FORUM GETS TO THE HEART OF THE MATTER

The George Institute, China hosted the first annual Beijing Forum on the Prevention and Management of Chronic Disease in November 2009. The forum promoted further development of chronic disease prevention and control in China, and facilitated exchange of international expertise. The theme of the forum was ‘Global Responses to the Challenge of Chronic Diseases’.

Speaking at the forum, Professor Stephen Mackinnon, The George Institute, revealed the true impact of chronic disease specific to China. With over 350 million smokers, 270 million cases of diabetes, a rising obese adolescent population coupled with a considerable ageing population, China is already experiencing a pandemic of chronic disease on a scale similar to that of the Ministry of Health. Professor Mackinnon said that in this sphere, there has been a lot of talk and very little action.

"We need to drive home to our governments across the world the need for epidemic preparedness, and the potential for early action to go beyond the stage of just realising the challenge of chronic disease, we must do something about it," Professor Mackinnon said.

The new centers have been designed to take action, integrate resources, and initiate, said that in this sphere, there has been a lot of talk and very little action. The China International Center for Chronic Disease Prevention was launched in Beijing in November 2009. The Center promises to provide health solutions to the chronic disease challenge facing China, and has been built on a firm international partnership that brings the best in science, policy and leadership to the table.

Hosted by The George Institute, China the Center also boasts key global and local partners – Duke University, USA and Peking University Health Science Center as well as nine other partners (see back cover). Funded by the National Heart, Lung and Blood Institute (NHLBI) of the US National Institutes of Health (NIH), the Center is one of eleven new international centers around the world fighting the rise of chronic disease in developing countries.

For more information about this event: http://www.george.org.cn

FOCUS ON TRAINING AND EDUCATION

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HOST ORGANISATION: The George Institute, China INTERNATIONAL PARTNER INSTITUTIONS: Duke University, USA The George Institute for International Health, Australia The University of Sydney, Australia The University of Queensland, Australia The University of Sydney, Australia CHINESE PARTNER INSTITUTIONS: (listed alphabetically by location) Peking University Health Science Center, Beijing Huawei Provincial Center for Disease Control and Prevention, Hunan The China Medical University, Liaoning Ningxia Medical University, Ningxia Xi’an Jiaotong University, Shaanxi Changsha Medical College, Shanxi

CONTACT

The Honorary Chair of the Governing Council of the new Center, Professor Qide Han, Vice-Chairman of the Standing Committee, China National People’s Congress, addressed over 150 delegates at the launch of the China International Center for Chronic Disease Prevention. “In order to tackle the huge challenge of chronic diseases, we must go beyond the stage of just making the problem or talking about it, we must act now,” he said. For more information about this event: www.george.org.cn

Yali Cong (far left) with Yangfeng Wu (second from left) and Qing Yan (far right) of The George Institute, China, and John Fallot (second from right) of Duke University

ESTABLISHED OUT OF THE NEED FOR MORE APPROPRIATE, EFFECTIVE HEALTH POLICY AND RESEARCH FOR CHRONIC DISEASE, THE CHINA INTERNATIONAL CENTER FOR CHRONIC DISEASE PREVENTION WAS LAUNCHED IN BEIJING IN NOVEMBER 2009.

The Center promises to provide health solutions to the chronic disease challenge facing China, and has been built on a firm international partnership that brings the best in science, policy, and leadership to the table.

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Guest delegates at the inaugural Beijing Forum on Chronic Disease Prevention. "Global Responses to the Challenge of Chronic Diseases". Speaking at the forum, Professor Stephen Mackinnon, The George Institute, revealed the true impact of chronic disease specific to China. With over 350 million smokers, 270 million cases of diabetes, a rising obese adolescent population coupled with a considerable ageing population, China is already experiencing a pandemic of chronic disease on a scale similar to that of the Ministry of Health. Professor Mackinnon said that in this sphere, there has been a lot of talk and very little action. The new centers have been designed to take action, integrate resources, and initiate, said that in this sphere, there has been a lot of talk and very little action. The China International Center for Chronic Disease Prevention was launched in Beijing in November 2009. The Center promises to provide health solutions to the chronic disease challenge facing China, and has been built on a firm international partnership that brings the best in science, policy and leadership to the table.

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Chair of Medical Ethics in Peking University Health Science Center, to be trained at Duke University Health System Institutional Review Board for four months from November 2008 to March 2009. The China International Center for Chronic Disease Prevention was launched in Beijing in November 2009. The Center promises to provide health solutions to the chronic disease challenge facing China, and has been built on a firm international partnership that brings the best in science, policy and leadership to the table. Hosted by The George Institute, China the Center also boasts key global and local partners – Duke University, USA and Peking University Health Science Center as well as nine other partners (see back cover). Funded by the National Heart, Lung and Blood Institute (NHLBI) of the US National Institutes of Health (NIH), the Center is one of eleven new international centers around the world fighting the rise of chronic disease in developing countries.

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About the George Institute, China

> Has conducted some of the highest impact research projects in China on chronic disease and injury
> Provides a unique combination of research expertise and clinical trial capabilities
> Is part of a global organisation, with considerable reach and impact across the world.
China International Center for Chronic Disease Prevention

FLAGSHIP PROJECT: CHINA RURAL HEALTH INITIATIVE

**RURAL CHINA IS HOME TO 700 MILLION CHINESE WITH A FAST GROWING BURDEN OF CHRONIC DISEASE. THE PROBLEM IS ESPECIALLY MARKED IN AREAS WHERE ACCESS TO BASIC HEALTH SERVICES IS DIFFICULT.**

**GLOBAL CENTRES UNITED**

The China International Center for Chronic Disease Prevention (CICDP) recognises that the rural health of China is a significant priority for the nation. The China Rural Health Initiative - a unique, flagship project - has been developed to focus on addressing cardiovascular disease and other major health issues in rural China via a series of targeted healthcare projects that will have a practical and measurable impact on public health outcomes in local communities.

With high rates of chronic diseases in these areas, low-cost and sustainable primary care provision is vital. The Center will identify strategies such as high blood pressure lowering strategies for high-risk individuals, but little work has been done to test the feasibility of implementing such strategies in rural Chinese communities.

**SPECIAL HEALTH OFFICIALS FOCUS ON RURAL HEALTH**

The Bureau of Disease Control and Prevention, China’s Ministry of Health, and The China International Center for Chronic Disease Prevention co-hosted a Health Policy Roundtable focused on co-hosted Chronic Disease Prevention in Rural Areas on 19 November 2009 in Beijing, in order to promote prevention and control of chronic diseases in China, and facilitate development of corresponding policies. A policy report based on the outcomes of the Health Policy Roundtable will be distributed to key stakeholders, including the Ministry of Health and the State Council. For more information about this event: www.george.org.cn

**WHAT’S IN SALT?**

**SALT SUBSTITUTE:** 68% SODIUM CHLORIDE, 24% POTASSIUM CHLORIDE AND 10% MAGNESIUM SULFATE HEPATYPADATE

**SALT: 100% SODIUM CHLORIDE**

Evidence shows that eating a low salt diet reduces blood pressure.

***The Yangshai Township in Dangxiong County, Tibet, a 4,300 metres above sea level, and high blood pressure is a leading cause of death the world over and widespread lowering of dietary sodium intake would produce huge health gains.***

**IMPROVING HEART HEALTH IN RURAL TIBET**

**China International Center for Chronic Disease Prevention**

The Yangshai Township in Dangxiong County, Tibet, a 4,300 metres above sea level, and high blood pressure is a leading cause of death the world over and widespread lowering of dietary sodium intake would produce huge health gains. Salt substitution is an ideal strategy for rural populations, as it is low cost and could essentially prevent stroke and other cardiovascular diseases.

As part of this project, researchers have obtained a health snapshot of the highland community via a health survey of 702 residents over 45 years of age. Recording information such as height, weight, blood pressure, social-economic details, as well as eating habits and disease history, they found that high blood pressure was more common in both men (68.1%) and women (50.5%). In this population, compared with national average levels. A key finding from the survey was that among those who expressed interest in developing joint research collaborations with the wider Sydney research community, who expressed interest in developing joint research programs.

**CHINA RURAL HEALTH INITIATIVE GOES GLOBAL**

Linking in with the extensive partner network of the new center, the China Rural Health Initiative was presented as part of a workshop held at The University of Sydney in October 2009. The workshop Improving Health Care in Rural China involved key investigators from the five centers, who outlined plans for the China Rural Health Initiative. Delegates discussed potential collaborations with the wider Sydney research community, who expressed interest in developing joint research programs.