



China's efforts and progresses on promoting Healthy aging

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1. The background of China's healthy aging



• What we are facing?– Aging population

- Large scale
- Accelerated growth
- “Getting old before getting rich”
- Unbalanced regional development.

“Health” is the core issue in dealing with the worldwide problem of ageing.

By the end of 2018, China's population aged 65 and over reached **166 million**, accounted for **11.9%** of the total population.



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➤ The high prevalence of chronic diseases has become a major problem affecting the health of the elderly

- over 150 million elderly people in China have chronic diseases.
- Cardiovascular and cerebrovascular diseases, malignant tumors and respiratory diseases are the top three causes of death in the elderly in China.

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➤ **The health need of the elderly is significantly higher than that of other age groups.**

- The decline in function caused by ageing is one of the main factors affecting the quality of life of the elderly.
- more than 40 million older persons with disabilities and partial disabilities in China.

Professional, appropriate and affordable medical and nursing services is highly needed!

➤ **China's aging process is accompanied by urbanization, family miniaturization, and empty nesting.**



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2 . The progress in promoting healthy aging

• **Released “the 13th Five-Year Plan of Healthy Aging (2016-2020)”**

The first national-level plan formulated by the Chinese central government on the issue of elderly health.

Goal

- To improve the health of the elderly, to improve the quality of life of the elderly, to improve the health life expectancy, and to achieve healthy aging.

Tasks

- to improve the health promotion and education for all people
- to strengthen the public health service for the elderly
- to improve the medical service system for the elderly
- to promote the integration of medical and care for the elderly
- to strengthen the construction of the medical security system
- to give full play to traditional Chinese medicine (ethnic medicine).
- to develop the elderly health industry
- to promote the construction of elderly health supporting environment

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• Strengthen health management and improve the health of the elderly



- Focus on Health promotion.
e.g "three reductions and three health"
- Focus on prevention.
e.g the Medium and Long-term Plan for Prevention and Treatment of Chronic Diseases in China (2017-2025)
e.g the *Primary public health service project*
 - free physical examination once a year,
 - health management
 - This year ,the item of *assessment for the disabled elderly* will be added to the PPHS project.

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• Promote the integration of medical and care for the elderly



Five key tasks:

In 2015, the General Office of the State Council released the file of *promoting the integration of Medical Care and life care service for the old.*

- to establish the cooperation mechanism between hospitals and elderly life care institutions
- to support the elderly life care institutions to provide medical services
- to promote medical and health services to the community and families
- to support social capital to organize non-profit hospitals and elderly life care institutions
- to construct geriatric hospitals, rehabilitation hospitals, nursing homes, hospice care and geriatrics in general hospitals



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• Promote the integration of medical care and life care for the elderly

The number of which can provide the integrated medical and care function for the elderly has increased.

- ◆ 3600+ elderly care home had expanded the function, and have built the medical units or clinic
- ◆ 20,000+ elderly care home had signed contract with different hospitals or community health service centers.
- ✓ Provide not only care for the elderly, but also medical care service when they needed,
- ✓ Provide long-term care for the disabled old person.

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Enhance the medical health system centered on the elderly

- Establish “**Greenway**” for the elderly in hospitals
- Explore to build the **age-friendly standard hospitals**
- Carry out **hospice care pilot project**
 - The hospice care is to control the pain and discomfort of the end-stage or elderly patients before the end of life.
 - 5 cities are selected to start the hospice care pilot project from 2017.
- Carry out **psychological care project**
 - Emphasis the screening link in the community level
 - Build and implement the mechanism of CHS-second class hospital-Special hospital



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- Promote the social participate activities of the retired
 - Go to the West, serve for the need
 - retired health workers
 - retired teachers



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3 . The main challenges of China healthy aging

- Long-term care insurance system has not yet been established, except 15 cities.
- The elderly health service system needs to be improved especially in the community level.
- Lack of medical and nursing staff in the medical and nursing institutions, and their ability and care level need to be improved.

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4. The main idea of promoting healthy aging



- Continuing to expand the long-term care insurance pilot cities
- Establish a continuous elderly health services system.
- Improve the ability of the service team.



Let the future better!

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Thanks for your
attention!

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