

Public Relations Kyotango Magazine – February 2026



Town Topics

Kyotango City Youth Overseas Homestay Program *Conducting Fieldwork on a Stage Abroad*



Every year, Kyotango City has its Youth Overseas Homestay Program, which aims to broaden the horizons of next-generation leaders and cultivate their English and problem-solving skills in various situations. This year, the students will set off to Perth, Australia for their fieldwork. At the delegation ceremony on November 21st, the selected 20 second-year junior high school students each presented their motivation for joining the program to the Mayor and the Superintendent of the Board of Education.

Both officials were moved by the students' passion and determination. Before the delegation's departure in March, the students will undergo intensive pre-departure trainings to boost their language skills and cultural awareness, preparing for meaningful research during their time abroad.

By the **Schools and Education Section** TEL 0772-69-0620

JICA Overseas Cooperation Volunteer Program **Kyotango Native Dispatched to Vanuatu**



Born and raised in Kyotango, Yuuma Fujiwara (pictured above) will be dispatched to the Republic of Vanuatu as a JICA International Cooperator for two years. Fujiwara visited and spoke to the Mayor of Kyotango City about his aspirations. During his school years, Fujiwara was a member of the wrestling club at Amino High School. In Vanuatu, he will be dispatched as an elementary school teacher, teaching subjects such as music, physical education, and arts and crafts to the local schoolchildren. Fujiwara also plans to hold online exchange programs with schools in Japan, while engaging with the local people and learning new things together.

By the **Policy and Planning Section** TEL 0772-69-0120

Consultations about Filing 2025 Income Tax and 2026 Residence Tax (Municipal Tax/Prefectural Tax)

Schedule for Consultations

[Key: Tax Bureau Consultation, Tax Bureau Consultation (no consultations about asset transfer income (such as land plots) and gift tax), District Consultation, City Hall Consultation]

Consultation Venue	February									
	16	17	18	19	20	24	25	26	27	
	M	T	W	Th	F	T	W	Th	F	
Mineyama Tax Bureau										
City Hall Bldg. No. 2 (Mineyama)										
Agri Center Omiya										
Amity Tango										
Tango Town Hall										
Yasaka Town Hall										
Kumihama Town Hall										

Consultation Venue	March											
	2	3	4	5	6	9	10	11	12	13	16	
	M	T	W	Th	F	M	T	W	Th	F	M	
Mineyama Tax Bureau												
City Hall Bldg. No. 2 (Mineyama)												
Agri Center Omiya												
Amity Tango												
Tango Town Hall												
Yasaka Town Hall												
Kumihama Town Hall												

Consultation Type	Consulting Org.	Open Hours	Tax Topics
Tax Bureau Consultation	Tax Bureau	9:00AM ~ 3:00PM (Service tickets distributed from 8:30AM) Reservations can be made over LINE	Income Tax Consumption Tax Gift Tax

		Consultation reception may close early due to high volume.	
District Consultation	Tax Accountant District Promotion Bureau City Hall	9:00AM ~ 3:00PM (Service tickets distributed from 8:30AM) Lunch break from 12:00PM ~ 1:00PM	Income Tax Residence Tax
City Hall Consultation	City Hall	9:00AM ~ 3:00PM (Service tickets distributed from 8:30AM) Lunch break from 12:00PM ~ 1:00PM	Income Tax Residence Tax

- ※ District consultations are implemented in cooperation with the Mineyama Tax Bureau, the Kinki Region Tax Accountant’s Association’s Mineyama Chapter, the Mineyama Tax Payment Association, the Tango Wide Area Promotion Bureau, and Kyotango City.
- ※ City Hall Bldg. No. 2 is the new addition at Kyotango City Hall. Please make sure to come to correct location.

This year, service tickets will be distributed on the same day starting at 8:30AM.

Topics Addressed at the District & City Hall Consultations

[○Accepted Topics / × Not Accepted Topics]

Consultation Topics	District Consultation	City Hall Consultation
Income from land and property asset transfers, Income from stock transfers, deductions from miscellaneous losses	×	×
Retirement income	○	
Special deductions for		

housing loans	(A tax accountant will address your concerns)	
Blue Reporting (Aoiro Shinkoku)		
Other Filing Consultations	○	○

Items to Bring to Your Consultation:

- 1) For district consultations, please prepare your smartphone, My Number Card, and both PIN codes for your My Number Card.
- 2) Withholding Statement (if you have salary or pension income)
- 3) Statement of Earnings and Expenditures and any documents that indicate income amounts and necessary expenditures (if you have income from your business (commercial, agricultural, etc.) or real estate properties).
- 4) Proof of Payment Deduction for National Health Insurance premiums, life insurance premiums, earthquake insurance premiums, or other.
- 5) Itemized bills and receipts for medical fee deductions (if already receiving such deductions previously)
- 6) Itemized list for the Self-Medication Tax Program, Vaccination Completion Certificate (original copy), Health Check Results pamphlet (A copy with the health check results blacked out will be accepted), or other document proving that you conducted “designated efforts” (if you are eligible under the Self-Medication Tax program)
- 7) Bank account number with the filer’s name (if receiving income tax returns), etc.

Organizing your Documents

- ※ If you have income from your business (commercial, agricultural, or other) or real estate properties, please consolidate any documents that show your income amounts and necessary expenditures by category and draft a Statement of Income and Expenditures before coming to a consultation.
- ※ For those seeking to file for a Medical Fee Deduction (including the Self-Medication Tax Program), please draft an itemized list of your medical fee deductions prior to your consultation.

By the **Tax Section** TEL 0772-69-0180

Join the movement for creating a new, more abundant way of life towards

decarbonization

Incorporate decarbonization into your everyday life with “Deco-Katsu”

Deco-Katsu is a new portmanteau that combines “de-” from “decarbonization”, “eco-”, and “-katsu” (a word used to signify any kind of activity or lifestyle in Japanese). In order to reach the goal of carbon-neutrality by 2050, this new word wraps up the movement for creating a new, abundant way of life towards decarbonization. Our daily output of greenhouse gases is said to be one of the main factors behind global warming. By being more conscious about our carbon output within our everyday lives, we can all do our part to prevent global warming.

How to Deco-Katsu with Home, Food, and Clothing

Home: Choose LED-powered or energy-saving home appliances	Home: Reduce your trash by sorting properly and reusing items
Food: Don't leave leftovers/Use every last bit of your groceries	Food: Choose locally-grown food as much as possible
Clothing: Wear Cool Biz or Warm Biz	Home: Receive your deliveries in one trip

For more information, scan here:



By the **Life Environment Section** TEL 0772-69-0240

Demographic Changes in Kyotango City

Timestamp	End of Nov. 2025	End of Dec. 2025	Change
Total Population	49,191	49,118	-73
Male	23,702	23,670	-32
Female	25,489	25,448	-41
Households	22,851	22,845	-6
Changes by Main Criteria	Move-ins		49
	Move-outs		70
	Births		17
	Deaths		70
Other reasons			+1

KajiiKuji

The RPG card game about splitting childcare and chores at home!

The Story

Now the Demon King has been defeated, the heroes embark on another new journey...

Upon the Demon King's defeat, the Hero and the Sage head home from a long journey... Until they notice an innocent baby and a letter from the Demon King...! As our heroes risk their lives and step into the crazy world of childcare where their skills, magic spells, and experience are ineffective, a new, boundless journey begins!



Childcare is a party battle.

Game produced in collaboration between Shufu Labo and the Itabashi Board Game Association.

Rules

Part 1: How to Play:

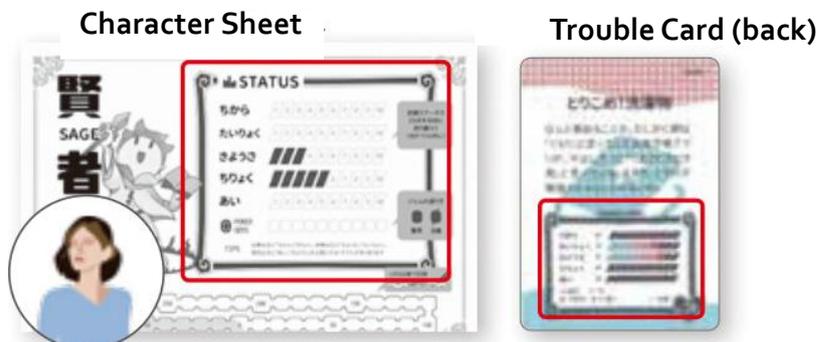


A dialogue-based card game where two players cooperate to resolve their "troubles". Solve everyday problems as a couple and work together to survive a 15-day period.

Trouble Card		Trouble Card
	Fail -30 Pass -10	
	♥ 270 ♥ 290	

Every time a problem is solved on a trouble card, the players will lose stamina points. While splitting the tasks and helping each other out, players can conserve their stamina.

Part 2: How to Resolve the Trouble



If the stats on the player's Character Sheet are higher than the values on the back of the Trouble Card, the player succeeds and overcomes the problem. If any of the stats on the player's Character Sheet is lower, then the player fails.



Line up the cards with the front of the cards facing up. Since the players cannot see the values they need to solve the problem, the two of them have to discuss with each other about which problem they will solve and how to split the tasks.



However, players are not allowed to show their own stats to the other player. The point is to have both players think about their special characteristics and negotiate their tasks in way that both can agree on as the game progresses.

Plus...

On top of the rules explained here, there are also items to help you out, such as the Help/Holiday Cards, Ultimate/Arcane Cards and more! First, give the game a try!

Official Website (Japanese)



Listen – Look – Experience!

Kyotango City Cultural Association Open Club Practice/Experience Day 2/28 (Sat.) ~ 3/1 (Sun.)

Within the Kyotango City Cultural Association, there are many different kinds of club activities. Come and take a look at what their everyday activities and practices are like! It's not just an observation, you can also join in as an experience! We hope you can listen, look, and experience!

February 28th (Sat.)

Place Agri Center Omiya
1:00PM- Ikebana Flower Arrangement
1:30PM – Koto
2:00PM – Kimono Dressing

Place Mineyama Community Center
1:30PM – Taichi, 3B Gymnastics
4:30PM – Sax Ensemble

March 1st (Sun.)

Place Mineyama Community Center
10:00AM – Magic
2:00PM – Japanese Calligraphy, Magic



Scan here for more details

By the **Kyotango City Cultural Association** TEL 0772-69-0630

Let's Not Waste Anything
Tasty Tidbits of Knowledge

Perfect for Valentine's Day - A Cute Treat to Squeeze!
Smooth Chocolate Bites



Who are you going to give it to this Valentine's Day?

On Valentine's day, Japanese people prepare chocolates for their sweetheart (*honmei-choco*), coworkers (*giri-choco*), and friends (*tomo-choco*). Now, there's people who even buy luxury-brand chocolates for themselves as a treat. Generally, Japanese women gift presents for their men, but recently trends from overseas are slowly entering the culture...?

Tidbit of Trivia

The double boiler—the classic tool when melting chocolate.

The hotter it is, the faster the chocolate will melt, right? Not at all. If the water is too hot, the fats inside of the chocolate will separate, creating a grainy texture that may ruin the mouthfeel of the chocolate. The proper temperature should be kept around 50-60°C. The chocolate will also harden if water from the double boiler gets in, so make sure that water doesn't get in as you're melting the chocolate.



Ingredients (Small-batch)

Milk chocolate.....150g

Unsalted butter.....10g

Heavy cream.....75g

Instructions

- 1) Combine finely chopped chocolate and butter softened to room temperature in a bowl.
- 2) In a pot, heat the cream until right before it begins to simmer. Remove from the heat and pour into the bowl from step 1. Mix gently to melt (If the chocolate doesn't melt completely, then place the bowl over a pot with warm water at 50C.
- 3) Once the chocolate mixture cools to point where it can be piped, put the star-shaped piping tip on the piping bag, and scoop the mixture into the piping bag. Pipe your chocolate on a baking tray lined with parchment paper in any shape you please and let cool.

You can also add whatever toppings you like on your chocolate to create cute arrangements!

Check it out!

Mineyama City Hall Building No. 2 Public Citizen Spaces Free spaces that anyone can use!

Building No. 2, 3rd Floor

Machi-Sora Terrace

A spacious, open-air terrace where the sky spreads above you, perfect for relaxing, reading, chatting, or having your lunch break! We recommend using the space to rest during your wait times at City Hall. Please come visit this space at City Hall! **Visitors can use this space freely during open hours.*



By the **Urban-Regional Hub Management and Promotion Section**

TEL 0772-69-0530

Bulletin Board

Notices

● **Please Cooperate with Snow Removal Work**

Until March 15th, the City will conduct snow removal work from 5AM if there is more than 10 centimeters of snowfall. This may cause some inconveniences, but we would like your understanding and cooperation.

By the **Management Section** TEL 0772-69-0510

● **People covered by National Health Insurance (Kokumin Kenkou Hoken) must report their income**

For individuals and households covered by National Health Insurance, please report your income for 2025 (Reiwa 7). If you are salaried or are only receiving public pension, you do not need to report as a general principle.

For Who?: People receiving an income but haven't reported it, People with no income, People who are no one's dependent according to the Tax Act, People who only receive non-taxable pensions (Disabilities Pension, Survivor's Pension, Widow's Pension, etc.)

Registration: Report to the Tax Affairs Section, Citizen's Bureau (excluding Mineyama)

About the National Health Insurance System, please call:

- Insurance Section TEL 0772-69-0220

About the Residential Tax Report, please call:

- Tax Affairs Section TEL 0772-69-0180

● **Childcare Support Allowance to Address the Rising Cost of Goods**

For Who?: People who apply to at least one of the following:

Parents raising a child who was receiving child allowance funds as of September 30th, 2025.

Parents of a child born or with an expected birth date from October 1st, 2025 to March 31st, 2026.

**If one of the parents is a civil servant, the allowance will be paid out from the municipality where their address is registered.*

Registration: Submit your application at the Child and Parenting Section service window or the Citizen's Bureaus at each town hall (excluding Mineyama)

Other: Applications are not necessary in principle, but a select number of guardians may need to submit their application. Please check the information guide included in the mail package.

Contact: Child and Parenting Section TEL 0772-69-0340

Blood Donation Calendar for February

Date	Reception Hours	Location
2/15 (Sun.)	9:30AM~11:30AM 12:45PM~3:30PM	Shopping Center Mine

By the **Health Promotion Section** TEL 0772-69-0350

Call #189 If You Suspect Child Abuse

When you call #189, you will be connected with a specialist at a nearby child services office. You may also use a nickname when making a call. All matters will be kept confidential.



By the **Child and Family Center (Childcare Support Section)** TEL 0772-69-0370



Get Medical Attention on the Weekends Doctors Available for an Emergency Diagnosis

Hours: 9AM – 12PM / 2PM – 5PM

Specialty: Internal Medicine

1/25 (Sun)	Tango Furusato Hospital	TEL 0772-72-5055
2/1 (Sun)	Yasaka Hospital	TEL 0772-65-2003
2/8 (Sun)	Kumihama Hospital	TEL 0772-82-1500
2/11 (Wed)	Nakae Clinic	TEL 0772-62-0266
2/15 (Sun)	Yasaka Hospital	TEL 0772-65-2003
2/22 (Sun)	Kumihama Hospital	TEL 0772-82-1500
2/23 (Mon)	Tango Furusato Hospital	TEL 0772-72-5055

**Please visit the physician on duty if you are experiencing fever or other symptoms, or need your child to be checked up.*

**Please call to confirm reception times, as each medical facility may differ.*

**City hospitals with emergency services are Tango Central Hospital, Yasaka Hospital, and Kumihama Hospital.*

By the **Medical Affairs Section** TEL 0772-69-0360

Consultation Services

※The following services are free in principle. All matters will be kept confidential.

Consultation Service	Dates	Place	Matters Addressed	Reservations	To Sign Up or Contact
Healing Café Tsusentei	3/4 (Wed.) 10AM~2PM	Machi Machi Information Center	Talk about your troubles in a relaxed space.	Not required	Health Promotion Section TEL 0772-69-0350

	3/12 (Thu.) 10AM~4PM	Kissako Tsusentei Café			Tsusentei Management Committee TEL 0772-83-0139 Health Promotion Section TEL 0772- 69-0350
Mental Health Consultation Service	2/16 (Mon.) 9:00AM~5:00PM	Mineyama General Welfare Center	A public health nurse and clinical psychologist will listen to your worries.	Prior reservation required	Health Promotion Section TEL 0772-69-0350
Health & Nutrition Consultation Service	2/16 (Mon.) 9:00AM~11:30AM	Mineyama General Welfare Center	A public health nurse and nutritionist will provide advice on improving your health and diet.	Prior reservation required	Health Promotion Section TEL 0772-69-0350
Hikikomori Consultation Service	Weekdays 9AM~6PM (excluding Wednesday afternoons)	Hitotowa	For people in reclusion, their families, and related persons (50 min slot per person) Prior reservation required	Prior reservation required	Enterprise Union Labor Cooperative Center Project “Hitotowa” TEL 080-2507-9010
Yoriso Shien Comprehensive Support Center	Mon-Fri 9AM~5PM *Closed on public holidays	Mineyama General Welfare Center, West Annex	A one-stop place to discuss and get support for worries about everyday issues and employment.	Not required	Consultations: 0120-125-294 Yoriso Shien Comprehensive Support Center TEL 0772-62-0032
Individual Consultations for Jobseekers	2/5 (Thu.) 10AM~4PM 2/19 (Thu.) 10AM~4PM	Amino Town Hall Annex	One-on-one counseling for job- seeking activities (50 min per person)	Prior reservation required	Northern Kyoto Job Park TEL 0773-22-3815

Nurse Employment Consultation Group (Includes Nursing Aides)	3/5 (Thu.) 1:30~3PM	Hello Work Mineyama	Consult about restarting your career or changing jobs. Gather useful information and information on trainings for re-employment	Not required	Northern Kyoto Prefecture Nurse Support Center TEL 0772-46-9002
Employment Consultation Service for Young People	Mon, Tues, Thurs. 11AM~4PM *Closed on public holidays	Yoriso Shien Comprehensive Support Center	Employment support for job hunting 15- to 49-year olds and family members (50 min per person)	Prior reservation required	Northern Kyoto Young Person Support Station, Kyotango Satellite Office TEL 050-3559-2804
Government Administration Consultation Service	2/4 (Wed.) 1:30PM ~ 3:30PM 2/25 (Wed.) 9:30AM ~ 11:30AM	Tango Town Hall (2/4) Agri Center Omiya (2/25)	Grievances, opinions, and hopes about national policies	Not required	Kyoto Administrative Monitoring and Administration Consultation Center 075-802-1100
Legal Consultation Service	2/5 (Thu.) 1:30PM~4:30PM	Mineyama Community Center	Issues regarding household registry, debts, and laws and regulations (30 minutes per person)	Prior reservations required	Kyoto Judicial Scrivener's Association Comprehensive Consultation Center TEL 075-255-2566
Free Legal Consultation Service	2/21 (Sat.) 1:00PM ~4:00PM	Agri Center Omiya	Issues regarding inheritance and wills (30 minutes per	Not required	Kyoto Judicial Scrivener's Association
	2/28 (Sat.)	AmityTango			

	1:00PM ~ 4:00PM	Yasaka Community Center	person)		Comprehensive Consultation Center TEL 075-255-2566
Administrative Legal Consultation	2/4 (Wed.) 10:00AM~12:00PM	Mineyama General Welfare Center	Construction permits, matters concerning the Agricultural Land Act, inheritances/wills, contract writing, etc.	Not required	Prefectural Administrative Lawyer's Association First Chapter Bureau TEL 0772-68-0237
Pension Consultations by the Pension Office	2/19 (Thu.) 10:30AM~3:45PM 3/26 (Thu.) 10:30AM~3:45PM	Mineyama General Welfare Center	Please bring your Pension Booklet or anything that shows your pension code	Prior reservation required	Maizuru Pension Office TEL 0773-76-5772
Consumer Affairs Consultation Service	Wekdays 9:00AM ~5:00PM *Closed on public holidays	Consumer Living Center (within the Yorisoi Shien General Support Center)	How to go about contracts, cooling off periods, and other consumer affairs	Not required	Kyotango City Consumer Living Center TEL 0772-62-6768 Consumer Support Hotline (TEL 188)
Women's Consultation/In- Person Consults	2/25 (Wed.) 1:15PM ~ 4:05PM	Announced when appointment is made.	A counselor specializing in women's issues will answer to your troubles.	Prior reservation required.	Citizens' Affairs Section TEL 0772-69-0210
Women's Phone Consultation Service	Mon. ~ Fri. 8:30AM-5:15PM (Closed on public holidays)	N/A	Call if you have problems in the home, interpersonal relationships, domestic violence, or others.	Not required	Women's Telephone Consultation Hotline TEL 0772-69-0217
Adult Conservatorship Support Center	Mon.-Fri. 8:30AM~5:15PM (Closed on public	Mineyama General Welfare Center	Consultations and support regarding rights protection	Not required	Yorisoi Shien Comprehensive Support Center

	holidays)		support for adult conservatorship		TEL 0772-62-0032 Longevity Welfare Section TEL 0772-69-0330 Disability Welfare Section TEL 0772-69-0320
Human Rights Consultation Service with a Human Rights Protection Officer	Every Thursday 9:00AM~4:00PM	Kyoto Local Legal Bureau, Kyotango Branch	Discrimination, harassment, and other infringements on human rights	Not required	Kyoto Local Legal Bureau, Kyotango Branch TEL 0772-62-0365
Consultation Service for Young Carers	Mon.-Fri. 8:30AM ~ 5:15PM *Closed on public holidays	Mineyama General Welfare Center	Accepts requests from both children who take on responsibilities caring for relatives or doing chores at home and their guardians	Not required	Child & Family Center (within the Childcare Support Section) TEL 0772-69-0370
Child & Family Center			Pregnancy, birth, childcare, home matters. Accepts consultations by phone or in-person visits to the center or home.		

Event Guide

2/21(Sat.), 3/14 (Sat.) – *Mineyama*

First Aid Classes

2/21 (Sat.) – Basic First Aid Class III

Time: 9:15AM ~ 12:15PM

Place: Mineyama Fire & Emergency Department

Capacity: First 20 people

Registration: 2/6-2/19

A Certificate of Completion will be given to participants at the end of the class.

3/14 (Sat.) – Basic First Aid Class I

Time: 9:15AM ~ 11:15PM

Place: Mineyama Fire & Emergency Department

Capacity: First 30 people

Registration: 2/13-3/12

A Certificate of Completion will be given to participants at the end of the class.

Contact: Mineyama Fire & Emergency Department TEL0772-62-0119

2/22 (Sun.) - Amino

Cat-themed Story Time

2/22 is Cat Day!

Time: 10:30AM ~ 11:30AM

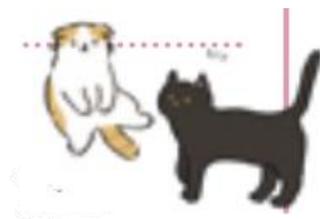
Place: Amino Library

Capacity: First 15 people

For Who?: Toddlers to elementary school kids

Registration: Sign-ups begin 2/7 at 10:00AM

Contact: Amino Library TEL 0772-72-4946



2/23 (Mon., Holiday) – Yasaka

Waku Waku Classroom @ Yasaka Library Room

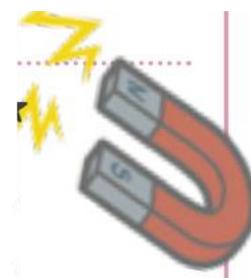
Let's have fun with magnets!

Time: 10:00AM ~ 11:00AM

Place: Yasaka Community Center

For Who?: Kindergarteners to elementary school students

Contact: Yasaka Library Room TEL 0772-65-2101



3/4 (Wed.) – Omiya

Tango Kataribe Storyteller's Association

3rd Kataribe Final Presentation

Tango has many tales waiting to be told. Learn about these tales and rediscover the charm of Tango at the final presentation!

Time: 1:30PM ~ 4:00PM

Place: Agri Center Omiya

Registration: Please contact the office below by 2/28 via phone, fax, or email.

Contact: Tango Kataribe Storyteller's Association Bureau



TEL/FAX: 0772-82-0346

Email: sh.kyotangokumihama-0346@h8.dion.ne.jp



3/1 (Sun.), 3/14 (Sat.) – *Tango*

Seminar (total 5 sessions)

Learn about Kyotango’s History and Culture

A seminar series where you can visit Tango Town’s burial mounds, stunning natural landmarks, and settings of local tales and legends of old. Experience the depth of Tango’s history.

Capacity: Around 25 people

Registration: Please sign up at least one week before the seminar via phone or email.

**Registration will close once capacity has been reached.*

3/1 (Sun.) – The Shinmeiyama Tumulus (One of the Three Great Burial Mounds along the Sea of Japan) and the Tango Ancient Village Museum

Time: From 1:00PM



神明山古墳全景

3/14* (Sat.) – Tateiwa Rock, Takano Shrine, and the Demon Legend

Time: From 1:00PM

*3/20 (Fri., Holiday) in the event of poor weather.



鬼伝説の縁起絵巻

丹後古代の里資料館

Contact: Cultural Asset Preservation and Utilization Section TEL 0772-69-0640

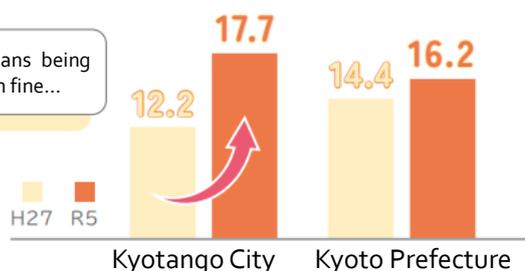
Did you know...?

Cases are increasing in Kyotango City! Metabolic Syndrome

More and more people in Kyotango have Metabolic Syndrome

In recent years, more and more people are told by their doctors that they have “Metabo” (metabolic syndrome). As you can see from the graph to the right, the number of people diagnosed with metabolic syndrome has increased from 2015 (Heisei 27) to 2023 (Reiwa 5). The rate of increase is also higher than the average within Kyoto Prefecture.

“Metabo” just means being fat right? I think I’m fine...



(京都府統計データより)

“Metabo” isn’t the same thing as being fat!

Having metabolic syndrome doesn’t just mean being fat, but is a set of symptoms such as high blood pressure and high blood sugar, on top of excessive amounts of fat stored in the body. It’s hard to notice the symptoms of high blood pressure and high blood sugar; however, there are cases such as the example below where one could suffer a heart attack at a healthy age if the symptoms are left ignored.

Example of Mr. A (diagnosed with metabolic syndrome)

37 years old → Obese

40 years old → Indications of High Blood Pressure

45 years old → Indications of High Triglyceride Count

50 years old → Indications of High Blood Sugar

57 years old → Heart Attack



Diagnostic Criteria

Midsection Circumference:

- Men: 85cm and above
- Women: 90cm and above

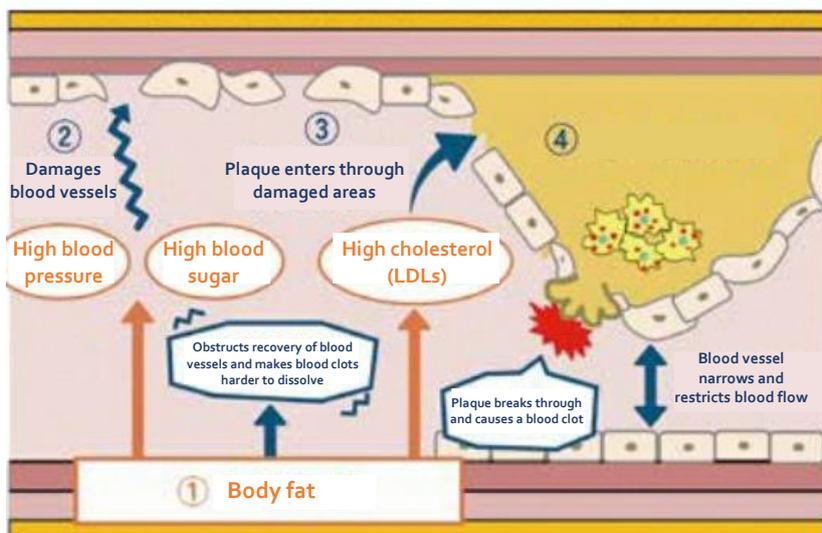
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Two or more of the following symptoms:

High blood pressure/High blood sugar/High cholesterol

Before you know it, Metabolic Syndrome will damage your blood vessels!

As illustrated in the graphic, excessive fat buildup can lead to high blood pressure and high blood sugar, which then damages the blood vessel wall. In damaged areas, **LDL cholesterol** can build up and turn to **plaque**. The plaque buildup blocks the flow of blood, which **may cause a heart attack**. Also, body fat obstructs the recovery of damaged blood vessels and releases substances that make blood clots harder to dissolve. In order to protect your blood vessels from damage, it is **important to reduce your body fat** by improving dietary habits and getting an appropriate amount of exercise.



**Non-medically accurate terms were used to illustrate how blood vessels change with metabolic syndrome.*

Check your physical condition at your Annual Health Check

At the city's Comprehensive Health Check, patients who have metabolic syndrome are recommended to a public health nurse and nutritionist to improve their condition. Let's work together to improve your daily habits and prevent major illnesses before they happen!



For more information about metabolic syndrome, scan here:



By the **Health Promotion Section** TEL 0772-69-0350

Open Hours at the City Hall

From January 5th, all city hall buildings and welfare offices in each of the six towns and their respective departments (with some exceptions) have changed their open hours for a trial period.

Open Hours: 9:00AM ~ 4:30PM

Extended Service Hour Schedule from January to March

Extended Service Hours on 1st and 3rd Thursdays (4:30~7:00PM)

	2/5	2/19	3/5	3/19
My Number Card Issuance Renewing/Resetting E-Certificate Options, etc.	○	○	○	○
Certificate Issuance (Family Register, Residence, Proof of Seal, etc.)	○	○	○	○
Change of Address (Move-in, Move- out, or Change within City) *excludes some procedures	○	○	○	○

Extended Service Hours on 2nd & 4th Sundays
(9:00 ~ 12:00PM)

	1/25	2/8	2/22	3/8	3/22
My Number Card Issuance Renewing/Resetting E-Certificate Options, etc.	×	○	Service Windows Closed	○	○
Certificate Issuance (Family Register, Residence, Proof of Seal, etc.)	○	○		○	○

*Only My Number Card Issuances require advance reservations.

*Applications for My Number Cards will not be addressed at extended service hours.

*Service windows will be closed on 2/22 due to system updates.