



Olympic Health Handbook Editorial Committee

Olympic Health Handbook

Healthy Olympic Healthy Beijing

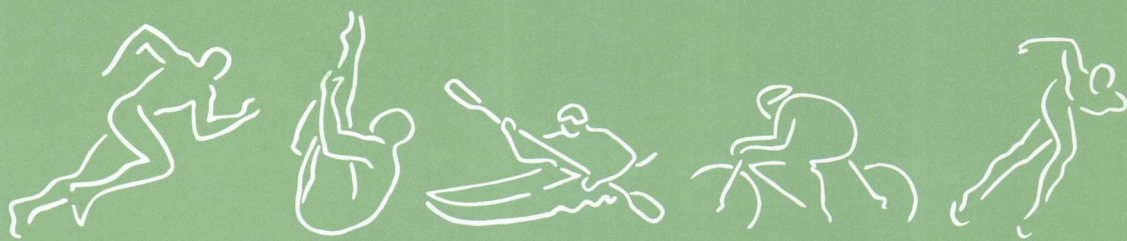
- Healthy Lifestyle
- Disease Prevention
- Emergency First Aid
- Politeness and Etiquette
- Important Information



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Preface

Welcome to the distinguished Beijing International Olympic Games.

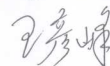
The Olympic Games is a worldwide focused sports event during which all valiant athletes from different countries and regions will compete for medals with the Olympic motto – “Faster, Higher, Stronger”. The Olympic Games event is also a world fiesta created and celebrated by all human beings. When you arrive in Beijing, with enhanced heart beat, the capital of China and the city which holds the 29th International Olympic Games, while enjoy the wonderful sports competition, appreciate the brilliant 5,000 years’ history and splendid Chinese culture, and tour the beautiful ancient scenic capital, to grasp the health knowledge and skills and to safeguard your health and safety would be a special contribution you made for the great event.

An ounce of prevention is a pound of cure. In order to communicate the health knowledge and Olympic related information, and to create a good social environment for the Olympic Games, under the advocacy and financially support of China Health & Medical Development Foundation, Beijing Municipal Government organized Chinese Center for Disease Control and Prevention and Beijing Municipal Health Bureau to launch a movement named “Healthy Olympic, Healthy Beijing”, and as a component of the movement, Chinese Center for Disease Control and Prevention organized more than 20 professionals and experts from medical, public health and health education to write this *Healthy Olympic Handbook*.

This manual is composed of 5 chapters, which respectively are Healthy Lifestyle, Disease Prevention, First Aid, Civilization and Etiquette, and Service and Important Information. It is easily – understanding, vivid, practical, and relevant to the daily life and the Olympic Games. Readers can not only get the information and skills about health, disease prevention and emergency, but also review the Olympic Games’ history, learn about related information and etiquette, which would help them support, participate the Olympic Games and contribute to the Games’ successful conduct.

Wish sincerely the *Olympic Health Handbook* can be a valuable gift to you.

Wang Yanfeng





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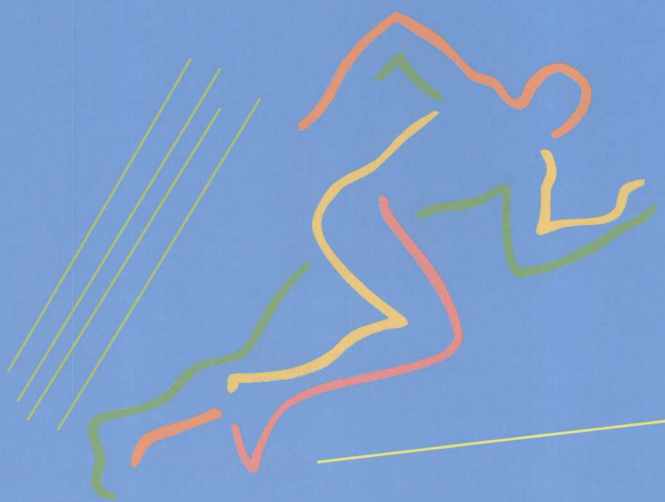
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Healthy Lifestyle

Scientific, civilized and healthy lifestyles contribute to your health and the environment for Olympic Games.



Diet

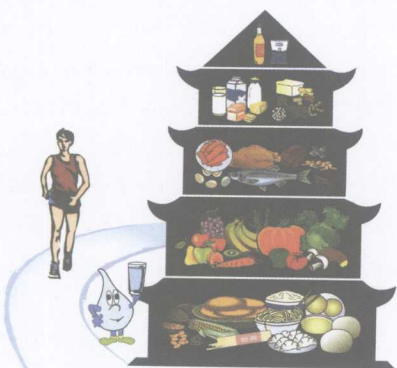
* From birth, diet is the foundation of the body

As the saying goes, “The body is the iron and the food is steel, it will be very weak for one days not eating”. Humans must eat every day. Food is the precondition for survival and the correct diet can ensure health.

Diet has a close relationship with health, also with growth and survival. Diet goes through a human’s entire life. For humans eating is to ingest nutrition, so nutrition is the basic guarantee for life and health. The quality of nutrition relates to the people’s growth and health, then to the nation’s health standard and quality of life for all the population.

To guide residents of China to have reasonable nutrition and stay healthy, the MOH commissioned the Chinese Nutrition Academic Society to develop *Meal Guidelines for China’s Residents (2007)*. Its basic principles are:

- ※ Various kinds of food, with cereals as the core and match intake of unrefined with refined food;
- ※ Eat more vegetables, fruits and potatoes;
- ※ Take milk, legumes, or their products every day;
- ※ Eat the right amount of fish, fowl, and red meat frequently;
- ※ Reduce oil used in frying and cooking,



About the Olympic Games — Olympic Games in Beijing

* The date of the 29th Olympic Games in Beijing

The International Olympic Committee Executive Board decided the 29th Olympic Games in Beijing will be held on August 8–24, 2008.



eat light and low salt food;

- ※ Don't eat too much, and exercise every day to keep a healthy weight;
- ※ Have three meals, evenly spaced through the day, and have moderate snacks;
- ※ Drink adequate water and choose other drinks within reason;
- ※ Drink wine in limited quantity;
- ※ Eat fresh and clean food.

If everybody can actively implement this meal pattern, nutrition needs of the human body will be guaranteed and “the diseases of modern civilization” can be effectively prevented and reduced, also those diseases caused by unhealthful food, then the Chinese nation will develop towards higher intelligence, stronger body and longer life.

* New meal concepts to prevent “the disease of modern civilization”

With nutrition research continually developing, the meal guidelines are also continually revising. There are several new viewpoints agreed to by both domestic and foreign nutritionists as follows.

1. Eat food from plants mainly

Plant foods are rich in fiber. Scientists esteem plant fiber as “the seventh nutrient”, “the 21st century's functionality food”. Plant fiber has many health functions. One is the natural anti—cancer and anti—mutagen protection against rectal cancer. The second function is to strengthen the intestinal tract and prevent constipation. The third function is to lower the blood serum cholesterol, which is helpful in the prevention of arteriosclerosis and obesity. The fourth function is to adsorb poison and eliminate choleriac acid in the intestinal tract, which prevents the formation of gallstones. The fifth function is to promote the growth of beneficial bacteria and reduce the production of the harmful bacteria in the intestinal tract.

Food rich in plant fiber include fruits, such as apple, banana, orange, vegetables, such as cabbage, balsam pear, kelp, seaweed (*porphyra capensi*), radish and so on; cereals, such as oatmeal, oats, corn and whole wheat bread, flour, millet, legumes and other crude cereals.

2. Eat meals rich in calcium

In our country, residents lack calcium generally. Many people know that a young child will get rickets and an old person will get osteoporosis if they lack calcium. And moreover, there are some other diseases caused by lack of calcium, such as hypertension (diastolic pressure elevates), allergy (asthma, nettle rash), dropped cardiac muscle function, the sexual function barrier, reduced fertility,



weariness and weakness, foot and leg convulsions, arteriosclerosis, painful menstruation and so on. Therefore, the modern meal emphasizes calcium intake.

The best method to get calcium is to absorb the calcium from meals and to engage in moderate sports. Milk (including yogurt) and soybean milk are the first choice and should be eaten every day. In addition, calcareous foods include shrimp skins, bean curd, sesame jam, kelp, sardine, roast fish fillet, dog salmon, almond, yellow bean sprouts, celery, rape, bone soup, mushroom, and so on.

3. Eat a low – fat and low – salt diet

The reasonable meal emphasizes low-fat and low-salt food. The diseases of modern civilization, including cardiovascular disease, hyperlipemia, hypertension, adiposity and cancer and so on, all have a relationship with eating high – fat and high – salt food. A habit of eating low – fat and low – salt food is beneficial to healthy longevity, also helpful in preventing and reducing the occurrence of breast cancer, cerebral apoplexy and cardiovascular disease.

* The new explanation about “Illness finds its way in by the mouth”

In ancient times, there was one saying which said “illness finds its way in by the mouth”, and its connotation was very widespread. However, people actually had a narrow explanation for these words, as if “illness finds its way in by the mouth” only referred to contaminated food that caused diarrhea, and other digestive tract infectious disease. In fact, not only many infectious diseases, but also many chronic non – infectious illnesses have a close relationship with eating.

Since the reform and opening – up of China, the living standards have increased generally, the general populations’ nutritional status has been improved obviously, most districts have achieved the



About the Olympic Games — Olympic Games in Beijing

* Theme for the 29th Olympic Games

“One World, One Dream”

warm and sufficient level or the better-off level, and part of population has entered the wealthy ranks. Therefore, the well-off, as a result of sumptuousness and refined food, consciously or unconsciously, tended to follow the old route of developed country meals, namely “three high and one low” (high carbohydrate, high protein, high fat, low plant fiber), and ate more polished rice and thin noodles, chicken, fish, meat, egg, cakes and drink, and less miscellaneous grains, vegetables and fruits. Drink less tea and boiled water, but more sugary drinks and filtered water. Rich food has caused the sudden rise of “the diseases of modern civilization”, also called rich man’s illness. Since the late 1980s in our country, the incidence rate of hyperglycemia, obesity, arteriosclerosis, hypertension, coronary disease, cerebrovascular disease, diabetes and cancer and so on, rose steadily. According to the MOH’s statistics, the casualties caused by these rich man’s illnesses, has accounted for 70% of the current total deaths, and remains at a high level.



In the 21st century, the overweight and obese populations in our country have suddenly grown; the diseases of modern civilization increase day by day, and appear at earlier and earlier age. The World Health Organization pointed out in its 1997 annual report: bad food habits and meal patterns, and unhealthy life style, are the chief blame for the increase of the diseases of modern civilization and many chronic diseases. The report said that there were more than 24 million people who died of cancer, blood vessel disease of heart and brain every year all over the world. Dr. Kinsley, the representative of WHO in Beijing said, “Some diseases that were traditionally regarded to occur only in developed country, now have become the potluck in China!” He added that the Chinese diabetics’ population is also on the rise. There were more than 15 million diabetics estimated in China, more than 3 times compared with 10 years ago. WHO appealed to the whole world: Persuade people to reduce the intake of high-fat, high-sugar and high-salt food, not to smoke, not to overeat and overdrink, and to exercise much more to protect body health and live longer.

* Overeating at each meal will reduce life

The long-term research by domestic and foreign nutritionists indicated that diet is the scien-

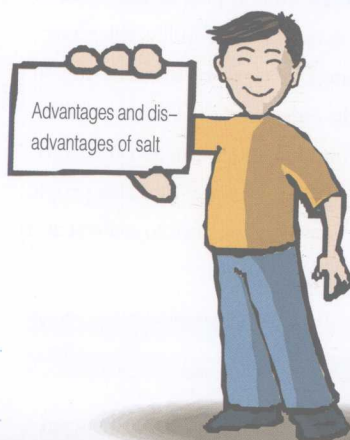
tific method for healthy longevity. Infirmary and early death have a close relationship with overeating and an unreasonable diet.

Actually, there were many dissertations about diet in our country's ancient times. Kong Zi advocated that "with food, do not strive for full", "diet to protect stomach". A book named *Taboos for Healthy Life* said: "People good at healthy lifestyle, eat when hungry and don't eat too full; drink when thirsty and don't drink too much." These dissertations showed that the ancient Chinese already discovered diet was helpful for longevity, and overeating will cause a shorter.

The gerontologist, George Roth, of the US National Institute on Aging, has done an experiment on reduced calorie intake with monkeys, and discovered that monkeys eating 30% less than controls had declined metabolism speed and relatively lower body temperature, the level of beneficial high-density lipoprotein in their blood was twice that of non-calorie-restricted monkeys, and blood fats and blood pressure were about 10% lower. At the same time, the reduced calorie monkeys had better glucose tolerance and insulin sensitivity, - a protection against diabetes. In Japan's Okinawa, the traditional food of local residents is low-calorie, high-protein plants. Finally, there are more a-hundred-year-old residents and above in this island than other places in Japan. Moderate diet is also one of many old people's longevity experiences in our country.

A moderate diet does not reduce or restrict food blindly, but according to scientific principles of meals and balanced nutrition.

* Advantages and disadvantages of salt



As the saying goes, "Salty is savory, salty is savory, not salty is not savory." If the diet lacks of salt, there will be no flavor. Salt is an essential material for the human body. There are 150 grams of salt in one 70-kilogram body. No organ of the human body can live without salt. For example, lack of salt will interfere with the normal beating of the heart; if there is no salt in the stomach, dyspepsia will occur. Muscles will cramp if they lack salt. If they don't eat salt for a long time, humans will become weak. Salt is also responsible for maintaining the normal distribution of water in the