

Healthy Cities International Exchange Programme
Short Course on Healthy Cities and Urban Health Policy
5-10 October 2003, Tokyo Japan

Jointly Organized by
WHO Collaborating Centre for Healthy Cities and Urban Policy Research
and
Promotion Committee for Healthy Cities
c/o Health Promotion/International Health,
Graduate School of Tokyo Medical and Dental University
Yushima 1-5-45, Bunkyo-ku, Tokyo, Japan
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6 October 2003, Monday

9:30 -10:00 *Registration*

10:00-10:30 *Opening Ceremony*

- Welcome Speech
Dr Makishige Asano
Chair, Promotion Committee for Healthy Cities; Emeritus Professor, The National
Institute of Public Health

- Introduction of the participants
- Introduction of the course programme

10:30-11:30 *Opening Session: Overview of Healthy Cities and Urban Health Policy*

- Healthy Urbanization from Idea to Practice
WHO Collaborating Centre for Healthy Cities and Urban Policy Research;

11:30-13:00 *Lunch*

13:30-14:30 *Sharing City Profiles and Experiences*

- Activities in Changwon City

15:00-16:30 *Seminar*

- Subject (1): Concepts of Healthy Cities
- Subject (2): Health levels and indicators of urban environments
Dr Keiko Nakamura
Head of International Health, Graduate School of Tokyo Medical and Dental
University; Secretary-General, Promotion Committee for Healthy Cities

- Subject (3): WHO Guideline for Developing a Healthy City Project
Dr Takeo Fujiwara
Graduate School of Tokyo Medical and Dental University

7 October 2003, Tuesday

9:30 – 10:30 *Seminar*

- Subject (4): Healthy City indicators
- Subject (5): Monitoring and evaluation of the progress of a Healthy City project

10:45 – 11:45 *WORKSHOP*

- Subject (6): Multi-sectoral collaboration

13:30 – 14:30 *Seminar*

- Subject (7): Action Plan for a Healthy City
- Subject (8): Urban Planning and Health Creation

15:00 – 16:00 *WORKSHOP*

- Subject (9): Community activities and participation

8 October 2003, Wednesday

Technical Visits: Tokyo Metropolitan Government (TMG)

10:00 – 11:00

Meeting with executive members of Bureau of City Planning, Tokyo Metropolitan Government

Mr. Enokihara

Director of Urban Planning, Bureau of City Planning, TMG

Mr. Keiji Ito

Director of Public Park Planning, Bureau of City Planning, TMG

- Subject (10): A new city planning vision for Tokyo: urban revitalization and Healthy Cities
- Subject (11): Greening plan of Tokyo: Evaluation of greenery in the city and strategies to foster greening cities – Towards Better Health of the Citizens

11:00 – 11:30

Visit to Health Information Centre, Tokyo Metropolitan Government

- Subject (12): Sharing information with citizens

14:00 – 15:00 ***Technical Visit: Nishitama Health Forum***

- Subject (13): Developing multisectoral collaborating structure
- Subject (14): Community-based health promotion activities

Dr. Shoji

Director, Tamagawa Public Health Center;

Coordinator of Nishitama Health Forum

9 October 2003, Thursday

9:30-10:30 *Tokyo City View*

Main Subject: Briefing on urban revitalization projects and green projects

11:30 – 13:30 *Tokyo Bay Waterfront Development Area*

Main Subject: Briefing on environmentally sustainable development; new system for energy use; waste management and reclamation work; and land use in the reclaimed area for new industries and healthy living

14:00 – 16:00 *WORKSHOP: Designing for the Future*

- Recent trends of legislation and regulation
- Periodical evaluation methods for effective implementation of Healthy Cities

10 October 2003, Friday

Technical Visit: Suginami Healthy City

10:00 – 11:30

- Subject (15): Suginami Healthy City Indicators
(Evaluation, Intersectoral collaboration)
Dr. Keiko Ohkura
Director, Suginami Public Health Centre
Mr. Osada
Director, Planning Section of Department of Health and Welfare, Suginami

11:30 – 13:00

- Subject (16): Community participation: Healthy Restaurant Program
Lunch at a Healthy Restaurant

13:00 – 14:00

Meeting with Mayor Masahiro Yamada

Main subject: Leadership and multisectoral collaboration

15:00 – 16:00 *Closing Ceremony*