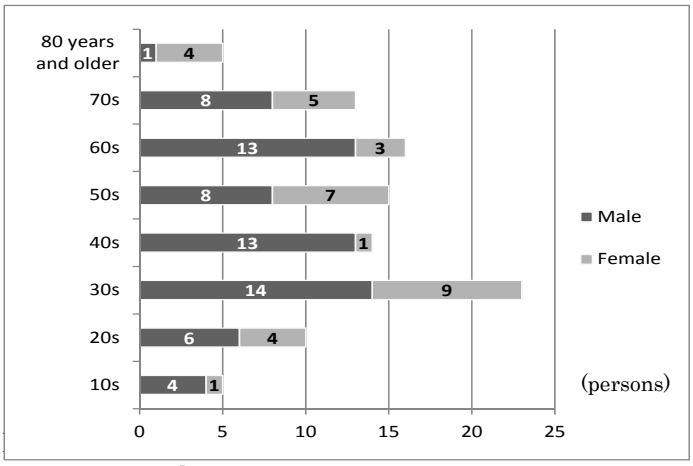
＜Members＞

Suicide Prevention Task Force Subcommittee	Person with relevant experience and knowledge (1 person)	◎ Yokohama City University Graduate School of Medicine
	Community activity groups, etc. (3 persons)	Sakae Ward Shopping District Association Sakae Ward Welfare Officer Children's Committee Sakae Ward Healthcare Activities Promotion Committee
	Medical institutions, etc. (2 persons)	Sakae Ward Medical Association Yokohama Sakae Kyosai Hospital
	Administrative agency, etc. (2 persons)	Sakae Police Station Sakae Fire Station
	Welfare facilities, etc. (2 persons)	Sakae Ward Lifestyle Support Center for the Mentally Challenged Community General Support Center Liaison Council

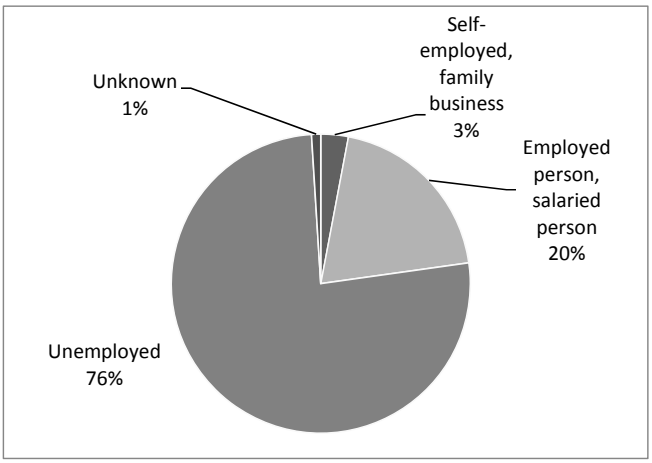
Data was collected since there was very little data to use as evidence for the program.

Understanding the Actual Conditions of Suicide Victims

1. Actual conditions of suicide victims (Sakae Police Station)



(Total in 2007 to 2011)



(Total in 2007 to 2011)

2. Actual state of persons transported by ambulance because of self-inflicted injuries (Sakae Fire Station)

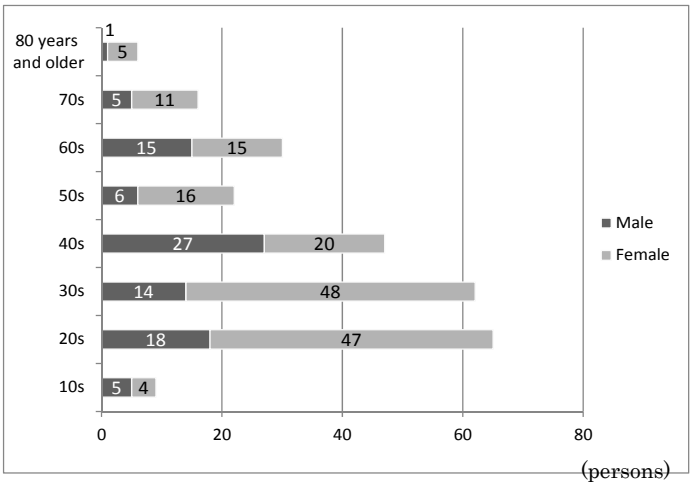


Fig. E-3 Number of suicides by age group and gender (Total in 2006 to 2010)

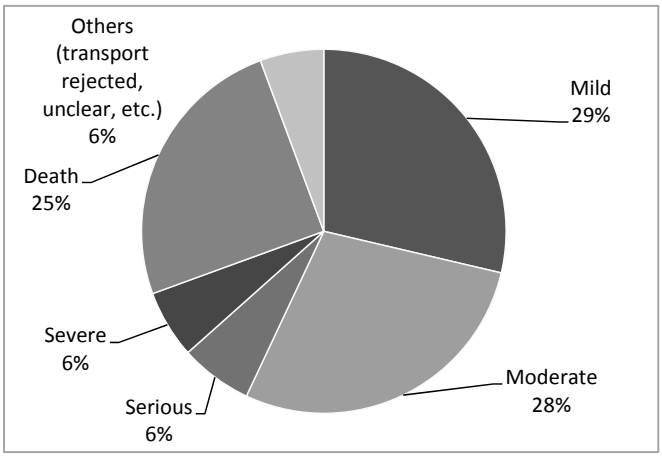


Fig. E-4 Ratio by severity (Total in 2006 to 2010)

<Challenges>

Based on the above foundation data:

I. The detailed state of high-risk persons and high-risk areas must be grasped in detailed.

II. Programs that comply with the primary and tertiary prevention of suicide.

The following programs were implemented to resolve the above challenges.

I. Detailed Investigation of Actual Condition for Implementation of Programs

Foundation data has been collected, but based on the foundation investigation, detailed data regarding health and welfare will be collected from the Police Station, Fire Station and ward. This data will be applied to understand the trends of high-risk persons and graph high-risk areas, etc., and to clarify the target of implemented activities. The evaluation index given below was applied for this task.

- **Evaluation index**

Purpose	Short-term goal	Mid-term goal	Long-term goal
Clarify the actual state of people at high risk for suicide	Understand the state of suicides in the ward each year, and the emergency transport state of self-inflicted injury victims.	Through chronological investigations, identify the situations and hot spots of suicide in the ward, persons at high risk of suicide, and high risk areas	By chronologically diagnosing the area, establish a community suicide prevention measures policy, and verify the effectiveness.
	Index	Index	Index
	Various investigations and statistics for each year	Cumulative values of investigations and statistics for each year	Transition of chronological investigation and statistics
	Measurement method	Measurement method	Measurement method
	Various investigations and collection of statistics for each year	Chronological analysis of various investigations and surveys	Chronological analysis of various investigations and surveys

II. Programs for Prevention Activities

Programs and activities complying with the three stages of suicide prevention: primary (preliminary prevention), secondary (intervention) and tertiary (postvention, family support) are being promoted.

1) Programs for primary prevention

(1) The challenges of primary prevention have been set as follows. The evaluation index shown below is applied.

- **Challenges**

  Increase correct knowledge among ward residents.

- **Evaluation index**

Purpose	Short-term goal	Mid-term goal	Long-term goal
Provide education on the understanding of suicide problems, persons at high-risk of suicide, and on the necessity of suicide prevention	Through educational activities, the ward residents' have a deeper understanding of suicide problems and persons at high-risk of suicide	(1) Heartful Supporters are participating in educational activities (2) Ward residents have a deeper understanding of suicide problems and persons at high-risk of suicide.	(1) Heartful Supporters are carrying out voluntary educational activities (2) Ward residents have a deeper understanding of suicide problems and persons at high-risk of suicide.
	Index	Index	Index
	Number of leaflets distributed, Number of panel exhibits	Number of leaflets distributed, Number of panel exhibits	Number of leaflets distributed, Number of panel exhibits
	Measurement method	Measurement method	Measurement method
	Records of providers	Records of providers	Records of providers

(2) The following programs have been carried out based on the challenges and indexes.

i) A leaflet was prepared following advice from experts, and was distributed.

[Achievements] Total number of distributed leaflets: 7,000 copies (at end of Sept. 2012)

ii) An educational poster was prepared and posted.

[Posting places] Ward Office, medical institutions, train stations, drugstores, convenience stores, etc.

[Achievements] 197 posters (at end of September 2012)

iii) Panel exhibition and introduction of suicide-prevention-related books were conducted in the library.

iv) Leaflets and bookmarks listing consultation sevices were prepared and distributed.

[Achievements] Total number of distributed leaflets: 3,650 copies (at end of Sept.2012)

(3) Assessment of Current Programs

i) Sakae Ward prepared educational leaflets and goods for the first time. These were prepared in cooperation with subcommittees.

ii) Educational activities were started during the Suicide Prevention Month. Educational activities were also held during various events held in the ward such as the Ward Resident Festival.

(4) Future plans

Opportunities and methods of education will be adjusted to educate as many ward residents as possible.

2) Compound programs for primary prevention and secondary prevention

(1) The challenges of compound programs for primary and secondary prevention have been set as follows. The evaluation index shown below is applied.

- **Challenges**

  To train “gatekeepers” who work to prevent suicides.

- **Evaluation index 1**

Purpose	Short-term goal	Mid-term goal	Long-term goal
Train gatekeepers for suicide prevention measures.	Basic seminars are held, and Sakae Heartful Supporters have been trained.	(1) Basic seminars have been held and evaluated, and the program has been brushed up. (2) There are more Sakae Heartful Supporters, and the ward residents have a deeper understanding of suicide problems and persons at high risk of suicide.	(1) The target of basic seminars has increased. (2) There are more Sakae Heartful Supporters, and the ward residents have a deeper understanding of suicide problems and persons at high risk of suicide.
	Index	Index	Index
	Types and numbers of target groups, number of seminar participants, rate of correct knowledge regarding suicide measures (compared before and after seminar), evaluation of seminar by seminar participants.	Types and numbers of target groups, number of seminar participants, rate of correct knowledge regarding suicide measures (compared before and after seminar), evaluation of seminar by seminar participants.	Types and numbers of target groups, number of seminar participants, rate of correct knowledge regarding suicide measures (compared before and after seminar), evaluation of seminar by seminar participants.
	Measurement method	Measurement method	Measurement method
	Records from providers, tabulation and analysis of seminar surveys	Records from providers, tabulation and analysis of seminar surveys	Records from providers, tabulation and analysis of seminar surveys

- **Evaluation index 2**

Purpose	Short-term goal	Mid-term goal	Long-term goal
Effective intervention to persons at high risk of suicide	Suicide prevention measures, and seminars related to mental health, communication skills, intervention and collaboration methods (skill up seminars) are held.	Skill up seminars are held continuously, and lead to appropriate consultations and interventions to high-risk persons.	The target of skill up seminar targets has increased, and lead to appropriate consultations and interventions to high-risk persons.
	Index	Index	Index
	Types and numbers of target groups, number of seminar participants, evaluation of seminar by seminar participants, experience in handling consultations	Types and numbers of target groups, number of seminar participants, evaluation of seminar by seminar participants, experience in handling consultations	Types and numbers of target groups, number of seminar participants, evaluation of seminar by seminar participants, experience in handling consultations
	Measurement method	Measurement method	Measurement method
	Records from providers, tabulation and analysis of seminar surveys	Records from providers, tabulation and analysis of seminar surveys	Records from providers, tabulation and analysis of seminar surveys

(2) The following programs have been carried out based on the challenges and indexes.

i) The Sakae Heartful Supporter (*) training seminar program was developed.

* To make gatekeepers a close presence, they have been named “Sakae Heartful Supporters”.

ii) Basic seminars have been held to increase understanding of suicide prevention, and to train supporters with the knowledge to lead persons at risk to consultation services.

[Achievements] 535 persons (end of September 2012)

iii) Skill up seminars have been held to provide supporters with the communication skills necessary to provide consultations and support to persons at high risk.

[Achievements] 31 persons (end of September 2012)

(3) Assessment of Current Programs

i) The 2-step seminar system including the basic seminar for learning skills, and the skill up seminar for learning communication skills, was developed originally by Sakae Seminar with the cooperation of the subcommittee chair (suicide prevention countermeasures expert).

ii) The rate of correct answers regarding knowledge on suicide countermeasures was compared before and after the seminar. The effect of the seminar was apparent with a 72.3% pre-seminar correct rate and 86.6% post-seminar rate.

iii) The number of Sakae Heartful Seminars has steadily increased.

iv) The persons participating in seminars and becoming Sakae Heartful Seminars has expanded from members of Welfare Officer Children’s Committee and Healthcare Activities Promotion Committee to ward employees, care managers, barbers and beauticians.

(4) Future schedule

i) Seminars will be held for occupations that deal with persons at high-risk such as police officers, fire Station employees and pharmacists.

ii) Seminar participants will be surveyed about their activities, and a follow-up seminar will be considered.

3) Compound programs for primary, secondary and tertiary prevention

(1) The challenges of compound programs for primary, secondary and tertiary prevention have been set as follows. The evaluation index shown below is applied.

- **Challenges**

Support for persons at high risk will be promoted by increasing specialist knowledge and skills in dealing with these high-risk people, and creating a network. Specialists will be supported and cared for by providing opportunities for learning and promoting peer-support between specialists.

- **Evaluation index**

Purpose	Short-term goal	Mid-term goal	Long-term goal
Effective intervention to persons at high risk of suicide	A network is provided to intervene with and support persons at high risk of suicide.	(1) A network meeting convenes periodically, and leads to appropriate consultations and intervention of persons at high risk (2) Cases of consultation and intervention are identified, and feedback has been given	(1) A network meeting convenes periodically, and leads to appropriate consultations and intervention of persons at high risk (2) Cases of consultation and intervention are identified, and feedback has been given
	Index	Index	Index
	Number of network meetings held	Number of network meetings held, number of handled consultations and details	Number of network meetings held, number of handled consultations and details, number of suicides and self-inflicted injuries transported
	Measurement method	Measurement method	Measurement method
	Records from providers	Records from providers, tabulation of consultations from each provider	Records from providers, tabulation of consultations from each provider, analysis of suicide related actions, and types and number of consultations

(2) Based on the challenges and indexes, the following programs will be carried out.

Specialists from various areas in the ward will meet to study suicide prevention measures and matters about mental health, to hold reviews for difficult cases, and to share valuable information. Through this, they will increase their knowledge and skills. By holding these meetings periodically, a personal network of specialists will be created.

(3) Assessment of Current Programs

There are no cases of a community working network, with citizen collaboration of focusing on suicide prevention measures, in Sakae Ward or Yokohama City.

(4) Future schedule

i) The 1st Network Seminar will be held in October 2012.

ii) Medical institutions will be approached to increase the number of network participants.

iii) Seminars will be held at medical institutions.

Plan to upgrade the current programs over the next 5 years

◎Ascertain situation

	2013	2014	2015	2016	2017
Data collection and analysis	Survey on a single-year basis	→	Identify high-risk persons and high-risk areas	→	Verify effectiveness of the program
Data	Vital statistics, emergency transport records, police statistics, etc.				

◎Educate and raise awareness of ward residents

	2013	2014	2015	2016	2017
Educational activities ・Promotion of suicide prevention month ・Events at ward residents festival etc.	→ Review content and location of educational activities				
Evaluation index	Percentage of ward residents who have a deeper understanding of suicide issues (Ward resident survey)				
<Target>		Increase	Increase	Increase	Increase

◎Foster Gate keepers

	2013	2014	2015	2016	2017
Basic seminars	・Increase number of seminar participants ・Improve training Program ・Foster gate keepers	→	Participation of gate keepers in educational activities	→	Gate keepers conduct educational activities voluntarily
Evaluation index	Number of seminar participants Correct knowledge of seminar participants (compared before and after seminars)				
<Target> Number of seminar participants	518 people		600 people		1,200 people

◎Support for high-risk persons

	2013	2014	2015	2016	2017
Skill up seminars	・Conduct skill up Seminars	→	・Continuously conduct skill up seminars	→	・Increase the number of skill up seminars
Network for high-risk persons	・Build network	→	・Hold regular network meetings	→	・Counseling and response for high-risk persons, verify results of interference
Support for persons who attempt suicide	・Examine	→	・Build a system to support for persons who attempt suicide (in cooperation with Fire Station)	→	・Construct the system to support for persons who attempt suicide
Evaluation index	Number of network meetings		Number of network meetings Number of handled consultations and details		Number of intentional self-harm

F Safety at Disaster

[Data]

(1) Just under 60% of ward residents know the location of their community disaster prevention base, and just under 50% of ward residents have participated in disaster prevention drills. (See page 43, Fig. 2-4-23, 24)

(2) Just under 50% of neighborhood associations have started programs to support the evacuation of persons needing assistance. (See page 43, Fig. 2-4-25)

[Challenges]

(1) Only some of the ward residents participate in disaster prevention drills at the community disaster prevention bases.

(2)Programs to support the evacuation of persons needing assistance are not available in all neighborhoods.

The Disaster Safety Task Force Subcommittee has studied the following issues.

Disaster Safety Task Force Subcommittee

＜Members＞

Disaster Safety Task Force Subcommittee	Community activity groups, etc. (7 persons)	◎Steering Committee Liaison Council at the Sakae Ward Community Disaster Prevention Base(2) Sakae Fire Volunteers Sakae Ward Fire Brigade Liaison Council Sakae Ward Flood Control Measures Liaison Council Sakae Ward Council of Social Welfare Fire Prevention Association
	Educational institution, etc. (2 persons)	Sakae Ward Elementary School Principals Association Sakae Ward Middle School Principals Association

<Summary of subcommittee's opinions>

◎ Disaster prevention drills

- Residents are reluctant to participate in drills held at community disaster prevention bases.
- Schools were requested to participate in drills held at community disaster prevention bases, but the requests were rejected.
- Depending on the base, student participation is a part of school activities.
- The Ward Office must actively publicize preparations for disasters, etc.
- Drills to accept disaster-relief volunteers must be held by the administration, volunteer groups and related agencies.

◎ Assistance-requiring persons

- Private information is a problem, but in some cases, it is necessary to exceed that boundary.
- Instead of leaving this matter to communities, the Ward Office must confirm the details of the program and provide appropriate instruction.
- Welfare facilities must deliberate evacuation and support methods, and strengthen their programs to support persons requiring assistance on a daily basis.

* Opinions received from the Liaison Council at the Community Disaster Prevention Base have been added.

The experience of the Great East Japan Earthquake on March 11, 2011 showed us the weaknesses in our disaster prevention training and disaster prevention manuals.

● Current situation of Sakae Ward, Yokohama City

Table F-1 Estimate of damages at current point
Building damage

Type of damage		Genroku-era type Kanto Earthquake	Earthquake in North Tokyo Bay	Major earthquake in Nankai Trough
Damage from shaking (No. of complete or partial destruction buildings)		3,462	18	100
Damage from liquefaction (No. of complete or partial destruction buildings)		109	0	39
Damage from steep slopes (No. of complete or partial destruction buildings)		6	0	0
Building damage (No. of buildings destroyed by fire)	Estimated time / wind speed			
	Winter, 5 a.m. Wind speed 6 m/s	47	1	0
	Winter, 18 p.m. Wind speed 6 m/s	206	9	0
Building damage (tsunami, flooding)		0	0	0

Human casualties

Type of damage		Genroku-era type Kanto Earthquake			Earthquake in North Tokyo Bay			Major earthquake in Nankai Trough		
		Deaths	Injuries	Serious injuries	Deaths	Injuries	Serious injuries	Deaths	Injuries	Serious injuries
Damage from shaking	5 a.m.	42	646	55	0	4	0	0	18	0
	12 p.m. (noon)	24	391	34	0	3	0	0	11	0
	18 p.m.	28	436	37	0	3	0	0	12	0
Damage from fire	5 a.m.	1	2	0	0	0	0	0	0	0
	18 p.m.	4	8	2	0	1	0	0	0	0

Conditions of scenario earthquake: (epicenter, scale, intensity in city areas)

- Genroku-era type Kanto Earthquake : Sagami Bay, magnitude 8.1, intensity 5+ to 7
- Earthquake in North Tokyo Bay : Tokyo Bay, magnitude 7.3, intensity 4 to 6+
- Major earthquake in Nankai Trough : Nankai Trough, magnitude 9, intensity 5- to 5+

The disaster bases in Sakae ward, their functions and details of the training that should be conducted are summarized below.

Table F-2 Disaster Bases and details of drills

Disaster base, organization	Role	Facility	Number of facilities	Operator	Details of drills
Neighborhood disaster prevention organization	Voluntary disaster prevention organization setup in neighborhood association units	Neighborhood association hall	89	Community residents	Disaster prevention drill (once a year) • Confirmation of safety • Fire extinguishing drill • First-aid, etc.
Community disaster prevention	Temporary evacuation center when homes are uninhabitable	Elementary/jr. high schools	20	Community residents,	Training for opening and operating base (twice a year)

base				administration, persons affiliated with school (Evacuees in the event of disaster)	• Initial stage, medium stage, final stage • Handling persons requiring assistance • Handling volunteers
Disaster-relief volunteer center	Opened in the event of a large-scale disaster. Coordinate the acceptance of volunteers and dispatch to places needing volunteers.	Sakae Library	1	Social Welfare Council (secretariat) volunteers	Volunteer coordination
Special evacuation center	Evacuation center for senior citizens and disabled persons for whom evacuating to community disaster prevention base is difficult	Welfare facility, etc.	19	Facility operator, etc.	Disaster prevention training (once a year) • Evacuation drill • Notification drill • Early fire extinguishing drills

The challenges for Sakae Ward were identified based on the above programs.

<Challenges>

(1) Drills at the community disaster prevention bases focus on confirming safety and fire extinguishing skills. Drills to open and operate base are practiced at only some bases.

(2) Only a few neighborhood associations have started programs to support persons needing assistance in the event of a disaster.

<Programs to resolve challenges>

(1) Carry out practical drills incorporating lessons learned from the Tohoku Earthquake.

(2) Carry out evacuation drills, including persons needing assistance in the event of disasters

Programs to Resolve Challenges

(1) Carry out practical drills incorporating lessons learned from the Tohoku Earthquake.

Community disaster prevention bases will hold drills taking the following points into consideration.

- Training to open and operate a base with community residents and schools, etc., working together
- Training for long-term operation of base (from initial stages to shift to temporary housing)
- Operation considering persons needing assistance
- Operation considering the acceptance of volunteers

- Providers:
  Neighborhood association, Liaison Council at the Community Disaster Prevention Base, schools, companies, voluntary fire corps, Social Welfare Council, disaster-relief volunteer network, special evacuation center operators, Ward Office
- Achievements of community disaster prevention base drills: 2,447 persons have participated at drills conducted at 11 bases (end of September 2012)
- Evaluation index

Program	Step 1	Step 2	Step 3
Carry out practical drills at community disaster prevention bases	Improve ward resident's disaster prevention awareness and knowledge	Number of participants in community disaster prevention base drills has increased	Number of victims at the time of a disaster is suppressed
	Index	Index	Index

	Rate of ward residents who know the community disaster prevention base's location and role	Number of participants in community disaster prevention base drills	Number of victims at the time of a disaster
	Measurement method	Measurement method	Measurement method
	Ward resident survey	Records of providers	Vital statistics

(2) Carry out evacuation drills, including persons requiring assistance in the event of disasters

Community resistances confirm the safety of persons requiring assistance in the neighborhood and support evacuations. The neighborhood association collaborates with the Ward Office to prepare a list of persons requiring assistance and a manual, and perform evacuation drills.

- Targets:
  Persons who cannot evacuate on their own (senior citizens requiring long-term care, disabled persons, etc.)
- Achievements:
  46% of neighborhood associations have started programs to support evacuation of persons requiring assistance (end of FY2011)

●Evaluation index

Program	Step 1	Step 2	Step 3
Carry out evacuation drills, including persons needing assistance in the event of disasters	Neighborhood associations understand the importance of supporting persons requiring assistance	Most neighborhood associations have a program to support persons requiring assistance	Number of victims at the time of a disaster is suppressed
	Index	Index	Index
	Number of seminars to explain a program to support persons requiring assistance, number of seminar participants	Rate of neighborhood associations that have started programs to support persons requiring assistance	Number of victims at the time of a disaster
	Measurement method	Measurement method	Measurement method
	Records of providers	Survey	Vital statistics

<Reference> Yokohama City's Support Policy

The following policy has been established to prevent persons from crushing to death should their wooden-structure home collapse.

◆ Evaluation of earthquake resistance, subsidies to improve earthquake resistance
Yokohama City provides evaluations of earthquake resistance for free, and provides subsidies to improve a structure's earthquake resistance

◆ Disaster prevention bed and earthquake resistant shelter installation subsidy
Yokohama City provides subsidies

Assessment of Current Programs

- In March 2012, a disaster prevention seminar was held with a lecturer from Ishinomaki City, Miyagi Prefecture, an area which was hit hard during the Great East Japan Earthquake. Exchanges have continued since then providing valuable information from the affected areas.
- A report on Ishinomaki was given in the Gazette Yokohama to provide information to almost all ward residents.
- The Liaison Council at the Community Disaster Prevention Base, school personnel and the Social Welfare Council joined the Disaster Prevention Task Force Subcommittee, and collaboration with the community was promoted centering around the community disaster prevention bases.

Plan to upgrade the current programs over the next 5 years

◎Improvement of community disaster prevention

	2013	2014	2015	2016	2017
Enhance of ward residents' spirit of self-help and mutual assistance	【Ward Office】 PR to educate and raise awareness (Gazette, delivery seminars)		Review program based on results of ward resident awareness survey		
	【Ward residents】 Register for disaster information emails, stockpile on foods for emergency use, measures to prevent falling of furniture, earthquake proofing of houses etc.				
	【Neighborhood associations】 ・ Enhance neighborhood disaster prevention organizations (information collection, stockpiles) ・ Programs to support of persons needing assistance (identify persons needing assistance, examine methods of evacuation, conduct drills)				
	collaborate	collaborate	collaborate	collaborate	collaborate
Enhance community disaster prevention base drills	**Conduct practical community disaster prevention base drills** ・Increase number of participants in drills (participation of neighborhood associations, schools, welfare institutions, private companies etc.) ・Conduct drills including evacuation of persons needing assistance ・Manage regime to accept volunteers				
Evaluation index	Percentage of ward residents who have made preparations for a disaster (survey of ward residents) Number of participants in drills, content of drills				
<Target> Number of participants in drills	10,000 people		20,000 people		50,000 people
Percentage of neighborhood associations making efforts to support of persons needing assistance	46.1% of all neighborhood associations		60% of all neighborhood associations		90% of all neighborhood associations

G. Child Abuse Prevention

[Data]

(1) The number of known new cases of child abuse is increasing. (See page 27, Fig. 2-3-1) Consultations regarding parenting from mothers who feel uncertainties toward their parenting skills are also on the rise. (See page 27, Table 2-3-1)

[Challenges]

(1) There are insufficient programs to prevent child abuse across the whole community.

The Violence and Abuse Prevention Subcommittee has studied the following issues.

Violence and Abuse Prevention Task Force Subcommittee

＜Members＞

Violence and Abuse Prevention Task Force Subcommittee	Administrative agency, etc. (12 persons)	Sakae Police Station Sakae Ward Administration(6) Child Consultation Center Board of Education Secretariat(4)
	Community activity groups, etc. (9 persons)	◎Sakae Ward Child Welfare Committee Sakae Ward Welfare Officer Children's Committee Sakae Ward Healthcare Activities Promotion Committee Sakae Ward Youth Counselor Committee Sakae Ward PTA Liaison Council Sakae Ward Children's Association Liaison Council Sakae Ward Council of Social Welfare Sakae Ward Child Rearing Support Group Liaison Council Community Support Center for child rearing
	Medical institutions, etc. (4 persons)	Sakae Ward Medical Association Yokohama Sakae Kyosai Hospital(2) Totsuka, Yokohama Habitation Centers for Children
	Educational institution, etc. (11 persons)	Sakae Ward Middle School Principals Association(2) Sakae Ward Elementary School Principals Association(2) Elementary School Nurse Research Society(2) Middle School Nurse Research Society(2) Sakae Branch of the Yokohama Kindergarten Association Sakae Ward Nursery School Principals Liaison Council (2)

* The subcommittee also functions as the Sakae Ward Child and Home Support Consultation Service Related Agency Liaison Council and Sakae Ward Child Abuse Prevention Liaison Council.

<Summary of Subcommittee's Opinions>

Situations which were difficult to handle

- Even if it is thought that there may be a problem in the home, it is difficult for persons (other than specialist agencies) to step into the home's problems.
- Children stand up for their parents, and parents try to hide the truth. It is difficult to grasp the actual situation.
- When a staff member tries to listen to the family, the relation with the parent worsens.
- (After consulting with a specialist agency), the child closes their mind and doesn't communicate.

- The staff handling a matter is stressed after consulting a difficult family.
- There are more cases where a staff member doesn't know whether to notify the situation to a specialist agency, such as when a child is receiving psychological abuse from parents' fights.
- Staff members don't know how to handle the situation when it is thought that there is a problem with the grandparents.

Solutions
- The Ward Office and Child Welfare Committee should share information on problem homes.
- If the problem cannot be resolved at school, assistance from other agencies should be requested.
- Homes that are difficult to handle should be handled by a team.
- The staff member handling the situation should receive advise from a specialist agency.
- The matter should not be left up only to the school, but should be handled with various agencies sharing responsibilities.

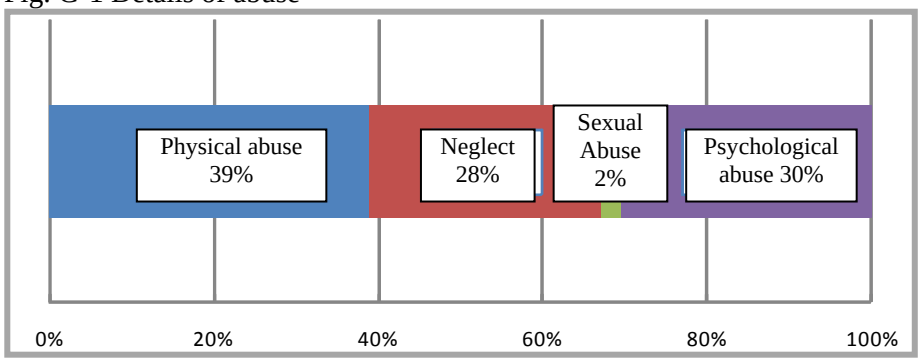
Other opinions
- An environment where the children themselves can issue an SOS and consult easily must be created.
- Instead of "How do we deal with the situation in front of us?" measures that allow parents to have hope are required. This can be done by strengthening a medical organization to deal with parent's anxieties, depression and mental disorders.
- A program that allows the younger generation, who will eventually become parents, to interact with children and understand a parent's feelings. Through this develop an interaction to reduce the risk of abuse.
- Places for parents to meet are operated within the community, but there are few concerns with parents who come here. We believe there is a risk with the parents who do not come to such places. We feel that our activities are not helping to prevent abuse.
- A survey conducted in another district showed that there are few cases of "delinquency". Creating places for exchange within an area that can be accessed by stroller, and creating an organization that supports parenting by the entire community may be effective.

Yokohama City Data

<Details of numbers of newly-recognized cases>

Physical abuse accounts for 40% of cases, psychological abuse for 30%, and neglect for 30%.

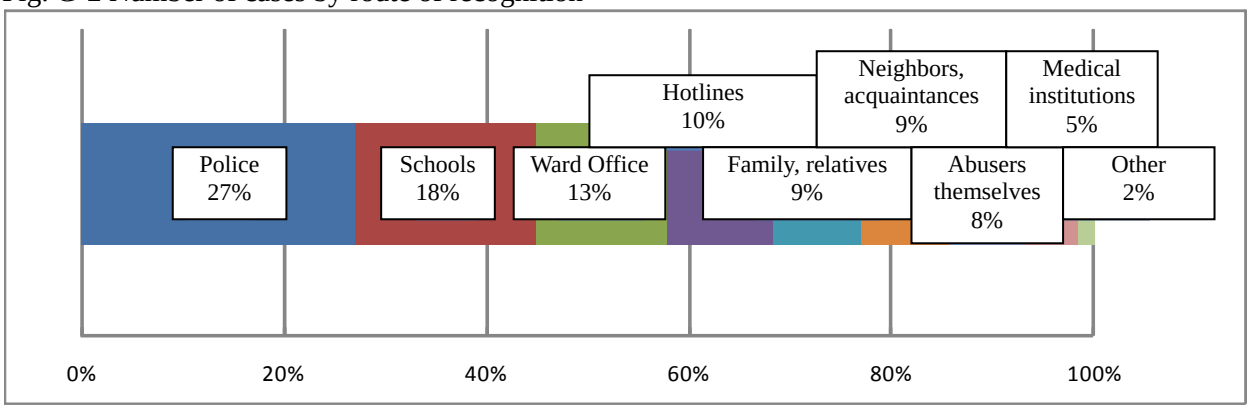
Fig. G-1 Details of abuse



Yokohama city data

Information parties vary, including police, schools, and neighbors.

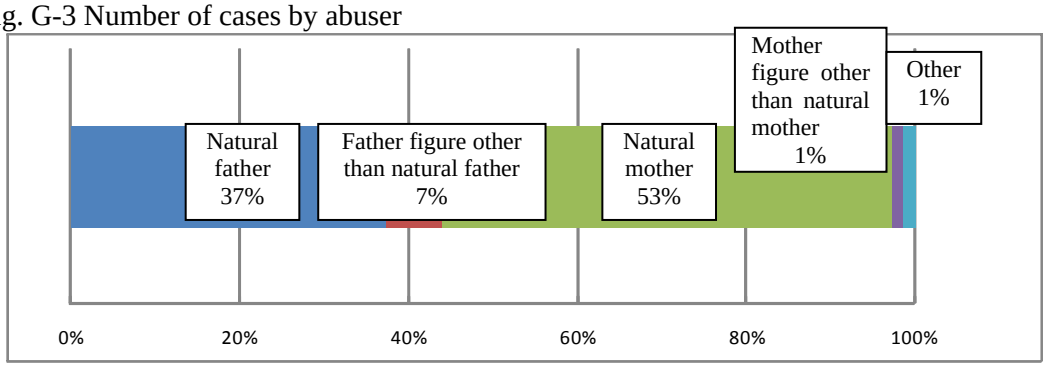
Fig. G-2 Number of cases by route of recognition



Yokohama city data

Although natural mothers are the abusers in over 50% of cases, abuse committed by natural fathers is increasing.

Fig. G-3 Number of cases by abuser



Yokohama city data

<Challenges identified from data>
(1) Providing support is difficult because there is no definite pattern.
(Various approaches are necessary for prevention)
(2) Expansion of knowledge and understanding of child abuse is critical.
(Community-oriented approach)
(3) Support for parents is necessary. (Parent-oriented approach)

Summary of challenges

<Challenge>	<Programs to resolve challenges>
(1) Providing support is difficult because there is no definite pattern. (Various approaches are necessary for prevention)	(1) Administrative activities and (2)(3)
(2) Expansion of knowledge and understanding of child abuse is critical. (Community-oriented approach)	(2) Parenting supporters
(3) Support for parents is necessary. (Parent-oriented approach)	(3) Hello Baby Visits

Programs to resolve challenges

(1) Administrative activities

The Sakae Ward Office has various activities intended to support parenting from the perinatal period. These include home visits by specialists and counseling sessions and relaxation activities intended to ease any anxiety toward parenting. The following activities are also promoted to support parents raising their children at home.

◆ Nursery schools: Opening of schoolyard, lunch programs, storybook library, etc.

◆ Community Support Center for Child Rearing:
Facility to provide a place for parent and child exchange, parenting consultations, and training of parenting supporters. Operated by social welfare service companies. Yokohama City has one facility per ward.

◆ Infant and toddler temporary nursery:
Anyone can temporarily leave his or her child at the nursery for any reason for a small fee.

(2) Parenting Supporters

Seminars to deepen understanding on parenting, education the ward residents, and to create a network of parenting support groups will be created with the collaboration of the Child Welfare Committee, Community Support Center for Child Rearing. Ward residents participating in such activities will be included as Parenting Supporters to create a community in which neighbors can easily talk to each other and create an environment in which parents feel that parenting is easy. (Training of Parenting Supporters will start from December.)

Target; Parenting support groups, ward residents

Past achievements:

Discussions by Child Welfare Committee, Community Support Center for Child Rearing and Ward Office: 4 times
Parenting lecture: October
Parenting Supporter training seminar: 3 seminars scheduled form December

● Evaluation index

Program	Step 1	Step 2	Step 3
Parenting supporters seminars	Seminar participants understand the importance of parenting support	Parenting supporters are carrying out voluntary educational activities	Reduce parents feeling anxious about parenting
	Index	Index	Index
	Rate of knowledge regarding parenting support	(1) Number of seminars, seminar participants (2) Number of educational activities, participants (5) Number of supporters	Number of new cases of child abuse
	Measurement method	Measurement method	Measurement method
	Seminar participants survey	Records of provider	Yokohama city data

(3) Hello Baby Visits

Staff members visit mothers having a newborn (up to 4 months), and provide information. The Hello Baby Visits are a government project, and in Sakae Ward the duties are entrusted to Child Welfare Committee, Welfare Officer Children's Committee. The aim is to create a connection between parenting parents and people in the community (Child Welfare Committee, etc.). The staff members aim to visit all target households.

Target: Parents with newborns up to 4 months old (Only one visit is made)

Past achievements:

Hello Baby visitors : 22 persons (end of September 2012)

Number of persons receiving Hello Baby Visit : 759 persons (visit rate 72%) (end of FY2011)

- Evaluation index

Program	Step 1	Step 2	Step 3
Hello Baby Visits	Through the Hello Baby Visits, the parents gain information about parenting services such as consultations, temporary nursery, etc	The parents make use of parenting services if necessary	Reduce parents feeling anxious about parenting
	Index	Index	Index
	Visit rate	Number of parenting services that the parents make use of	Number of new cases of child abuse
	Measurement method	Measurement method	Measurement method
	Records of provider	Records of provider	Yokohama city data

Assessment of Current Programs

- The number of consultations to Child Services have increased, leading to early discover and support. (Cases increased from 626 cases in FY2010 to 820 cases in FY2011.)
- Subcommittee members said they were reassured since staff members from the Ward Office and Child Consultation Center participated in the subcommittee, they were able to ask for expertise advice when necessary.
- Ward residents, in cooperation with the PTA Liaison Council and community Social Welfare Council, etc., have sponsored voluntary study seminars focusing on violence and abuse. Programs to think about and execute “What the community can do” are increasing.

Plan to upgrade the current programs over the next 5 years

◎ Educate and raise awareness among ward residents

	2013	2014	2015	2016	2017
Educational activities ・Promotion of child abuse prevention month (November) ・Ward resident festival, seminars, etc.	Review content of educational activities and expand participation →	Participation of parenting supporters			
Evaluation index	Number of leaflets and orange ribbons distributed				

◎ Educate and raise awareness (Expand parenting supporters)

	2013	2014	2015	2016	2017
Parenting supporter seminars	Expand seminar participation ・Improve content of seminar →				
	Interaction among seminar participants	Participation of seminar participants in educational activities	Seminar participants conduct educational activities voluntarily	→	Build a network of child rearing support groups
Evaluation index	Survey of seminar participants	Survey of seminar participants Number of educational activities by parenting supporters			

◎ Reduce the burden of persons caring for children

	2013	2014	2015	2016	2017
Hello Baby Visits	Conduct continuously →	Examine content of information provided during visits based on records of providers			
	Training to improve skills of visitors				
Evaluation index	Visit rate				
<Target> Visit rate	72%		80%		80%

◎ Early response to high-risk persons

	2013	2014	2015	2016	2017
Child abuse prevention liaison council	Hold regular network meetings →				
			Collaborate		
Interview and visits by nursing staff	・Use of EPDS during visits ・Mental health counseling by psychologist during pregnancy →	Appropriate support to high-risk persons			
Evaluation index	Number of network meetings Number of cases of counseling and response				Number of network meetings Number of cases of counseling and response Number of known new cases of child abuse

【Indicator ５】Programs that document the frequency and causes of injuries

(1) Injury Surveillance Subcommittee

(1) Subcommittee organization [Relisting]

Up to FY2011	Administrative agency, etc. (8 persons)	◎Health and Social Welfare Bureau, City of Yokohama Sakae Police Station Sakae Fire Station Fire Bureau, City of Yokohama Institute of Public Health, City of Yokohama Sakae Ward Administration Office (3)
	Person with relevant experience and knowledge (2 persons)	Otsuma Women's University, Department of Human Life Sciences Yokohama City University, Graduate School of Medicine, Department of Community Health Nursing
	Medical institutions, etc. (3 persons)	Sakae Ward Medical Association, Sakae Dental Association, Yokohama Sakae Kyosai Hospital
From FY2012	Person with relevant experience and knowledge (5 persons)	◎Otsuma Women's University, Department of Human Life Sciences Yokohama National University, Department of Architecture Yokohama City University, Graduate School of Medicine, Department of Community Health Nursing Meiji Gakuin University, Department of Social Work Yokohama City University, Association of International Arts and Science

(2) Role of Subcommittee

The Injury Surveillance Subcommittee covers the following five roles.

（１） Collection and analysis of data
- To conduct collection and analysis of basic data (see p. 90-1) and to provide information to the subcommittees.
- To collect new data and propose surveys with the aim of ascertaining the cause of injuries.

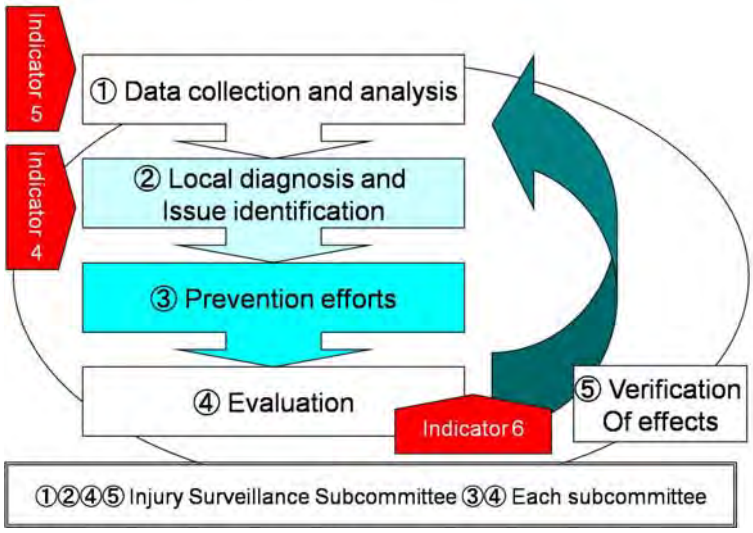
（２） Community diagnosis
- Identified issues based on collected data at the time of the launch of the Sakae Ward Safe Community Activities and cooperated in the selection of challenges and the establishment of subcommittees.

（３） Evaluation
- To receive reports regarding self-evaluation for each program from other subcommittees.
- To conduct evaluations of programs of each other subcommittee from the perspective of a specialist and as a third party, and to offer advice to them.
- To gather together the results of evaluations and report back to the Sakae Ward Safe Community Steering Committee.

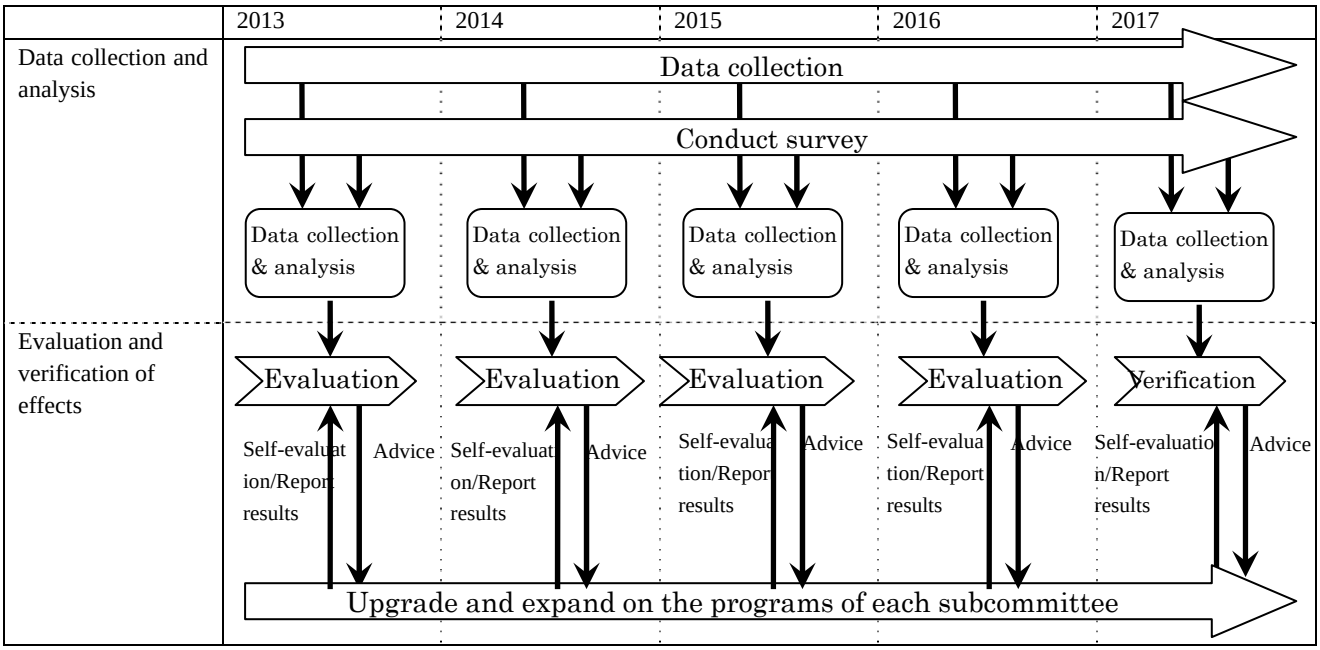
（４） Verification of Effects
- To continuously collect and analyze data, in order to grasp change over time.
- To conduct verification of effects based on evaluation indicators (long-term goals) and to report back to each subcommittee and the Sakae Ward Safe Community Steering Committee.

（５） Proposals for Sakae Ward Safe Community Activities
- To offer advice regarding the entire activities of Sakae Ward, taking the above into consideration.

The division of roles between the Injury Surveillance Subcommittee and each other subcommittee is as follows.



(3) Plan to upgrade the current programs over the next 5 years



(2) Basic Data

In Sakae Ward, the following data is continuously collected and analyzed to chronologically understand the current situation and challenges.

(1) Existing data

i) Vital statistics
This survey covers all births, deaths, marriages, divorces and stillborns as stipulated by the laws of the country. This data is used for comparison with the country, and as long-term index for programs in Sakae Ward.

ii) Emergency transport records
These statistics are provided from the Yokohama City Fire Station.
Since it is difficult to collect medical information in Sakae Ward, the emergency transport records are used for injury data. This data is especially valuable for understanding the situation of sports injuries and work-related injuries, which are not recorded in vital statistics.

iii) Ward resident awareness survey, ward resident survey
These surveys are conducted each year by Sakae ward to grasp changes in ward residents' awareness and actions of daily life and to understand their needs.
This survey does not focus on injuries, but it is used as an index to track changes in ward residents' awareness and actions, including of knowledge of disaster prevention, interactions with neighbors, and participation in volunteer activities, etc.

iv) Police statistics
These statistics provide information on traffic injuries, suicides and crime in the ward.

(2) New data

v) Factual survey of ward resident injuries.
This survey was carried out in FY2011 to 2012 by Sakae Ward with the cooperation of the Yokohama City University School of Medicine. This survey aimed to understand the situation of injuries, including close calls, and the causes related to injuries.
The main causes of injuries differ greatly according to age, so the survey items and investigation method were changed according to mother and child, students, middle age and senior citizens.
Going forward, we plan to conduct the survey by deciding on a theme, taking into account the challenges etc. of each subcommittee.

<Outline of Investigation>

- Purpose of research:
  Provide advice for establishing injury surveillance system in Sakae Ward
- Target of research:
  Four groups considering the vital statistics of Sakae Ward residents (senior citizens, students, mother and child, the middle-aged)
- Research method:
  Senior citizens and students were surveyed in FY2011, mother and child, and middle age persons were surveyed in FY2012)
- Mother and child:
  Parents of infants/toddlers (4 months, 1.6 years, 3 years) subject to Infant Health Check.
  Survey (anonymous, detention method)
- Students:
  463 fifth graders from 5 elementary schools and 365 second graders from 3 jr. high schools in Sakae Ward.
  Survey (anonymous, detention method)

- Middle age:
  1,000 ward residents between the ages of 25 and 64 selected at random from basic resident register
  Survey (anonymous, mail-in method)
- Senior citizens:
  1,000 ward residents between the ages 65 and older selected at random from basic resident register
  Survey (anonymous, mail-in method)

<Summary of basic data (1)>

Responsible organization	Name	Frequency	Details of investigation		
			Death	Injury	Remarks
Country	i) Vital statistics	Every year	○		Transport accidents, falls, drowning, accidental threats to breathing, fire, poisoning, intentional self-harm, assault
Yokohama City	ii) Emergency transport records	Every year		○	Transport accidents, falls, drowning, accidental threats to breathing, fire, poisoning, intentional self-harm, assault
Sakae Ward	iii) Ward resident awareness survey	Every 5 years			Changes in ward resident awareness and actions
	iii) Ward resident survey	Years other than above			Same as above
Sakae Police Station	iv) Police statistics	Every year	○	○	Transport accidents, intentional self-harm , crime
Sakae Ward	v) Factual survey on ward resident injuries	*		○	Injuries including close calls, and factors related to injury

*A theme will be selected each year for “v) Factual survey on ward resident injuries,” and the survey conducted accordingly.

【Indicator ６】Evaluation measures to assess their programs, processes and the effects of change

(1) Management of Program Progress

Each Subcommittee conducts a self-evaluation of the short-term and mid-term goals (step1.2) listed in the evaluation index, and reports those results to the Injury Surveillance Subcommittee.
The Injury Surveillance Subcommittee organizes the reports from each subcommittee, and evaluates them from an expert and objective viewpoint, and gives advice. The results are reported to the Safe Community Steering Committee.
The Steering Committee takes this report, organizes the evaluation results, and discloses them to the ward residents. After receiving designation, the results will be listed in the annual report presented to the Safe Community Support Center.
Each subcommittee will modify its program based on their self-evaluation and advice from the Injury Surveillance Subcommittee.
The Injury Surveillance Subcommittee continuously collects and analyzes the basic data listed in the previous chapters, and evaluates the data mainly for the long-term goals (step3) listed in the evaluation index.

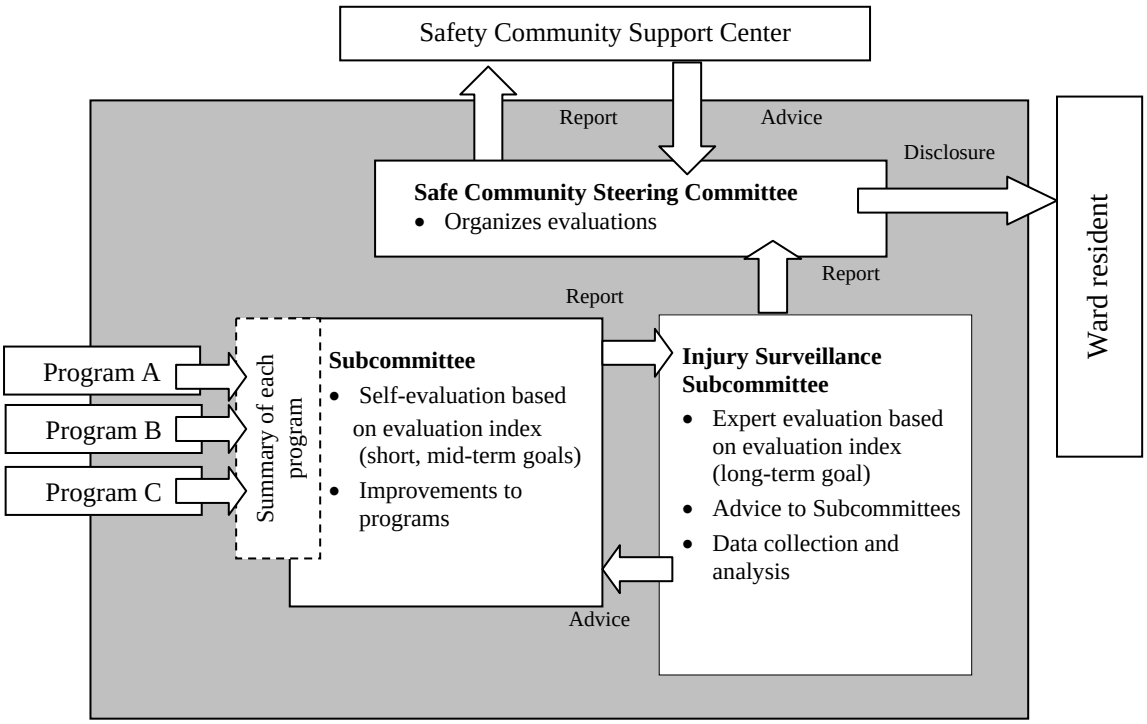


Fig. 4-6-1 Management of Program Progress in Sakae Ward

(2) Program evaluation method [Relisting]

Indexes and methods to evaluate the effect of each program has been set in the programs for each theme. These are listed below.

Safe Community Index	Step1 (Short-term goal)	Step2 (Mid-term goal)	Step3 (Long-term goal)
	Change in awareness, knowledge	Change in behavior, attitude	Change in situation

A　Child safety

【Purpose】Reduction of children accidents and injuries

Program	Step 1	Step 2	Step 3
Special exercise classes	Children know how to use their body well	Improve children's physical strength	Reduction of children's injuries
	Index	Index	Index
	Number of children joining the classes	Number of children's injuries caused by falls	Number of children's injuries caused by falls
	Measurement method	Measurement method	Measurement method
	Records of provider	Records of provider	Emergency transport records
Program	Step 1	Step 2	Step 3
Danger prediction training	Children and adults in the community (including parents) understand potential risks in daily life.	Children are taking actions to avoid potential risks in daily life.	Reduction of children's injuries
	Index	Index	Index
	Number of opportunities for danger prediction training, number of participants	Number of places known to be hazardous	Number of children's injuries
	Measurement method	Measurement method	Measurement method
	Records of provider	Training participants survey	Emergency transport records

【Purpose】Building a safe environment

Program	Step 1	Step 2	Step 3
Watching children by community residents Child Dial 110 Houses Greenery of school yards and parks	Parents and ward residents understand the importance of those activities.	Parents and ward residents participate in those activities voluntarily	A safe environment for children is established.
	Index	Index	Index
	Number of activities	(1) Number of volunteers for watching children (2) Number of registered "Child Dial 110 Houses" (3) Number of places where grass has been laid	(1) Number of volunteers for watching children (2) Number of registered "Child Dial 110 Houses" (3) Number of places where grass has been laid
	Measurement method	Measurement method	Measurement method
	Records of provider	Records of provider	Records of provider

B　Safe Elderly

【Purpose】Suppress certification of long-term care ratio

Program	Step 1	Step 2	Step 3
Genki Station (Fall Prevention Program)	Program participants understand the importance of fall prevention activities	(1) Increase the number of stations (2)Increase the number of participants	Suppress certification of long-term care ratio
	Index	Index	Index
	Awareness of fall prevention program	(1) Number of stations (2) Number of participants (especially male, 75 years and older)	Certification of long-term care ratio
	Measurement method	Measurement method	Measurement method
	Program participants survey	Records of provider	Sakae ward data

【Purpose】Early discovery of difficult cases such as abuse

Program	Step 1	Step 2	Step 3
Mimamori (watching over) activities for persons and households needing support	Ward residents know *Mimamori* activities	(1)The participants of *Mimamori* activities has increased (2)The areas providing *Mimamori* activities has increased	Early discovery of difficult cases such as abuse
	Index	Index	Index
	Number of ward residents participating in the events held by *Mimamori* groups	(1) Number of servers providing *Mimamori* activities (2)Number of areas providing *Mimamori* activities	Number of known difficult cases such as abuse, etc.
	Measurement method	Measurement method	Measurement method
	Records by *Mimamori* groups	Records by *Mimamori* groups	Records of Sakae Ward Office, etc.
Program	Step 1	Step 2	Step 3
Dementia supporters	Through educational activities like seminars, ward residents understand dementia	(1) Increase in number of dementia supporters (2) Dementia supporters are carrying out voluntary seminar	Early discovery of difficult cases such as abuse
	Index	Index	Index
	Dementia awareness (evaluation by seminar participants)	(1) Number of supporters (2) Number of seminars, seminar participants	Number of known difficult cases such as abuse, etc.
	Measurement method	Measurement method	Measurement method
	Seminar participants survey	Records of provider	Records of Sakae Ward Office, etc.

C Traffic Safety

【Purpose】Reduction of traffic accidents, injuries and deaths

Program	Step 1	Step 2	Step 3
Preparation and distribution of traffic safety map	Ward residents understand hazardous spots	Ward residents are taking actions to avoid hazards	(1) Reduction of transport accidents (2) Reduction of injuries and deaths from transport accidents
	Index	Index	Index
	Number of traffic safety maps distributed	Number of ward residents knowing hazardous spots	(1) Number of cases (2) Number of injuries and deaths from transport accidents
	Measurement method	Measurement method	Measurement method
	Records of provider	Survey	(1) Police statistics (2) Emergency transport records, vital statistics
Program	Step 1	Step 2	Step 3
Hamakko Traffic Safety Classes for elementary school students	Through the classes, children understand traffic rules and manners including the correct way to ride bicycle	Children are observing traffic rules and manners	(1) Reduction of transport accidents (2) Reduction of injuries and deaths from transport accidents involving children
	Index	Index	Index
	Percentage of children who have correct knowledge regarding traffic rules and manners	Causes of transport accidents involving children	(1) Number of cases (2) Number of injuries and deaths from traffic accidents involving children
	Measurement method	Measurement method	Measurement method
	Class participants survey	Police statistics	(1) Police statistics (2) Emergency transport records, vital statistics
Program	Step 1	Step 2	Step 3
Education to promote use of bicycle helmets	Children and parents understand importance of wearing helmet	Increase in number of children wearing helmets	Reduction of injuries and deaths from transport accidents involving children
	Index	Index	Index
	Number of leaflets distributed	Number of children wearing helmets	Number of injuries and deaths from transport accidents involving children
	Measurement method	Measurement method	Measurement method
	Records of provider	Survey	Emergency transport records, vital statistics
Program	Step 1	Step 2	Step 3
Measures for school zones	Parents and ward residents understand the hazardous spots in school zones	(1) Parents and ward residents are carrying out voluntary watching activities in school zones (2) Hazardous spots in the school zone have been maintenance	Reduction of transport accidents involving children during the commute to and from school
	Index	Index	Index
	Number of parents and ward residents who understand the hazardous spots in school zones	(1) Number of watching activity participants (2) Number of maintained areas	(1) Number of cases (2) Number of injuries and deaths from traffic accidents involving children
	Measurement method	Measurement method	Measurement method
	Records of provider	Records of provider	(1) Police statistics (2) Emergency transport records, vital statistics

D　Sports and Leisure Safety

【Purpose】Reduction of accidents and injuries during sports and competition

Program	Step 1	Step 2	Step 3
Holding of prevention seminars and provision of one-point advice during events	Subcommittee group members understand the importance of preventing sports injuries	Group members are carrying out voluntary educational activities	Number of accidents and injuries during sports and competition decreases
	Index	Index	Index
	Knowledge regarding prevention of sports injuries	Number of seminars and number of participants	Sports and competition accidents
	Measurement method	Measurement method	Measurement method
	Reports from each group	Reports from each group	Emergency transport records

【Purpose】Improvement of ward residents' physical strength and physical fitness

Program	Step 1	Step 2	Step 3
Events and opportunities for ward residents to enjoy sports	Ward residents understand the importance of sports	Ward residents enjoy sports voluntarily	Increase in number of ward residents enjoying sports
	Index	Index	Index
	Number of sports events, number of participants	Number of ward residents enjoying sports once in a week and more	Number of ward residents enjoying sports once in a week and more
	Measurement method	Measurement method	Measurement method
	Providers records	Survey	Survey

E Suicide prevention

Understanding detailed state to lead to practice

Purpose	Short-term goal	Mid-term goal	Long-term goal
Clarify the actual state of people at high risk for suicide	Understand the state of suicides in the ward each year, and the emergency transport state of self-inflicted injury victims.	Through chronological investigations, identify the situations and hot spots of suicide in the ward, persons at high risk of suicide, and high risk areas	By chronologically diagnosing the area, establish a community suicide prevention measures policy, and verify the effectiveness.
	Index	Index	Index
	Various investigations and statistics for each year	Cumulative values of investigations and statistics for each year	Transition of chronological investigation and statistics
	Measurement method	Measurement method	Measurement method
	Various investigations and collection of statistics for each year	Chronological analysis of various investigations and surveys	Chronological analysis of various investigations and surveys

Primary prevention: Increase correct knowledge among ward residents.

Purpose	Short-term goal	Mid-term goal	Long-term goal
Provide education on the understanding of suicide problems, persons at high-risk of suicide, and on the necessity of suicide prevention	Through educational activities, the ward residents' have a deeper understanding of suicide problems and persons at high-risk of suicide	(1) Heartful Supporters are participating in educational activities (2) Ward residents have a deeper understanding of suicide problems and persons at high-risk of suicide.	(1) Heartful Supporters are carrying out voluntary educational activities (2) Ward residents have a deeper understanding of suicide problems and persons at high-risk of suicide.
	Index	Index	Index
	Number of leaflets distributed, Number of panel exhibits	Number of leaflets distributed, Number of panel exhibits	Number of leaflets distributed, Number of panel exhibits
	Measurement method	Measurement method	Measurement method
	Records of providers	Records of providers	Records of providers

Primary and secondary prevention: Train "gatekeepers" who work to prevent suicides.

Purpose	Short-term goal	Mid-term goal	Long-term goal
Train gatekeepers for suicide prevention measures.	Basic seminars are held, and Sakae Heartful Supporters have been trained.	(1) Basic seminars have been held and evaluated, and the program has been brushed up. (2) There are more Sakae Heartful Supporters, and the ward residents have a deeper understanding of suicide problems and persons at high risk of suicide.	(1) The target of basic seminars has increased. (2) There are more Sakae Heartful Supporters, and the ward residents have a deeper understanding of suicide problems and persons at high risk of suicide.
	Index	Index	Index
	Types and numbers of target groups, number of seminar participants, rate of correct knowledge regarding suicide measures (compared before and after seminar), evaluation of seminar by seminar participants.	Types and numbers of target groups, number of seminar participants, rate of correct knowledge regarding suicide measures (compared before and after seminar), evaluation of seminar by seminar participants.	Types and numbers of target groups, number of seminar participants, rate of correct knowledge regarding suicide measures (compared before and after seminar), evaluation of seminar by seminar participants.
	Measurement method	Measurement method	Measurement method
	Records from providers,	Records from providers, tabulation	Records from providers,

	tabulation and analysis of seminar surveys	and analysis of seminar surveys	tabulation and analysis of seminar surveys

Purpose	Short-term goal	Mid-term goal	Long-term goal
Effective intervention to persons at high risk of suicide	Suicide prevention measures, and seminars related to mental health, communication skills, intervention and collaboration methods (skill up seminars) are held.	Skill up seminars are held continuously, and lead to appropriate consultations and interventions to high-risk persons.	The target of skill up seminar targets has increased, and lead to appropriate consultations and interventions to high-risk persons.
	Index	Index	Index
	Types and numbers of target groups, number of seminar participants, evaluation of seminar by seminar participants, experience in handling consultations	Types and numbers of target groups, number of seminar participants, evaluation of seminar by seminar participants, experience in handling consultations	Types and numbers of target groups, number of seminar participants, evaluation of seminar by seminar participants, experience in handling consultations
	Measurement method	Measurement method	Measurement method
	Records from providers, tabulation and analysis of seminar surveys	Records from providers, tabulation and analysis of seminar surveys	Records from providers, tabulation and analysis of seminar surveys

Primary, secondary and tertiary prevention: Increase knowledge and skills of specialists who deal with high-risk persons, and create a network to promote support of high-risk persons. Provide opportunities for specialists to learn, promoting peer-support between specialists, and thereby support and care for them.

Purpose	Short-term goal	Mid-term goal	Long-term goal
Effective intervention to persons at high risk of suicide	A network is provided to intervene with and support persons at high risk of suicide.	(1) A network meeting convenes periodically, and leads to appropriate consultations and intervention of persons at high risk (2) Cases of consultation and intervention are identified, and feedback has been given	(1) A network meeting convenes periodically, and leads to appropriate consultations and intervention of persons at high risk (2) Cases of consultation and intervention are identified, and feedback has been given
	Index	Index	Index
	Number of network meetings held	Number of network meetings held, number of handled consultations and details	Number of network meetings held, number of handled consultations and details, number of suicides and self-inflicted injuries transported
	Measurement method	Measurement method	Measurement method
	Records from providers	Records from providers, tabulation of consultations from each provider	Records from providers, tabulation of consultations from each provider, analysis of suicide related actions, and types and number of consultations

F　Safety at Disaster

【Purpose】Reduction the number of victims at the event of a disaster

Program	Step 1	Step 2	Step 3
Carry out practical drills at community disaster prevention bases	Improve ward resident's disaster prevention awareness and knowledge	Number of participants in community disaster prevention base drills has increased	Number of victims in the event of a disaster is reduced
	Index	Index	Index
	Percentage of ward residents who know the community disaster prevention base's location and role	Number of participants in community disaster prevention base drills	Number of victims in the event of a disaster
	Measurement method	Measurement method	Measurement method
	Ward resident survey	Records of providers	Vital statistics
Program	Step 1	Step 2	Step 3
Carry out evacuation drills, including persons needing assistance in the event of disasters	Neighborhood associations understand the importance of supporting persons requiring assistance	Most neighborhood associations have a program to support persons requiring assistance	Number of victims in the event of a disaster is reduced
	Index	Index	Index
	Number of seminars to explain a program to support persons requiring assistance, number of seminar participants	Percentage of neighborhood associations that have started programs to support persons requiring assistance	Number of victims in the event of a disaster
	Measurement method	Measurement method	Measurement method
	Records of providers	Survey	Vital statistics

G　Child abuse prevention

【Purpose】Reduction of new cases of child abuse

Program	Step 1	Step 2	Step 3
Parenting supporter seminars	Seminar participants understand the importance of parenting support	Parenting supporters are carrying out voluntary educational activities	Reduce parents feeling anxious about parenting
	Index	Index	Index
	Level of knowledge regarding parenting support	(1) Number of seminars, seminar participants (2) Number of educational activities, participants (3) Number of supporters	Number of new cases of child abuse
	Measurement method	Measurement method	Measurement method
	Seminar participants survey	Records of provider	Yokohama city data
Program	Step 1	Step 2	Step 3
Hello Baby Visits	Through the Hello Baby Visits, the parents gain information about parenting services such as consultations, temporary nursery, etc	The parents make use of parenting services if necessary	Reduce parents feeling anxious about parenting
	Index	Index	Index
	Visit rate	Number of parenting services that the parents make use of	Number of new cases of child abuse
	Measurement method	Measurement method	Measurement method
	Records of provider	Records of provider	Yokohama city data

Our past participation in Safe Community related conferences and events, and our upcoming schedule are listed below.

(2) Participation in Japan Network

Date	Details
June 2010	Visited Atsugi, Kanagawa Prefecture for on-site evaluation
November 2010	Attended Citizen Security and Safety Festa 2010 in Atsugi (Atsugi City) Attended Atsugi, Kanagawa Prefecture Safe Community designation ceremony
August 2011	Explained Sakae Ward's programs at Kanagawa Prefecture Police Headquarters
September 2011	Explained Sakae Ward's programs at Shizuoka City, Shizuoka Prefecture
November 2011	Attended Japan the Inaugural Conference of Safe Community Promotion Municipality Network (Atsugi, Kanagawa Prefecture)
December 2011	Explained Sakae Ward's programs at Suita City, Osaka
January 2012	Explained Sakae Ward's programs at Senior Club Liaison Council in Kamakura, Kanagawa Prefecture
February 2012	Visited Toshima Ward, Tokyo for on-site evaluation
March 2012	Visited Komoro City, Nagano Prefecture for on-site evaluation Attended Minowa-machi, Nagano Prefecture Safe Community designation ceremony Participated in Safe Community Study Session (Osaka)
September 2012	Attended the 1st Safe Community Seminar (Matsubara City)
September 2012	Attended 2012 Citizen Security and Safety Forum in Komoro (Komoro City)

(2) Participation in International Networks

Date	Details
March 2010	Attended the 19th International Conference on Safe Community (Suwon, South Korea) Attended Taipei International Symposium on Safe Communities
April 2011	Attended Asia Safe Community Network traveling seminar (Taiwan) Attended Taiwan International Symposium on Safe Communities (Taipei, Taiwan)
June 2011	Interim on-site evaluation by Safe Community Certifying Center (Sakae Ward, Yokohama City)
September 2011	Attended 20th International Safe Community Conference (Falun, Sweden)
December 2011	Attended JISC Safe School Certifying Center Commemoration Symposium (Osaka)
November 2012	Attended Asian Regional Conference on Safe Communities (Toshima City)

<State of interim on-site evaluation>

Sakae Ward's Vision of Town Deveropment and Our Prospects

1. General Policy for Safe Community Activities

Sakae Ward has set its original plan based on Yokohama City's general policy regarding safety. We will apply this plan to carry out activities to improve safety in the future.

(1) Ward Administration Management Policy

Each fiscal year, the Ward Administration Management Policy, specifying the policy for the entire ward administration, is established. The basic target for FY2012 is "Uniting our Hearts", "Uniting our Power", and "Working for Sakae Ward".
Six policies have been set to achieve our goals: "Promoting a town resistant to disaster", "Strengthening parenting support", "Increasing Safety and Security in Everyday Lives", "Developing Town Vitalization", "Preserving Bountiful Water and Greenery, and Environmental Actions", "Promoting town development for the community.
Our safe community activities are positioned as a vital pillar that connects these policies.

(2) Action Plan for Promoting Sakae Ward Safe Community Activities (Established June 2012)

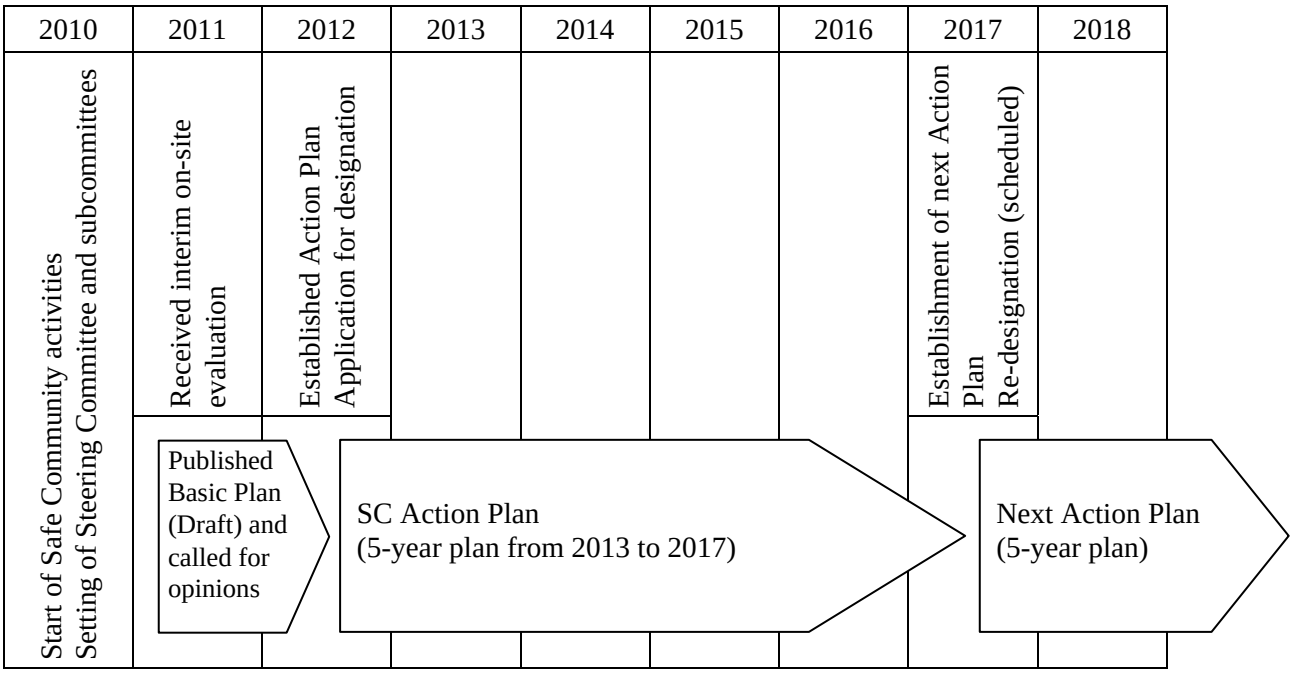
Sakae Ward, which was the first to start Safe Community activities in Yokohama City, has established an original action plan that reflects the opinions of the ward residents. With our mid-term goal set in FY2017, five years away, we have prepared challenges in the community and programs to resolve those challenges. Our plan is configured of seven themes which are urgent challenges in Sakae Ward: Child safety, Health promotion through sports, Traffic safety, Parenting support and prevention of child abuse, Elderly safety, Disaster preparedness, and Suicide prevention.
Sakae Ward's "Application Report to become a member of the International Safe Community Network" was prepared based on this action plan. By establishing this action plan, we are ensuring that Safe Community activities will be continued in Sakae Ward.

In addition to the above plan, in 2010 we enacted the "Town Development Action Plan", which is the basic concept of town development, and the "Second Community Welfare and Health Plan" to promote welfare and health. These plans clearly layout our intentions to promote Safe Community activities. By establishing these administrative plans and Safe Community organization, we will find resolutions to community challenges, and promote safe and secure town development.

Regarding disaster prevention, which is one of the most important challenges in Japanese communities, we have reviewed the Sakae ward Disaster Prevention Plan that was established in 1997. Learning from the Great East Japan Earthquake that occurred on March 11, 2011, the expected damage from earthquakes in Yokohama City has been greatly revised. Based on this we are setting disaster reduction targets, and we are revising our plans while incorporating our ward residents' opinions to strengthen our system of self-help and cooperation. We believe this will be a major pillar of our future Safe Community activities.

2. Aiming for a community overflowing with children's smiles

Acquiring Safe Community designation is merely a passing point. We must continue our programs to improve community safety and security.
Sakae Ward has promoted safe community activities with seven themes set as urgent challenges. However, there are still many challenges in the community including unpredictable natural disasters, such as the Great East Japan Earthquake, solitary deaths resulting from changes in society, and suicides among youths resulting from bullying. We cannot resolve all of these issues within the community. However, we hope to create a better community by having each resident think about what they can do to help and take action.
In particular for children who will form the future's society, we adults must convey a solid message. The SC Action Plan forms that message. In this plan, children are thought of as a member of the community that will promote safety and security programs.

The SC Action Plan is not a final version. For challenges that must be resolved with the community working together, the ward residents and administration must think together and constantly make revisions. We hope to create a safer and more secure community by having all persons in the community participating in these Safe Community activities.

Promotion of Safe Community Activities