

Adhering to the Health China Strategy and Sharing the Fruits of Health Equity

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Abstract: Maintaining people's health is an important goal of Chinese-style modernization. At present, China is vigorously implementing the Health China Strategy. The ability to maintain health throughout the life cycle has been significantly improved and people's sense of health well-being is constantly increasing. China always insists on putting the protection of people's health in the strategic position of priority development. The health literacy of the residents is improving significantly and the people's sense of health acquisition is also significantly enhanced. At present, the development of health and healthcare with Chinese characteristics is remarkable. Health emergency response capacity has been significantly improved and the people's sense of health security has been climbing. China continues to promote international exchange and cooperation in health, and the Chinese practice of human health has made significant achievements.

Keywords: Health Equity, Health China, Health China Development Strategy

1. Introduction

Currently, China argues that it must insist on preserving and improving people's livelihoods in development, encourage the construction of a healthy China, and prioritize people's health protection as a strategic development goal. Over the last ten years, China has consistently adhered to the people-centered development concept, promoting the construction of a healthy China, and the people's health level has improved.

2. Manuscript Preparation

2.1. Place people's health on the list of strategic development priorities.

China's per capita life expectancy had climbed to 77.3 years by the end of the 13th Five-Year Plan, the physical quality and health literacy of the entire population had been continually improved, and medical services and protection capacity had been continuously strengthened. At the moment, China's major health indices outperform the average of middle and high-income countries, and the health China strategy has yielded impressive results.^[1]

2.1.1. The population's health literacy has increased greatly, and people's perceptions of health access have improved significantly

Residents' health literacy refers to their ability to receive and comprehend basic health information in order to preserve their own health. Health is the cornerstone of happiness, and residents' health literacy is a key predictor of their potential to achieve fundamental pleasure. The ultimate goal of human beings is health, and healthy living is the progressive pursuit of that goal. Since the issuance of the State Council Opinions on the Implementation of Health China Action, China has been improving the policy mechanism of Health China Action, vigorously advocating a civilized and healthy lifestyle, constantly enhancing the intervention of health influencing factors, and taking all-round intervention measures centered on health knowledge popularization, reasonable diet, national fitness, mental health promotion, and other special actions.

According to the findings of 2021 health literacy monitoring¹. In China, urban individuals have a

¹ The content of this monitoring is based on "Health Literacy of Chinese Citizens - Basic Knowledge and Skills", covering 1,008

health literacy level of 30.70%, and rural residents have a level of 22.02%, a rise of 2.62 and 2.00 percentage points, respectively, since 2020. Safety and first aid literacy, basic medical literacy, and infectious disease prevention and control literacy are much greater than in 2020 among the health issues closely associated to the health of the nation's population.^[2] The health literacy level of Chinese people has consistently improved over the last 10 years, rising from 8.8% in 2012 to 25.4% in 2022, demonstrating the outstanding growth and effectiveness of health education.^[3]

2.1.2. The ability to maintain health throughout the life cycle has greatly improved, resulting in significant improvements in people's health and well-being

Life expectancy per capita, maternal mortality rate, and infant mortality rate are among the major indicators used by WHO to assess the health of a country's and region's population. According to the Statistical Bulletin of China's Health and Healthcare Development in 2021, China's maternal prenatal checkup rate was 97.6% in 2021, postpartum visit rate was 96.0%, urban hospital delivery rate was 100%, and county (rural) hospital delivery rate was 99.9%, achieving all hospital deliveries. Antenatal checks and postpartum visits for pregnant women in China have both increased over the previous year (Table 1). In 2021, the maternal mortality rate was 16.1 per 100,000, a reduction from the previous year (Table 2).

Table 1: Maternal and child health¹

Indicators	2020	2021
Prenatal screening rate	97.4	97.6
Postnatal visit rate	95.5	96.0
Inpatient delivery rate	99.9	99.9
City	100.0	100.0
County	99.9	99.9
Systematic management rate of children under 3 years old (%)	92.9	92.8
Maternal system management rate (%)	92.7	92.9

According to national maternal and child health monitoring, the neonatal mortality rate in 2021 is 3.1; the infant mortality rate is 5.0; and the under-five mortality rate is 7.1; compared to the previous year, the national under-five mortality rate, infant mortality rate, and neonatal mortality rate have all decreased (Table 2).

Table 2: Maternal and child mortality rates in the tested areas²

Indicators	Total		City		Rural	
	2020	2021	2020	2021	2020	2021
Maternal mortality rate (1 per 100,000)	16.9	16.1	14.1	15.4	18.5	16.5
Under-five mortality rate (100%)	7.5	7.1	4.4	4.1	8.9	8.5
Infant mortality (100%)	5.4	5.0	3.6	3.2	6.2	5.8
Neonatal mortality (100%)	3.4	3.1	2.1	1.9	3.9	3.6

Young people are the country's future and hope, and protecting the health of women and children is the foundation of everyone's health. Over the last decade, China's women's and children's health standard have steadily improved, and the core indicators of maternal and child health in China now rank among the highest in the world's middle and high-income countries, and the trend of decreasing maternal, infant, and under-five mortality rates has continued, as has the maternal and child health service system with Chinese characteristics. At present, China has been rated by the World Health Organization as one of the "ten countries with high performance in maternal and child health worldwide". At the same time, China continues to promote the integration of elderly health services with medical care, and life expectancy in China has risen to 78.2 years in 2021, up from 77.93 years the previous year. According to the 14th Five-Year Plan for Public Services, life expectancy in China will reach 78.9 years by 2025, with basic pension insurance coverage reaching 95%.^[4]

2.1.3. Health emergency response capacity has been significantly improved, and people's sense of health security has been rising

Since 2012, major infectious disease outbreaks such as H7N9 avian influenza, Ebola, Middle East

townships (streets) in 336 counties (districts) of 31 provinces (autonomous regions and municipalities directly under the central government), and the target population is the resident population aged 15 to 69, with a total of 6,676 valid questionnaires.

¹ Data source: Statistical Bulletin on the Development of Health Care in China in 2021.

² Data source: Statistical Bulletin on the Development of Health Care in China in 2021.

respiratory syndrome, and New Crown pneumonia, as well as natural disasters such as floods and earthquakes, have put China's public health system to the test. In the last ten years, China has built the world's largest network of direct reporting systems for infectious disease outbreaks and public health emergencies, with an average reporting time for information on public health emergencies of less than four hours and the ability to detect more than 300 pathogens within 72 hours.^[5]

According to the 14th Five-Year Plan for National Health, China will have "a more comprehensive health system", a gradually improved basic medical and health system with Chinese characteristics, and a significantly improved ability to prevent, control, and respond to major epidemics and public health emergencies by 2025.^[6] China will strengthen the emergency response and disposal mechanism, the monitoring and early warning mechanism, the ability to rescue and treat major epidemics, the ability to control disease prevention, the allocation of emergency materials in medical institutions, the establishment of a sound emergency material deployment coordination mechanism, and the continuous weaving of a solid public health protection network by 2035 (Table 3).^[7]

Table 3: The 14th Five-Year Plan for National Health¹

Column 1: Building a strong public health system projects
<p>National basic public health service projects: optimize the service content and improve the quality of service.</p> <p>Major epidemic prevention, control and treatment capacity enhancement: improve detection and early warning capacity, laboratory testing capacity, emergency response and disposal capacity, emergency medical rescue capacity, infectious disease treatment capacity, border area epidemic prevention, control and treatment capacity.</p>

2.2. Meet people's needs for a better life and adhere to the road of health development with Chinese characteristics

2.2.1. Adhere to the public welfare of medical and health care undertakings and continue to build a strong view of health

At the moment, China is shifting its focus from diseases to people's health, emphasizing the importance of protecting people's health from the start. This concept necessitates the promotion of a civilized and healthy lifestyle, as well as the establishment of the concept of great health and wellness.

The essential embodiment of health care with Chinese characteristics is unwavering adherence to the public welfare of medical and health care. China is currently developing Internet medical technology, constantly improving the ability to prevent and treat diseases and health management at the grassroots level, and gradually strengthening the construction of county medical communities. China has been deepening reforms in the management system, the operation mechanism, and the service model of medical communities since 2019, when the National Health and Wellness Commission launched the pilot construction of compact county medical communities nationwide, with positive progress and results. More than 4,000 county medical communities have been established in the United States to date, and the establishment of county medical communities has improved the overall medical service capacity of counties, significantly increased the accessibility of medical services for the grassroots, and significantly reduced the burden of medical care for the public.^[8]

2.2.2. Take the benefits of Chinese medicine as the bottom line, and promote the collaboration of Chinese and Western medicine development

Chinese medicine is a great creation of the Chinese nation and a treasure of ancient Chinese science, containing thousands of years of health and wellness concepts and practical experience of the Chinese people and the Chinese nation. The combination of Chinese and Western medicine has produced a "1+1>2" effect in the fight against the epidemic for the heavy and critical type of patients with neocrown pneumonia, and in the rehabilitation phase of hospital discharge, the combination of Chinese and Western medicine is primarily used for rehabilitation treatment, with Chinese medicine playing a leading role.^[9]

China has won 23 national science and technology awards in the field of Chinese medicine since the 13th Five-Year Plan. In 2021, China's total number of TCM (Traditional Chinese Medicine) medical and health institutions increased by 4981 over the previous year, reaching 77,336. TCM hospitals increased by 233 over the previous year, totaling 5715; TCM outpatient clinics increased by

¹ Data source: "14th Five-Year Plan" National Health Plan.

301 over the previous year, totaling 3840; and TCM clinics increased by 4452 over the previous year, totaling 67,743(Table 4).^[10]

Table 4: Number of medical and health institutions and beds in Chinese medicine nationwide¹

Institution Type	Number of Institutions (pcs)		Number of Beds (sheets)	
	2020	2021	2020	2021
Total	72355	77336	1432900	1505271
Chinese medicine category hospitals	5482	5715	1148135	1197032
TCM Hospitals	4426	4630	981142	1022754
Combined Chinese and Western Medicine Hospital	732	756	124614	132094
Ethnic Medicine Hospital	324	329	42379	42184
Chinese Medicine Outpatient Clinic	3539	3840	438	974
TCM Clinic	3000	3276	294	590
Combined Chinese and Western Medicine Clinic	508	529	142	303
Ethnic Medicine Clinic	31	35	2	54
Chinese Medicine Clinic	63291	67443	-	-
TCM Clinic	53560	57695	-	-
Combined Chinese and Western Medicine Clinic	9090	9424	-	-
Ethnic Medicine Clinic	641	624	-	-
TCM Research Institutes	43	38	-	-
TCM Research Institute	34	32	-	-
Institute of Integrative Medicine	2	1	-	-
Institute of Ethnic Medicine	7	5	-	-
Clinical Departments in Non-TCM Medical Institutions	-	-	284327	390327

Note: Chinese medicine clinical departments include TCM specialties, Chinese and Western medicine, and ethnic medicine.

2.2.3. Based on science and technology, and adhering to medical and health care outcomes shared by the people

Since ancient times, science and technology have played an important role in resolving major public health emergencies as a sharp weapon for humans to overcome diseases and plagues. The fight against epidemics cannot be separated from technological development, and promoting health development is also inextricably linked to scientific innovation. In the last ten years, China has insisted on using science as a guide to promote high-quality development of health, and has made full use of recent achievements in scientific and technological innovation to vigorously promote the integration of the two strategies of Health China and Digital China.

On the one hand, China's national health information technology development is successful. Over the last ten years, China's health-care sector has gradually strengthened the systematic construction of national health-informatization services, standardized and promoted the application of health-care big data, promoted the deep development of "Internet + medical and health" services for the people, continued to optimize innovation and improve services, and achieved remarkable results in national health-informatization construction.^[11] China has essentially built a national health information platform, a regional national health information platform covering all provinces, 85% of cities, and 69% of counties in China, established and improved databases of population information, electronic health records of residents, electronic medical records, and basic resources throughout the country, and more than 7,000 public hospitals above the second level have been connected to regional national-health information platform. The first realization of the importance of sharing medical service information within the hospital.^[12] China's health and healthcare industries are riding the east wind of digital transformation to create a new pattern of digital health strategy development.

On the other hand, China has built the world's largest disease and health risk factor surveillance network. Disease prevention and control is not only about public health security, but also about

¹ Data source: Statistical Bulletin on the Development of Health Care in China in 2021.

people's lives and health security. China's health work policy adheres to the "prevention-oriented", multi-measures to improve disease prevention and control system. In the past ten years, China's major diseases prevention and control level have improved significantly, a variety of "vaccine-preventable infectious diseases" to the lowest level in history, the death rate of AIDS, the incidence of tuberculosis fell significantly, "hepatitis B country" off the cap. The Chinese central government spends more than 4 billion yuan per year to provide residents with free immunization program vaccines, the number of preventable infectious diseases has reached 15, and the national immunization program vaccination rate for school-age children remains above 90%.^[13]

2.3. Promote the development of health for all mankind and jointly build a human health community

Diseases have no regard for race, and viruses have no regard for national boundaries. At the moment, China continues to promote international health exchange and cooperation, as well as actively promote global health and well-being, demonstrating the role of a large country.

2.3.1. Active participation in global health cooperation to promote human health development

China will commemorate the 60th anniversary of the dispatch of Chinese medical teams in 2023. According to National Health Commission statistics, China has sent medical teams to 73 countries and regions around the world in the last 60 years, sending approximately 28,000 medical teams and treating 290 million patients, saving a large number of lives worldwide. UNICEF has successfully implemented the Maternal, Newborn, and Child Health Services (MNCHS) project in Zimbabwe with the assistance of the Chinese government's South-South Cooperation Assistance Fund. The project has significantly improved maternal and newborn health services in rural Zimbabwe over the last two years, benefiting 1.74 million people, with the overall goal of accelerating access, quality, and utilization of maternal, newborn, and child health services in Zimbabwe.^[14]

2.3.2. Strengthening International Exchange and Cooperation in Health and Safeguarding Human Health and Well-Being

Since the outbreak of Newcastle pneumonia, China, along with 240 political parties from over 110 countries, has urged all parties to prioritize human safety and health, uphold the concept of a community of human destiny, and work together to strengthen international cooperation in fighting the epidemic.^[9] China has also announced timely treatment, prevention, and control programs, and has always maintained close communication with WHO and relevant countries and regions, sharing information such as the genetic sequence of the new coronavirus for the first time, providing basic support for global epidemic prevention, assisting international organizations and other countries to the best of its ability, and contributing valuable Chinese wisdom and Chinese power to the global famine. By exporting anti-epidemic materials in an orderly manner, China has also played an important role in ensuring the transportation of anti-epidemic materials and maintaining the smooth flow of international industrial chains and supply chains. The international community has praised China's wisdom and role as a great power in the fight against the epidemic. He also praised China's efforts to combat the current new pandemic and promote global health development.^[15]

3. Conclusions

Since the founding of New China, China has made significant advances in people's health, with many historic achievements. Over the last decade, China has significantly improved its ability to prevent and control major epidemics and public health emergencies through scientific and technological innovation; continuously improved its ability to prevent and treat diseases and health management at the grassroots level; and strived to promote the health and well-being of the world's people through Chinese practices. At the same time, we must acknowledge that the development of people's health continues to have unbalanced and insufficient problems. The world is now in the midst of a major change unprecedented in a century, with the frequent occurrence of public health emergencies, the rapid spread of major infectious diseases, and the unprecedented scope of impact. Looking ahead, people all over the world should work together to create a human health community!

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