

Facts

- In China, one out of five adults has cardiovascular disease (CVD); 40% of the deaths are caused by CVD (2013).
- The prevalence of CVD in certain rural areas is higher than urban China.
- China has only 1.2 healthcare workers per 1,000 people in counties and villages.

"Annually, eight million people die from heart disease and stroke alone. The majority of deaths caused by chronic disease occur in the developing world where resources are constrained. These deaths are largely avoidable, and substantive effort to address this issue must take place now."

Professor Stephen MacMahon
Principal Director,
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To find out more about LifeSeeds - The China Rural Health Initiative study and its George Institute investigators (Prof. Yangfeng Wu, Dr. Nicole Li & Dr Bruce Neal) or The George Institute please contact:

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Background:

- Non-communicable disease (NCD) accounts for 85 per cent of deaths in China. In certain rural areas in China, the burden is even more severe due primarily to a lack of basic and available healthcare.
- LifeSeeds was conducted in 120 villages from five provinces in northern China, to tackle the critical health issues and NCD burden faced by the vast rural population in China.

Aims:

- The goal of this study was to drive low-cost, and sustainable interventions for cardiovascular disease prevention and management in rural China.

Methods:

To achieve the goal, the study conducted two innovative interventions:

- Simple, low cost standardised management of cardiovascular disease high-risk patients, delivered by primary care providers
- A community-based salt reduction program including health education and promotion of salt substitute use.

Impact:

- Significant improvements in primary care outcomes and a significant reduction in sodium levels.
- Increased capacity to deliver effective and affordable prevention and treatment strategies and improved awareness, with over 90 village doctors trained, more than 700 personal training sessions held for Chinese researchers and 900 health education activities organised for a high-risk population and the public.
- The programme has provided increased health services to 120 villages from five of the Northern provinces of China.
- Through an annual policy roundtable, our work has led to improved awareness by Chinese policy makers of the burden of chronic disease. These meetings now routinely involve central and provincial directors-general of health and government vice-ministers.
- The control of chronic diseases in China is now a major focus for the National Health and Family Planning Commission

Supporters:

The National Heart, Lung and Blood Institute (NHLBI) of the US National Institutes of Health
UnitedHealth Group

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