

HEALTHY CHINA 2020

Strategic Research Report

◆ Editor-in-Chief **Chen Zhu** ◆



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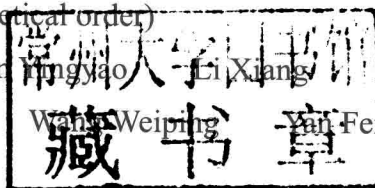
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PREFACE

Health provides the foundation for people's all-round development and has a direct bearing on the happiness of each family. Accelerating the development of health sector and promoting the health status of people are not only one of the goals of social and economic development, but also an important safeguard to protect human resources, promote economic development and maintain harmony and stability of society. Universal access to the basic health services and improving the health of all people in China have been set by Chinese government as an important goal of accelerating the development of health sector and comprehensively improving people's living, as well as the basic duty of the government to satisfy residents' health demand.

The world today is undergoing a period of major development, transformation and adjustment. Science and technology develop rapidly while world economic situation is undergoing new changes. A new balance of international powers is emerging and the communication of ideas and culture of the world presents new characteristics. The increase of unstable and uncertain factors has brought new opportunities and challenges to China's development. With the promotion of the comprehensively construction of economic, political, cultural, social, and ecological civilization, the industrialization, informatization, urbanization, marketization and globalization are developing in-depth and China is in an important strategic period of opportunities for further development, as well as the highlighted period for all kinds of contradictions.

In order to meet the new requirements to build a moderately prosperous society, a basic health system should be constructed to cover all the urban and rural residents and further protect people's health and promote the scientific development of health systems. On the other hand, the historic opportunity brought by deepening reform of health system should be taken full advantage of, middle and long-term strategy for promoting people health should be actively studied and formulated, and priority areas and practical action plans for national health promotion should be identified, so as to provide scientific evidences of significantly improving people's health and

reduce health disparities. In this view, the Ministry of Health carried out the strategic research on ‘Healthy China’ at the beginning of 2008, led by Academician Qide Han and Academician Guowei Sang, both of whom are the Vice Chairman of the Standing Committee of the National People’s Congress. 6 research teams were organized in public policy, drug policy, public health, technological support, the transformation of medicine pattern and traditional Chinese medicine. With the joint efforts of over 400 experts and scholars in three years, the final study report was published in 2012.

The whole research took health demand as guidance and health improvement as goal and focused on solving major problems threatening urban and rural residents’ health. It also adhered to the principles of prevention priority, same importance attached on both traditional medicine and Western medicine, and the combination of prevention and treatment. This study also advocated the principles of government leading, social mobilization and participation, the adoption and promotion of appropriate technologies. Effective interventions on major and long-term health problems of national health should be strengthened, so as to ensure that the key strategic objectives of universal access to basic medical and health services by 2020 be achieved. Strategic, comprehensive and forward-looking major problems for the development of health reform and the improvement of people’s health development and improvement were analyzed systematically and in depth, leading to a series of achievements of high theoretical and practical value and the final report of “The Strategic Research Report on Healthy China 2020” (“Research Report”) was formed. The Research Report is the first authoritative strategic research report, which not only enriches and develops the theory system of health reform and development with Chinese characteristics and drives the development and practice of health care reform, but also plays a positive role in many aspects such as the formulation of the 12th five-year plan of China’s health reform and the development plans of health sector.

The strategy of “Healthy China 2020” is an important part of China’s economic and social development strategy, as well as a concrete practice of international experience. To further spread the research achievements of “Healthy China 2020”, increase the international influence, especially share the experience and philosophy of the development of health with developing countries and promote the development of global health, the Research Report was decided to be published in English after simplification and revision. The revision of the report adhered to the principle of

the remain of basic structure, further concision of opinions and simplification of language, professional team of high qualification was organized for the translation of the report, so as to present the most of the essence of the research in relatively concise words. The English edition of the research report is divided into two parts: Introduction, Opportunities and Challenges, Guiding Ideology and Goals, Strategic Priorities and Action Plans, Policies and Measures are included in the General Report; the achievements of 6 research groups of public policy research on health promotion, drug policy research, public health research, technological support and frontier research, research on the transformation of medicine pattern and the improvement of health and medical system, and traditional Chinese medicine research are briefly introduced in Sub-Reports.

The whole report was the achievement of the collective wisdom of all the experts and scholars in our team and the joint efforts of experts and scholars in many years. Gratitude should be expressed to them for their creative mind and hard work. People's health demands vary under different condition of the economic, social and health development. The strategic objectives, indicators, corresponding policies and measures in this report should be revised according to the condition of the economic, social and health development in different countries. And the translation and publication of the Research Report aim to provide some reference of thoughts and ideas in the formulation of the national health development strategy.

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ABSTRACT

Health provides the foundation for people's all-round development. Universal access to basic health services has been set as one of the new requirements to build a prosperous society in all respects, as advocated in the 17th National Congress of the Communist Party of China. Driven by the deepened reforms of the medical and health care system, the Ministry of Health organized hundreds of experts to conduct a strategic research on Healthy China 2020 to achieve the goals set by the 17th National Congress so that the strategic, comprehensive and forward-looking problems for health development and improvement were investigated in depth; consequently came the Report on Healthy China 2020. The report analyzed the opportunities and challenges of Chinese people's health development in 2020 and proposed the developmental goals, strategic priorities, action plans and policy measures.

OPPORTUNITIES AND CHALLENGES

The goals for building a well-off society, and the economic and higher requirements posed by the social transformations on national health security

Universal access to the basic health services and health improvement of the whole nation are the important goals of the comprehensive development of well-off society. Meanwhile, the rapid globalization, industrialization, urbanization, population aging and lifestyle changes during the economic and social transformations have not only threatened the safety of food, drug, water, occupation and environment, but also generated major infectious diseases and chronic non-communicable conditions, which have added pressure to the protection of the national health.

The health status of the residents to be improved and significant differences among the different groups

Although the average life expectancy has been extended from 35 in 1950s to 73 years in 2005, significant health differences still exist among the different areas

and groups. When it comes to the average life expectancy, the biggest gap between the eastern and western provinces is 15 years. And the uneven allocation of health resources, reflected as the number of physicians/hospital beds per thousand person and health spending per capita, differs substantially thanks to the different levels of economic and social development.

The changed pattern of disease morbidity and mortality and heavy disease burden on both the urban and rural residents

With the rapid economic and social development, the transformation of disease morbidity and mortality has been finished in most places of China. Currently, China encounters the health problems of both the developed and developing countries, with the burden of disease getting heavier and heavier, which consequently affects the economic and social development. The burden of major chronic diseases is the most significant, in particular.

The rampant major health problems

The incidences of viral hepatitis, tuberculosis and AIDS still show a rising trend, which has been a major issue in preventing and controlling communicable diseases; the prevalence and mortality rates of chronic diseases are on the rise; the major endemics and other communicable diseases are far from controlled; maternal and pediatric diseases and malnutrition require further attention; and the problems of food and drug safety go increasingly apparent. All of these factors constitute serious threats to people's health and safety.

The expanding impact of health risk factors

The current unhealthy lifestyles and behaviors such as the use of tobacco, inadequate physical exercise, inappropriate diet and excessive alcohol consumption, show a progressive upward trend. Meanwhile, the environment pollution does serious harm on health.

The big gap between the supply of health and medical services and growing health demand

The civic health demands keep growing with the rapid economic development. However, the total amount of health resources remains inadequate; the allocation

structure is insufficient; and the equity and accessibility of health service are unsatisfactory, which can be a severe threat to building a harmonious society.

The failure of the relevant public policies to address the need of the fast transformation of health status

The current policies on public health, health service and medicines are either obsolete or inexistent. Moreover, the policy implementation is not powerful enough to meet the demand of health status transformation.

The national health promoted significantly by the progress of health science and technology

The advances, applications and popularizations of new medical approaches and newly developed medicines, devices and equipments have significantly promoted the disease prevention, diagnosis and treatment, which contribute a lot to health promotion.

The infrastructure for achieving the goals of national health established via the deepened healthcare reforms

To deepen the healthcare reforms is a prerequisite for the building of China as a modern socialist country so as to address the basic institutional problems and fulfill the requirements of the national health in 2020.

GOALS

The general objective the research proposes for Healthy China 2020 is to improve the health status of the urban and rural residents, increase health-related quality of life, decrease the disparities of health status among the different regions, and promote the main health indicators to those of the developed countries on the average.

The basic medical and health system is to be nationally formed in 2015, which will enable all residents to be covered by the basic medical insurance and gain access to the basic public health services; the access of such services, to be significantly improved; the disparities of health status and allocation of health resources among the different regions, to be narrowed; and the level of health status, to grow and stay in the forefront of the developing countries.

In 2020, the basic medical and health system is to be improved to cover both the urban and rural residents; universal access to basic health service, to be ensured; the risk protection level of basic medical insurance, to be elevated; the utilization of health services, to be significantly improved; health disparities among different regions, to be continuously reduced; and the civic health status, to reach that of the developed countries on the average.

THE STRATEGIC PRIORITIES AND ACTION PLANS

Based on the severity of damage, the breadth of impact, the existence of specific interventions and the fair and forward-looking principles of screening, the research comes up with ten priority areas of strategic focus, which can be classified into three categories pertaining to key populations, major diseases and health problems, and controllable health risk factors. The ten strategic priorities are as follows: promoting reproductive health and preventing birth defects so as to ensure maternal and infant safety; improving the working environment and reducing the occupational hazards to promote the health of occupational population; improving the health of disadvantaged populations to reduce health disparities; establishing a sound service delivery system and improving health care and rehabilitation to achieve a healthy ageing; preventing and controlling the major and emerging infectious diseases; preventing the major chronic diseases and injuries; developing biotechnology to enhance genetic diagnosis; conducting multi-sectoral co-operations to improve the living and working environment; enhancing health education and advocating healthy lifestyles; and strengthening the health system and capacity building to improve service quality.

In four categories twenty action plans are developed on the basis of the strategic priorities as follows.

Action plans for key populations

Action Plan for Maternal and Infant Health: To reduce birth defects, make pregnancy safer and improve the quality of life and health in women and infants, pre-marital medical examination and universal access to reproductive health services are to be promoted; birth defects prevention and treatment services, to be provided; maternal health care during pregnancy and the proportion of hospitalized deliveries, to be improved; and free health care service, to be provided for children under 7.

Action Plan for Health Improvement of disadvantaged Populations: Pro-poor policies and special programs are to be established to reduce maximally the incidences of health problems due to the gaps in poverty between the urban and rural regions.

Action Plan for Occupational Health: The working environment and conditions as well as the quality of life of the patients with occupational diseases are to be improved so as to promote the health of workforce and prolong the patients' lives; by 2020 the surveillance rate of occupational health, to have been increased by 10% to 50%; the incidence and mortality rate of occupational poisoning accident, to be decreased by 50% and 30%, respectively, as compared with those in 2010.

Action plans for major diseases

Action Plan for Controlling Major Communicable Diseases: The expanded national immunization programs are to be fully implemented, and interventions against AIDS, tuberculosis, viral hepatitis, schistosomiasis, zoonoses and other major or emerging infectious diseases and endemic diseases, to be carried out to effectively contain and reduce the health risks of these diseases.

Action Plan for Preventing and Controlling Major Non-communicable Chronic Diseases: Through the establishment of such special programs as cardiovascular and cerebrovascular disease control, early detection of major cancers and diabetes control, the high incidence, prevalence and mortality of chronic diseases are to be contained to reduce their disability, premature death and heavy burden.

Action Plan for Surveillance and Intervention of Injuries: The integrated monitoring will provide the community with timely warning of the risk factors for injury and guide the interventions to reduce injury mortality among children under 18.

Action plans for health risk factors

Action Plan for Environment and Health: The safety of drinking water is to be improved; the harmless lavatories, to be popularized; the proportion of solid waste disposal, to be increased; the environmental sanitation, to be improved; and the health risk assessment, to be carried out for environmental pollution.

Action Plan for Food Safety: Surveillance, traceability, early warning and control of food-borne disease are to be reinforced; the monitoring system of food

contaminants, to be fully developed; the capacity of food safety risk identification and assessment, to be strengthened; a national information platform for information collection, collation, analysis and risk warning of food safety, to be established; and the construction of food safety standards and emergency responses to the outbreaks of food safety events, to be enhanced.

Action Plan for Healthy Lifestyle: A supportive policy environment is to be created; multi-sectoral cooperation, to be promoted; residents' health awareness, health literacy and healthy lifestyle, to be improved so as to control the epidemic of risk factors associated with chronic disease through courses of action to be carried out in the communities, schools and workplaces.

Action Plan for Reducing the Harm of Tobacco: The prevalence of tobacco can be reduced by establishing a complete monitoring system for tobacco control, prevention of passive smoking, delivery of smoking cessation services, public education and other measures.

Action plans for health promotion and facilitated access to health services for sickness

Action Plan for the Establishment of Medical and Health Service System: The official responsibility for health expenditures is to be clarified; the construction of primary health care system and county hospitals, to be promoted and strengthened; an system of efficient public hospitals, to be established, and a pluralistic medical system incorporating the resources from both public and private channels, to be accelerated.

Action Plan for the Construction of Health Human Resources: A development plan of the national health workforce is to be formulated, with an emphasis on the training of general practitioners, rural medical workers, public health physicians, licensed nurses, health researchers and health management professionals.

Action Plan for Strengthening the Basic Medical Insurance System and Establishing Sustainable Financing Mechanisms: A multilevel medical security system is to be established to cover the urban and rural residents; its protection level, to be continuously improved; the disparities between the urban and rural areas and among the regions, to be gradually narrowed; and a health security system at different protection levels, to be developed step by step.

Action Plan for Improving Medicine Supply System and Enhancing

Pharmaceutical Administration: An effective medicine supply system is to be established and improved on the basis of the National Essential Medicines Policy; and a management and monitoring system, to be established and improved on the rational clinical administration of medications.

Action Plan for Service Behavior Regulation and Medical Safety Protection: Medical diagnostic and treatment standards and clinical pathways are to be extensively implemented; the internal management of hospitals, to be standardized; and the supervision of medical quality and safety, to be further enhanced.

Action Plan for Medical Expenditure Control and Medical Service Efficiency Improvement: The economic compensation policies for medical institutions are to be improved; the rates of medical services, to be reasonably determined; the medical institutions, to be encouraged to use medicines of high quality and low price; and the hospital payment reforms, to be explored.

Action Plan for Public Safety and Health Emergency: A prompt rescue system for disaster and health emergencies are to be set up; the capacity building of emergency response to emerging and re-emerging infectious diseases and public emergencies, to be enhanced; and the public health management of the medical institutions, to be improved.

Action Plan for the Promotion of Scientific and Technological Innovation: Special projects for technological innovation are to be implemented; the capacity building for translational and integrative medicine, to be strengthened; researches and promotions on the prevention and control of major diseases and injuries, to be emphasized; and health technology services for the urban and rural communities, to be carried out.

Action Plan for the National Health Information System: A development program for the information technology of the National Health is to be established and implemented; the requirements set by the health reform plan for the construction of health information system, to be put into practice; and a unified, efficient, integrated, and interconnected national systems on health information, to be established step by step.

Action Plan for the Traditional Chinese Medicine: The national policies and plans on Chinese traditional medicine are to be developed and implemented; a steady-growing financial subsidy mechanism run by the state for the traditional medicine, to be established; the protection and management of its resources, the research