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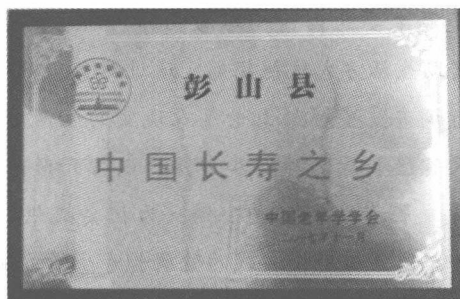
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# 导论

四川彭山县 2007 年被中国老年学学会评选为“中国长寿之乡”，成为首批正式以“中国”命名的国家级长寿地区之一。



彭山长寿源远流长。传说中的“中华第一寿”、享年高达 800 岁的彭祖就长年生活在这片土地上，并通过亲身的研究和实践创立了系统的长寿养生文化，奠定了彭山成为我国最主要的长寿文化发祥地的坚实基础；同时，这里还是有“中华第一孝”美名的西晋文学家李密的故里，他撰写的《陈情表》情意真诚，力透纸背的孝亲敬老情愫千百年来熏陶培养了彭山人浓厚的孝亲睦邻传统，为彭山形成区域长寿现象起到了十分重要和深远的社会作用。

彭山长寿十分有特色，与同期被评为“中国长寿之乡”的湖南麻阳、福建永福以及此后跻身“长寿之乡”行列的湖北钟祥、广西巴马、江苏如皋等比较，彭山在区位环境等方面极其普通，可以说

没有特别值得一提的明显的优势，更没有得天独厚不可复制的优异天然资源，因此不少人甚至不少研究者都认为，彭山人之所以长寿，应该主要得益于彭祖建立的以性生活为特征的长寿养生文化。

21 世纪是提高和发展人类寿命质量和内容的时代。尤其是随着我国老龄化程度的不断加深，彭山区域长寿现象越来越吸引社会的广泛关注，成为众多试图为健康长寿寻找“灵丹妙药”的学者专家的最佳研究样本和对象。与彭山具有近似的自然环境“硬件”条件的地区可以说比比皆是，但为何只有彭山人能长寿，其他地区甚至四邻周边区县的人却不能一样长寿？彭山人实现健康长寿的诀窍和法则究竟是什么？能不能推而广之地进行复制和移植？

世界卫生组织认为，在影响和制约人的健康和长寿的诸多因素中，生活方式是最主要的因素，其影响作用所占的比重高达 60%。据此，本书拟借助生活方式这把钥匙，通过对彭山 60 岁以上老年人的生活方式进行调查，了解彭山老年人现实的生活方式状况，研究分析彭山老年人健康长寿的原因和方法，以打开彭山人健康长寿的大门，找到其健康长寿的密码和法则，为社会提供一个切实可行、每一个人和每一个地区都可以实践的健康长寿生活方法和原则。

生活方式是社会学的重要理论范畴，其内容相当广泛，不仅囊括了人们的衣、食、住、行、劳动工作、休闲娱乐、社会交往、待人接物等物质生活内容，而且还包含了人们的价值观、道德观、审美观等精神生活方面的内容。不过，本书依据研究的目的和要求，为明晰起见，特将生活方式的定义重置设定为：人们为有效生存而开展的生活的方式，主要包括家庭生活、劳动消费、闲暇娱乐、社会交往四个方面。

本书按照这一定义设计调查问卷并对彭山 60 岁以上老年人的生活方式进行调查研究，发现彭山老年人饮食节制，生活有规律，而且清淡寡欲，知足常乐。他们大多坚持做家务、锻炼身体，活到老，动到老，邻里和睦，喜欢和老朋友保持交往，闲暇生活丰富，睡眠

充足,生活方式科学合理,习惯良好。特别需要强调的是,彭山老年人性生活十分和谐,36.69%的老年人认为性生活对自己来说重要,并且目前还有性生活的老年人的比例也占到了29.3%。有半数以上的老人认为自己和配偶关系亲密,近半数的老人觉得自己和配偶的关系较好。鉴于性问题的隐私性,可以认为这就是老人们认可自己性生活圆满的一种表述。

另外,在研究中我们还发现,彭山县基本实现了国家基本公共卫生服务9项免费服务项目对全县城乡居民的全覆盖,建立并完善了新型农村合作医疗制度,医疗设施状况多项主要基础指标都超过全国平均水平。全县基本养老保险金实现了100%社会化发放,对失地农民、城镇失业职工全部纳入养老保障体系办理,按月发放养老保障金。政府对符合城乡低保条件的60岁以上老人全部给予了最低生活保障,年满60岁的人员还享受每人每年720元的扶助金。这一相对全面的医疗福利系统,在很大程度上保证了老年人对于医疗福利资源的需求。

尤其值得一提的是,在对百岁老人的访谈中,几乎每一位老人都谈到了子女晚辈的孝顺,不少老年人表示没有子女对自己的看护就没有自己的健康长寿。不难看出,孝文化这一中国传统文化中最有特色、最精粹的价值观念所倡导的和谐亲睦、爱老敬老,对彭山区域健康长寿现象的形成发挥了非常积极和重要的影响作用。

基于对彭山老年人生活方式的调查研究,本书认为彭山之所以能够形成“高寿者众、百岁者多”的区域长寿现象,就是人们良好科学的生活方式和相对全面的医疗福利系统以及以孝文化为代表的传统文化三大要素有效合力作用的结果。这种有别于自然环境、遗传因素之类“先天硬件”的影响机制是可以移植和复制的健康长寿“软件”,对于社会和普通大众的健康实践活动具有更现实和更有效的借鉴价值和指导作用。

全书共7章,主要结构和内容如下:

第1章 绪论。本章根据国内外人口老龄化发展的背景,结合彭山健康长寿现象的相关状况,提出本书的主要目的和研究意义以及本书的基本研究框架和研究方法。

第2章 老年人生活方式相关研究综述。本章主要对国内外关于生活方式研究的相关情况进行综述,并对老年人生活方式的概念和特点进行较详细的阐释。同时在此基础上,对本书的基本理论依据和有关基本概念进行厘清和界定。

第3章 彭山老年人生活方式调查。本章简要说明了彭山老年人生活方式调查的指标体系架构以及采用的调查方法,同时说明了调查问卷内容的设计原则,包括调查实施的情况,较为详细地介绍了整个调查的进展过程。

第4章 彭山老年人生活方式基本描述。本章根据实地调查获得的第一手资料,主要围绕身体健康、心理健康和社会关系三个维度,利用统计学方法对彭山老年人生活方式进行描述,直观真实地还原彭山老年人的现实基本生活状况,包括他们的性生活状况。此外还录入了通过访谈法获得的部分百岁老人的生活状况和习惯,力求形象、客观地勾勒出彭山老年人生活的内容和方法。

第5章 彭山健康长寿法则分析。本章着重梳理彭山老年人生活方式中方法性和规律性的内容,并从社会环境因素和传统文化的影响与作用两个视角剖析制约彭山人长寿现象的关键因素,分析彭山人长寿的规律,并通过区域横向比较中国香港人长寿现象,论证良好科学的生活方式、相对完备的医疗福利设施条件和主要以孝文化为代表的传统文化是形成彭山区域长寿现象最关键的三个关键性要素,并将三者有机作用的合力机制定名为“彭山健康长寿法则”。

第6章 彭山健康长寿法则的理论意义与启示。本章依据彭山健康长寿法则昭示的方法和途径,阐述彭山健康长寿法则对于个体行为和团体(主要指政府)作为的启迪作用,并依据该法则具体诠释了化解健康长寿良性发展的主要矛盾,构建和谐健康的老龄化社会,

缓解老龄化对社会经济影响的具体方法。

第7章 研究的结论与展望。本章主要是对全书基本观点的总结，并特别解读了弘扬传统文化和推进老年产业对于实现健康长寿的积极有效作用。笔者相信，通过进一步的研究，加强横向对比，有针对性地细化彭山健康长寿法则，一定能极大地推动全社会成功实现积极的老龄化，有效促进社会老龄化问题的全面妥善解决。

总之，我国正在进入老龄化高速发展阶段，老年人口每年以数百万级规模增加，如何“给岁月生命”，让全社会更多的人能够尽可能地健康长寿，对于减缓社会保障系统和“421”结构的家庭负担压力，促进社会成功老龄化，具有十分积极和重要的现实意义和理论价值。本书对于彭山“高寿者众、百岁者多”区域长寿现象所进行的健康长寿法则研究，仅仅是在这个背景和趋势下所做的一个有限尝试，希望抛砖引玉，引发更多的人从不同的角度和不同的层面来关注并研究我国老年人口的健康长寿问题，发现更多有利于全社会普通大众健康实践活动的方法和规律，让全社会分享“长寿红利”带来的积极效益，推动“不分年龄，人人共享”的和谐社会的建设和发展。

**关键词：**中国长寿之乡 健康长寿法则 老年人生活方式  
彭山



# Introduction

In 2007, “PengShan in Sichuan Province” was selected and named by the China Gerontological Society as “Home of Longevity of China”, it is one of the first official longevity site with the title of “China” in a national level.

PengShan has a long history of longevity. It is known as “the First Longevity in China”. Peng Zu who was over 800 years old and had been living on this piece of land; he created a systematic longevity and healthy living culture through his personal study and practice which laid PengShan a solid foundation of giving birth to the major longevity culture. Meanwhile, PengShan so called “the First Chinese Filial Piety” is also the hometown of the well-known Western Jin Dynasty writer, Li Mi. In Li MI’s writing “Statement to explain not able to take on a duty due to take care of the grandmother”, truly reflected his love and care of the elderly people, which also penetrated PengShan people have thousand years of practice in nurturing a strong culture of good neighborliness and traditional filial piety that form PengShan a phenomenon of longevity and played a very important role and profound social effect.

The longevity of PengShan is very unique. In comparison with Ma Yang County in Hunan, Yong Fu County in Fujian and the latest Chinese longevity Zhong Xiang County of Hu Bei Province, Ba Ma of Guangxi Prov-

ince, Rugao of Jiangsu Province, PengShan doesn't have the unique natural environmental resources which the others have. Therefore, a lot of people and researchers believe that the reason for the longevity in PengShan mainly due to the characteristic of sex life in the longevity health culture established by Peng Zu.

The 21<sup>st</sup> Century is the era of enhancing and improving the quality of human life. Along with the deepening of aging population in our Country, PengShan has been drawing broadly attention and attraction by the general public, and it becomes a target object for people to conduct the research and look for "the fountain of youth". There are many places in China having the similar "hardware" - natural environment like those in PengShan, but why other places do not have same longevity phenomenon like PengShan? How does and what are the tips for PengShan in realizing the health and longevity? Can it be extensively replicated and transplanted?

World Health Organization (WHO) believes that lifestyle is the main factor amongst many other factors that restricts people health and longevity, and its influences taking up to 60%. Accordingly, this book is a key for us to open the door and find the password to the Law of Health and Longevity in PengShan. Through the survey and investigation to the elderly people over 60 years old in PengShan, we are able to gain a good understanding of their actual lifestyle in order to study and analyze the reasons and methods constituting to the health and longevity in PengShan. These findings provide the society and individuals with the practicable and feasible methods to achieve and practice the principles of health and longevity of life.

Lifestyle is an important theoretical aspect of sociology and its contents are very extensive. It covers not only the people's food, clothing, shelter, transportation, labor work, rest and entertainment, social network, interpersonal and other content of material life, but also includes people's values, ethics, aesthetics and so spiritual life aspects. However, this book is

based on the research's objectives and requirements and to make it easier to understand, the writer refines the definition of lifestyle as: the ways of life that people live effectively and meaningfully in the areas of family life, labor consumption, leisure and entertainment, and social networking.

The design of survey questionnaire in this book is based on the redefined lifestyle, and the study shows that the elderly of 60 years of age or older in Pengshan are very self-restraint on their dietary, living pace, simple and low desires on materials and easily get happy and satisfaction. Most of them insist on doing household chores, exercise, and live actively. They also have a very close relationship with neighbors, sleep well, and rich in leisure life. Their lifestyle is very scientific and reasonable with good living habits. What must be emphasized is that Pengshan people have a very harmonious sexual life, and 36.69% of elderly people believe that sex is very important and 29.3% of them still have sexual life. In particular, half of the elderly holds an intimate relationship with their spouses, and almost half of the elderly believes that they have a good relationship with their spouse. Due to the fact that sex issue is an embarrassing and ambiguous topic, the result of survey is probably the best response from the old people of their sexual life.

On the other hand, through the research and analysis also discovered that Pengshan County basically has realized nine free public health services which cover all urban and rural residents of the county. Pengshan has established a comprehensive new rural cooperative medical system and many of their major medical facilities condition basic indicators are above the national average. The county achieved 100% basic old-age pension insurance payment. The old-age security payments cover the landless peasants and the urban unemployed workers, and they can receive the monthly payment from this pension insurance. Governments provide the basic living allowance to people who are 60 years old and meet the urban and rural low income criteria. Aged 60 citizens also enjoy a subsidize allowance in the amount of

720 Yuan per person per year. This comprehensive and full medical benefits system relatively ensures the elderly people to enjoy the peace of mind health care benefits.

It is particularly worth mentioning is that in an interview on centenarians, almost all the elderly people did talk about the filial piety of children. Many elderly people said that they would not have a good health and longevity without the care and love by their children. It's obvious that the essence of the Chinese traditional filial piety culture advocated harmony, love and respect for elders, is the formation of health and longevity as well as plays a very positive and important role in the region of PengShan.

According to the research conducted in PengShan on the elderly people lifestyle, this book believes that PengShan has the phenomena of numerous senior and old-age people living as a result of a combination of good scientific ways of living, relatively well developed health care system, and the traditional Chinese filial piety merits. This is different from the natural environment or any genetic factors like "innate hardware" that can be copied and transplanted to health and longevity - "software". It provides to the society and general public with a more realistic and effective value and guidance for reference.

Around the main stream of research, this book layouts the seven chapters as follows:

Chapter One, it mainly involves the introduction. The background information is based on the domestic & foreign research and the population development, the phenomenon of longevity and health in PengShan. The book puts forward the main purpose and importance of this research. At the same time it puts forward the basic theory, research framework and research methodologies in this book.

Chapter Two, summary of studies on lifestyle. This chapter focuses on the research on reviewing people's lifestyle domestically and internationally, and providing a detail explanation of the concepts and features of elderly life-

based on the research's objectives and requirements and to make it easier to understand, the writer refines the definition of lifestyle as: the ways of life that people live effectively and meaningfully in the areas of family life, labor consumption, leisure and entertainment, and social networking.

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estyle. On the basis of these studies, this book makes the clarifications and definitions on the related basic theories and concepts.

Chapter Three, it is the design of the survey on the elderly people's lifestyle in PengShan. This chapter outlines the structure of system indicator and evaluation methodologies. It also states the design of questionnaire and visiting syllabus, formulating and implementing survey scheme.

Chapter Four, it is the description of the basic PengShan old lifestyle. This chapter based on an on-site survey to obtain first-hand information and primarily focuses on physical health, mental health and social relationships in three dimensions using statistical methods investigating PengShan elderly people lifestyle. It intuitively brings PengShan elderly people back to the origin of basic living conditions including their sex life. In addition, through the face-to-face interviews with the centenarians, it strives vividly outlines the ways of PengShan elderly people living and their living conditions and habits.

Chapter Five, the Law of Health and Longevity in PengShan. This chapter focuses on laying out PengShan elderly people lifestyle which combining method and regularity of content, and the key factors constraining PengShan longevity phenomenon from the influence of social environmental factors and traditional culture perspectives. It also analyzes the law of longevity in PengShan through regional horizontal comparison to the longevity phenomenon in Hong Kong, and elaborates agood scientific life, relatively complete medical health system and social welfare, and the traditional filial piety culture whichare the critical elements to form the phenomenon of longevity in PengShan. It is known as the Law of Health and Longevity in PengShan.

Chapter Six, the enlightenment the Law of Health and Longevity in PengShan. This chapter is built on the ways and means ofthe Law of Health and Longevity in PengShan manifest and inspirethe behavior of anindividual and group (mainly refers to the government), and based on a specific in-

terpretation of the law to resolve any contradictions arising from the positive development of health and longevity, construction of a harmonious healthy aging society, and ease any impact on the implementation of policies on aging population.

Chapter Seven, it is the conclusion and outlook. This chapter is a summary of the basic ideas of the book, especially the interpretation and promotion of the traditional culture and dynamic senior industry lead to a positive and effective role in achieving health and longevity. Through further in depth research, strengthening horizontal comparison, and target to refine PengShan Law of Longevity, will be able to greatly promote the whole society to successfully achieve active aging, effectively advance and resolve any issues arising from the aging population.

All in all, our Country is entering into the high-speed development stage of aging population, and the size of elderly population is increasing geometrically on an annual basis. How to “add years to life” and allow more people to enjoy health and longevity will help to mitigate the burden of the social security system and structural 421 family and to successfully resolve any issues arising from the aging society. It possesses a very positive and important practical and theoretical value. This book conducted the research on the phenomenon of health and longevity in PengShan where they have many aging people and centenarians. It attempts to inspire and initiate more people to give attention and study the health and longevity from different angles and perspectives so as to discover more methods and rules that benefit people to realize and achieve health and longevity, to allow the society to share the “longevity bonus” benefits, and to promote the construction and development of a harmonious society for everyone at all age to enjoy.

**Key words:** China Home of Longevity, The Laws of Health and longevity, the Lifestyle of Older, PengShan County

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