



Facts:

- In China, there are over 8 million cases of heart attack, stroke and cancer per year, accounting for 70% of total annual deaths, including 2 million cancer deaths.
- It is estimated that 80% of CVD and one-third of cancer cases could be avoided through lifestyle changes.
- Some high-income countries have implemented effective workplace health promotion interventions and it is urgent for China to establish a scalable model targeting the workplace population.

Project cycle:

2022-2025

Partners:

National Centre for Chronic and Non-communicable Disease Control and Prevention, Chinese Centre for Disease Control and Prevention (China CDC)

The George Institute China

Beihang University

Queen Mary University of London (QMUL)

Principal Investigators

Professor Jing Wu (China CDC)

Professor Puhong Zhang (The George Institute China)

Professor Feng He (QMUL)

Supporters:

Medical Research Council (MRC)

Global Alliance for Chronic Diseases (GACD)

Background:

- According to The World Health Organization, unhealthy lifestyles relating to poor diets, physical inactivity and/or smoking are leading risk factors for cardiovascular diseases (CVD), cancer and other non-communicable diseases (NCDs).
- The workplace is an important setting to promote health. Workplace-based disease prevention strategies have great potential to not only prevent and control CVD and other NCDs, but also greatly reduce the risks and burden of cancer.

Aims:

- To adapt existing evidence-based workplace health promotion strategies and build a scalable workplace cancer prevention and health promotion model in China.
- To implement and evaluate the effectiveness and acceptability of the model, as well as its scale up in workplaces of various regions in China.

Methods:

- A combination of online and offline intervention and evaluation activities using mHealth technology will take place in 15 workplaces across three Chinese cities: Xiangtan, Hunan province; Nanchong, Sichuan province; and Wuhai, Inner Mongolian autonomous region.
- Workplace health promotion interventions will be implemented in four areas: health-related policies; environmental support; health-related programs; and health benefits.
- Changes in modifiable behaviour risk factors of cancer will be evaluated.

Impact:

- In China, approximately 300,000 lives could be saved by 2025 if effective cancer prevention activities are implemented, including workplace-based interventions.
- The project will provide evidence to help guide national policies and programs, e.g., Healthy China Actions and Workplace Health Protection Actions, and has potential to be adapted for the workplaces of other countries to reduce the global NCD burden, in particular cancer.

Contact:

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