

CENTERS GET NETWORKING

Supported by the China International Center for Chronic Disease Prevention, Professor FENG Xiangxian from the Changzhi Medical College in Shanxi province, China visited the Department of Epidemiology and Biostatistics at Imperial College London from June to September 2010. Both Changzhi Medical College and Imperial College London are collaborative organisations of the China International Center for Chronic Disease Prevention. Research in the Department of Epidemiology and Biostatistics focuses on three main themes. These are:

- > Environmental Epidemiology and Small Area Health Statistics
- > Biostatistics and Statistical Genetics
- > Large-scale Population Collections

"I was well received by Professor Paul Elliott and made welcome by members of other faculties," said Professor Feng. "My colleagues from Imperial College made very thorough arrangements for our work and provided an exceptional working environment." Professor Feng said his research during the visit focused on the data



Professor FENG Xiangxian (left) and Professor Paul Elliott (right)

of the INTERnational collaborative study of MAcronutrients, micronutrients and blood Pressure (INTERMAP). This multi-centre cross-sectional epidemiologic investigation is designed to help clarify unanswered questions regarding the role of dietary factors in the development of unfavourable blood pressure levels in adults. "Dr. Ian Brown and I studied the program data. Their hospitality, high

efficiency, and their diligence and rigor impressed me a lot. This will absolutely have a positive impact on my future research activities," said Professor Feng.

Besides the Imperial College London, Professor Feng also visited The Institute of Cancer Research, University of London and St Mary's Hospital of the Imperial College London.

FOGARTY TRAINING PROGRAM AT THE GEORGE INSTITUTE - INTERVIEW WITH DR. LI YAN

Q. As you know, The China International Center for Chronic Disease Prevention is one of the official sites for the Fogarty training program, so why did you choose to come to work at The George Institute for Global Health, China when there are other training sites for the Fogarty fellow program?

A: I only applied for the Fogarty Fellowship because I knew The George Institute for Global Health, China was one of the vetted sites. I was very interested in working with Professor WU Yangfeng on salt reduction at The George Institute for Global Health, China and the Fogarty program provided the opportunity for my wish to come true.

Q. How would you describe your experience of working in The George Institute for Global Health as a Fogarty Fellow in the past year?

A: I was a Fogarty Fellow from July 2009 until June 2010. I was treated with respect and given a lot of freedom to develop my own projects. I was able



to do things at my own pace and was given guidance when I needed it.

Q. Would you please give an example to describe how the experience has influenced you and your career development?

A: I have further developed my career into public health advocacy in the field of salt reduction with the support of the Fogarty program. I have since received a prestigious post-doctoral award from the National Health and Medical Research Council in Australia to support the ongoing work I have developed during my Fogarty Fellowship year.

NEWS FROM THE MINISTRY OF HEALTH

On November 8 2010, the Ministry of Health issued new work guidelines for addressing chronic non-communicable diseases in China. The goal of the Chronic Non-communicable Disease Prevention and Control guidelines is to establish a nationwide program to prevent and manage chronic disease by creating a range of demonstration areas in the next three to five years.

These guidelines are part of an overall upgrade in health service delivery by meeting the requirements of the CCP State Council's major reforms of the health care system. These reforms and guidelines are targeting chronic disease prevention and control in an effort to halt the expanding burden of non-communicable diseases in China.



VIP guests at the launch ceremony of China Rural Health Initiative. Left to right: YAN Lijing, ZHANG Ruijuan, YANG Xiaoguang, Bruce Neal, Graham MacGregor, WU Yangfeng, QIU Zhonghua, NIU Wenyi, FENG Xiangxian, LEI Zhenglong, SHI Jingpu, ZHANG Yuhong and ZHANG Jianxin

CHINA HEALTH FOCUS

News from the China International Center for Chronic Disease Prevention

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CHINA RURAL HEALTH INITIATIVE (LIFESEEDS) LAUNCHED IN BEIJING

The Second Annual Beijing Chronic Disease Management and Prevention Forum was held at Peking University Health Science Center in December 2010. The theme was 'Population Salt Reduction and Chronic Disease Prevention'. Attendees at the forum also witnessed the launch ceremony of China Rural Health Initiative, a large-scale multi-centre international project supported by China's Ministry of Health. The George Institute's China Rural Health Initiative called LifeSeeds, is addressing two of China's pivotal health needs – reducing cardiovascular disease

and improving health management in China's rural villages. LifeSeeds is built on a strong partnership with the Chinese Government and several renowned academic institutions, and stands to make a significant contribution to how health care services will be delivered in rural China.

Like a seed that starts small and grows, this project begins with 120 villages from five of the Northern provinces of China. Hebei, Liaoning, Ningxia, Shanxi, and Shaanxi which are known to have high rates of heart disease and stroke, will participate in the project. LifeSeeds will tackle these health issues at an individual and wider population level, benefiting all communities participating in the project. In the first two years, community doctors practising in the participating townships will be trained to identify and manage cardiovascular diseases. Residents will also benefit from a community-based education campaign to encourage them to lower their salt intake, one of the leading contributors to heart attack and stroke. After two years the project will be considered for other areas. LifeSeeds could improve the health of millions of Chinese people living in rural areas.



COMING SOON

The China International Center for Chronic Disease Prevention will hold its two annual events in early June 2011 in Changzhi, Shanxi Province, instead of holding them in the fall or winter in Beijing as has occurred in previous years. The two annual events are:

- > The 3rd Annual Forum on the Prevention and Management of Chronic Diseases
- > Health Policy Roundtable

If you would like to receive information about the events, please email your contact details to Mr Ye Erken (Ken) at yerken@georgeinstitute.org.cn.

For more information about these events: <http://www.georgeinstitute.org.cn>

JOB OPPORTUNITIES

Research Fellow and Senior Research Fellow
Location: Beijing, China

These positions offer ample opportunities to contribute and grow academically while working with both national and international leading experts in the field. Opportunities will be offered to travel abroad to attend international conferences, or for short-term training and exchange purposes. For detailed information, please visit <http://www.georgeinstitute.org.cn/careers-china/current-job-opportunities-china>

HOST ORGANISATION:

The George Institute for Global Health, China

INTERNATIONAL PARTNER INSTITUTIONS:

Duke University, USA
The George Institute for Global Health, Australia
The University of Sydney, Australia
The University of Queensland, Australia
Imperial College London, United Kingdom

CHINESE PARTNER INSTITUTIONS (listed alphabetically by location):

Peking University Health Science Center, Beijing
Hebei Provincial Center for Disease Control and Prevention, Hebei
The China Medical University, Liaoning
Ningxia Medical University, Ningxia
Xi'an Jiaotong University, Shaanxi
Changzhi Medical College, Shanxi

CONTACT

China International Center for Chronic Disease Prevention
The George Institute, China

Suite 1302, Tower B, Horizon Tower
No. 6 Zhichun Road, Haidian District
Beijing, 100088
PR China

Telephone: +86 10 8280 0577
Fax: +86 10 8280 0177

CD-Center@george.org.cn
www.georgeinstitute.org.cn



THE TERRACOTTA WARRIORS FUNDRAISING EVENT FOR THE LIFESEEDS PROJECT IN SYDNEY



Mr Edmund Capon, Director of the Art Gallery of NSW, with prominent members of the Australian Chinese women community.



Stunning imagery donated by renowned photographer Gangfeng Wang



Ji Ningfeng, Deputy Consul-General of the Consulate General of China in Sydney

The evening of Monday, December 13, 2010 saw the first fundraising event of The George Institute for global health, China take place as The George Institute, Australia hosted the LifeSeeds Terracotta Warriors event at the Art Gallery of New South Wales.

It was an opportunity to showcase the great work being done by the Institute's China office. Guests included several influential members of the Chinese Government, Chinese and Australian business leaders, Chinese-Australian community leaders, and high-profile media such as SBS, Phoenix TV and Australian News Express Daily.

The program included live traditional Qin music, followed by speeches from Institute leaders, a special address from Ji Ningfeng, Deputy Consul-General of China and a supporting letter from Professor HAN Qide, Vice Chairman of the Standing Committee, China National People's Congress was read by Professor WU Yangfeng, the Director of The George Institute, China. After the speeches, guests were treated to a private viewing of the First Emperor's Terracotta Warriors. The night finished off with a silent auction led by Dr Cindy Pan.



CUT SUGARY DRINKS, CUT CHILDHOOD OBESITY: CHILDREN SWALLOW A LESSON IN HEALTHY DRINKING

CHILDHOOD OBESITY IS A PROBLEM FACING MANY COUNTRIES. DATA FROM THE OBESITY ACTION COALITION IN THE UNITED STATES SHOWS CHILDHOOD OBESITY RATES HAVE TRIPLED FOR 6-11 YEAR OLDS IN THE PAST 30 YEARS. THIS IS ALSO A GROWING PROBLEM IN CHINA TODAY.

Official data show that childhood obesity in urban areas has increased from 8 percent in 1991 to 18.5 percent in 2006, meaning one in five children are overweight. Studies show that there is a strong link between consumption of sugar-sweetened beverages and obesity. If a teenager drinks a sugary beverage a day, they will put on 7kg of weight each year. The average American drinks over one and a half cans of soda every day equating to more than 500 cans a year.

Education the key to change

"Children should develop good drinking habits when they are young," said Professor YAN Lijing, Head of the China

International Center for Chronic Disease Prevention.

In the elementary school attached to Peking University, students swallowed a special lesson in healthy drinking. Through various games, they learned how to choose healthy beverages and about the importance of drinking water. This activity was co-hosted by two non-government health organisations, The John Tung Foundation (JTF) based in Taiwan and The George Institute for Global Health, China based in Beijing.

Many social and environmental pressures are leading to higher levels of obesity in children. The main contributor seems to be the wide variety and availability of sugary beverages, such as sodas, fruit drinks and sports drinks. Nowadays, sugary drinks make up an increasingly large part of young peoples' diets. Studies show that it takes 30 minutes of jogging to burn off the calories in one can of coke.

Promoting health drinks

XU Huiyu, Director of the Food and Nutrition Department of The John Tung

Foundation said, "sugary beverages have many negative impacts on children. Most children don't like drinking water; instead they like sugary beverages that contain little to no nutritional value. Therefore, drinking beverages may lead to obesity or even being underweight as some children who have a small appetite don't want to eat anything else if they have consumed too many beverages. Sugar-sweetened drinks are associated with tooth decay and some chronic diseases. In addition, children run the risk of addiction to these beverages if they drink too much."

"Helping children develop a love for healthy drinks is not an easy task. Parents, teachers and policy makers can all play an important role in reducing the consumption of sugary beverages. The first is to change the mind-set of children through school education. Authorities can promote healthy diet through legislation or impose the taxes on unhealthy food. Some developed countries have already begun this process," said Professor Yan.

THE SECOND ANNUAL FORUM ON SALT REDUCTION AND CHRONIC DISEASE PREVENTION

The Second Annual Beijing Chronic Disease Management and Prevention Forum was held at Peking University Health Science Center on Monday, December 6, 2010 with the theme 'Population Salt Reduction and Chronic Disease Prevention'.

Chronic disease has become a leading health threat contributing to over 80 percent of deaths in China. The burden of chronic disease is projected to rise considerably over the coming decades. Lowering population salt intake will significantly reduce population blood pressure, which is an important step in reducing the incidence of coronary heart disease and stroke. In addition, it can also reduce the risk of other diseases like chronic kidney diseases and stomach cancer.

The forum invited both nationally and internationally renowned experts to give speeches on topics like 'salt and health', 'global salt reduction initiatives' and 'approaches to reduce salt intake'. The attendees also witnessed the launch ceremony of the China Rural Health Initiative called LifeSeeds which is a large-scale multi-centre international project supported by the Chinese Ministry of Health.



HEALTH POLICY ROUNDTABLE 2010 ON SALT REDUCTION AND CHRONIC DISEASE PREVENTION

Heart attack and stroke are the leading causes of death in China, and high blood pressure is a significant factor in the majority of these deaths. Currently there are about 3 million deaths from cardiovascular diseases in China each year, with about 200 million Chinese estimated to have high blood pressure. It is estimated that if a 2 percent reduction in high blood pressure could be achieved amongst the entire population of China, about 500,000 major cardiovascular events could be averted each year.

The importance of lowering population salt intakes to reduce the burden of coronary heart disease and stroke is now widely recognised. Therefore, the development of new health policies to tackle the population's high intake of salt is urgently required. To better achieve the goal, The George Institute for Global Health, China with the support from the Bureau of Disease Control, and the Chinese Ministry of Health, hosted a health policy roundtable on December 7 in Beijing. In order to develop effective and efficient policy recommendations regarding salt reduction and related disease control, the roundtable involved approximately 30 invited participants consisting of policy makers, academic experts, industry experts, and media and opinion leaders to share their experience and opinions.



The participants reached a consensus that the impact of a population-wide salt reduction in China is important considering the extremely high level of salt consumption and the high number of blood pressure related diseases in China. The participants urged a concerted multi-sector effort to promote population salt reduction.

CLINICAL PATHWAYS IN ACUTE CORONARY SYNDROMES (CPACS) STUDY PROGRESS UPDATE

The burden of cardiovascular diseases, including acute coronary syndrome (ACS), is increasing in China. Coronary heart disease is now a leading cause of morbidity and premature death with current estimates of at least several hundred thousand deaths and more than 10 percent of loss of disability-adjusted life years (DALYs) attributable to acute coronary events every year. Timely management of patients is essential to help reduce the morbidity and premature death.

Clinical Pathways in Acute Coronary Syndromes in China (CPACS-2) aims to

implement and evaluate an initiative to improve the evidence-based management of patients admitted to hospitals in China. The study follows an earlier survey (CPACS-1) which provided information about current ACS management practices in China. Seventy-five urban tertiary and non-tertiary hospitals have been recruited to participate.

With the concerted effort of all participating hospitals and doctors, the study finished patient recruitment in September 2010. Up to mid-January 2011, about 31,729 copies of follow-

up data were collected from all the hospitals and inputted into a database.

In 2010, Professor WANG Yanfang from Peking University Clinical Research Institute visited 10 hospitals and talked to research staff and doctors about the project. They spoke openly about the project and gave many insightful suggestions.

The research results of the project will have a strong impact on improving the treatment of ACS and provide evidence for policy makers.