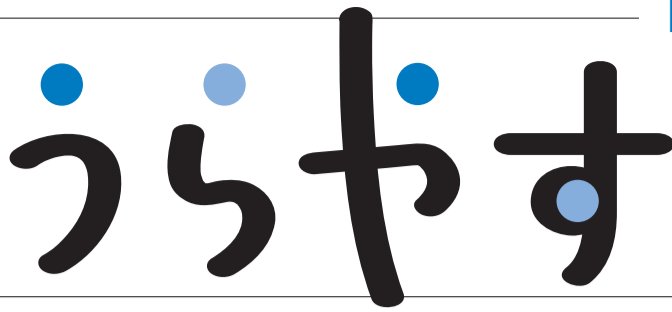




City  
News



U R A Y A S U

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Population and No. of  
Households in Urayasu

Population: 169,092  
Male: 82,369  
Female: 86,723  
Households: 82,142  
Foreign Residents: 3,822  
(As of September 30, 2021)

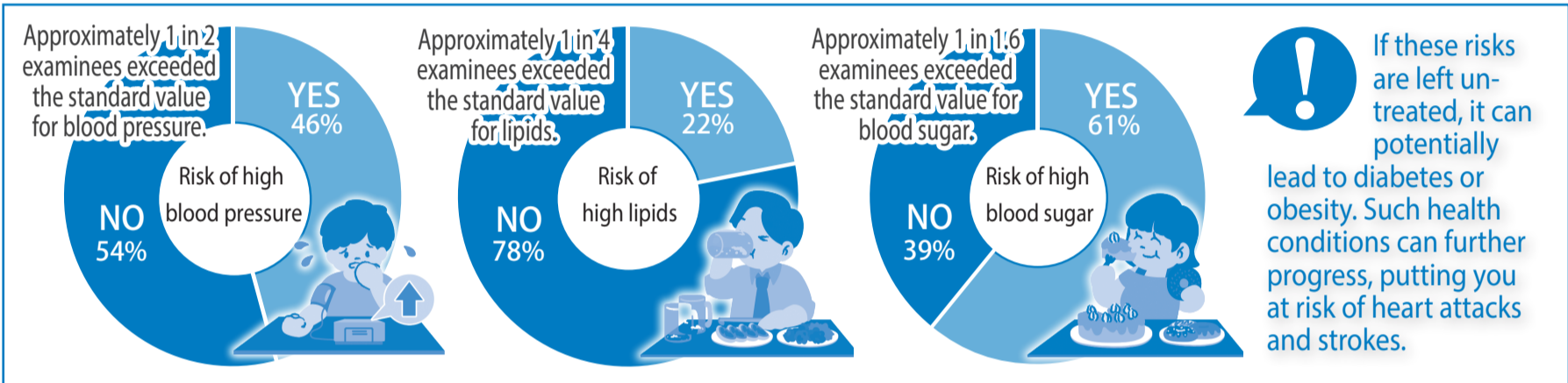
# Are You Monitoring Your Health?

Do you find yourself lacking exercise or eating an unbalanced diet due to the stay-at home requests? Make sure to check your physical health in check by going for a medical checkup once a year, and take measures to maintain good health.

Even if you think you are healthy, some illnesses progress without showing any symptoms. Medical checkups are important in detecting signs of such illnesses at an early stage.



## What is the Current Status on National Health Insurance Specified Medical Checkup Examinees for FY2020?



### Specified Medical Checkups

Specified medical checkups can help you identify changes in your body at an early stage, and can prove useful in improving your overall health. Based on the medical checkup results, individual consultation such as a Specified Health Guidance will be provided if necessary.

**Checkup deadline:** until January 31, 2022

**Eligibility:** Those aged between 40-74 years, who are enrolled in Urayasu City National Health Insurance. **Note:** medical checkup tickets will be sent to eligible persons in April

**Medical checkup items:** medical examination by interview, blood test (blood sugar level, lipid level, uric acid, etc.), urine examination (urine protein, urine sugar), and waist circumference measurement. Anemia testing, an electrocardiogram test, and a fundus examination will be conducted if necessary.

**Application:** Please check the "List of Medical Institutions providing Specified Medical Checkups" enclosed with your ticket, and make an appointment directly by telephone.

**Note:** If you have lost your ticket, please bring your ID and visit the National Health Insurance & Pension Section (Urayasu City Hall 2F) to reissue a new ticket.



### Medical Checkups for the Latter-stage Elderly

Lifestyle related diseases and symptoms can be detected at an early stage, leading to prevention and early treatment.

**Checkup deadline:** until January 31, 2022

**Eligibility:** Those enrolled in Chiba Prefecture Latter-stage Elderly Healthcare System. **Note:** medical checkup tickets will be sent to eligible persons in April

**Medical checkup items:** medical examination by interview, blood test (blood sugar level, lipid level, uric acid, etc.), urine examination (urine protein, urine sugar). Anemia testing, an electrocardiogram test, and a fundus examination will be conducted if necessary.

**Application:** Please check the "List of Medical Institutions providing Medical Checkups for the Latter-stage Elderly" enclosed with your ticket, and make an appointment directly by telephone.

**Note:** If you have lost your ticket, please bring your ID and visit the Health Promotion Section (Health Center 1F) to reissue a new ticket.



### Various Cancer Screenings

All cancer screenings in Urayasu City are free of charge except for a gastroscopy. Checkup tickets will be sent out in April to all those who are eligible, so please check if you have received your ticket.



#### Cancer screenings that are offered

- Breast cancer screening
- Lung cancer screening
- Prostate cancer screening
- Stomach cancer screening
- Colorectal cancer screening
- Cervical cancer screening

### Health Consultations After Medical Checkups

You can receive a consultation regarding any health or nutrition concerns. Please do not hesitate to consult us, even regarding small matters such as receiving a bad health checkup result or noticing that you get tired more easily than before.

**Date and time:** Monday to Friday 9 a.m. to 4 p.m. (excludes national holidays and the New Year holiday season)

**Location:** Health Center

**Application:** please call the Health Promotion Section (Tel: 381-9059)

**Inquiries:** regarding Specified Medical Checkups... National Health Insurance & Pension Section **Tel:** 712-6829

Regarding Medical Checkups for the Latter-stage Elderly, various cancer screenings, or a health consultation after medical checkups... Health Promotion Section **Tel:** 381-9059

## The 31st Tokyo Bay Urayasu City Marathon is Recruiting Participants

**Date and time:** February 6, 2022 (Sun.), 8 a.m. to 11 a.m.

**Location:** Sports Park vicinity

• **10 km Division** starts at 8:45 a.m.

**Eligibility:** Residents of Urayasu City who are 15 years old or older (excludes middle school students) who can complete each checkpoint within the time limit. 750 people on a first-come, first-served basis

**Checkpoint Time Limits**

Checkpoint	Time limit
5 km	40 minutes
Goal	80 minutes

**Fee:** ¥3,000 (high school students ¥1,500)

• **3 km Division** starts at 8 a.m.

**Eligibility:** Residents of Urayasu City, fifth graders and older. 1,000 people on a first-come, first-served basis

**Fee:** ¥2,000 (elementary, middle, and high school students ¥1,000)

### Application:

Apply on the Runnet website (<https://runnet.jp>) between November 8 (Mon.) through 19 (Fri.), or go to either the Japan Post Bank or post office to make a payment and submit your application form (postal transfer handling form) <available at Sports Section (Urayasu City Hall 7F), Bardral Urayasu Arena, Chuo Martial Arts Gymnasium, various Public Halls, or City Service Centers>

**Inquiries:** Sports Section **Tel:** 712-6819



## Accepting Enrollment/Transfer Applications for April 2022 at Facilities such as Licensed Nursery Schools

Applications are now being accepted for those who wish to enroll their child in a licensed nursery school starting April 2022. Those who have applied for FY2021 but were not admitted need to file an application again.



**Eligibility:** Infants and toddlers who can participate in group activities, and are in need of childcare due to the guardian's monthly work exceeding 64 hours or illness

**Application:** Submit the application form (available at Nursery Schools & Kindergartens Affairs Section or each nursery school, or download from the Urayasu City website) and all required documents between November 4 (Thu.) through 19 (Fri.) (applications must arrive no later than this date), either in person or sent by mail to Urayasu City Hall Nursery Schools & Kindergartens Affairs Section, 279-8501

**Inquiries:** Nursery Schools & Kindergartens Affairs Section **Tel:** 712-6439

## Providing Temporary Assistance Benefits to Small and Medium-sized Businesses Affected by Novel Coronavirus

**Eligibility:** Small and medium-sized businesses in Urayasu City that have business dealings with restaurants that had to shorten their business hours, all in response to the state of emergency declaration and targeted approach measures to prevent the spread of infection, and additionally, have experienced a drastic decrease in sales due to stay-at-home requests, etc.

**Benefit amount:** Private businesses ¥150,000, corporations ¥300,000, **Note:** Only offered once per business

**Application:** Send the application/invoice (download from the Urayasu City website) and all required documents by mail to Urayasu City Hall Commerce, Industry and Tourism Section, 279-8501 by March 31 (Thu.), 2021

**Inquiries:** Commerce, Industry and Tourism Section **Tel:** 712-6295

## Let's Separate Recyclable Paper

Urayasu City promotes 4R (refuse, reduce, reuse, recycle) to reduce and recycle garbage. Snack packages, note paper, school work-sheets, etc. can be separated and recycled as recyclable paper. Paper bags from department stores can be reused. Bags can be made from newspaper. Please separate recyclable paper and dispose them as recyclable garbage (paper products), and participate in reducing and recycling garbage.



Please insert an illustration of a bag that contains recyclable paper using the attached "paper bag" illustration as reference

**Inquiries:** Garbage-Free Section **Tel:** 712-6485

## Collecting Used Cooking Oil, Used Clothes and Fabrics

**Date and time:** November 10 (Wed.), 9 a.m. to 2 p.m.

**Location:** Citizen's Hall (Urayasu City Hall 1F)

**Eligibility:** Used cooking oil from households, suits, shirts, sweaters, pants, towels, handkerchiefs, towel blankets, blankets, gloves, kimonos, sheets, curtains, neckties, and undergarments/socks/stockings (new or unused only)

**Note:** Containers carrying used cooking oil will not be collected. Used clothes and fabrics must be washed and dried, and brought in clear bags, separated by type. Please use the multi-level parking structure if you are driving to the City Hall.

**Inquiries:** Garbage-Free Section **Tel:** 712-6485

## Business Hours for Station City Service Centers Will Change

From April 1, 2022, business hours at the Station City Service Center will be from 8:30 a.m. to 5 p.m.

Library book checkouts at Urayasu and Maehama City Station Service Centers will also be from 8:30 a.m. to 5 p.m. Mare Library Service Corner will continue to be open from 7 a.m. to 9 p.m.

**Inquiries:** Civic Affairs Section **Tel:** 712-6265

## Your Taxes Support Civic Life in Urayasu City

Urayasu City Hall provides welfare, education, roads, public parks, garbage disposal services, disaster prevention measures, and services related to fire emergencies in order to support the lives of our residents. "City taxes," which include residential and fixed property taxes, are the financial resources used to provide for such services. Here are some areas closely connected to your everyday lives, in which your taxes are being used. This is an example of how ¥10,000 of paid tax is being utilized (calculated based on initial budget for general accounts in FY2021).

### How ¥10,000 of paid tax is used:

<p><b>¥2,200</b></p> <p>Child-rearing, nursery schools, child allowance, youth programs, etc.</p>	<p><b>¥1,900</b></p> <p>Services for the elderly and disabled, health insurance, welfare, etc.</p>
<p><b>¥1,550</b></p> <p>Elementary and middle schools, kindergartens, lifelong learning, school lunches, etc.</p>	<p><b>¥1,100</b></p> <p>Paying back Urayasu City loans</p>
<p><b>¥600</b></p> <p>Parks, sewage, community development projects, etc.</p>	<p><b>¥350</b></p> <p>Construction/maintenance of roads, bicycle countermeasures, traffic safety, etc.</p>
<p><b>¥1,000</b></p> <p>Disaster prevention, public relations, computer systems, etc.</p>	<p><b>¥800</b></p> <p>Waste disposal, recycling, environmental preservation, health and hygiene, etc.</p>
<p><b>¥300</b></p> <p>Emergency, fires, etc.</p>	<p><b>¥200</b></p> <p>Revitalization of economy, reserve funds, etc.</p>

**Inquiry:** Residential Tax Section **Tel:** 712-6214

# A Stroll with the Mayor

Etsushi Uchida, Mayor of Urayasu City

## Nutrition Pictogram

Thank you for your cooperation in preventing the spread of novel coronavirus infection. Recently, the number of novel coronavirus infection cases seems to be decreasing, but the situation still continues to be a challenge. We kindly ask for your continued cooperation in cooperation in practicing this new lifestyle.

Now, you might have heard of the term "nutrition education."

Eating is essential for humans to sustain life. While delicious and enjoyable meals can enrich our lives, a balanced diet and healthy eating habits are the foundation of a healthy body and lifestyle.

For these reasons, Urayasu City has been planning "Promotion Program for Shokuiku (Food and Nutrition Education)" to advance nutrition education in a comprehensive and systematic manner. Especially in elementary schools, junior high schools, and nursery schools, through school meals, we are trying to build a foundation that encourages children to develop lifelong "eating skills."

At the opening ceremony of the Tokyo 2020 Olympic Games, the pantomime pictogram performance attracted much attention. Using this pictogram approach, the Ministry of Agriculture, Forestry and Fisheries has been working on spreading information about nutrition education.

These pictograms are easy to understand, even for children. They are designed to describe some of the

main points of nutrition education. For example, to eat breakfast, to eat a good balanced meal, to wash your hands, to not waste food and so forth.

With our lifestyles undergoing changes, the issues surrounding food has also greatly changed and various problems have now been surfacing. De-



spite all of this, we endeavor to raise awareness for nutrition education – the foundation of intellectual education, moral education, and physical education – in a way that is easy to understand, through the use of pictograms.

## Recyclable Waste Disposal Schedule

Collection Area	Bottles/Cans/ PET plastic bottles	Newspapers/ Magazines
Nekozone, Kitazakae, Todaijima	Every Tue.	Every Mon.
Horie, Higashino, Fujimi, Maihama, Tekkadori 3-chome	Every Wed.	Every Sat.
Kairaku, Mihama, Irifune, Hinode, Akemi	Every Thu.	Every Mon.
Tomioka, Imagawa, Benten, Takasu, Minato, Tekkadori 1- and 2-chome, Chidori	Every Fri.	Every Sat.

\* Please put out your garbage between 7 a.m. and 8 a.m. It is against the rules to put it out earlier or later than this designated time as it could become a nuisance in your neighborhood.

\* Bulky items will be collected separately on request by phone. Call the Bulky Items Reception Center ☎ 305-4000. For inquiries, contact the Garbage-Free Section ☎ 712-6467.

## FOREIGN RESIDENTS' ASSISTANCE DESK

Urayasu City provides consultation services concerning daily life such as medical, educational or job-related matters.

**HOURS:** 10 a.m. - 12 noon, 1 - 4 p.m. weekdays

**LANGUAGES:** English, French, Chinese, Polish, Russian and Japanese

**PHONE NUMBER & LOCATION:** 712-6910

Local Activities Promotion Section

## Foreign Residents Advisory Corner

**Hours:** Every Monday to Friday, 9 a.m. to 9 p.m., every Saturday and Sunday, 9 a.m. to 5 p.m.

**Languages:** English

**Phone Number & Location:** 306-5181, International Center