

【Keep one’s health by walking】

Hello, I’m Omori, Mayor of Okayama.

There was a gathering with intellectuals in Tokyo on May 9th and I received various opinions towards Okayama.

One of my friends once told me that if you live in Okayama, sometimes you cannot see it objectively. So this gathering was held to hear advice from people living outside of Okayama.

I have learned so much from the seven intellectuals. This time I would like to introduce Dr. Kuno’s story who was one of them.

Dr. Kuno said that to live healthily for old people means “social contribution” and it has merits such as motivation in life, quality of life, and hold-down of medical cost for both individuals and society.

As an example, a study showed that walking prevents risk of lifestyle-oriented diseases based on a graph of the percentage of people who drive and the number of diabetics per 100,000 people in Tokyo, Osaka, and Aichi.

The ratio of people who drive in Aichi was about 73%, Osaka was about 43%, and Tokyo was about 34%. The ratio of diabetic outpatients in Aichi was about 190 people, Osaka was about 160 people, and Tokyo was about 140 people per 100,000 people.

I would like to compare this with Okayama but I think the result would be miserable because the ratio of drivers in Okayama is 20% more of that of Nagoya City.

Cars are essential for everyday life but I strongly felt that urban planning is necessary in certain areas that people happen to walk automatically.

It is of course much better that people play sports of what they like.

I played tennis almost every weekend until last June but since I came back to Okayama I have few chances to exercise and I have to use my car. As a result, my waist is now 85cm which was 4cm wider than before. My pants became tight for me to wear so I had it fixed. I took this seriously and started to walk 3,000 to 4,000 steps in 30 minutes from a month ago in addition to sit-ups and squat.

I’m expecting that I will get good result at a check-up in this July and I hope to have my pants fixed again to my previous size.