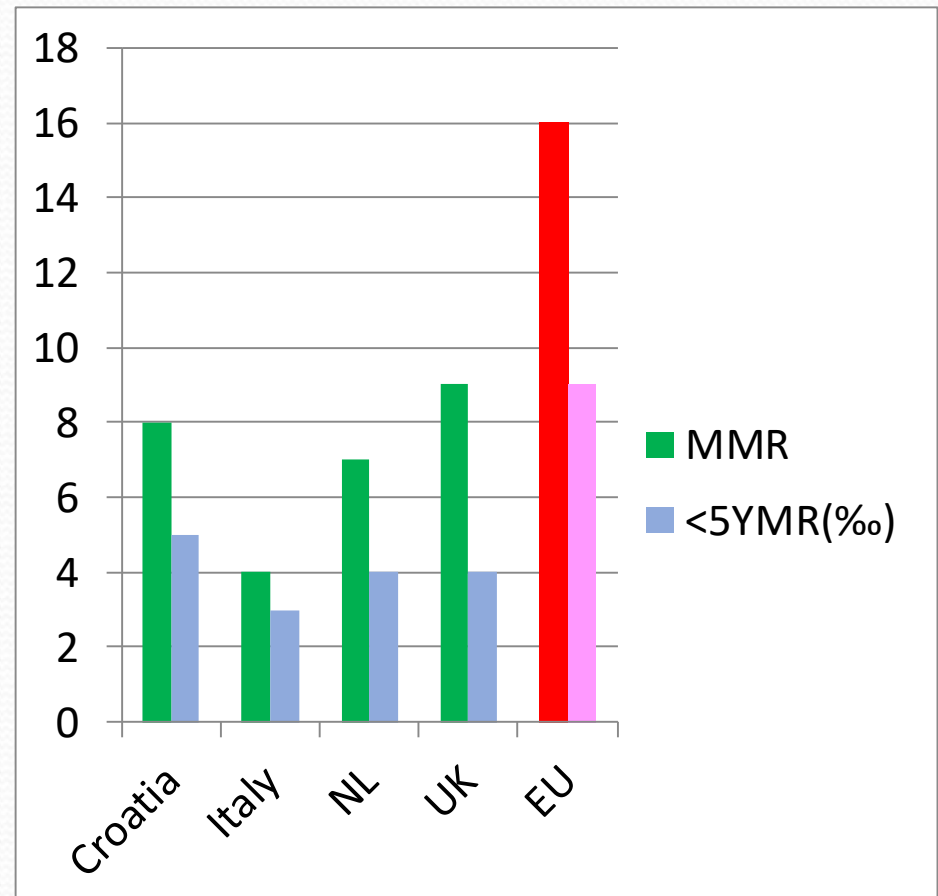
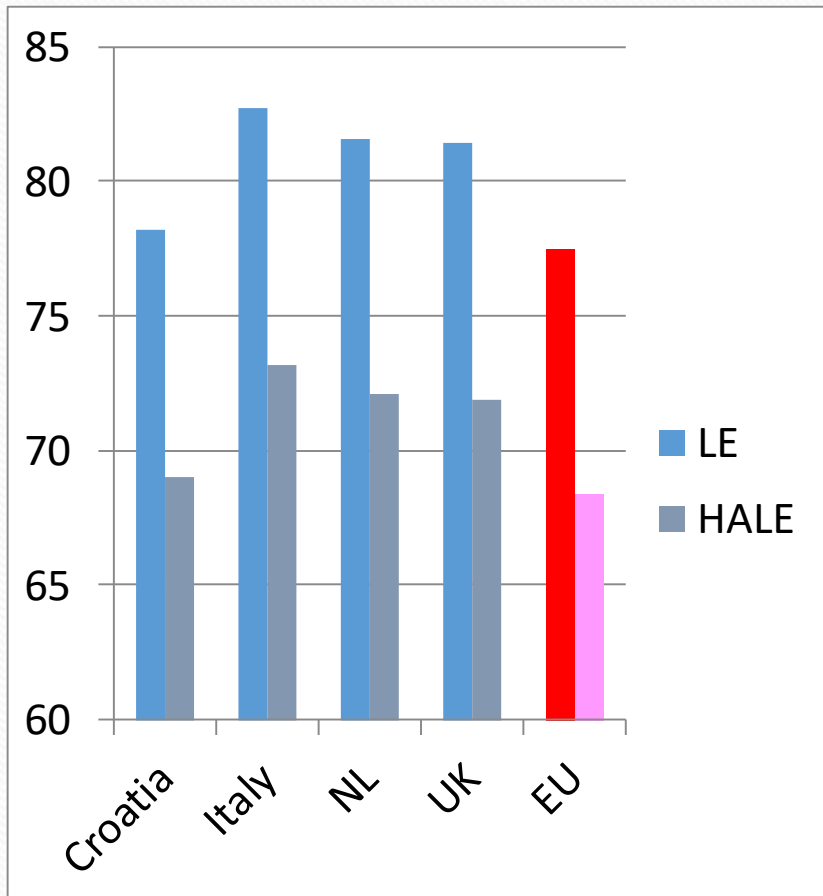




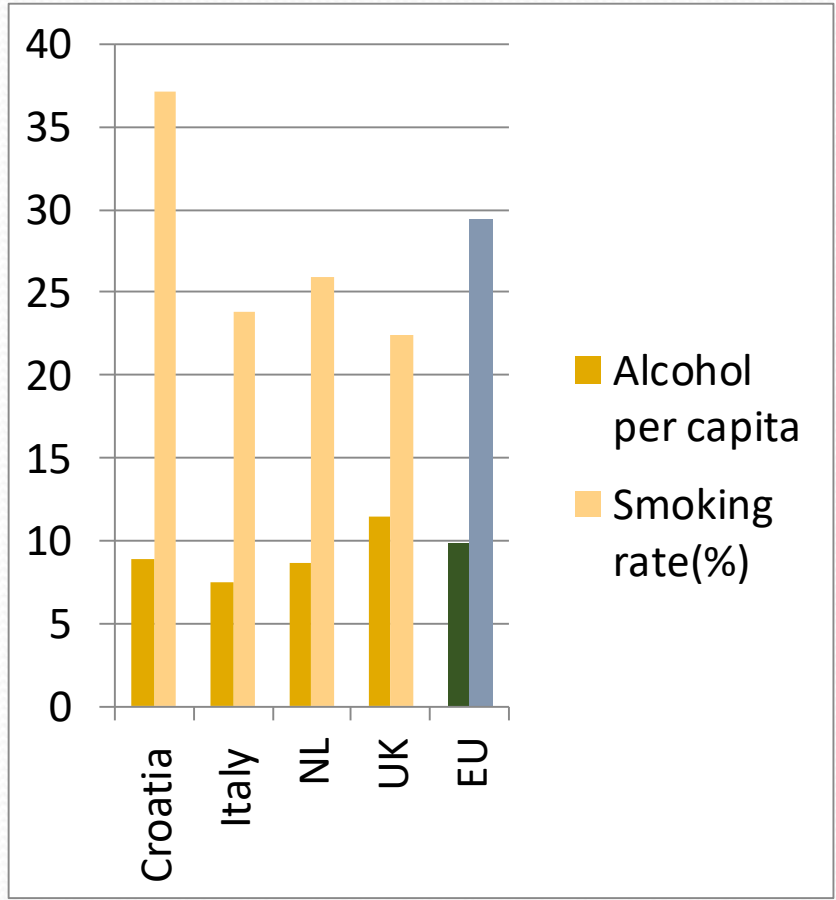
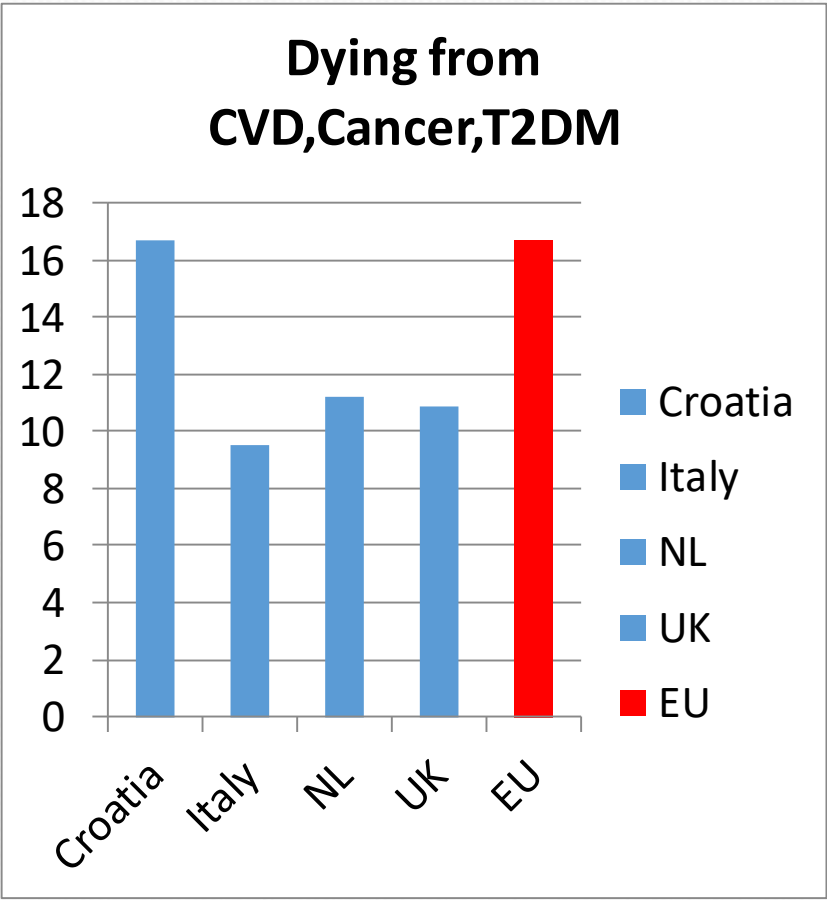
Introduction & Comments

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Member of Advisory Board, SEFAC

Some Health Indicators in 4 SEFAC Countries



Some Health Indicators in 4 SEFAC Countries



All health indicators in the four countries are better than the average of whole EU member countries

The Strength of Study Design

Experience

- Multi-country study
- Two major target groups: citizens at risk and stakeholder group
- Educational workshop and effective social engagement model
- lifestyle changing program

Advantage

- SEFAC project has made a great contribution to EU health programme
- Social participation and self management is the key of success
- To have solid theoretical background on mindfulness-based intervention , health coaching model, person-centered care approach, etc.

Main Research Findings

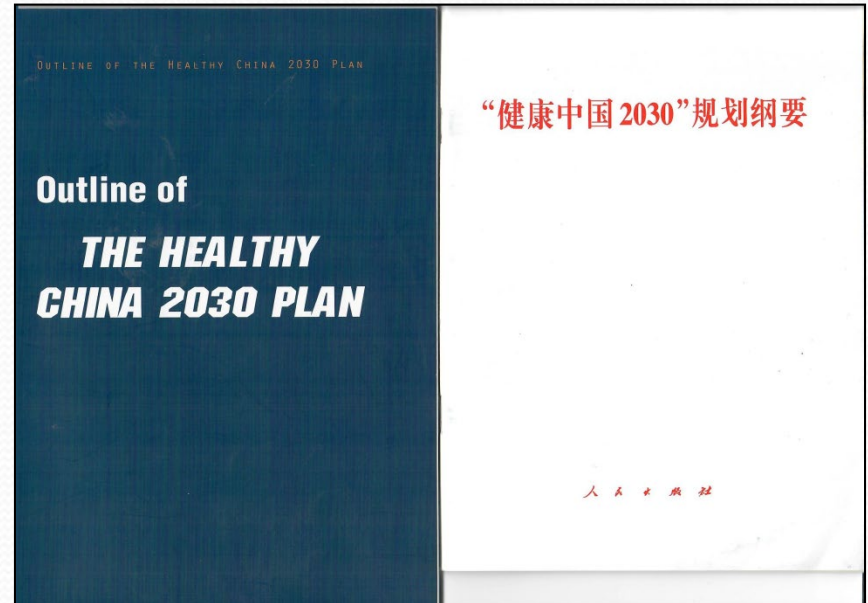
- The results of the evaluation support that the social support, self-efficacy, mental well-being, including stress, depressive symptoms, sleep problems as well as all health related quality of life and sedentary behavior have statistic significant improvement in before and after comparison
- The satisfaction with SEFAC program in participants almost 75⁰%-80⁰% improvement either in self-awareness or in healthy lifestyle
- SEFAC intervention can reduced the burden of major chronic diseases

The Limitation of Study Design






- The sample size is not large enough to show statistic significance of relatively small effects
- The observation study for six months is too short to be able to observe a big change
- The change of lifestyle needs more time to observe big and long-lasting change
- The sustainability of the project and long-term evaluation need to be considered in the future



Policy Documents on Healthy China 2030

- The Outline of Healthy China 2030
- China's medium-and long-term plan for the prevention and treatment of chronic diseases (2017-2025)
- Opinions on implementing healthy China Action
- The Action plan of Healthy China (2019-2030)



Major Indexes of Healthy China 2030

Health status	2015	2020	2030
 Life expectancy (year)	76.34	77.3	79.0
 Infant mortality (‰)	8.1	7.5	5.0
 Under-five mortality (‰)	10.7	9.5	6.0
 Maternal mortality (1/100,000)	20.1	18.0	12.0
 People meeting the fitness standards defined in the National Physical Fitness Standards (%)	89.6 <small>2014</small>	90.6	92.2

2015	2020	2030	Healthy living
10	20	30	Health literacy (%) 
3.6 <small>2014</small>	4.35	5.3	Frequent physical exercises (100 million) 

Healthy lifestyle for all in China

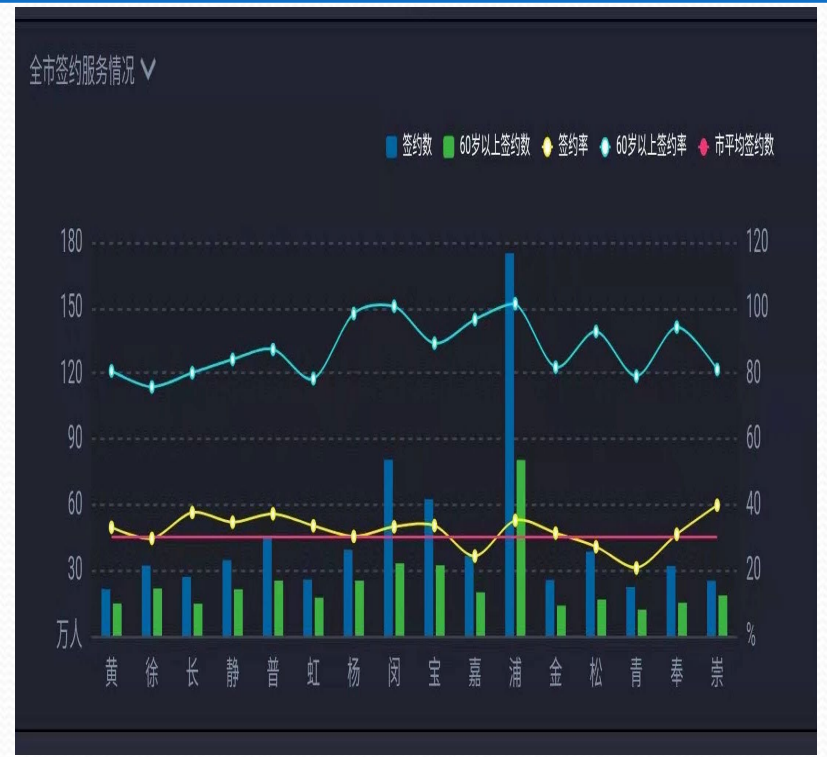
- Less salt
- Less oil
- Less sugar
- Oral health
- Healthy weight
- Bones health (osteoporosis)



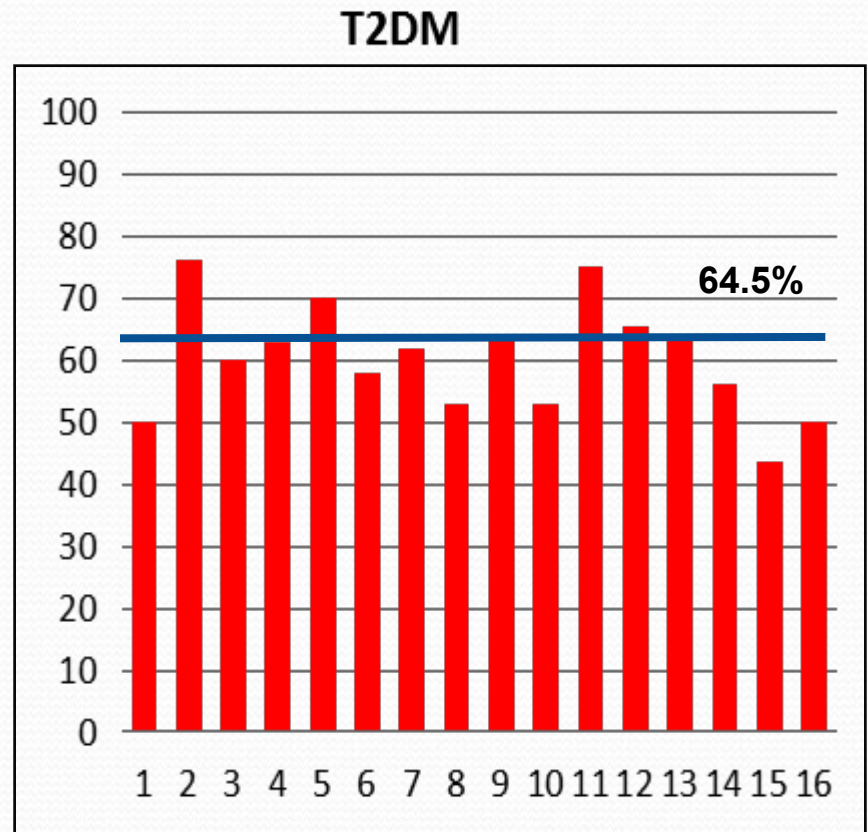
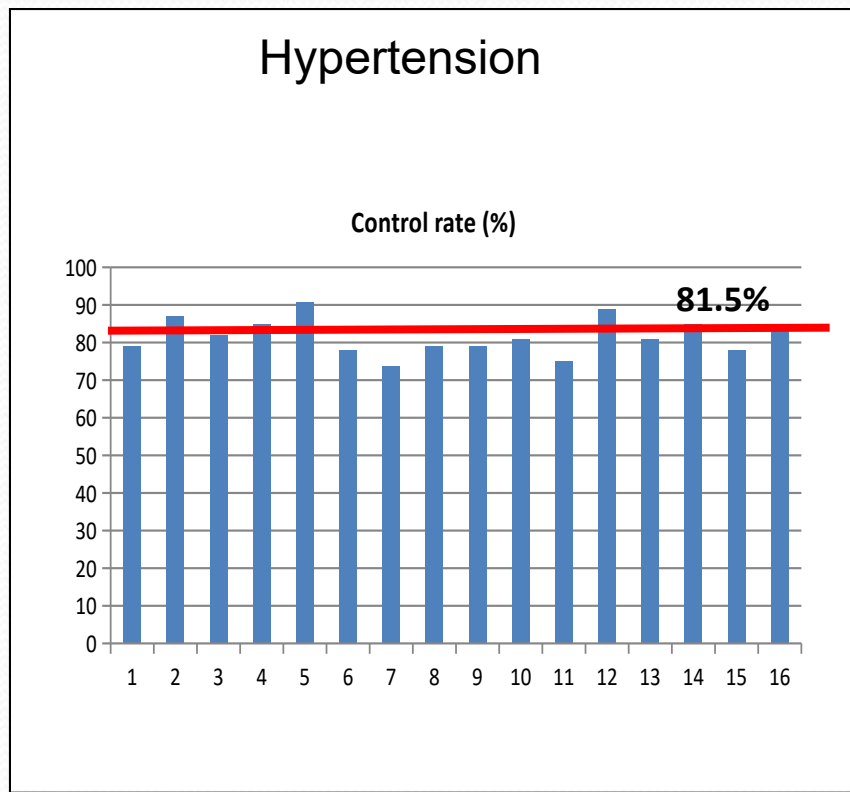
Prevention is the First

- Promoting the prevention of chronic diseases
- Early diagnosis and early treatment
- Screening high risk of population on cancer, CVD, diabetes and stroke
- All residents at community level aged above 35 years old will detect blood pressure and suger for free

Contracting rate with GP at Community Level in Shanghai



Control Rate of Hypertension & Diabetes at Community level in Shanghai



Conclusion

- The SEFAC research findings fully explain the importance of social participation and self-management in the prevention and treatment of chronic diseases
- SEFAC project takes a community approach to promoting health and reducing the burden of chronic diseases
- It combines mindfulness training, social engagement and ICT support is a feasible and cost-effective approach
- China's experience also shows that the intervention of chronic diseases needs to have national plan and good practice at community level

*Thank You For
Your Attention !*

