

**Programme for
Short Course on Healthy Cities and Urban Health Policy**

Healthy Cities and Healthy Islands: Evaluation in Various Settings

21 January 2002 – 1 February 2002, Tokyo Japan



**WHO Collaborating Centre for Healthy Cities and Urban Policy Research
Health Promotion / International Health
Graduate School of Tokyo Medical and Dental University**

21 January 2002, Monday

- 9:00-10:00 *Opening*
- 10:00-11:30 *Start-up Session: The Concept of Healthy Cities / Healthy Islands*
Professor Takehito TAKANO
Director, WHO Collaborating Centre for Healthy Cities and Urban Policy
Research
Professor, Health Promotion/International Health, Division of Public Health,
Graduate School of Tokyo Medical and Dental University
- 13:30-14:30 *Hands on Seminar: Key Concepts (1)*
Healthy Cities as a Policy Package
Planning Cycle for Healthy Cities / Healthy Islands
- 14:45-16:30 *Lecture: Profiling Health in Cities: Use of Health Indicators to Assess Health in
Cities*
Dr. Kazuo UEMURA
President, Health and Welfare Statistics Association

22 January 2002, Tuesday

- 9:00 *Hands on Seminar1: Country introduction –Fiji and Palau*
- 13:30 *Hands on Seminar2: Key Concepts (2)*
 Organizational Structure for Healthy Cities / Healthy Islands
 Assessment, Planning, Implementation, and Evaluation
 Outline of Public Health System in Japan

23 January 2002, Wednesday

- 9:00 *Technical Visit: Ushigome Health Center, Shinjuku-city, Tokyo*
 Public Health Activities in the Community
 Dr. Atsuko TANAKA, Director of Ushigome Public Health Center
- 13:30 *Seminar: Healthy Cities in Hirara and Minamata cities*

24 January 2002, Thursday [in Hirara]

[Travel to Hirara City, Okinawa Prefecture]

- 16:30 *Seminar: Community Development and Healthy City Hirara*

 Integration of various programmes to create healthier city, healthier
 environment
 Dr. Akira ISHIMINE, Mayor of Hirara City

 Meeting with Mayor of Hirara City:
 (Discussion and exchange of opinions on the Healthy Island initiatives)
- 18:30 *Exchange Programme*

25 January 2002, Friday [in Hirara]

- 9:30 *Various Community-based Activities in Hirara*
 Community activities for health and environment
 Key approaches to encourage community participation
- Technical Visit:*
1. *Shirakawaden* source of water
 2. *Takano* sewage disposal facilities for pig farm
 3. Fish farm
 4. *Inomata* Health Resort
- Healthy Housing and Healthy Communities
- Technical Visit:*
5. Prefectural public-housing complex
 6. Green city

- 7. Incinerator: Solid Waste Management
- 8. Healthy restaurant

18:30 *Meeting with Hirara Healthy Island Committee members*

26 January 2002, Saturday [in Hirara]

9:30 *Seminar: Concept of Healthy Tourism and Its Implementation*

11:00 *Technical Visit:*
The museum of Hirara: Nature and Climate in Miyako-Island
Historical and Cultural Places
Healthy Marketplace

27 January 2002, Sunday

[Travel to Minamata City, Kumamoto Prefecture]

Technical Visit:
Minamata Museums

28 January 2002, Monday [in Minamata]

9:00 *Seminar: Community Development and Healthy City Minamata*
Integration of various programmes to create healthier city, healthier environment

11:00 *Seminar: Economic Development and Healthy Cities*
Agriculture and fisheries by adding values of a healthy city (*Fukuda Farm*)
Eco-town: Development of industries that care for health and environment

13:30 *Seminar: Various Community-based Activities in Minamata*
Community activities for health and environment
Key approaches to encourage community participation

Technical Visit:
Environmental Clean Centre

15:00 *Seminar: Health and Environment Administration*

Technical Visit:
Minamata Health Center

16:00 *Technical Visit:*
Moyai center (complex community center)

29 January 2002, Tuesday

[Travel to Tokyo]

30 January 2002, Wednesday

- 9:00 - 10:15 *Seminar: Evaluation of Healthy Cities / Healthy Islands*
The evaluation framework for Healthy Cities / Healthy Islands
Case Studies of Healthy Cities / Healthy Islands
Professor Takehito TAKANO
Dr. Keiko NAKAMURA
- 10:30-11:30 *Hands on Seminar: Setting Approach in Healthy Islands*
Various examples of setting approach
- 13:30-14:30 *Working Session: Evaluation Framework / Action Plan*
- 15:00-16:30 *Seminar: Social and Economic Development and Community Empowerment*
Dr. Chihio SAITO
Associate Professor, Department of Social Development, Nihon Fukushi
University

31 January 2002, Thursday

- 9:00-10:15 *Working Session: Examples of Participatory Research Activities*
- Community Environmental Factors to Promote Health Literacy of Pregnant Women in Rural Areas of Paraguay
Ms Mayumi ONISHI
Instructor, Department of Community Health, Ibaraki Prefectural University
- Health Determinant Factors and Nutritional Status of Children in Vientiane Municipality
Dr. Keiko NAKAMURA
Associate Professor, International Health, Tokyo Medical and Dental University
- 10:30-11:30 *Exchange of Experiences*
Dr. Manasa Niubaleirua
Ministry of Health, Fiji
Dr. Tmekei Ellis
Ministry of Health, Palau
- 13:30-14:30 *Reflection Session: Preparation for presentations*
- 14:30- *Technical Visit:*
Water-front Development Area, Tokyo Bay

1 February 2002, Friday

- 9:30-11:00 *Summary Session: Healthy Cities / Healthy Islands – Futures of Our Community*
- Wrap-up and summary of the course: Healthy Islands: Programme Development and Evaluation in Various Settings
- Practical methodologies for implementation

Practical methodologies for evaluation

Dr. Manasa Niubaleirua
Dr. Tmekei Ellis

Professor Takehito TAKANO
Dr. Keiko NAKAMURA
Dr. Takeo FUJIWARA

11:00-11:30 *Closing Ceremony*

