

## BEIJING HEALTH RESEARCH LECTURE SERIES

The Beijing Health Research Lecture Series is a joint initiative organised by The George Institute for Global Health, Peking University Health Science Centre (PUHSC), and the Sydney Medical School at The University of Sydney. This monthly seminar program aims to bring up-to-date theories, perspectives, knowledge, and practices in the health science, health policy, and health care fields to audiences in Beijing.

Lectures are given by experts in various fields of public health from around the world. Recent guest lecturers include Dr Arun Chockalingam, Director of the Office of Global Health at NHLBI in the US, who discussed global health challenges and research opportunities. Dr Chockalingam highlighted the importance of addressing non-communicable diseases to reach the Millennium Development Goals, that to make any long lasting changes to a person's health requires addressing not just the individual but also the community and wider society, and that we need to make the healthy choice the easy choice if we are going to get the global burden of disease under control.

Other lecturers include Dr Tazeen Jafar from Aga Khan University, Dr Mary R. L'Abbé from University of Toronto, Dr Norm Campbell from University of Calgary and Professor Stephen MacMahon Principal Director of The George Institute as well as other distinguished public health professionals who will discuss a number of topics ranging from health communication techniques to salt reduction strategies in China and around the world.

If you would like more information on past or upcoming events in the Beijing Health Research Lecture Series, please visit our website at [www.georgeinstitute.org.cn](http://www.georgeinstitute.org.cn).

## THE CHINA INTERNATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AWARDS FOUR SEED GRANTS

Seed grant projects are excellent examples of The Center's philosophy of supporting research training and local capacity development. We have awarded four seed research grants to investigators working on projects which connect one of our local Chinese partners and one or more of our international partners.

'Weight loss using new media among adults in Beijing' is a project undertaken by the Peking Health Clinical Research Institute and Duke University. Researchers are testing the effect of a mobile phone-assisted lifestyle intervention on weight loss among overweight and obese Chinese adults. The other seed grants awarded include:

- 'Verbal autopsy based on mortality assessment in rural China' connects Ningxia Medical University, Hebei Provincial Center for Disease Prevention and Control, The George Institute for Global Health, Australia and the University of Queensland;
  - 'Salt reduction through media reporters' is a collaboration between Changzhi Medical College and Imperial College London; and
  - 'Medical Students and Lifestyle Risk Factors for NCDs' is a project conducted by University of Sydney and Xi'an Jiaotong University.
- Each project will include one Chinese fellow training in Beijing for three months and then overseas for another three months. If you would like to know more about our seed grant projects, please contact [CD-Center@georgeinstitute.org.cn](mailto:CD-Center@georgeinstitute.org.cn).

## CHRONIC DISEASE FORUM AND HEALTH POLICY ROUNDTABLE Xi'an, 21-25 May 2012

The George Institute for Global Health China will host the annual Chronic Disease Forum and Health Policy Roundtable in the historic city of Xi'an in May 2012.

The 2012 forum aims to promote new advances in improving community health through non-communicable disease prevention and control and will feature international expertise from keynote speakers. Delegates and media will visit a community health centre in Xi'an to see first-hand the ongoing challenges and progress made in facing chronic disease.

The Health Policy Roundtable brings together experts and government officials to promote the development of policies that will address the large burden of chronic non-communicable diseases in China. This year, the Roundtable will focus on 'Community-based non-communicable disease prevention and control' and will be co-hosted by The Bureau of Disease Control and Prevention and The Department of Maternal and Child Health Care and Community Health of The Chinese Ministry of Health.

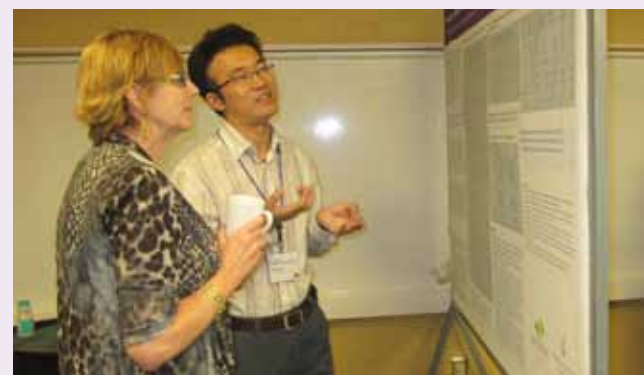
Find out more about these major events at [www.georgeinstitute.org.cn](http://www.georgeinstitute.org.cn).

## GLOBAL COLLABORATION ACTIVITIES

2 – 5 October, 2011

Invited by Duke Global Health Institute, Professor Lijing Yan, Director of the China International Center for Chronic Disease Prevention visited Duke University to attend the fifth anniversary of the Institute. Professor Yan gave a symposium presentation 'Global Health 2020: Acting today to improve tomorrow' and a 45 minute lecture to the class of Global Health, talking about cardiovascular diseases in China and strategies taken by the China Center of Excellence.

22 – 26 October, 2011



Five representatives from the China Center of Excellence attended the 5th Semiannual Global Health Initiative Steering Committee meeting at the Doubletree Hotel in Bethesda, Maryland, USA. Zhang Jing, one of The George China Trainees, presented a poster on the salt reduction study at the meeting.

6 – 9 December, 2011

The Center of Excellence seed grant offers a platform for enhancing collaboration among the network of centers across the world, while developing local partners' research capacity. On 6 - 8 December 2011, Dr Rasika Rampatige from the University of Queensland visited the China center and provided two-day training on one of our seed grant projects — Verbal Autopsy.

15 – 27 January, 2012

Mr Maoyi Tian, a young research fellow at the China Center of Excellence was sponsored to attend the 44th Ten-Day International Teaching Seminar on Cardiovascular Disease Epidemiology and Prevention. This training opportunity was offered to younger candidates, with little or no formal training in epidemiology.



### 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

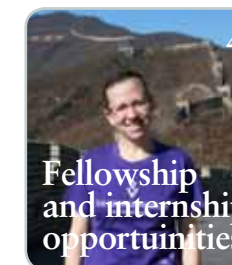
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# CHINA HEALTH FOCUS

News from the China International Center for Chronic Disease Prevention

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## CRITICAL DIABETES RESEARCH LAUNCHED IN CHINA

DIABETES IS A MAJOR HEALTH AND ECONOMIC BURDEN ALL AROUND THE WORLD. CHINA'S GROWING POPULATION IS INCREASINGLY AFFECTED BY DIABETES, MAKING THE CONDITION A PIVOTAL HEALTHCARE ISSUE. ACCORDING TO THE INTERNATIONAL DIABETES FEDERATION, THE DISEASE AFFECTS 1 IN 10 ADULTS IN CHINA, AND COSTS NEARLY US\$26 BILLION EVERY YEAR.

Many type 2 diabetes patients in China begin using insulin much later than is recommended by Chinese guidelines. For many diabetic patients on insulin treatment, doses are suboptimal and patient self-monitoring is limited.

The George Institute for Global Health China, the Chinese Diabetes Society, and Sanofi jointly launched the Observational Registry for Basal Insulin Treatment (ORBIT) study on 23 November 2011 in Beijing.



Top: ORBIT is officially launched by (left to right) Professor Ji Linong, Ricardo Perfetti, Fabrice Baschiera and Professor WU Yangfeng on 23 November 2011

Above: Professor Ji Linong explains the significance of the ORBIT study





Top: Professor Wu Yangfeng answers a question from the media during Q&A

Above: ORBIT is jointly launched by The George Institute China, Chinese Diabetes Society and Sanofi-Aventis

ORBIT is the largest study on basal insulin ever conducted in China and involves 20,000 type 2 diabetes patients nationwide. The objective of the study is to assess basal insulin use and determine whether it can be an effective tool in the management of diabetes in China.

"The ORBIT study will examine the factors associated with effectiveness and safety of basal insulin treatment. It is expected that the study will be a milestone in basal insulin treatment in clinical practice for type 2 diabetes and shed light on diabetes control and management in China," said Professor Ji Linong, President of the Chinese Diabetes Society (CDS) and Principal Investigator of the ORBIT study.

"High-quality execution of the study is critical in delivering the most scientific and rigorous outcome. Thus, The George Institute has established a dedicated team for the research design, project management, data and statistical analysis for the study. The Institute is honored to co-operate with the CDS and Sanofi to help type 2 diabetes patients in China reach the optimal outcome of disease management," added




Professor WU Yangfeng, Executive Director of The George Institute for Global Health China.

Further complicating the quality of patient care is a lack of support in the health system for diabetes management. How basal insulin therapy can help improve diabetes treatment within the healthcare system, and remain cost-effective, is unclear.

Establishing a strong support system at the hospital level and ensuring that physicians, nurses and patients have the best information on diabetes management are key areas that ORBIT is advocating. Working with patients, physicians and hospitals over 18 months, some of the first results are expected to be delivered by the end of 2013.

The study was initiated by the CDS and conducted by The George Institute for Global Health, China with the financial support of Sanofi.

## PROFESSOR JI LINONG ELECTED VICE PRESIDENT OF INTERNATIONAL DIABETES FEDERATION



At the recent World Diabetes Congress 2011 in Dubai, with a record-breaking attendance of 15,000 participants from more than 172 countries, it was announced that The George Institute China's Chief Scientist, Professor Ji Linong, has been elected to serve as Vice President of the International Diabetes Federation (IDF). Professor Ji has a strong background in diabetes, focusing mainly on epidemiological and genetic research. He is also a Professor of Medicine at Peking University, Co-Director of Peking University Diabetes Center, and President of the Chinese Diabetes Society, among other prestigious titles and appointments. The George Institute for Global Health China warmly congratulates Professor Ji on this recent appointment as Vice President of IDF and looks forward to exciting and innovative work in diabetes research in the future.



Researchers are testing cardiovascular management in Tibet and India

## CENTERS OF EXCELLENCE TEAM UP TO IMPROVE CARDIOVASCULAR HEALTH IN TIBET AND INDIA

THE SIMPLIFIED CARDIOVASCULAR MANAGEMENT STUDY (SIMCARD) IS A PILOT STUDY BEING CONDUCTED IN RURAL AREAS OF TIBET, CHINA AND HARYANA, INDIA. SIMCARD IS A COLLABORATION BETWEEN TWO CENTERS OF EXCELLENCE – THE CHINA INTERNATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AT THE GEORGE INSTITUTE, CHINA AND THE PUBLIC HEALTH FOUNDATION OF INDIA BASED IN NEW DELHI, INDIA.

The main goal of SimCard is to develop, test, and evaluate a highly simplified but guideline-based program for cardiovascular management in resource-poor settings in both Tibet

and India. The main features of the program include focusing on people at a very high risk of cardiovascular diseases, delivery of simplified measures that have been proven to work, training community health workers to help build the capacity of local people and make the intervention sustainable, adding electronic decision support tools to strengthen the local health system and gaining local community and government support.

In early January of this year, a festive launch event took place in Gongbujiangda County, Tibet. All villagers participating in the SimCard study were invited to attend and participate. The study team provided the public with educational information, handed out flyers, provided pain relief

medications free of charge to local villagers, and organised fun activities to kick off the launch of the intervention phase of SimCard.

The SimCard intervention is expected to take one year and will be followed up by thorough assessments of the process of the study itself, its economic feasibility, and whether or not it is helping people keep stay healthy and live longer. The results of the study are expected to advance scientific knowledge, inform future large-scale studies, and provide the necessary translational evidence for informed and constructive policy making to address the cardiovascular disease burden in resource-poor settings.

# FELLOWSHIP AND INTERNSHIP OPPORTUNITIES

## The Center's Fellowship Program

THE CHINA INTERNATIONAL CENTER FOR CHRONIC DISEASE PREVENTION CONTINUES TO WELCOME VISITING FELLOWS WITH A WIDE VARIETY OF BACKGROUNDS AND INTERESTS. DANIELLE MILLICAN, A RECENT GRADUATE FROM THE UNIVERSITY OF SYDNEY'S MASTER OF INTERNATIONAL PUBLIC HEALTH PROGRAM, BEGAN HER CAREER AT THE GEORGE INSTITUTE IN SYDNEY, AUSTRALIA BEFORE JOINING THE GEORGE INSTITUTE, CHINA LAST OCTOBER AS A VISITING FELLOW AND AS PART OF THE COMMUNICATIONS TEAM.

Over the course of her year-long fellowship, Danielle is somewhat of a 'jack of all trades' here at The George Institute. Her work crosses divisions in China and even global locations within the organisation itself. In the Research and Development division, she works as a Visiting Fellow. "I'm lucky that I get to learn and absorb so much information from many of the projects going on within The George Institute in China by getting involved with multiple projects in various ways," she explains. Balancing commitments in the research arena with her duties in communications can be challenging, but she prefers it that way so that her days at The George are always dynamic and offer a mix of activity.

"Working between research and communications, and between China and Australia, is helping me realise a personal goal I have for the Institute: to create an environment where researchers and communications staff work closely together on a regular basis for our mutual benefit. "Originally from the United States before getting her Master's degree in Australia, China



has been a big and exciting change for her. When we asked her if she had any suggestions for future visiting fellows like herself, she answers: "Bring the biggest, thickest jacket that you have. Being from Southern California, I was not prepared for these Beijing winters!"

Her plans for when her fellowship ends in October: it could be anything. "I wouldn't mind staying in China longer, but I love to experience new places. Who knows? Maybe The George in India or the UK could be next!."

### Visiting Fellows, Scholars and Student Interns

#### Location: Beijing, China

As an international organisation with a strong local base, The George Institute for Global Health, China, is well positioned to serve as a host organisation to provide solid training for visiting fellows, visiting scholars and student interns interested in clinical, population, health system, and translational research. We will ensure a satisfying and enriching training experience for our visiting scholars, fellows and student interns. For detailed information, please visit [www.georgeinstitute.org.cn](http://www.georgeinstitute.org.cn) and click on 'our work in china' to see the China International Center for Chronic Disease Prevention's information on fellows or contact [CD-Center@georgeinstitute.org.cn](mailto:CD-Center@georgeinstitute.org.cn).