

Research findings presented at 2013 AHA

Training and capacity building

International collaboration and exchange

CHINA HEALTH FOCUS

News from the China International Center for Chronic Disease Prevention

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2013 China International Center for Chronic Disease Prevention Governing Council Meeting and Research Forum

The China International Center for Chronic Disease Prevention (CIC), funded by The National Heart, Lung, and Blood Institute (NHLBI) and UnitedHealth Group (UHG) in the US, started its 4th year with the magnificent guidance and support from our international and domestic stakeholders. With great honor and appreciation, we convened the 2013 Annual Governing Council Meeting on October 13, 2013 in Beijing, China. The council meeting marked a significant milestone in CIC's history and led us into the next phase of its development.

Since its inception in 2009, CIC has now enlarged its team to over 35 staff and kept on strengthening the capacity building. CIC has in total 18 projects, with over 40 journal articles and book/book chapters published

and over 50 conference reports presented. The council meeting aimed to review CIC's achievements in the past few years and discuss in depth the future strategic planning for CIC in the next 5 years – how to continue this network and our mission of fighting against non-communicable diseases (NCDs).

Prof. Yang KE, Chair of the Council, President of Peking University Health Science Center (PUHSC), spoke highly of the excellent works done by CIC and expressed her support on behalf of PUHSC. "Focusing research on effective prevention of chronic disease plays a very important role in the climate where people pay great attention to basic medical and biomedical science," she said, "It is significant and commendable to engage in population-based intervention and long-term follow-up, under guidance from international experienced experts and collaboration with international and domestic institutions.

PUHSC will continue to support this network on management and research".

Participants of the council meeting included international collaborative partners from Duke University, Imperial College London, University of Sydney, University of Melbourne, The George Institute (TGI) and The George Institute for Global Health at Peking University Health Science Center (TGI@PUHSC), and National Health and Family Planning Commission (NHFPC) and Principal Investigators (PIs) from local partners in 5 provinces. They explored the sustainability and future directions for CIC and obtained comments from 11 partner institutes.

The council meeting was followed by the 2013 Forum on TGI@PUHSC International Collaborations and Exchanges (ICE). The Forum was held at the China office of TGI@PUHSC to discuss potential collaborations in global health research, foster exchanges among national and international partners and build up research capacity through these exchanges. In the afternoon of Oct 13, our research staffs introduced the NCD research programs of TGI@PUHSC and 2-day simultaneous workshops on specific proposals in relevant areas (including digital health, hospital care, stroke, diabetes, and economic evaluation) by the working groups.



Left to right: Prof. Ruijuan ZHANG, Prof. Jingpu SHI, Prof. Jianxin ZHANG, Prof. Yuhong ZHANG, Prof. Paul ELLIOTT, Prof. Eric PETERSON, Prof. Yang KE, Prof. Yangfeng WU, Prof. Bruce NEAL, Prof. Xiangxian FENG, Prof. Lijing YAN, and Prof. Anushka PATEL.

RESEARCH



TSC members attending health education class

Primary School Students in Changzhi City Welcome School EduSalt Trial Steering Committee Members

On Sept 28-29, the Trial Steering Committee (TSC), the research team, and the local researchers of “School-based Education Programme to Reduce Salt Intake in Children and Their Families” gathered at Changzhi Medical College, Shanxi Province to review the project status and current intervention strategy.

New Project on Mental Health Granted by National Institute of Mental Health

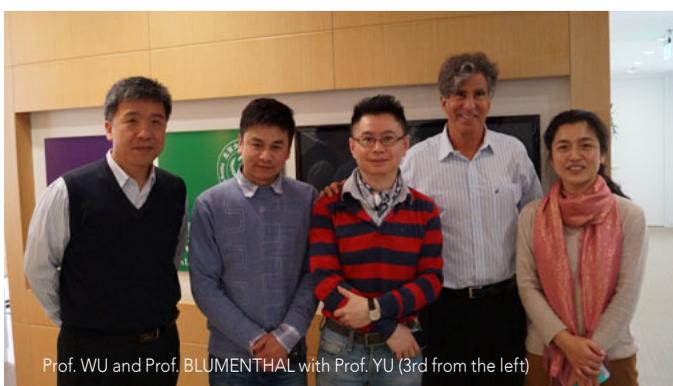
The I-CARE study (“Integrating depression care in acute coronary syndrome patients in low resource hospitals in china”) that aims to explore service models for providing integrated care to patients with both mental illness and CVD in China has received major funding from the US National Institute of Mental Health (NIMH). This multi-disciplinary and international study will be built on an existing research platform (namely the Clinical Pathways for Acute Coronary Syndromes in China study recruiting around 20,000 ACS patients from 104 hospitals across mainland China) at TGI@PUHSC, is expected to shift clinical practice from isolated to integrated practice and bring real changes to China’s mental health care system.

“Although evidence-based effective management has been developed to address either CVD or depression separately, the

During their visit, TSC members had chance to audit the health education class designed for the intervention and met with children and parents after the classes in two schools. They were impressed so much by the excellent education lectures, as well as the enthusiastic involvement of the children and parents that gave them strong confidence for the success of study. TSC members also visited a local family to see traditional northern China cooking methods.

integrated care to patients with both diseases in China is still lacking”, said Prof. Yangfeng WU. “This study aims to evaluate whether joint depression and CVD management can be provided feasibly, effectively and at low-cost in rural China, and improve the health outcomes.”

On Dec 3-6, the project’s first Working Group and Steer Committee Meeting was held at TGI@PUHSC. Prof. Runlin GAO, the former president of Chinese Society of Cardiology and former president of Cardiovascular Institute and Fuwai Hospital; Professor Xin YU, the president of Chinese Society of Psychiatry and former president of Peking University Institute of Mental Health; and, Prof. James BLUMENTHAL, a top scientist in the research area from Duke University, gathered with the working group to refine and finalize the protocol and overcome relevant management problems.



Prof. WU and Prof. BLUMENTHAL with Prof. YU (3rd from the left)



Prof. GAO, Prof. BLUMENTHAL and Prof. WU at the SCM

RESEARCH

China Rural Health Initiative (CRHI) Findings Presented at the American Heart Association Conference

As the flagship project at CIC, China Rural Health Initiative (CRHI) research findings were presented at the 2013 American Heart Association (AHA) Conference, and attracted global attention.

After 2 years of the community-based sodium reduction intervention study, one of the two interventions conducted by CRHI, achieved significant reduction in sodium intake by 13 mmol in average, compared with control villages, among rural residents in northern China. The findings presented at the AHA conference by Dr. Nicole LI, research fellow at TGI@PUHSC, draw significant attention from the audience and media reporters.

Associate Prof. Lijing YAN, director of CIC, reported the effect of a simple, low-cost, standardized program delivered by Primary Care

Providers (PCP) in cardiovascular disease (CVD) high-risk patients. The results clearly showed that the PCP program improved primary care in cardiovascular health.

Prof. Yangfeng WU, director of TGI@PUHSC, pointed out that the study findings would certainly be relevant to public health policy making in the future. "Population sodium intake was effectively reduced by our intervention, primarily through increased use of salt substitute. Larger effects could be achieved in rural China by a wholesale switch from salt to salt substitute, with the potential for major public health benefit in this population at high risk of stroke." said Prof. WU.



Dr. Nicole LI at the AHA Conference



Prof. Lijing YAN at the AHA Conference

PHILANTHROPY

Support to Two Charities

The Mid-Autumn Festival was the moment for us to get together with our family and express gratitude to our loved ones. This year, we have decided to donate and convey our love to two medical charities in China:

China California Heart Watch

A charity led by Prof. Robert DETRANO specifically targeting the diagnosis and treatment of babies with congenital heart defects and the education and training of village doctors in hypertension research in rural Yunnan Province.



Peking University "Sunshine and Love Free Clinic"

A voluntary organization run by a group of students from Peking University Health Science Center who provide free medical services to low income families and the disadvantaged in Beijing.



We hope that by our small donation at this festive time we can help those who are less fortunate in our society.

NATIONAL HEALTH & FAMILY PLANNING COMMISSION NEWS

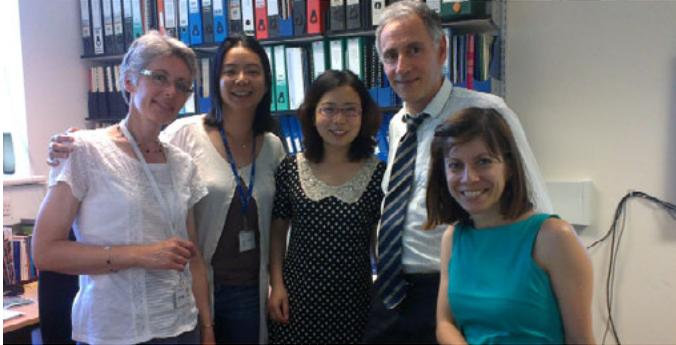
The 2013 National People's Congress announced the integration of the former Ministry of Health and National Population and Family Planning Commission into the new National Health and Family Planning Commission (NHFPC) of the People's Republic of China.

The NHFPC set up the Department of Publicity and nominated Mr. Qun'an MAO, member of China CoE Governing Council and former director of the Publicity and News Center under the Ministry of Health, as the director of this new department.



Mr. MAO attending the CIC Council Meeting

TRAINING AND CAPACITY BUILDING



OPEN THE MINDS: Scholars from Local Partners Experienced Training at International Partners

Six visiting scholars from the local partners were sponsored by China CoE to attend the 3-month overseas training at TGI Australia, University of Sydney, Imperial College London and Duke University. The visiting scholars were expected to complete manuscript writing under the instruction of their international mentors and make contributions to research work at the overseas institution. The aim of

the training was to improve the trainees' scientific research ability and facilitate the communications and exchanges between international research organizations and local academic institutions. Dr. Haijun WANG, Dr. Yan YU, Yi ZHAO and Zhifang LI, Project Coordinators (PCs) of the 4 seed grants funded by UHG, would complete the data analysis and manuscript writings by taking this opportunity.

Beijing Health Research Lecture Series

The Beijing Health Research Lecture Series is a joint initiative organised by TGI@PUHSC, Peking University Health Science Centre (PUHSC), and The University of Sydney. The seminar program aims to bring up-to-date theories, perspectives, knowledge, and practices in the health science, health policy, and healthcare fields to audiences in Beijing.

We were very honored to have Prof. Andrew Wilson, Director of the Menzies Centre for Health Policy at the University of Sydney to be the guest lecturer in October. In his lecture, Prof. Wilson discussed systems perspectives on chronic disease prevention.

He emphasized the importance of systems research and understanding the processes of policy decision-making and the role of evidence to help frame research questions and results.

Other lecturers included Prof. Wei HUANG from Peking University School of Public Health; Prof. Norbert Berend, Professor Emeritus at the University of Sydney and Head of Respiratory Research at the

George Institute for Global Health; Dr. Jacky Ho from University of Saint Joseph, Macau; and Prof. James A. Blumenthal from Duke University Medical Center.

If you would like more information on past or upcoming events in Beijing Health Research Lecture Series, please visit our website www.georgeinstitute.org.cn



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INTERNATIONAL COLLABORATION AND EXCHANGE



Prof. Eric Boersma was giving the lecture at TGI@PUHSC

10, September, 2013

TGI@PUHSC received Prof. Eric BOERSMA and Dr. Jeanine Elisabeth ROETERS VAN LENNEP from Erasmus University Medical Center, Rotterdam, the Netherlands at its China office. A workshop titled “Opportunities for Collaboration on Cardiovascular and Related

Diseases” was hosted by Prof. Yangfeng WU to present the current work at both TGI@PUHSC and Peking University to discuss possible collaborations on cardiovascular and related diseases.

18, October, 2013

Dozens of representatives from different NGOs, including Wildlife Conservation Society, World Society for the Protection of Animals, World Wide Fund for Nature, and Energy Foundation, were invited to visit the China office of TGI@PUHSC. This networking opportunity aimed to explore and exchange experiences in fundraising and financial issues faced by these organizations. The representatives explored innovative ideas and solutions for the institutes’ development in the future

10, November, 2013

Ms. Rong LUO, center coordinator at CIC, on behalf of Prof Lijing YAN, was invited by the Shandong Provincial Department of Health to attend the Shandong Province Salt Reduction and Hypertension Prevention Exchange Seminar. Ms. LUO introduced FoodSwitch – a novel project conducted by TGI Australia that enabled people to make better food choices – as an inspiring example to Chinese policy makers.

29-31, October, 2013

Three young and promising representatives from CIC, Mr. Jing ZHANG, Ms. Xuejun YIN and Ms. Cong LI, were invited to the 8th World Alliance for Risk Factor Surveillance Global Conference. At the English session focusing on local estimations and findings, they presented their research conducted at CIC, introducing the prevalence of lifestyle risk factors for non-communicable disease in northern rural China and rural Tibet, and sharing the management experiences with international attendants.



Mr. Xuejun YIN, Ms. Jing ZHANG and Ms Cong LI (7th, 8th and 9th from the left) receiving certificates.

FELLOWSHIP AND INTERNSHIP OPPORTUNITIES

The Center's Fellowship Program

The China International Center for Chronic Disease Prevention has a strong fellowship program for visiting fellow, scholars, and students to get hands-on experience in international public health. During this summer, the center hosted an old acquaintance – Alex EWING from School of Public Health at The University of Illinois, Chicago.

This is Alex's second internship with CIC. "When I first came, I was working full time teaching English. I had much less time and experience to devote to my projects then. After one year studying Epidemiology at the University of Illinois, Chicago, I had the opportunity to come back and continue to learn and work here for the summer." said Alex.

Alex was involved notably in the process evaluation of the SimCard study in Tibet and the protocol for the proposed Electronic Decision Support System (EDSS) Seed grant project for Cardiovascular Disease Management in Liaoning. He also traveled to the site with his fellow intern and his supervisor Dr. Maoyi TIAN, research fellow at TGI@PUHSC. "This is exactly the kind of real world experience that led me to choose to come to The George Institute to do my summer internship," he said, "I was lucky enough to be able to implement and manage a public health intervention in a real setting, and gain an understanding of the realities of health care delivery in low-resource settings."

He continued, "At The George Institute, I've had the opportunity to apply theory that I had acquired at school, and to expand the scope of my public health knowledge



Alex introducing EDSS system and its efficacy in various applications at the TGI@PUHSC Summer Intern Presentation.

and experience. I've had the pleasure to work with fantastic colleagues, who have been kind enough to endure my poor Chinese and help me get the most out of my time here. "

Alex saw his time with TGI@PUHSC as a most valuable experience and looked forward to continuing his relationship with the Institute in the future.

For detailed information on our fellowship and internship opportunities, please visit www.georgeinstitute.org.cn or contact CD-Center@georgeinstitute.org.cn.

CONTACTS

China International Center for
Chronic Disease Prevention

The George Institute for Global Health
at Peking University Health Science Center

Level 18 Tower B, Horizon Tower
No. 6 Zhichun Rd Haidian District
Beijing, 100088 P.R. China

T: +8610 8280 0577

F: +8610 8280 0177

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

Host Organisation:

The George Institute for Global
Health at Peking University Health
Science Center

International Partners:

Duke University, USA

The George Institute for Global
Health, Australia

University of Sydney, Australia

University of Melbourne, Australia

Imperial College London, United
Kingdom

Chinese Partner institutions

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