

Program

Short Course on Healthy Cities and Urban Health Policy February 2005



Organized by:
Promotion Committee for Healthy Cities

Course programme provided by:
WHO Collaborating Centre for Healthy Cities and Urban Policy Research
Tokyo Medical and Dental University
Yushima 1-5-45, Bunkyo-ku, Tokyo, Japan
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Tuesday: 22 February, 2005

9:30 -10:00 *Registration*

10:00-11:00 ***Opening Ceremony***

Welcome

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

Healthy Urbanization from Idea to Practice
WHO Healthy Cities and the Alliance for Healthy Cities

Professor Takehito Takano, Director of WHO Collaborating Center for
Healthy Cities and Urban Policy Research;
Professor, Health Promotion / International Health, Division of Public Health,
Graduate School, Tokyo Medical and Dental University

11:15-12:00 ***Opening Session: Overview of Healthy Cities and Urban Health Policy***

Subject (1): Concepts of Healthy Cities
Subject (2): Health determinants and health profile
Subject (3): The Alliance for Healthy Cities

Dr Keiko Nakamura
Head of International Health, Graduate School of Tokyo Medical and Dental University; Secretary-General, Promotion Committee for Health Promotion; Secretary, The Alliance for Healthy Cities

14:00-15:30 ***Technical Visits: Tokyo Metropolitan Government (TMG)***

Meeting with executive member of Section of Health Promotion, Bureau of Social Welfare and Public Health, TMG

Subject (4): Health promotion policy in Tokyo
Subject (3): Health promotion setting programmes

Dr. Kurahashi, (22F)
Section of Health Promotion, Bureau of Social Welfare and Public Health, TMG

15:00-16:00 ***Technical Visits: Visit to Health Information Centre, TMG***

Subject (6): Sharing information with citizens

Wednesday: 23 February, 2005

9:30-10:30 ***Technical Visits: Setagaya City***

Subject (7): Healthy Town Initiatives in Setagaya City
Subject (8): Community participation

Dr. Hiroyuki Nagami
Director, Setagaya Health Centre

13:00-15:00 ***Technical Visits: Ecopolice Center, Itabashi city (Center for ecological and urban issues)***

Subject (9): Ecological lifestyle and health
Subject (10): Learning with communities

Mr. Yamazaki
Director, Eco-police Center, Itabashi City

Thursday: 24 February, 2005

10:00-11:00 **WORKSHOP: Sharing City Profiles and Experiences**

Introduction of Your City

Subject (11): Lessons learned from health promotion activity in your city

Participants are expected to make presentations to introduce their own cities

11:15-12:30 **Seminar**

Subject (12): Public Health system in Japan

Dr. Mayumi Ohnishi

Health for Development Service; Promotion Committee for Healthy Cities

Subject (13): WHO Guideline for Developing a Healthy City Project

Dr. Takeo Fujiwara

Graduate School of Tokyo Medical and Dental University

14:00-15:15 **WORKSHOP**

How to develop action plans and activities

15:30-16:30 **Seminar and Case Studies: Healthy Cities in Japan**

Subject (14): Multi-sectoral collaboration

Subject (15): Integration of existing programs

Subject (16): Monitoring and evaluation

Dr Keiko Nakamura

Friday: 25 February, 2005

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

Main subject: Briefing on urban revitalization projects and green projects

10:30-11:30 **Technical Visits: Tokyo Bay Waterfront Development Area**

Main Subjects: 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

13:30-16:00 **Technical Visits: Healthy City Ichikawa**

- Meeting with Mayor Mitsuyuki Chiba
- Overview of Healthy City Ichikawa
- Example of activities: Health Supporter System

16:00-16:30 Closing Ceremony: Designing for the Future