

Komoro City, Nagano Prefecture, Japan

1. About Komoro City

Komoro is a historic city with an old castle and surrounded by rich nature. It is located on the highland along a south foot of majestic Mt. Asama in eastern Nagano prefecture with the Chikuma River, an A class river, running through the city.

(The location of the City Hall is at altitude 679m above sea level.)



The city was municipalized as Komoro City in 1954 by merging one town and five villages.

As explained by a motto; "Making Komoro a community with a harmony of peoples' smile and the nature", the administration and residents have been working in collaboration to make Komoro a vital community where

each one of people can enjoy the feeling of happiness.

2. Development of achieving a Safe Community Designation

• **December /2009**

- Visited the Minowa Town, a community working for SC designation in Nagano Prefecture, to study their Safe Community activities
- Started the research aiming at becoming a member of WHO International Network of Safe Communities
- Participated in Safe Community Study Workshop by people of Minowa Town

• **January /2010**

- Visited to Atsugi City, a community working for SC designation in Kanagawa Prefecture, to study their Safe Community activities
- Visited to Kameoka City, the first SC designated community in Japan, in Kyoto Prefecture to study their Safe Community activities

• **February /2010**

- Participated in Safe Community Workshop in Sakae Ward, Yokohama City in Kanagawa Prefecture
- Participated in Safe Community Workshop in Minowa Town

• **March /2010**

- Attended to the International Safe School designation ceremony at Ikeda Elementary School attached to Osaka-Kyoiku(Normal) University
- Participated in Asia-Pacific region Safe School Promotion Forum in Osaka
- Declared about launching Safe Community projects to become a member of International Network of Safe Communities
- Participating in the 19th International Safety Communities Conference in Suwon, South Korea

3. Population constitution

Total 44,591 (Male:21,610 , Female:22,297 , Foreiner:684) as of 2010.Fev.1

Age	Number	Male	Female	Age	Number	Male	Female
0 - 1	1,928	991	937	55 - 59	3,365	1,720	1,645
5 - 9	1,986	1,016	970	60 - 64	3,424	1,712	1,712
10 - 14	2,174	1,121	1,053	65 - 69	2,939	1,472	1,467
15 - 19	2,288	1,186	1,102	70 - 74	2,326	1,075	1,251
20 - 24	1,982	990	992	75 - 79	2,249	995	1,254
25 - 29	2,223	1,145	1,078	80 - 84	1,922	748	1,174
30 - 34	2,886	1,465	1,421	85 - 89	1,105	352	753
35 - 39	3,052	1,573	1,479	90 - 94	457	125	332
40 - 44	2,746	1,357	1,389	95 - 99	118	19	99
45 - 49	2,661	1,369	1,292	Over100	17	3	14
50 - 54	2,743	1,381	1,362				

4. Causes of Death (The year of 2009 : based on death statistics)

Total 467 (Ranking in cause of death)

Rank	Causes	Number
1	Cancer(Malignant neoplasm)	126
2	Cardiac disease	90
3	Others	75
4	Cerebrovascular disease	67
5	Pulmonary/Respiratory disease	44
6	Unintentional Accidents	17
7	Caducity	16
8	Kidney disease	10
9	Diabetes	9
	Suicide	9

External Causes of Death (26)

Suicide 9

Unintentional Accidents 17

(Suffocation 5 , Drowning 4 , Contusion 4 , Freezing 3 , Poisoning 1)

5. Program and activities of safety promotion

(1) Activities and programs for each age

Program or Activities	Komoro city	Other related Agencies
0-14 years old		
Safety Watch for School Kids	+	Community members
Emergency e-mail service by mobile phone	+	Schools
15-64 years old		
Share the value of life(communication with babies)	+	High Schools
Mental Counseling (occasionally by nurses, Periodically by doctors)	+	
Lectures on mental health (Suicide prevention)	+	
Attentive-Listening volunteer training Project	+	Social Welfare Council
Over 65 years old		
Lecture on mental health (Suicide prevention)	+	
Safety Map (To protect disabled, bed ridden etc.)	+	Community members Social Welfare Council Fire Station
“ Genki ” Class (health promotion program)	+	Social Welfare Council
Hatsuratsu Health Course (health promotion program)	+	
Watch over Senior citizens	+	
“Safety call” for senior citizens living alone	+	Social Welfare Council

(2) Environments Safety

Program or Activities	Komoro city	Other related Agencies
Home Safety		
Promotion of fire alarm installation	+	Fire Station Fire Volunteers Corps
Activities by local welfare commissioners	+	local welfare commissioners
Traffic Safety		
Traffic Safety campaign Stop drinking & driving	+	Traffic safety Association Traffic Safety Promotion-council
Work Place Safety		
Counseling program for mental health	+	
School Safety		
Patrol during commuting time in community	+	Community members
Emergency e-mail service by mobile phone	+	Schools Nursery Schools
Installation of Security Alarm	+	

(3) Intentional Injuries prevention

Program or Activities	Komoro city	Other related Agencies
Crime Prevention		
Emergency e-mail service by mobile phone	+	Schools Nursery Schools
Patrol during commuting time in community	+	Community members
Crime prevention patrol	+	Residents Association
Community patrol by blue rotating lights vehicles	+	
Installation of crime prevention lights	+	
Violence Prevention		
Child Abuse prevention • Seminar • Counseling	+	
Elderly Abuse prevention • Seminar • Counseling	+	
Counseling for DV victims	+	
Mental health counseling	+	Social Welfare Council
Suicide Prevention		
Mental health counseling	+	Social Welfare Council
Lecture meeting about mind (Suicide prevention)	+	

(4) Disaster and Fire prevention and response

Program or Activities	Komoro city	Other related Agencies
Disaster Prevention		
Providing information over the community wireless system and mail delivery system	+	
Comprehensive Disaster drill	+	Fire Volunteers Corps Voluntary Disaster-prevention Organization
Activities of Fire volunteers and Voluntary Disaster prevention organization	+	Fire Volunteers Corps Fire Station
Promotion of installing fire alarm	+	Fire Volunteers Corps Fire Station

(5) Other activities

Program or Activities	Komoro city	Other related Agencies
Education of First Aid Treatment		
Training Session of emergency rescue and AED	+	Community members Fire Station

6. Organizations related to safety promotion in Komoro City

- Residents Association
- Disaster prevention conference
- Life safety strategy meeting
- Child Welfare Commissioner
- Traffic Safety Association
- Traffic Safety Promotion Council
- Flood Prevention Council
- Crime Prevention Association
- Voluntary Disaster Prevention Organization
- Fire Volunteers Corps
- Red Cross Volunteers
- Social Welfare Council
- Youth Sound Upbringing Council
- Coalition of Senior citizens Club
- Human rights Commission