

WHO Fellowship Program on Healthy Cities

May-June 2005



Course programme developed by:

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

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Monday, 23 May

10:30-11:15 **Program Overview**

Welcome
Introduction of the course programme
Questions and answers

13:00-14:45 **Introductory Seminar: Overview of Healthy Cities and Urban Health Policy**

WHO Healthy Cities
Alliance for Healthy Cities

Dr. Keiko Nakamura
Head of International Health and Medicine
Graduate School of Tokyo Medical and Dental University

15:00-15:45 **Principles Healthy Cities and Urban Health Policy**

Healthy Urbanization from Idea to Practice

15:45-16:30 **Orientation to Tokyo Medical and Dental University**

Tuesday, 24 May

9:30-11:00 **Seminar (I)**

Administrative structure of local governments and public health services

Dr. Yoshiharu Fukuda
Associate Professor, Section of Health Promotion,
Graduate School of Tokyo Medical and Dental University

11:30-12:45 **Lunch at Healthy Restaurant**

13:00-14:00 **Technical Visit (I) Ogikubo Municipal Health Center**

Health check up of children at Ogikubo Health Center

14:00-16:00 **Visit to Suginami Public Health Center**

The public health center with the longest history
History of the development of public health services
Healthy City Suginami program
Healthy Restaurant Program

Dr. Misako Nagano
Director of Health and Welfare Section of Suginami City, Director of
Suginami Public Health Center
Dr. Atsuko Tanaka
Section Chief of Preventive Medicine, Suginami Public Health Center

Wednesday, 25 May

14:00-16:30

Technical Visit (2) Ohbu City Municipal Health Center

Healthy Japan 21, Ohbu Health Plan
Health Promotion Community Programs

Mr Honda

Director, Health Promotion Section, Ohbu City Municipal Health Center

Courtesy Call on Mayor Mr Takayasu Kuno

Thursday, 26 May

Healthy City Visit (1) Healthy City Owariasahi

9:30

Overview of Owariasahi and Healthy City Owariasahi

Mr. Satoshi Okada

Healthy City Coordinator:

Chief of Promotion Office for Healthy City, Owariasahi City

Mr. Takeo Usui

Senior Staff

Promotion Office for Healthy City, Owariasahi City

11:00

Walking trail – health promotion and greenery programs

13:00

Health Check Up and Health Promotion Program
Municipal Health Promotion and Welfare Service Center

14:30

Courtesy Call on Mayor Dr Koji Taniguchi

Friday, 27 May

Technical Visit (3) Aichi Health Plaza

Health Promotion Program to the citizens
Health Science Center for Health Promotion
Health Information Center
Evaluation of Physical Fitness
Role of prefectural (provincial) government and private sectors

Dr. Kazuyo Tsushita

Director of Training and Evaluation Programs, Aichi Health Plaza

Mr. Masanobu Fujioka

Director-General, Aichi Health Plaza

Saturday, 28 May

Healthy City Visit (3) Healthy City Ichikawa

10:30 Overview of Healthy City Ichikawa Programs
Secretariat function of Healthy City Ichikawa
Japan Chapter of the Alliance for Healthy Cities

Mr Koichi Sugiyama
Director, General Affairs Department, Ichikawa City
Ms. Keiko Hirano
Section Chief of Healthy City Promotion Section, Ichikawa City,
Ichikawa City

Courtesy Call on Mayor Dr Mitsuyuki Chiba

13:30-15:00 ***‘Healthy Cities Promoters’ seminar***
Training of ordinary citizens to become a ‘Healthy City Promoter’
Community participation and capacity building

Dr. Keiko Nakamura
Head of International Health and Medicine
Graduate School of Tokyo Medical and Dental University

Dr. Kumiko Minato
Associate Professor, Physical Fitness and Nutrition Program,
Wayo Women’s University

Sunday, 29 May

Cultural Visit

Monday, 30 May

9:00-10:30 ***Seminar (2)***

Research and healthy cities
Continuing education for health professionals at universities
The Alliance for Healthy Cities
National network of healthy cities

Dr Keiko Nakamura

14:00-15:30 ***Seminar (3)***

Use of information technologies
Geographic Information Systems for public health

Dr Masahiro Umezaki
Lecturer, Section of International Health and Medicine,
Graduate Scholl of Tokyo Medical and Dental University

Tuesday, 31 May

Technical Visit (3) Smart Solutions by NAIS – ‘National Center Tokyo’

Industries to support health promotion
Research and developments
Role of private sectors

Technical Visit (4) Urban Water Front Development Area

Technical Visit (5) Edo-Tokyo Museum

Urban infrastructure
Healthy urban planning

Wednesday, 1 June

Technical Visit (6) Tokyo-Urayasu Area

Safety and health
Edu-tainment

Thursday, 2 June

11:30-13:00 **Meeting with Professor Takano**

*Professor Takehito Takano
Director, WHO Collaborating Centre for Healthy Cities and Urban
Policy Research*

14:45-15:15 ***Technical Visit (7) Tokyo Health Information Center***

Health information dissemination
Public relations

15:30-17:00 ***Visit to Tokyo Metropolitan City Government
Bureau of Public Health***

Overviews of coordination by metropolitan government level on:
Health promotion
Healthy Japan 21
Capacity building
Development of resources
Investment on health promotion

*Dr. Koichi Maruyama
Director, Community Health Department
Bureau of Welfare and Health, Tokyo Metropolitan Government
Dr. Keiko Fukuuchi
Director, Section of Health Promotion
Bureau of Welfare and Health, Tokyo Metropolitan Government*

Friday, 3 June

13:00-14:30 ***Seminar (4)***

Designing for the future
National profiles
Local and international networking
Capacity building

15:30-17:00 ***Visit to Tokyo Metropolitan City Government
Bureau of Urban Planning***

Healthy Urban Planning
Supportive environments for health development

*Mr. Enomoto
Director, Urban Planning Department
Bureau of Urban Planning, Tokyo Metropolitan Government*