



The Exercise is Medicine (EIM) in China

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EIM Working Group in China

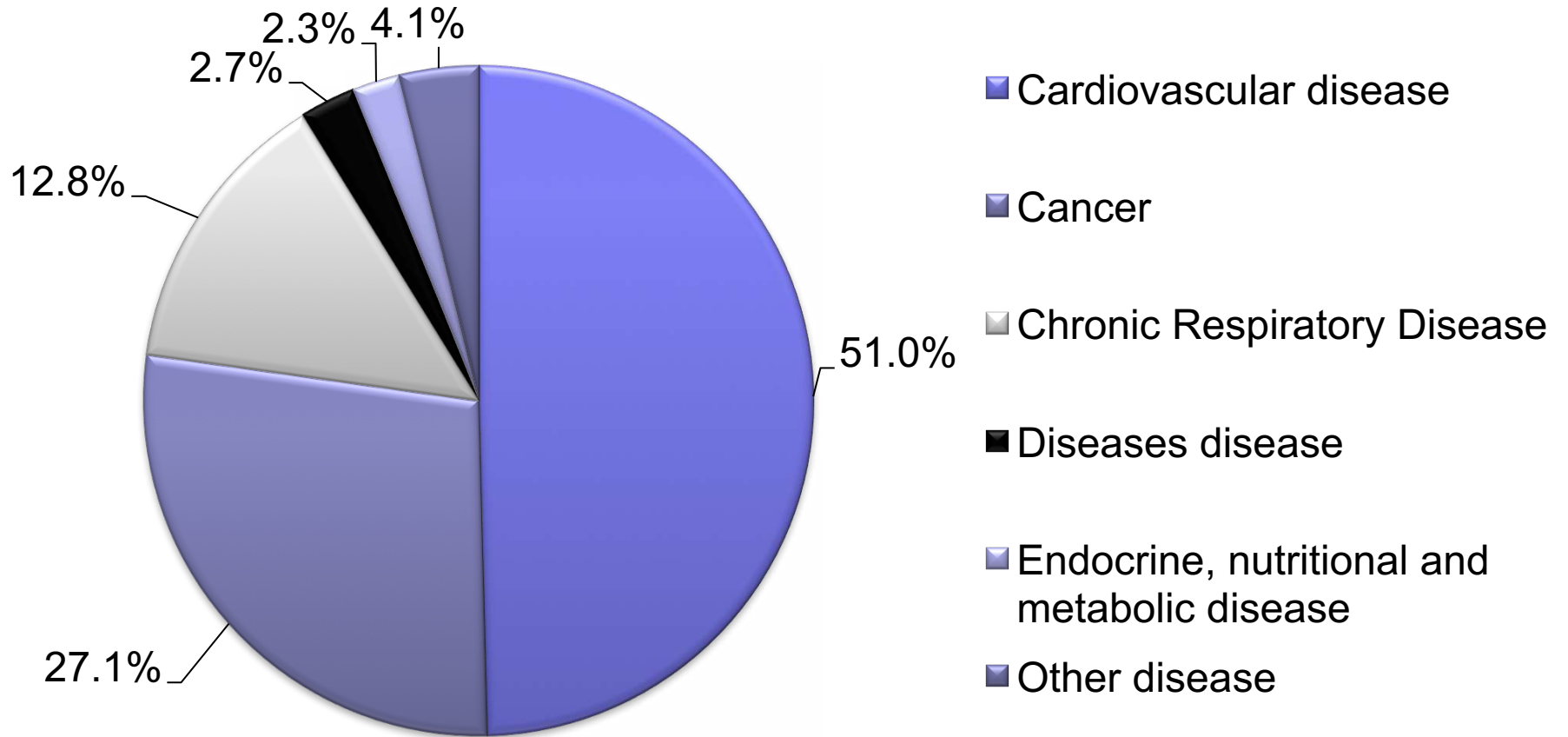
National Institute for Nutrition and Health, China CDC

Beijing, China

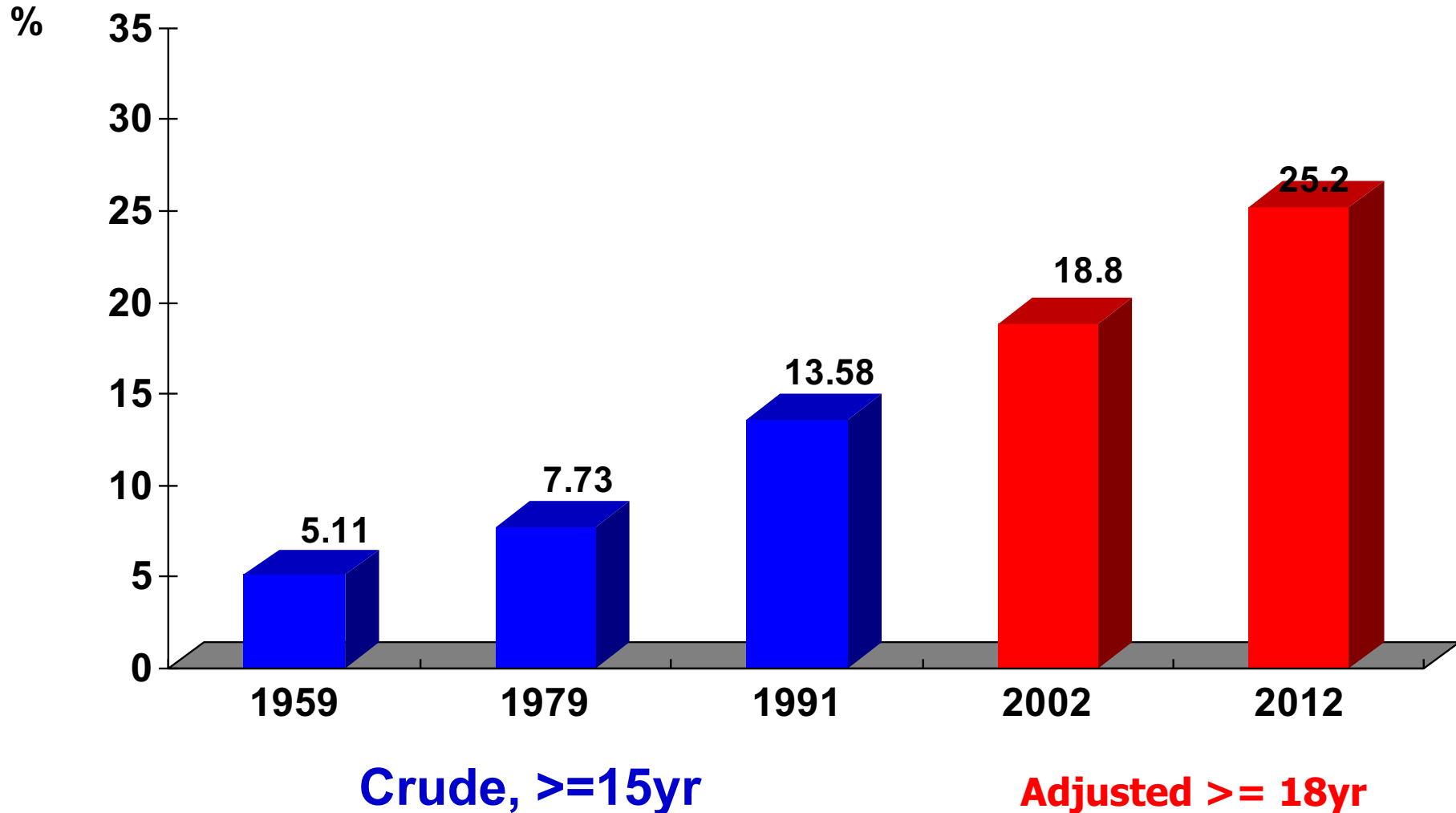


**NCDs have become the major killer and
burden in Mainland China**

Causes of Death for Chinese Residents in 2012



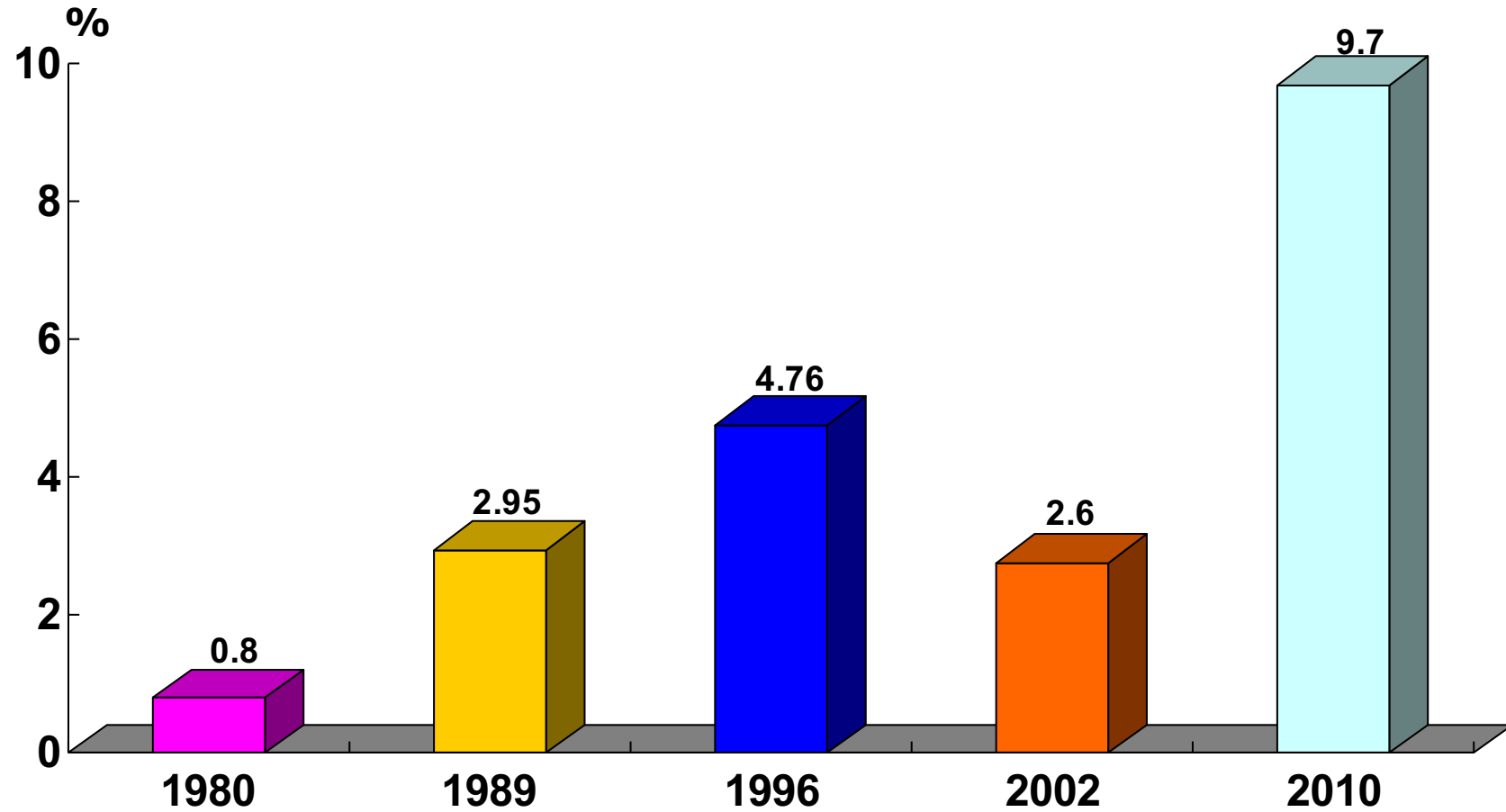
Prevalence of Hypertension in Mainland China



Crude, ≥ 15 yr

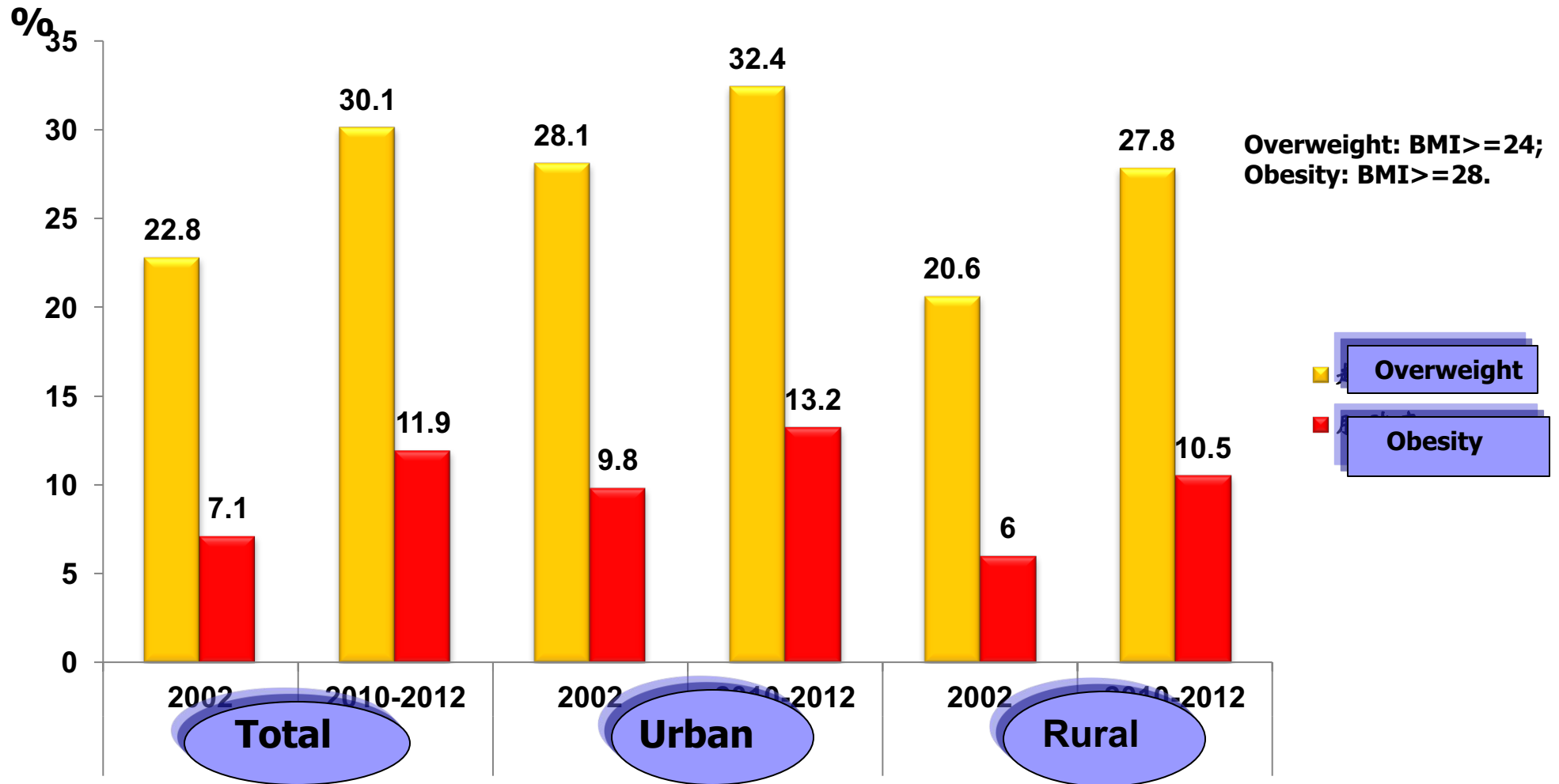
Adjusted ≥ 18 yr

Prevalence of Type 2 Diabetes in Mainland China



Source: 2002 China Nutrition and Health Survey; 2010 China BRFSS

Prevalence of Overweight and Obesity among Chinese Adult between 2002 and 2012 (%)

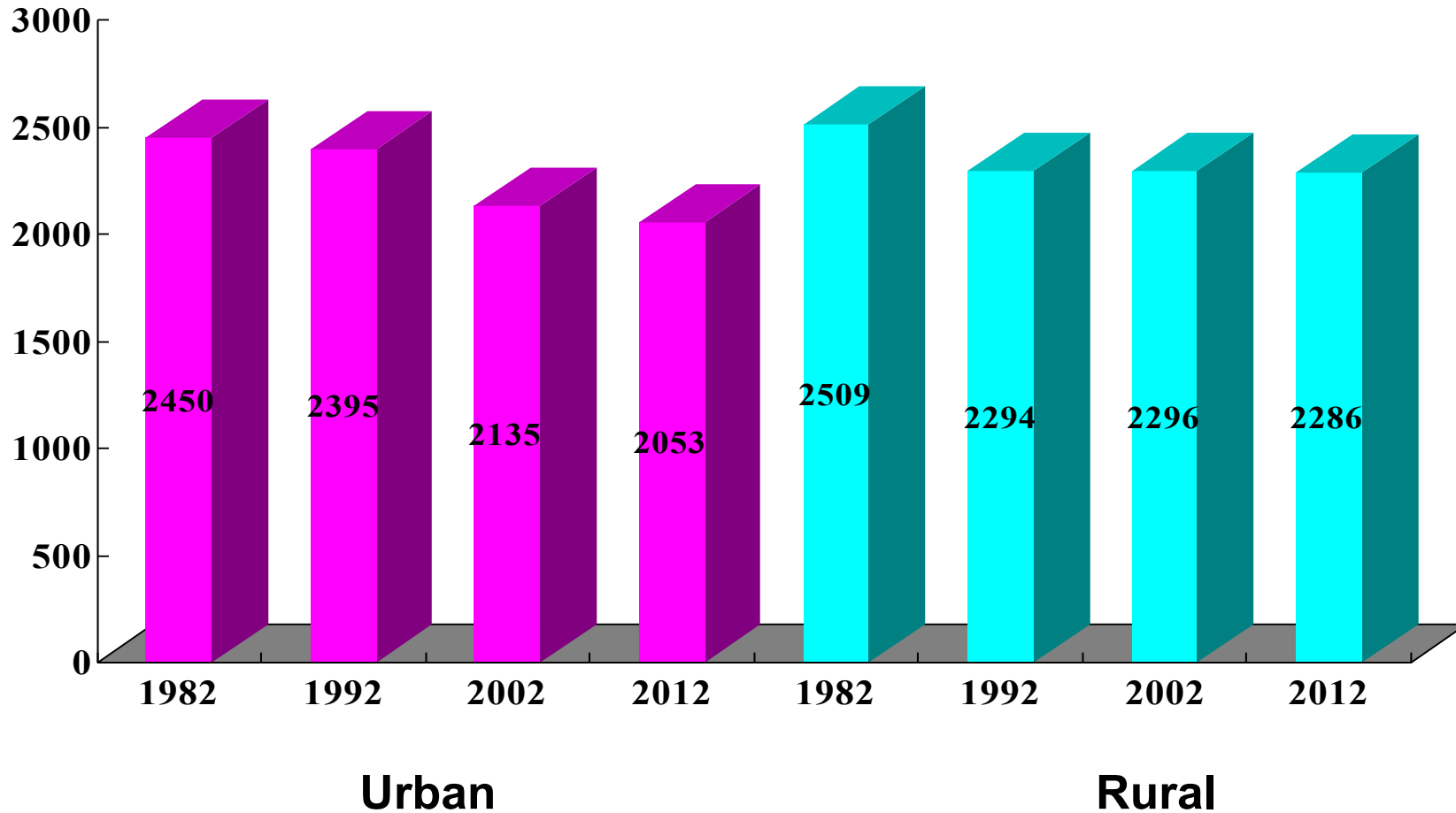




What are the Major Determinants ?

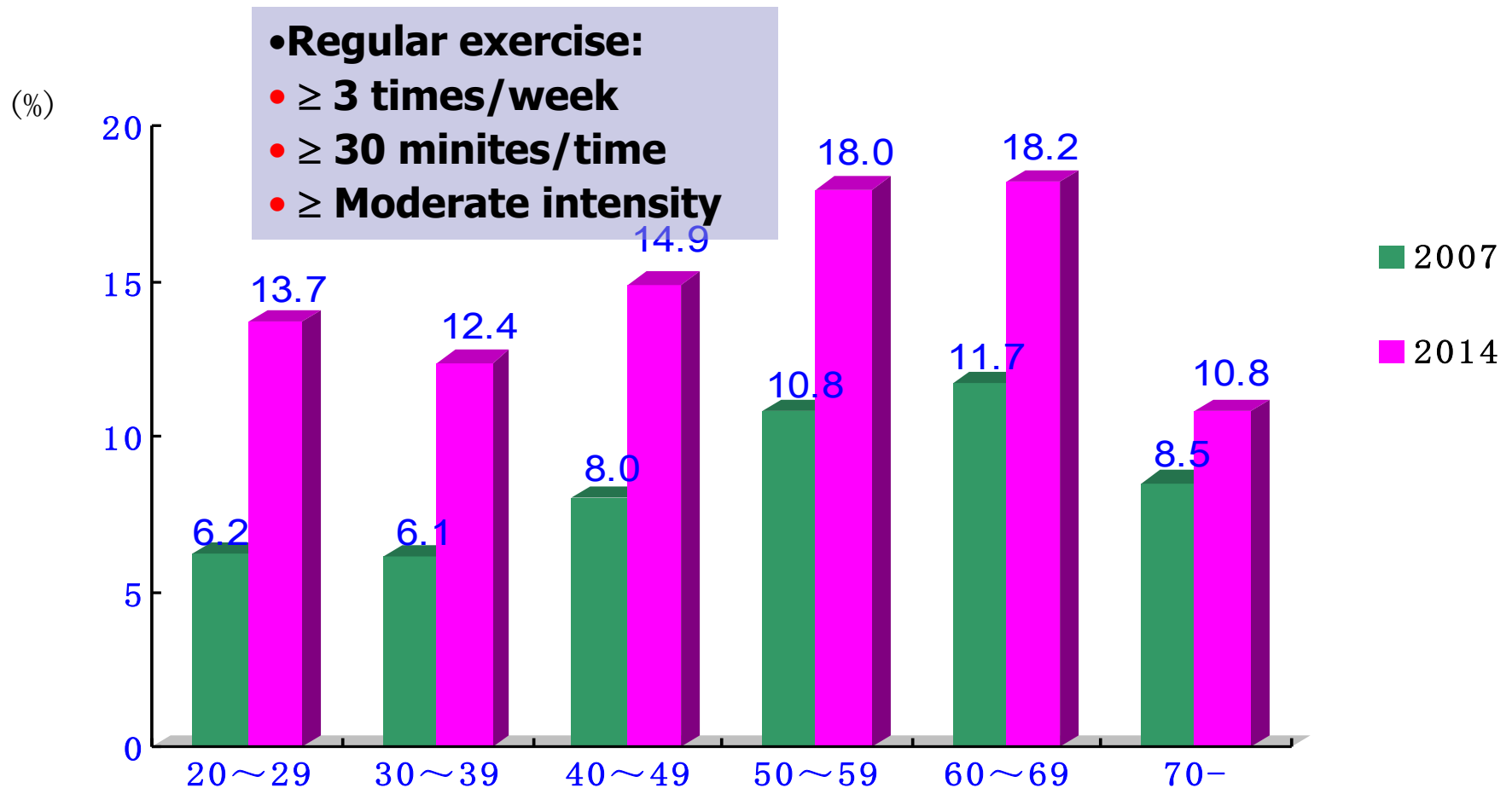
Changes in lifestyle !

Changes in Energy Intake (Kcal/reference man/d)



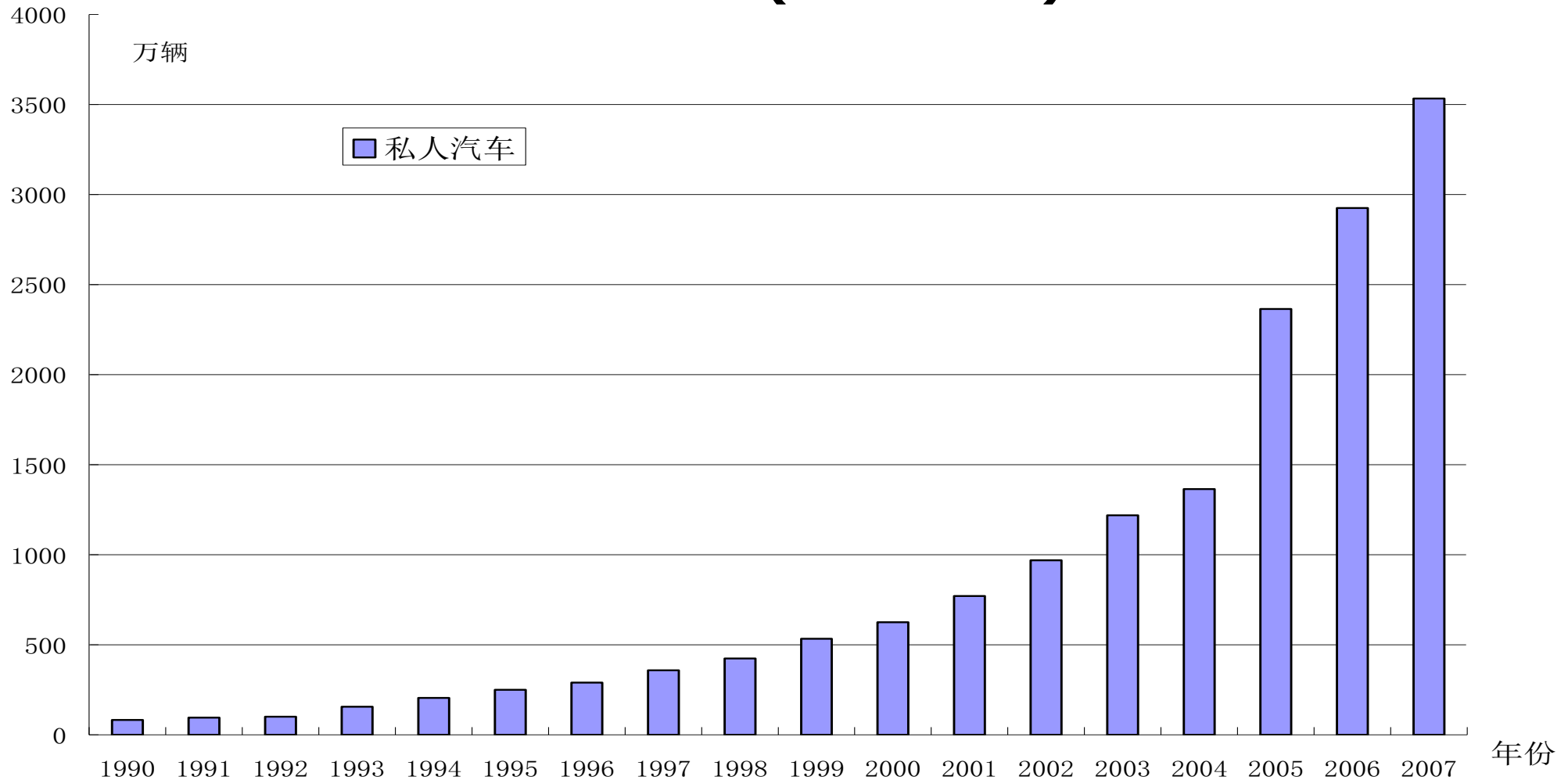
Source: 1982,1992,2002 and 2012 China National Nutrition and Health Survey

Percentage of regular exercise among Chinese aged 20 and above in 2007 and 2014(%)





9 Source: 2007 and 2014 National Survey on exercise in urban and rural Chinese

Increasing number of private cars 1990-2007 (10 X 1000)



Resource: China National Statistics Report

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- ◆ **There is overwhelming evidence that physical inactivity is a public health burden.**
 - ◆ **The benefits of exercise in the prevention and treatment of chronic disease cannot be denied.**
 - ◆ **How can we translate the scientific evidence into an effective public health strategy and initiative?**
- 

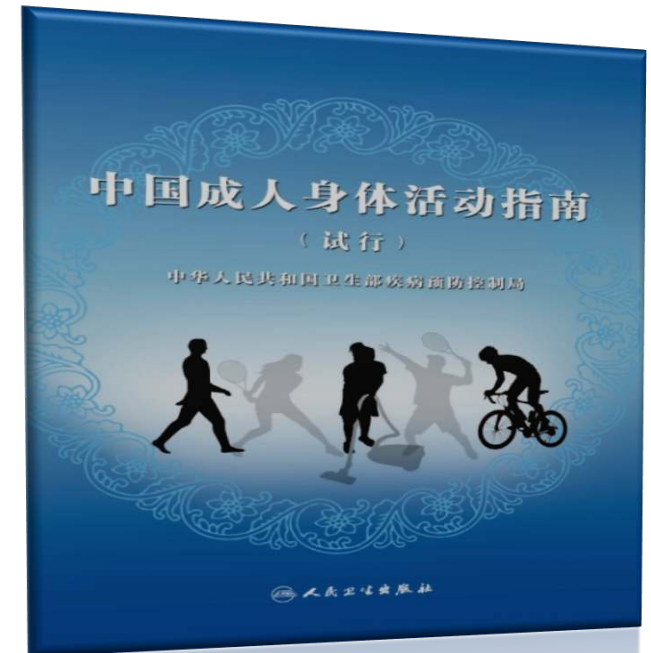


National Action on Healthy Lifestyle for All Initiated in 2007

- ◆ The National Action on Healthy Lifestyle for All was initiated by the Ministry of Health in 2007.
- ◆ The first phase of the campaign was focused on **balanced diet and physical activity**.
- ◆ It became an important platform for health promotion.



**PA Guidelines for Chinese
Adults, issued in 2011, MOH**



Project on Path to Health



PROBLEM

Health care providers (HCPs) continue to ignore evidence on exercise when formulating preventive plans and treatment plans for their patients.

SOLUTION: Exercise is Medicine™



**launched by the American College of Sports Medicine (ACSM)
and the American Medical Association (AMA)
in November 2007.**

Exercise is Medicine[®]: END GOAL

No patient/client should leave an HCP's office without:

An assessment of his/her physical activity and

**An exercise prescription or a referral to
a qualified fitness or allied health professional for further
counseling.**





Exercise is Medicine(EIM) Initiative in China

Exercise is Medicine Launched in China in June in 2012



Progress of EIM in China

CVD Physician
Training Course

Great wall International
Congress of Cardiology

16 EIM training sessions in 5 years
1600 physicians

2012.6.16

2012.10.12

2013

Continuently effort

运动是良医培训班



**From 2012 to 2015, EIM training sessions
in the Great Wall International Congress of Cardiology(Beijing)
Chinese Society of Cardiovascular Diseases, CMA**

Cardiology Physicians: 250



From 2013-2017, EIM training Sessions in China Southern Congress of Cardiology (Guangzhou)

Cardiology Physicians: 400



From 2015-2016

**EIM training Sessions in China Congress of
Diabetes(Suzhou and Xiamen)
Chinese Society of Diabetes, CMA**

Endocrinology Physicians: 400



EIM Network Qualified EIM Professionals and net work in China

moderate intensity
由于其严重的危害作用, 必须加以



EIM China's Working Group



Future Directions of EIM in China

- 1. Training and education of healthcare professionals**
- 2. Training and education of exercise professionals**
- 3. Integration of the EIM Solution into healthcare systems**
- 4. Implementation of the EIM Solution in community & special populations**

Opportunities: Healthy China 2030

- **Healthy in All Policy**
- **Collaboration between Health and Sport sector**



Thank you!

