

Name of theme	Enhancement of Welfare and Medical Treatment Supported by the Communities	Name of local or regional government	Xi'an City
Name of undertaking	Management of chronic diseases suffered by the elderly living at nursing homes in the region		
Outline	<p>1. The worldwide death count in 2015 is 56 million, among which 40 million died from chronic diseases. Also in China, more than 300 million people suffer from chronic diseases. Some data shows that those who die from chronic diseases account for 86.6% of the total number of deaths in China. China spent approximately 3.24415 trillion Yuan for chronic diseases in 2016, and this accounts for nearly 70% of spending related to health.</p> <p>2. The future trend for prevention and control of chronic diseases is to achieve further systematization and standardization of chronic disease prevention and control through building a chronic disease management framework according to circumstances of development in China and also utilizing Internet data distribution systems.</p>		
Amount of budget	(Local currency)	(Amount converted to US\$)	

## 1. Tasks (current situation)

1. The morbidity of the elderly suffering from chronic diseases in Xi'an City is higher than the national average standard.
2. Implementing chronic disease management requires carefully crafted initiatives and long-term follow-up and education for patients. This also means that chronic disease management can only be implemented if specialized staff spend considerable time in controlling its process. Specialty physicians at 3A-grade hospitals (the highest possible level in China) have strength in their respective specialty but it is not realistic for these physicians to provide such services at medical facilities in a continuous manner. Considering the nature of follow-up care that spans over a long period of time, general physicians rooted in the community or physicians at nursing homes are clearly better suited. On the other hand, in terms of specialty, a certain amount of training and time will be necessary to provide dependable services and gain patients' trust. As such, enabling patients with various chronic diseases to gain definite benefits from controlling illnesses will require effectively integrating strength of individual medical resources and steadily implementing chronic disease management.

## 2. Goals (future image)

1. Introduce a chronic disease management model that links medical and nursing care, and provide chronic disease patients at nursing homes with chronic disease management based on a uniform standard.
2. Based on the 3-level category concept of chronic disease management systems, deploy the chronic disease management model that links medical and nursing care at local communities and related facilities.
 

Chronic disease management institution level 1: Marginal health management institutions (primary hospitals, community health service centers); nursing homes. Mainly in charge of creating materials related to personal data, such as lists of names of chronic disease patients living at facilities or in designated districts (including care for the elderly living at home), as well as data monitoring and collection, and conducting questionnaire surveys.

Chronic disease management institution level 2: Geriatric department, cardiovascular department and endocrine department at secondary hospitals. Mainly in charge of providing education related to illnesses and health at lower institutions. Also provides data and medical condition analysis as well as medical advice and instructions, and prepares environment where targets of chronic disease management can switch from/to lower-level hospitals.

Chronic disease management institution level 3: Geriatric department, cardiovascular department, and endocrine department at tertiary hospitals. In charge of preparing environment where targets of chronic disease management can switch from/to lower-level hospitals, and providing medical skills support and instructions.

## 3. Details of undertaking

### (Overview)

1. Xi'an Union Hospital (labor union hospital) will apply for a project based on the results of preliminary surveys and implementation status.
2. Xi'an Union Hospital will collaborate with Xi'an Union Nursing Hospital for the Aged (nursing home) to submit specific measures on chronic disease management that links medical and nursing care (including

- formulating content of health education, specific details of blood pressure and blood sugar measurements and their frequency, and questionnaire surveys), and how to provide medical advice.
3. Health Department of Chang'an District and Xi'an Union Hospital will cooperate to select some facilities and communities within the district as model sites for chronic disease management that links medical and nursing care. Sampling test will be conducted for chronic disease management systems based on 3-level categories, and results promptly compiled and coordination organized.
  4. Xi'an City Health Commission, Health Department of Chang'an District, and Xi'an Union Hospital will cooperate to select hospitals, facilities, and communities in each district, and gradually expand the scope of implanting 3-level category type chronic disease management systems based on the chronic disease management model that links medical and nursing care.

### (Things that are going well)

1. Baseline information has been obtained in terms of awareness and rates of treatment and control of hypertension suffered by nursing home residents based on the medical data collected upon moving in as well as health education questionnaire survey on hypertension conducted in FY 2018.
2. As for the approximately 180 or more residents of the nursing home owned by Xi'an Union Hospital, the chronic disease management model that links medical and nursing care has been established and is in smooth operation. Thanks to health education, definite improvements have been seen in the status of awareness toward hypertension and diabetes of chronic disease management targets. With the cooperation of the nursing home, physicians and nurses supervise the progress, and compliance of management targets and their prognosis observation as well as management of blood pressure and blood sugar are at a satisfactory level.

### (Things that are not going well)

1. This model has not been deployed widely.

### 4. References

1. World Health Statistics 2017 issued by the World Health Organization
2. Some Opinions to Acceleration of Nursing Care Service Business Development issued by the State Council of the People's Republic of China (State Issuance [2013] No. 35)
3. National Measures for General Prevention of Chronic Diseases and Establishment of Control Model Districts issued by the National Health and Family Planning Commission (NHFPC) (National Health Issuance [2016] No. 44)
4. Medium-to Long Term Plan on China's Chronic Disease Prevention and Treatment (2017-2025) issued by the General Office of the State Council of the People's Republic of China



Teams of physicians and nurses making the rounds of chronic disease management wards



Health education

Health seminar on chronic disease management

Teams of professionals provide high-quality nursing care. Director Rui Hai Rong himself leads the medical, nursing, nutrition, and customer teams to formulate care plans catered to each nursing home resident.

Name of theme	Enhancement of Welfare and Medical Treatment Supported by the Communities	Name of local or regional government	Yangzhou City
Name of undertaking	Exploring and implementing measures to become Yangzhou—A model city of Healthy China		
Outline	In recent years, under the national government's policy to achieve a Healthy China, Yangzhou City has been exploring and implementing measures to become a model Chinese health city, focusing particularly on health and enjoyment measures. These efforts have led to the formation of unique characteristics and expertise.		
Amount of budget	(Local currency)	(Amount converted to US\$)	

## 1. Tasks (current situation)

Yangzhou City is located in the central part of Jiangsu Province, and both the Yangtze River and the Grand Canal pass through it. With an area of 6,634 km<sup>2</sup>, it is home to a population of approximately 4.6 million. In recent years, under the national government's policy to achieve a Healthy China, Yangzhou City has been exploring and implementing measures to become a model Chinese health city, focusing particularly on health and enjoyment measures. These efforts have led to the formation of unique characteristics and expertise.

## 2. Goals (future image)

As a model city of Healthy China, we have established "Comprehensive hygiene, comprehensive health" as our philosophy, and we are working to guarantee health at every stage of life. We are also striving to meet the needs of our citizens regarding health and enjoyment, and are aiming to ensure that all citizens' health indicators are above the national and provincial average.

## 3. Details of undertaking

### (Overview)

- 1) Yangzhou City is rich in history and culture, and with a stunning natural environment, the foundation of a healthy city living environment is in place, and Yangzhou citizens live healthy lifestyles. Yangzhou has a rich natural environment, and greenery covers approximately 43.6% of the city's total area. This equates to about 12.15 m<sup>2</sup> of greenery per person. "Green and clean" is the first impression of foreign tourists who visit the city. Cuisine in Yangzhou is based around Jiangsu cuisine, one of the culinary traditions of China. With few deep-fried or fried dishes, citizens' diets include little salt, sugar, or fat, and thus citizens of Yangzhou are comparatively healthy. Yangzhou has been designated a national hygiene city, a national environmental preservation city, a national garden city, a nationwide civilization city, and a model ecology civilization city, while it has also won the UN Habitat Award.
- 2) Yangzhou City allocates more than 70% of its yearly increase in public finance to improving the lifestyles of its citizens. This is predominantly contributed to health and welfare, and so citizens are seeing the benefits. For 18 years beginning in 2002, the Yangzhou Communist Party of China Municipal Committee has set out to issue the No. 1 Document concerning ways to improve citizens' lifestyles. Through this, we are focusing on fulfilling the basic needs of our citizens, such as by providing clean drinking water, fresh vegetables, fresh air, and stable employment. Yangzhou City is the first in north and central areas of Jiangsu Province to offer a stable supply of water throughout. The city is also implementing the following two measures regarding food supply: (1) A plan to offer a stable supply of non-staple foods known as the 1161 Shopping Basket Project. The project aims to supply 500 g of vegetables per day to 1 million people, with 60% of these self-produced. The plan thus aims to increase the area for vegetable production by around 666.7 hectares. (2) Through the 115 Milk Project, we aim to increase the number of dairy cattle to about 10,000, and increase

the supply to general consumers in the city to around one bottle per day, aiming for production, processing, and sales of around 50,000 per year.

Moreover, home to the Yangtze River and Grand Canal, the city is focusing particularly on protecting its water ecosystems in the Yangzhou Basin, Gaoyou Lake, and Shaobo Lake. With proactive efforts in place, the city's proposal to build a Yangtze-Huai river ecosystem corridor was formally accepted by the national government.

- 3) Under the philosophy "Cultural, dynamic, and enjoyable," we are improving the health of our citizens and achieving social harmony.

Within the city, we have built the City Book Room, a stunning, lively 24-hour library with easy access, which has become the "psychological landmark" for our citizens.

We are also building beautiful, conveniently located city parks, while numerous sports parks, leisure and nature parks, area parks, and "pocket" parks are available to use for free all day. These parks help to meet the diversifying needs of our citizens, while creating new landscapes for the city, and places to pass the city's memories to future generations.

- 4) Yangzhou City is focusing on revamping its medical and hygiene systems, and pouring particular efforts into creating advanced medical, hygiene, and health systems. In this way, we are working to provide high-level medical and hygiene services that will bring huge satisfaction to our citizens. Yangzhou City was the first to implement a basic medical and hygiene system and emergency medical system in Jiangsu Province that covers all city and rural areas. We have enabled access to health services within 15 minutes, and ensured that emergency medical services are available within a 15 km radius of anywhere in the city. Eighteen farming village medical and hygiene centers have been established, and farming village citizens can now access level 2 hospitals by car within 15 minutes. Public hospitals within the towns form the core of a citywide medical care federation, and citizens can now receive outstanding medical and hygiene care close to their homes.

### **(Things that are going well)**

As a result of all the above, Yangzhou has come to be known as a health city, leading to increased numbers of residents, businesses, and high-quality investments. As of 2018, the average life expectancy of citizens in the city stands at 80.11 years old, with just 3.29 out of 100,000 pregnancy-related deaths, and a rate of infant deaths of just 2.2%. The main health indicators are all above the national and provincial average.

We encourage you to visit Yangzhou City to visit our sights, break a sweat playing sports with our citizens in one of our many parks, indulge in reading at the City Book Room, and experience the joy of a healthy Yangzhou. We look forward to your visit with open arms.



Name of theme	Enhancement of Welfare and Medical Treatment Supported by the Communities	Name of local or regional government	Suzhou City
Name of undertaking	Promoting senior welfare through collaboration between senior services and medical care services		
Outline	<p>We are building a senior healthcare system in line with the diverse needs of seniors regarding health and care services.</p> <p>This involves government-led initiatives, collaboration between departments, society's participation, and sharing of resources. The homes of seniors will act as the base while using the strengths of local communities, with care facilities reinforcing the links between the two. We are aiming to build a unified foundation involving the national government, regions, medical and care services, and various other fields through continuous innovation, integration, and by improving the existing level of service.</p>		
Amount of budget	1 billion yuan (Local currency)	144 million USD (Amount converted to US\$)	

## 1. Tasks (current situation)

The population of Suzhou City stands at 6,565,600, with 1,040,100 of the population (around 15.9%) over the age of 60. Issues resulting from an aging population are continuing to worsen each year. Meanwhile, the ability of senior services to cope with the aging population is lacking, and further improvements are therefore required.

## 2. Goals (future image)

Continue collaboration between various senior service facilities and medical institutions. Through hygiene service centers and public hospitals, implement public hygiene services to contribute to the health of seniors, and be able to provide various medical, health, and hygiene services to patients at senior service facilities. Continue to work to provide higher quality and meaningful lives for seniors, and through various guarantees, build a more open, liberating, and heartfelt welfare and medical service system for seniors.

## 3. Details of undertaking

### (Overview)

#### 1) Support from the national government

For seniors who cannot work, those with no income, and those with no legal obligations of support, the government is supporting basic lifestyles through the provision of 3,600 yuan per person per year for those living at home, and 4,800 yuan per person per year for those living in care facilities. Moreover, seniors in their 80s are given a yearly allowance of 200 yuan, those in their 90s are given 300 yuan, and those over the age of 100 are eligible for 2,400 yuan. There are 166 care facilities in the city's farming villages, and together with the 17,674 beds in public facilities, farming village populations are covered. In urban areas, there are 99 day care centers. The government also provides financial support to new private senior welfare facilities, with 1,000–2,000 yuan provided as a one off for each bed at the time of building, and a further 200–400 yuan provided monthly to support operating costs. Some seniors with disabilities are also eligible for special financial aid.

#### 2) Senior welfare facilities

We are building senior service facilities that link social, medical, and care services. These facilities contain medical rooms that provide services from medical institutions, and will help to alleviate issues for seniors who find it difficult to undergo check-ups or be admitted into hospitals. In combining medical, rehabilitation, and health services with senior care, patients without ailments can receive care, and those who become ill can receive treatment, allowing us to respond to the diverse needs of senior citizens. For those with dementia, we are using a range of state-of-the-art devices to ensure improved convenience and safety in various living settings. These include systems to prevent seniors wandering, internet-connected devices, communications devices with video call capability, bracelet-type monitoring devices, and devices that can automatically measure lifestyle patterns.

### 3) Community-centered senior welfare services

We are in the process of creating senior care homes without walls, to provide seniors with safe and considerate services. To cater to various lifestyle needs, we are establishing rehabilitation rooms and psychological counselling rooms, as well as offering regular health check-ups, health lectures, and even hair-cutting services and foot hygiene (cutting nails and treating and removing corns) services. Moreover, as one part of our lifelong learning initiatives, we are combining care services with art, papercutting, dance and other music-related activities, as well as holding tea parties, finger exercise classes, and other services to match each individual. These activities are contributing to more active lifestyles among seniors, and influencing their mindsets and mental wellbeing in positive ways.

### 4) Home treatment services for seniors

We are in the process of creating a smart service platform for seniors known as “virtual bed.” Seniors and those with physical disabilities who pay for this service can receive a comprehensive set of services in the comfort of their own home. These include, meal assistance, bathing assistance, medical assistance, hygiene assistance, emergency care, lifestyle care, medical and health care, psychological care, and hygiene care. In this way, we are seeking to commercialize, specialize, and refine services for senior citizens.

### 5) Regional medical care

In community-based and public hospitals, we offer health check-ups to patients each year. We are also promoting contracted services with family doctors, creating medical records, and managing chronic illnesses by increasing the number of human resources. Moreover, when we detect a serious disease in a senior patient, we quickly dispatch qualified medical personnel to provide regular treatment. We are also creating “channels” for seniors to receive special treatment.

### (Things that are going well)

With 166 senior care facilities in farming villages across the city, each region is covered. Moreover, we have a total of 17,674 beds in public facilities. There are 62 private senior care homes in the city, with 14,366 beds in total. Community day service centers are continuing to open, and with medical institutions from outlying regions also participating, more than 80% of seniors in the city can take advantage of welfare and care services.

### (Things that are not going well)

- 1) There are only a few organizations that can develop specialist senior care personnel, and thus there is a lack of personnel with specialist expertise.
- 2) There is little variety in the development of senior care services, and it will take time to build a system comprising various services,
- 3) There are imbalances in the health service industry for seniors.

## 4. References

