

(6) Promotion of Health Policies

The TMG has emphasized the implementation of comprehensive regional health services from the viewpoint of a Tokyo resident, such as “Proactive health improvement for each Tokyo resident”, “Cancer prevention measures”, “Support for patients with intractable disease and atomic bomb survivors”, and “Comprehensive measures against suicide”.

The TMG also supports the sound management of the National Health Insurance System that serves as the foundation for the universal health insurance system and the Medical Care System for the Elderly Aged 75 and Older.

Public Health Centers/Municipal Health Centers

Public Health Centers and Municipal Health Centers are established for the purpose of contributing to the maintenance and improvement of residents’ health. Each Public Health Center engages in wide-ranging, technical and professional operations to improve the health of the community, while Municipal Health Centers provide health consultations and examinations to the residents of the area.

■ Bodies of Centers

Public Health Centers	Tokyo Metropolis	Tama region (excluding Hachioji City and Machida City), islands region
	Special wards	23 special wards
	Core cities and public health center ordinance-designated cities	Hachioji City, Machida City
Municipal Health Centers	Each municipality	

■ Operation of Tokyo Public Health Centers

Tokyo Public Health Centers are engaged in wide-ranging project adjustment of secondary health care zones under its jurisdiction, support for municipalities, as well as development of a health crisis management system.

Planning and coordination

- Planning and promotion of the “Regional Health Care Promotion Plan” and the “Regional Health Care Promotion Plans for Each Subject”
- Provision of advice and guidance to municipalities, and support for various training, business cooperation, and the “Comprehensive Public Health and Welfare Block Grant Program for Municipalities”
- Development of health crisis management systems such as for new strains of influenza, and coordination with related institutions
- Promotion of regional health and medical care cooperation
- Promotion of passive smoking prevention measures
- Medical Safety Support Centers (Patients’ Voice Consultation Counters)
- Publicity and building of awareness related to health education, holding of various courses, various statistical investigations, etc.

Public health measures

- Building of public awareness to stop the spread and prevent infectious diseases such as tuberculosis and AIDS
- Responses and support for persons with mental disorders, and specialist consultation for patients and families
- Consultation on life with medical treatment and health guidance for intractable disease patients, children with disabilities and their families
- Prevention of lifestyle-related diseases such as cancer, diabetes, and periodontal disease, and support for health promotion
- Operation of infectious disease (tuberculosis) examination committees, air pollution certification committees, etc.

Living environment and safety measures

- Approval, monitoring and guidance for operating restaurants and food manufacturing companies, etc., and food poisoning countermeasures
- Approval, monitoring and guidance for operating hairdressers, beauty salons, dry cleaners, inns, etc., and water quality testing
- Indoor environmental health measures, measures for allergies, air pollution public health measures, measures for hay fever
- Measures for preventing drug abuse, and permission, monitoring and guidance for opening pharmacies, etc.
- Guidance for special food service providers, popularization of the display of nutritional facts, etc.

Promotion of Comprehensive Measures against Suicides

The issue of suicide shall not be considered solely as a personal problem, but as a social problem which is caused by the complex interaction of a variety of factors, and it is important to tackle this issue with measures implemented by society as a whole.

The TMG promotes comprehensive measures against suicide as wide-ranging support for living to realize a city where everyone values life and where everyone can live with ease.

Tokyo Conference for Comprehensive Measures against Suicide

At the Tokyo Conference for Comprehensive Measures against Suicide, the TMG promotes comprehensive measures to prevent suicide in cooperation with related institutions, such as by gaining an understanding of the current situation of suicides in Tokyo, and evaluating and verifying policies based on the Tokyo Metropolitan Comprehensive Plans for Measures against Suicide which were formulated in June 2018.

Tokyo Metropolitan Regional Centers for Promoting Measures against Suicide

Tokyo Metropolitan Regional Centers for Promoting Measures against Suicide have been established with the aim of effectively promoting comprehensive measures to prevent suicide in line with the situation in various municipalities, and support for municipalities has been strengthened in this area.

Prevent Suicide! Tokyo Campaign

The TMG has determined September and March to be suicide prevention measure-enhancing months and is implementing various measures to widely promote understanding among metropolitan area residents to raise their awareness of suicide issues and the need for society to take measures.

Hotline to Provide Counseling to Suicidal Persons in Tokyo "Kokoro-to-Inochi no Hotline (Minds and Lives Hotline)"

The TMG has set up a dedicated counseling hotline to provide counseling to suicidal persons, while coordinating with professional counseling organizations in various fields, and actively supports those in need of counseling.

Tokyo Metropolitan "Kokoro-to-Inochi no Support Net (Minds and Lives Support Network)"

The TMG has set up a consultation desk to prevent survivors of suicide attempts from attempting suicide again, by connecting survivors, who are transported to emergency medical institutions, or consultation and support organizations in the commu-

nity, and who can continuously provide support.

Tokyo Network of Counseling and Support

Due to the various issues behind suicide, the TMG builds a network composed of related institutes and organizations to provide suicidal persons with appropriate consultation and support.

In addition, the TMG provides information via consultation desks, etc. as part of measures implemented to prevent suicides among the younger generation and support the families of suicide victims.

Furthermore, through workplace lectures, etc., it contributes to creating a working environment where people are not driven to suicide.

Consultation on Suicide Using SNS

In order to strengthen measures to prevent suicide among young people, the TMG provides consultation services on suicide using SNS.

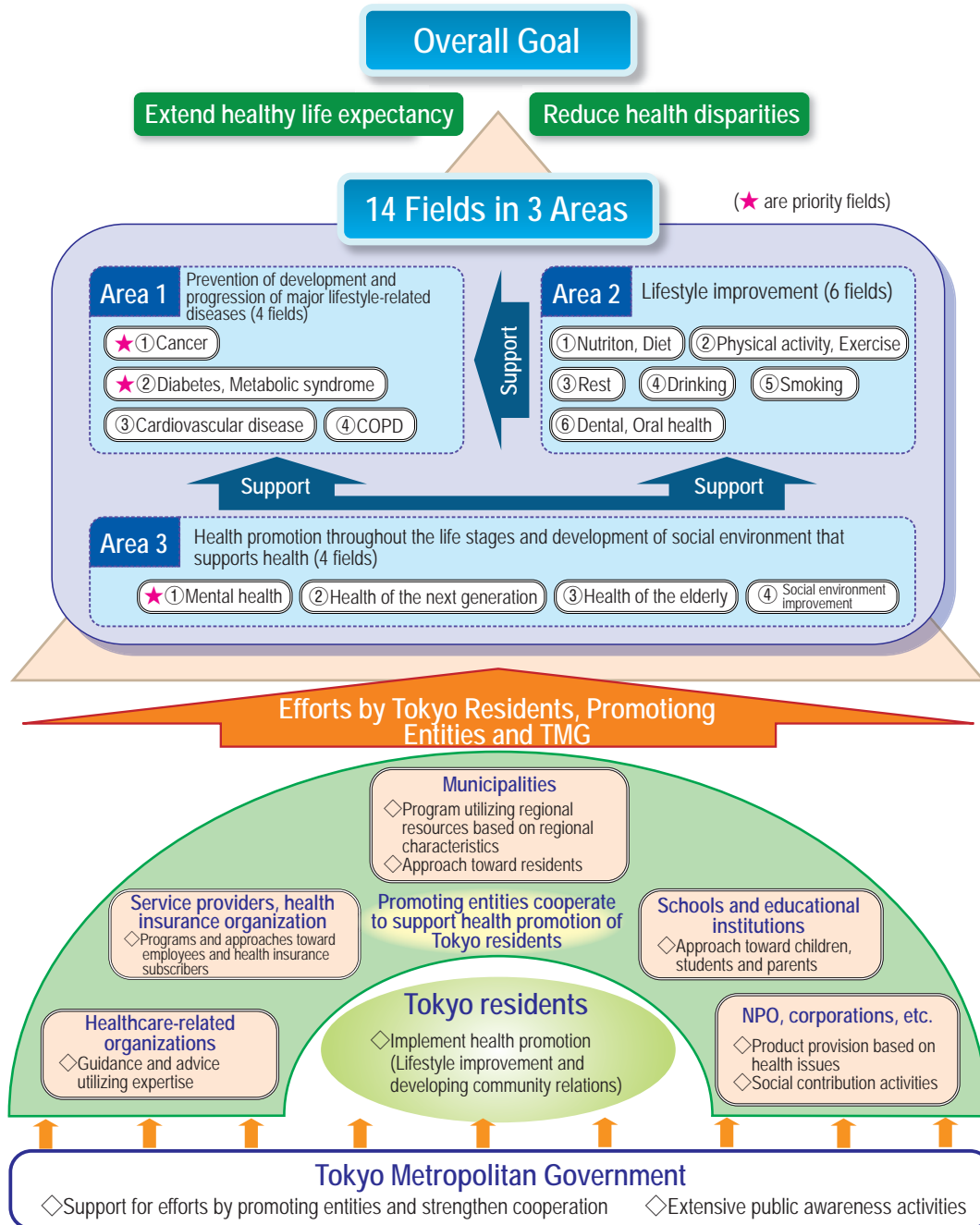
Health Promotion

To realize a society where everyone can live healthily throughout their life, society as a whole will support and comprehensively promote health improvements that each Tokyo resident can adopt on their own initiative.

Promotion of "Tokyo Metropolitan Health Promotion Plan 21 (Phase 2)"

The "Tokyo Metropolitan Health Promotion Plan 21 (Phase 2)" was formulated in March 2013, with overall goals to "Extend healthy life expectancy" and "Reduce health disparities". Goals were also outlined for 14 fields, including "Cancer", "Diabetes and Metabolic Syndrome", and "Mental health" as priority fields. In order to prevent the development and progression of lifestyle-related diseases and to improve lifestyles, the TMG will promote higher awareness in a wider area, support the initiatives taken by municipalities, service providers and medical insurers, and strengthen their collaboration to promote better health for Tokyo residents.

Conceptual Diagram of Tokyo Metropolitan Health Promotion Plan 21 (Phase 2)



Prevention of Lifestyle Diseases

Through education on a healthy diet and physical activity (activity in daily life, exercise) based on “Japanese Food Guide Spinning Top” and “2013 Physical Activity Standards and Guidelines for Better Health (Active Guide)” , and development of human resources on health promotion, the TMG promotes the prevention of lifestyle diseases such as diabetes.

○Diabetes Prevention Measures

Regarding the importance of improving people’s living habits, including their diet and exercise, and receiving regular medical examinations in order to prevent the onset and worsening of diabetes, the TMG widely and effectively builds public awareness among metropolitan residents, including persons who are likely to become diabetic if they do not change their lifestyle, utilizing medical examination data, etc.

○Health Promotion through Facilities for Food Services and Restaurants

The TMG provides guidance and advice to food service providers in accordance with the characteristics of individual facilities so that the providers can realize nutrition management, thus promoting the health of Tokyo residents through food services. It also promotes initiatives to increase the number of restaurants with vegetable-based menus.

○Personnel Development to Encourage Health Promotion

In order to promote the health-building plan for Tokyo residents, the TMG develops personnel that can take on the role of promoting health improvements within municipalities and medical insurers.



○Education of Health Promotion in Daily Life

In order to allow Tokyo residents to practically promote their own health without feeling burdened, the TMG prepares an environment that includes building public awareness of measures which are easily implemented in their daily lives such as increasing the number of paces that they walk and methods for securing sufficient sleeping time and increasing sleep quality to improve their lifestyle habits. The environment also includes a comprehensive portal site which gathers together walking maps that have been compiled by local governments in the Tokyo metropolitan area.



○Program to Develop the Dietary Environment of the Elderly

In order to extend the healthy life expectancy of the elderly, the TMG creates and distributes documents targeting municipalities and business operators that deliver meals, for the purpose of preventing undernourishment as one of the causes of frailty.

○Program to Support Health Promotion at Work

This program promotes measures to encourage businesses to educate their employees at work in regards to health promotion and cancer prevention, in cooperation with economic organizations.

Measures against Harmful Health Effects of Tobacco (Cigarette)

○Promotion of Passive Smoking Prevention Measures

The TMG builds public awareness regarding passive smoking prevention measures including the key points and details of the Tokyo Metropolitan Ordinance to Prevent Exposure to Second-Hand Smoke. Further, together with establishing a dedicated consultation desk and stationing telephone consultation staff in metropolitan health centers to respond to inquiries relating to the new system, the TMG dispatches advisors to business operators to give advice about the preparation of specialized smoking rooms.

Additionally, in order to realize a city that everyone can be comfortable living in, the TMG also supports municipalities which are developing passive smoking prevention measures and establishing public smoking areas.



■Amended Health Promotion Act and the Tokyo Metropolitan Ordinance to Prevent Exposure to Second-Hand Smoke (Fully enforced on April 1, 2020)

To prevent the adverse health effects caused by passive smoking before they occur, new rules were determined which in principle prohibit smoking indoors according to classifications of institutions utilized by two or more people. (Below, the ★ mark indicates the Tokyo Metropolitan Ordinance)

[General provisions]

- Obligations of national and local government
- Obligations of TMG, metropolitan residents, and guardians ★
- Cooperation of related parties (State, cities, towns and villages, facility managers, etc.)
- Obligation to give consideration to passive smoking

[Main obligations of facility management title holders]

- Elimination of smoking appliances and facilities from areas where smoking is prohibited.
- Requesting smokers to refrain from smoking in areas where smoking is prohibited.
- Display of signs (When there is a smoking area on the premises, this fact must be indicated in easily viewed locations in the smoking room and at the entrance to the premises.)
 - * In the case of eating and drinking establishments, when there is a smoking area on the premises, this fact shall be indicated. ★

[Regulations relating to type 1 institutions]

- Universities, technical schools, hospitals, children's welfare institutions, administrative agency government buildings, etc. shall have a complete ban on smoking indoors (Possible to establish designated outdoor smoking areas outside)
- Day care centers, kindergartens, elementary schools, junior and senior high schools shall have a complete ban on smoking indoors, and smoking will also be prohibited outdoors in the grounds. (Not possible to establish smoking areas outdoors) ★

[Regulations relating to type 2 institutions]

- In facilities utilized by two or more people smoking indoors shall in principle be banned (Possible to establish smoking rooms (Designated smoking rooms and dedicated heated tobacco smoking rooms) which comply with the standards)
 - * Regarding eating and drinking establishments, when the following conditions are satisfied it will be possible to establish smoking rooms in part or all of the establishment.
- The establishment must have been already in operation on April 1, 2020, and the customer seating area on the premises must be no more than 100 m².
- The establishment shall be managed by a small or medium enterprise (with a total capital or investment amount of 50 million yen or less) or privately managed.
- The establishment shall have no employees★

[Buses, taxis, aircraft, railways, boats]

- Buses, taxis and aircraft: Not possible to establish smoking areas
- Railways and boats: Inside train carriages (and on board boats) smoking shall in principle be banned (Possible to establish smoking rooms (Designated smoking rooms and dedicated heated tobacco smoking rooms) which comply with the standards)

[Examples of signs]



○Building Public Awareness regarding the Adverse Effects of Smoking on Health

The TMG builds public awareness to prevent smoking by minors, such as by holding underage smoking prevention poster competitions, distributing supplementary teaching materials at various levels for implementing smoking prohibition education in elementary schools, junior high schools and senior high schools, and creating materials for increasing awareness that can be used in parent's classes, etc.

○Measures to Counteract COPD (Chronic Obstructive Pulmonary Disease)

As opportunities to make people aware of COPD, the TMG intends to improve public awareness about COPD and convey the importance of preventing the disease onset, encouraging early detection, and ensuring early treatment through implementing activities such as showing video advertisements utilizing SNS and outdoor electronic billboards and disseminating educational materials targeting smokers in tie-ups with health insurance associations, etc.

Prevention and Early Detection of Cancer

The TMG promotes measures to prevent cancer based on the Tokyo Metropolitan Health Promotion Plan 21 (Phase 2) and the Tokyo Metropolitan Plan to Promote Cancer Control Programs (Phase 2 revision) (Plan period: FY2018 to FY2023), which is the comprehensive plan that covers from cancer prevention to treatment and attaining a higher quality of recuperation.



○Program to Raise Cancer Screening Rate and Accuracy Control in the Community

The TMG strives to boost the rate of scientifically-based cancer screenings conducted by municipalities, while establishing a collaboration system with related agencies so that municipalities can understand detailed examination results. It also promotes improvements to the percentage of examinees who underwent detailed examination and ensures that those who have not undergone a detailed examination do so.

Furthermore, lectures on accuracy control are also conducted for organizations commissioned for cancer screening.

○Cancer Screening Campaign

To create an impression in society as a whole that it is perfectly natural to receive regular cancer screening and to encourage Tokyo residents to receive screening, the TMG holds the Pink Ribbon Campaign and the Tokyo Health Walk mainly focused on breast cancer, cervical cancer, and large intestine cancer including building public awareness utilizing portal sites that support women's health and implementing activities in cooperation with related groups and corporations.

○Development of Support System for Cancer Screening

The TMG develops a support system for cancer screening by providing technical training for physicians and others engaged in giving breast cancer screenings via mammography and stomach cancer screening via gastrofiberscopy.

Cancer Registry

By gathering information relating to cancer patients and using it to make estimates of the cancer incidence rate and survival rate, the TMG gains an understanding of the actual situation regarding cancer in Tokyo with the aim of evaluating and promoting cancer countermeasures such as utilization in cancer screening quality management.

Promotion of Mental Health

Adequate rest and coping with stress are important in maintaining mental health. Promotion and education on how to cope with stress, and creation of communities and workplaces where people can easily seek consultation are called for.

Support for Patients with Intractable Disease and Atomic-bomb Survivors

Since there is currently no effective cure established for intractable diseases, they require long-term treatment. The TMG supports, in cooperation with the Japanese government, patients with intractable diseases in the search for cures and the recuperation of the patients. It also provides support for atomic-bomb survivors and measures for viral hepatitis.

Subsidization of Medical Expenses

As subsidy for the medical expenses of intractable diseases, the TMG subsidizes a part of the self-pay burden of medical expenses and costs of long-term insurance services (only partial

subsidization is available) for nationally designated diseases and other TMG designated diseases.

The TMG also provides subsidies for medical expenses to diseases such as SMON (Subacute Myelo-Optico Neuropathy), congenital blood coagulation factor deficiency, and renal failure which requires dialysis therapy.

Temporarily Hospital Admission of Intractable Disease Patients living at Home

The TMG has beds at hospitals in Tokyo for patients with intractable disease normally living at home, in case the care provider, such as a family member, becomes temporarily unavailable to provide nursing care due to illness or accident.

Home-visiting Nursing Care for Intractable Disease Patients Living at Home

A medical team comprised of expert physicians and home doctors offers consultations at the homes of patients who are bed-ridden or have difficulties receiving treatment.

Home-visiting Nursing Care for Intractable Disease Patients on an Artificial Respirator Living at Home

The TMG offers home-visiting nursing care outside the limit of the medical service fee for the patients living at home using artificial respirator.

Project to Install Emergency Power Sources for Intractable Disease Patients on an Artificial Respirator Living at Home

To prepare for power shortages in case of a disaster, the TMG offers support to medical institutions using ventilator therapy, to secure emergency power systems that can be loaned without charge to intractable disease patients who live at home and use an artificial respirator.

Consultation on Home Care for Intractable Disease Patients

Public health nurses at public health centers make home visits, telephone, or meet patients at the health center to provide consultations about home care, so that patients can live comfortably at home.

Medical Network for Intractable Diseases

In order to provide a stable appropriate environment for patients with intractable diseases and their families, related organizations such as local hospitals, cooperating hospitals and public health centers, etc. are working together to secure a Medical Care Service System for Intractable Diseases.

Tokyo Metropolitan Intractable Disease Consultation/Support Center

The TMG offers support and consultation for intractable disease patients in communities and also promotes community exchange activities.

- (1) Tokyo Metropolitan Intractable Disease Consultation/Support Center
Contents: Medical care consultation, Employment consultation, Consultation events on medical care for intractable diseases, Lectures on medical care for intractable diseases
- (2) Tokyo Metropolitan Tama Consultation/Support Room for Intractable Diseases
Contents: Medical care consultation, Employment consultation, Consultation events on medical care for intractable diseases
- (3) Tokyo Metropolitan Peer Consultation Room for Intractable Diseases
Contents: Peer consultation, Exchange meetings of patients and their families

Support for Atomic Bomb Survivors

The TMG provides health checkups for atomic bomb survivors and their children, medical subsidization and health management benefits for atomic bomb survivors, and health guidance and medical expenses subsidization for the children of atomic bomb survivors.

Measures for Viral Hepatitis

The TMG conducts activities on the dissemination/education of correct information about viral hepatitis, while also supporting a system to conduct viral hepatitis screenings at Tokyo public health offices, municipalities and workplaces, and promoting the screenings.

The TMG also promotes the hepatitis treatment network, which links home doctors with medical institutions specializing in hepatology, and offers subsidies for medical expenses for interferon treatment, nucleic acid analog preparation treatment, and interferon-free treatment. It also offers subsidies for the costs of detailed examinations for those whose hepatitis virus inspection was positive and for patients being treated for chronic hepatitis and for a part of medical expenses to treat the liver cancer and severe cirrhosis.

In addition, certain hospitals are designated as "Cooperating Hepatitis Treatment Hospitals" , and the Hepatitis Patient Counseling Center provides counseling to hepatitis patients.

Promotion of Liver Cirrhosis Therapeutic Drug Development

The Tokyo Metropolitan Institute of Medical Science conducts basic research to clarify the mechanisms for recovering liver functions by administering the low molecular weight compound PRI-724, which is a therapeutic drug candidate, to humanized chimeric mice, etc.

Improvement of Measures for Issues of Blood Supply and Organ Transplantation

Blood Supply programs are conducted to secure a stable supply of the necessary medical blood products.

The TMG encourages residents' understanding of organ transplantations and bone-marrow registrations.

Securing Safe Blood Supply

The TMG adopts educational activities and blood donor registration systems focused on people in their teens and twenties.

Appropriate Use of Blood Products

The TMG formulates assessment guidelines for medical institutions to conduct self-assessments as well as offering lectures for relevant parties.

Measures for Organ/Bone-marrow Transplantation

The TMG distributes leaflets with donor cards to Tokyo residents, and stations Tokyo Organ Transplantation Coordinators for the purpose of dissemination of information and education to the medical institutions engaged in organ transplantation.

The TMG also handles bone-marrow donor registrations, including those used in peripheral stem cell transplantation, at public health centers in Tokyo, especially during "bone-marrow donation promotion month" , to secure potential donors.

Medical Insurance

Medical insurance systems provide the necessary benefits for residents when they are ill or injured, so that everyone can maintain their own health and quality of life. There are three

types of insurance in this system; Employees' Health Insurance (EHI), offered to employees of companies and for their dependents, the National Health Insurance (NHI), offered to self-employed workers, residents, and their families, and the Medical Care System for the Elderly Aged 75 and Over, offered for people aged 75 and older (including people aged from 65 to under 75 with a permanent disability). All Japanese citizens are expected to join one of these systems.

A health insurance certificate is issued to all members. One can receive medical care at a reduced cost by presenting the certificate to a medical institution.

National Health Insurance

As Japan has a universal healthcare system, everyone must join the NHI unless they are insured by health insurance offered at their workplace.

The NHI insurer is either the prefectural/municipal government or a national health insurance society organized by those who are engaged in the same business or profession. The amount of the insurance premiums (taxes) depends on the insurer.

* Category 2 Individuals Insured under Long-Term Care Insurance must pay a Long-Term Care Insurance premium (tax), in addition to a premium (tax) for medical care and for support for the elderly.

* Please ask your municipality's NHI management division or national health insurance society about the application and other procedures.

Employees' Health Insurance

This type is mainly divided into two parts; Public-corporation-run health insurance, managed for employees of small and medium-sized businesses (operated by Japan Health Insurance Association, also known as "Kyokai Kenpo") and Society-managed, employment-based health insurance, operated by associations of large companies or by unions of companies within the same profession. Premiums are determined multiplying monthly standard remuneration and the standard bonus (based on one's salary) by the insurance rate, and are equally shared by the business owner and the insured person (Premiums differ for each prefectural branch of the Japan Health Insurance Association and for each health insurance society).

Insurance benefit is provided for illness, injury, childbirth and death of the policyholder (for insured persons and their dependents).

Medical Care System for the Elderly Aged 75 and Over

This type is a system for persons aged 75 and older and for persons aged from 65 to under 75 with a permanent disability.

Tokyo Metropolitan Association of Medical Care Services for Older Senior Citizens (Tokyoto Koki Koreisha Iryo Koiki Rengo), organized by all municipalities in Tokyo, is responsible for the management of determining the premium rate and of the medical benefit, whereas the municipalities are in charge of delivering health insurance certificates, collecting premiums, and receiving various notifications.

