

The National Health and Family Planning Commission introduced the "Report on Nutrition and Chronic Disease Status of Chinese Residents (2015)"

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**Mr. Wang Guoqiang, Deputy director of the National Health and Family Planning Commission and Director of the National Administration of Chinese Traditional Medicine:**

Ladies and gentlemen, good morning! It is a pleasure to attend today's press conference and meet friends from the news media.

Let me briefly introduce the "Report on Nutrition and Chronic Disease Status of Chinese Residents (2015)". Then I am very willing to answer everyone's concerns with my colleagues.

Everyone knows that [residents' nutrition and chronic disease status are important indicators that reflect the country's economic and social development, health care level, and population wellness quality](#). In 2004, the former Ministry of Health released the results of the 2002 survey on the nutritional and health status of Chinese residents.

In the past ten years, with the continuous improvement of China's economic and social development and the continuous improvement of health care services, the average life expectancy of residents has increased gradually, the health status and nutritional level have continued to improve, and tremendous achievements have been made in disease control. At the same time, factors such as population aging, urbanization, industrialization, and unhealthy lifestyles also affect people's health. In order to further understand the changes in nutrition and chronic disease status of Chinese residents in the past ten years, according to the latest monitoring and survey data of the Chinese Center for Disease Control and Prevention, the National Center for Cardiovascular Diseases, and the National Cancer Center in recent years, combined with the basic population data of the National Bureau of Statistics, the Health and Family Planning Commission organized experts to comprehensively adopt multi-aspect, multi-source data system evaluation, multiple weighted average and meta-analysis and other research methods to compile the "Report on Nutrition and Chronic Disease Status of Chinese Residents (2015)". [The scientific nature of the report has been verified by by domestic and foreign authoritative organizations](#). Let me introduce the main content of the report to you.

1. The dietary nutrition and physical development status of Chinese residents

[The food supply is sufficient, with the overall improvement in physical development and nutritional status](#). The dietary and nutritional status of residents has improved in the past ten years. In 2012, the average daily energy intake of residents was 2172 kcal, protein intake was 65 grams, fat intake was 80 grams, and carbohydrate intake was 301 grams. The energy supply of the three major nutrients is sufficient and the energy demands have been met. The average height of adult men and women aged 18 and above is 167.1cm and 155.8cm, and the average weight is 66.2kg and 57.3kg respectively. Compared with 2002, the height and weight of residents have increased, [especially the height and weight of 6-17 ages' children and adolescents increased significantly](#).

The adult malnutrition rate was 6.0%, 2.5 percentage points lower than in 2002. The rates of growth retardation and emaciation percentages in children and adolescents were 3.2% and 9.0% respectively, which were 3.1 and 4.4 percentage points lower than in 2002. The anemia percentage of residents aged 6 years and above was 9.7%, a decrease of 10.4 percentage points from 2002. Among them, the percentage of anemia in children aged 6-11 and pregnant women were 5.0% and 17.2% respectively, a decrease of 7.1 and 11.7% from 2002.

Second, the problem of overweight and obesity has become more serious. In the past 10 years, the intake of grains and cereals by urban and rural residents has remained stable. The total protein intake is basically the same, the intake of high-quality protein has increased, and the consumption of beans and milk is still low. Fat intake is too much, and the average dietary fat energy supply ratio exceeds 30%. The intake of vegetables and fruits has dropped slightly, and some nutrients such as calcium, iron, vitamin A, and D are still lacking. In 2012, averaged 10.5 grams of cooking salt per people per day, a decrease of 1.5 grams compared with 2002. The national overweight rate of adults aged 18 and above is 30.1%, and the obesity rate is 11.9%, an increase of 7.3% and 4.8% from 2002. The overweight rate of children and adolescents aged 6-17 is 9.6% and the obesity rate is 6.4%, which is higher than that of 2002. Increased by 5.1 and 4.3 percentage points.

***The following introduces the status of chronic diseases in China.***

**First is about the prevalence of main chronic diseases.** In 2012, the prevalence of hypertension among adults aged 18 and above was 25.2%, and the prevalence of diabetes was 9.7%. Compared with 2002, the prevalence rate is on the rise. The prevalence of chronic obstructive pulmonary disease in people 40 years and above is 9.9%. According to the analysis of the national cancer registration results in 2013, the incidence of cancer in China was 235 per 100,000. Lung cancer and breast cancer ranked first in men and women respectively. The incidence of cancer in China has been on the rise in the past ten years.

**Second is about deaths from main chronic diseases.** In 2012, the national mortality rate from chronic diseases was 533 per 100,000, **accounting for 86.6% of the total deaths.** Cardiovascular and cerebrovascular diseases, cancer and chronic respiratory diseases are the main causes of death, accounting for 79.4% of the total deaths. The death rate from central cerebrovascular disease is 271.8 per 100,000, and the death rate from cancer is 144.3 per 100,000 (the top five are lung cancer, Liver cancer, stomach cancer, esophageal cancer, colorectal cancer), the mortality rate of chronic respiratory diseases is 68/100,000. After standardized treatment, the mortality rate of most chronic diseases showed a downward trend, except for a few diseases such as coronary heart disease and lung cancer.

**Third is about the risk factors of chronic diseases.** There are more than 300 million smokers in China. The smoking rate of people over 15 years old is 28.1%. Among them, the smoking rate of men is as high as 52.9%, and the proportion of non-smokers exposed to second-hand smoke is 72.4%. In 2012, the per capita annual alcohol intake of adults aged 18 and above was 3 liters, The regular exercise rate of adults was 18.7%. **Smoking, excessive drinking, insufficient physical activity, high salt, high fat and other unhealthy diets are the main behavioral risk factors for the occurrence and development of chronic diseases.** The impact of rapid economic and social

development and social transformation on people's work and life, and their impact on health cannot be ignored.

The prevalence and death of chronic diseases are closely related to factors such as economy, society, population, behavior, and environment. On the one hand, with the continuous improvement of people's quality of life and health care, the average life expectancy continues to increase, the number of elderly people continues to increase, and the number of patients with chronic diseases in China is also expanding; on the other hand, with the continuous advancement of the deepening of the reform of the medical and health system, the demand for medical and health services by urban and rural residents continues to increase, the level of public health and medical services is continuously improved, and the survival period of patients with chronic diseases is also continuously extended. The increase in the prevalence of chronic diseases and the decrease in the death rate reflect the current development of the country's socio-economic conditions and medical and health standards, and are the inevitable result of the improvement of the wellness standards and the extension of life expectancy. Of course, we should also be soberly aware of the impact of personal unhealthy lifestyles on the onset of chronic diseases. Taking into account the current situation and changing trends of social factors such as population aging and risk factors such as smoking, the overall situation of prevention and control of chronic diseases in China is still severe, the prevention and control work still faces huge challenges.

The Party Central Committee and the State Council put great efforts to the improvement of residents' nutrition and the prevention and treatment of chronic diseases. The National Health and Family Planning Commission and relevant departments have taken effective measures to actively curb the high incidence of chronic diseases and continuously improve the nutritional and health status of residents.

**1. Always adhere to the government's leadership and departmental collaboration, and integrate nutrition improvement and chronic disease prevention into various public policies.**

Many departments have successively introduced a series of public policies in environmental improvement, tobacco control, physical fitness, and nutrition improvement. In 2011, the National Health and Family Planning Commission initiated the construction of demonstration zones for the comprehensive prevention and control of chronic diseases.

At present, **265 national demonstration zones have been established in 30 provinces.** It has played an important role in fulfilling the responsibilities of the government and departments and providing a healthy support environment.

2. Focus on building a chronic disease prevention and control system and mechanism **that is linked management from top to bottom**, combines prevention and treatment, and pays equal attention to Chinese traditional and Western medicine. **At the national level, the Chronic Disease Center of the Chinese Center for Disease Control and Prevention, the Institute of Nutrition and Health, the National Cardiovascular Disease Center, and the National Cancer Center have been established to coordinate the national nutrition improvement and chronic disease prevention and control work.** At the local region, the division of job between disease control institutions, hospitals, and primary medical and health institutions has been strengthened, and collaboration mechanisms such as integrated prevention and treatment, integrated Chinese

traditional and Western medicine, and two-way medical referrals have been established, we are actively exploring the management service model for the whole course of chronic disease prevention and treatment, and promoting a hierarchical diagnosis and treatment system to improve overall ability to diagnose.

The third is to actively promote comprehensive prevention and treatment strategies for chronic diseases. Extensive health promotion and education, national healthy lifestyle actions covering nearly 80% of counties and districts across the country, and active implementation of nutrition improvement for children and rural students in poverty areas, early diagnosis and treatment of cancer, stroke, cardiovascular disease, oral disease screening interventions, etc which are important projects, as well as the TCM "preventive treatment" health project.

**3. Continuously improve the accuracy of decision-making for the prevention and treatment of chronic diseases.** We continue to improve the efficiency of the monitoring network, expand the monitoring content and coverage, and successively carry out the death cause record, tumor tracking record, nutrition and chronic disease development record, etc., which is to clearly understand the nutrition and chronic disease status and trends of the residents in China, and evaluate the effect of prevention and control measures and find scientific basis for the policies.

Nutrition and chronic disease prevention and control work are related to the health and well-being of all population. I call on all sectors of society and the people to actively participate in health actions, and consciously develop a healthy lifestyle and ethics. Under the leadership of the central government with the participation by all public in society, China will continue to create new status of nutrition and chronic disease prevention and control system, and make greater contributions to improving people's health and building a well-off society in an all-round way.

The above is a brief introduction to everyone. My colleagues and I are willing to answer your questions. Thank you all.

**China Daily reporter:**

We can see from the report that the situation for the prevention and control of chronic diseases in China is still severe. What specific measures will the government introduce to improve this situation in the next step? How will Chinese traditional medicine play its role better?

**Wang Guoqiang:**

The Chinese government put great efforts to the prevention and control of chronic diseases and the improvement of nutritional status. President Mr. Xi Jinping emphasizes that there would be no comprehensive wellness without the health of the people. In the government work report this year, Premier Mr. Li Keqiang also emphasized that health is the basic need of the people, and it is necessary to continuously improve the level of medical and health care to create a healthy China. To do a good job in improving chronic diseases and nutritional condition, the government mainly promotes it from the following aspects.

**First, we will strengthen the laws and policies**, in this regard, for example, the regulations on smoking control in public places have been included in the national legislative plan, and the draft

has been widely solicited from the society. At the same time, local governments are also actively taking measures to implement legislation. For example, Beijing has enacted the "Beijing Smoking Control Regulations," which was formally implemented on June 1. In addition, with the support and promotion of the National People's Congress, a basic medical and health law is being studied and formulated. We are also carrying out investigation and research work on nutrition improvement regulations. Generally speaking, we need to further improve laws and policies.

**Second, we will and must make clear plans.** Chronic diseases and nutritional improvement require a long-term process, so it is very important to make a mid- and long-term plan. In 2014, the General Office of the State Council issued the "Outline of China's Food and Nutrition Plan". At present, the National Health and Family Planning Commission will take the lead in formulating a mid- and long-term plan for the prevention and treatment of chronic diseases til 2025 on the basis of research on main chronic diseases. The plan will adhere to problem-oriented, Adhere to comprehensive prevention and control, focus on important and difficult issues, and coordinate with relevant departments to further improve the policy environment conducive to the prevention and treatment of chronic diseases. At the same time, action plans and implementation plans for the prevention and treatment of cancer and other main chronic diseases should be formulated under the guidance of the plan.

**Third, we will create an information collection and management system,** comprehensively promote the monitoring of chronic diseases, rely on the construction of the national health insurance information project, build a chronic disease information management system, and build a database of chronic disease incidence, illness, death and risk factors monitoring, so that it provides a scientific basis for scientific prevention and control and evaluation of prevention and control effectiveness.

**Fourth, we must intensify the prevention measures' efforts,** adhere to prevention first, tightly inter-departmental cooperation, control the chronic diseases from the source, especially strengthen health education and health knowledge promotion, encourage the participation of all people, and popularize healthy lifestyles, healthy diets and create a fitness environment.

**Fifth, we must enhance medical insurance,** and with the help of medical reform, we will further improve the chronic disease prevention and treatment system covering the entire process of prevention, screening, diagnosis, treatment, and rehabilitation, and improve the service capacity of chronic disease prevention and treatment in primary health institutions.

**Sixth, Chinese traditional medicine is also very important.** Just now, friends from the reporter also mentioned how to play the role of Chinese medicine. As we know that Chinese medicine emphasizes “**preventing diseases before disease, preventing variation after disease, and preventing recurrence after healing**”. These are good for the prevention and control of chronic diseases. In addition, Chinese traditional medicine emphasizes early prevention. It is advocated to integrate health cultivation into the daily life of the masses. Everyone is in charge of his own health. It is to master the scientific methods of early prevention and adopt different health guidance for different groups of people and individuals, so as to improve health condition and make the Chinese Medicine plays a much important role in the prevention and treatment of chronic diseases, including the rehabilitation of chronic diseases.

**Seventh, strengthen scientific research.** We must systematically strengthen the basic and applied research of chronic disease prevention, and coordinate the deployment of social science research on prevention, diagnosis and treatment, and rehabilitation, and improve Independent innovation capabilities, **focus on improving early diagnosis and early treatment**, standardized and personalized diagnosis and treatment, speed up the development of anti-tumor and other generic drugs and cervical cancer prevention and other new vaccines, and strengthen research in the prevention and treatment of chronic diseases such as traditional Chinese medicine, sports and fitness, food and nutrition , And research on the correlation between chronic diseases and economic and social development, and explore effective social intervention measures.

All in all, **the government will actively adopt various powerful measures**, actively learn from the beneficial experience of foreign countries, and formulate effective strategies and measures suitable for the prevention and control of chronic diseases of the Chinese people, so as to truly build a healthy China.

**Reporter from Voice of China, China National Radio:**

According to the report, there are more than 300 million smokers in China, and a large number of people are exposed to second-hand smoke. The probability is still very high. Beijing has implemented the most stringent tobacco control measures in history. What is the current state of tobacco control across the country?

**Wang Guoqiang:**

The whole society is concerned about tobacco control, and the World Health Organization also pays close attention to it. In terms of tobacco control, we have both good and bad news. Fortunately, our country's tobacco control work has made positive progress in recent years. Mainly reflected in: First, the regulations on the control of smoking in public places have been included in the national legislative plan, and the draft regulations have been publicly solicited from the whole society for comments, and are currently being amended as soon as possible. It is believed that after the promulgation of this regulation, it will have a binding effect on the national tobacco control work.

Second, **16 cities across the country have enacted local tobacco control regulations.** In particular, Beijing issued the "Beijing Smoking Control Regulations" on June 1, requiring all public places, workplaces, indoor areas and public transportation to ban smoking. All forms of tobacco advertising, promotion and sponsorship are prohibited, the sale of tobacco products to minors is prohibited, and the establishment of tobacco product sales points within 100 meters of the school is prohibited. Judging from the implementation in one month, the general public in Beijing are becoming more aware of tobacco control. The newly revised "Advertising Law" has basically achieved a comprehensive ban on tobacco advertising and increased penalties for violations of the law. In May of this year, the Chinese government raised the consumption tax on cigarettes, levied a stock tax on a per-piece basis, and levied it separately at wholesale and retail, which will greatly reduce tobacco consumption.

At the end of 2013, the Chinese government issued a government document requiring leading organizations at all levels to **take the lead in tobacco control**, which also produced good results. In

terms of happiness, everyone's awareness of tobacco control is increasing, and the awareness of the harms of tobacco and the health effects of tobacco is also improving. I believe this will play a very good role in the full realization of tobacco control. Of course, there are also concerns. **There are 300 million smokers across the country, and the smoking rate of men has always been high.** The chronic diseases caused by second-hand smoke, especially cancer, is still obvious, so this aspect is still worrying. We hope to actively call on the whole society to participate in tobacco control actions, consciously control smoking, and consciously maintain health.

**Reporter from China Finance and Economics:**

The report sees that the **stunting** and emaciation percentage of children and adolescents aged 6-17 have continued to decline and this problem mainly exists in poverty areas. Please tell us the situation about the growth retardation and emaciation percentage of children and adolescents in poverty areas in China, in the introduction, Director Wang also mentioned that the National Health and Family Planning Commission has done related work on improving the nutrition of children and adolescents in rural areas, could you please provide further details on the specific measures?

**Wang Guoqiang:**

Regarding the nutrition work, what we are more worried about is that the percentage of stunting and emaciation in children and adolescents are 3.2% and 9.0% respectively, although the statistics are lower than in the past, but on the one hand, obesity and overweight are prominent, on the other hand, there are a considerable number of children in poor areas with stunting and emaciation, please let director Chang Jile of the CDC introduce the situation.

**Chang Jile, National Health and Family Planning Inspector of the Bureau of Disease Control and Prevention of the National Health and Family Planning Commission:**

Thank you for the question. In this regard, it is true that from the National Nutrition and Health Report issued in 2004 and the report issued by Director Guoqiang just now, it can be seen that the situation of emaciation and stunting between 6-17 years old has been improved positively, but there are still many children suffering from stunting and malnutrition, and emaciation percentage is relatively high, We consider that this group of children are related to the economic and social development level and people's health awareness. As we all know that there are certain gaps of economic and social development among the east, middle and west regions, as well as between cities and rural areas, after China's reform and opening up since 1980s', enough food and clothing for all population was generally solved after mid-1990s, before that, some of population were still in a state of lack of food and clothing, during our monitoring process, the statistics show that children in rural or poor areas having growth retardation and emaciation which is mainly caused by malnutrition.

In past a few years, **the incidence of obesity and overweight of children who were born after 1995 in urban areas has also increased significantly due to the improvement of economic and social conditions.** At present, there are two situations in our country: malnutrition and over-nutrition, this dilemma situation exists simultaneously, facing to this situation, China government launched a nutrition improvement plan for compulsory education students in rural areas from 2012. About 600 counties in more than 20 provinces are involved in this plan. The

National Health and Family Planning Commission and related departments are also promoting the "Nutrition Package Program", which is mainly aimed at poor rural areas.

Last year, **the General Office of the State Council issued the "Outline of China's Food and Nutrition Planning (2014-2020)"**. This year, the "Chinese Residents Dietary Guidelines" will be revised, and **the guidelines will explain how to balance nutrition in food, how to choose food, and how much ingredient you should eat every day**. At the same time, the statistics of obesity also show that the intake of cereals and vegetables is decreased, but fat intake has increased significantly, which has exceeded 30% a lot, this higher than 25%-30% standard requirement. We have also taken many measures to educate people to take balance nutrition and gradually improve the body health condition, so that the nutritional deficiency can be gradually changed and the nutritional surplus can also be effectively controlled, as much as possible.

#### **China Radio International reporter:**

Now more and more people are beginning to pay attention to personal health, especially what to eat and how to eat are main issues that everyone is concerned about. What problems still exist in the dietary structure of Chinese residents? How should it be solved?

#### **Wang Guoqiang:**

From the survey results, the ratio of cereals in the daily diets of urban and rural residents in our country is 47% and 58.8% respectively, which is lower than the lowest standard of 60%, while the fat intake continues to increase to more than 30%, meanwhile the intake of pork with higher fat content increased significantly. In addition, although the food salt daily intake has declined, but it still stay at a relative high level. The intake of milk, fruit is still lower than recommended amount. Soy food consumption is still relatively low. In response to these problems, we suggest implementing variant guidance for different groups of people.

1. **Normal people is suggested to follow the "Dietary Guidelines for Chinese Residents"**, which is to choose food in a balance way, keep moderate exercise, and choose a healthy lifestyle.
2. **Overweight or obesity people are suggested to eat a balanced diet**, take an active part in physical exercise, adhere to a plant-based diet, and properly match the three meals.
3. **For people with malnutrition such as anemia and emaciation, it is recommended to maintain dietary diversity**, increase the intake of milk, soybeans and soy products, including adequate calcium, iron, as well as vitamin A and vitamin D.
4. **The infants and pregnant women are suggested to pay high attention to the first 1000 day since pregnancy**. The nutritional status of this period will affect the future of the child health, including physical health and intellectual growth. At the same time, it is necessary to ensure that the mother has sufficient intake of iron, iodine, folic acid and other nutrients during pregnancy. Insist on mother breastfeeding in the first half year of birth, and ensure that infants and young children aged 6-24 months are supplemented with supplementary food reasonably.
5. **Vigorously develop Chinese traditional medicine health care services**, including Chinese traditional medicine sports, such as Tai Chi, and other types of body movement exercise, carry out medicated diet, and make good use of the advantages of Chinese traditional medicine. At the same



time, I hereby appeal to everyone to have a rational and scientific understanding and application of health cultivation in Chinese traditional medicine. There are many health cultivation methods appeared in the media. [It is good for everyone to care about health cultivation and participate in health cultivation, but we also suggest public to understand the health cultivation is able to prevent diseases but it can not cure every disease.](#)

At present, the National Health and Family Planning Commission is organizing experts to formulate a new version of the "Dietary Guidelines for Chinese Residents" for different groups of Chinese residents, and strive to publish it earlier. Nutrition is the foundation of health and it requires the attention of all sectors of society. For the populations who seriously need nutritional improvement, such as poverty related issues, emaciation, anemia, and child malnutrition, should be highly cared about, and more effective targeted measures should be taken to protect them. To improve their nutritional level. At present, the National Health and Family Planning Commission is [researching the nutrition improvement legislation](#), incorporating nutrition improvement into the functions of health and family planning administrative departments at all levels of the country, so as to comprehensively improve the public nutrition gradually.

When I was graduate in Japan, I felt very deeply that [Japan has done a good job of nutrition for children and school students](#). It has also been enacted. A carton of milk per day, lunch must be eaten at school or in kindergarten and nutrition must be arranged by certified dietitian, this meal is not very tasty, but make sure it is nutritious. This plays a very good role in ensuring nutrient quantity, ensuring nutrient intake, and reasonable and proportional intake. The good experience and good practices of some other countries are worth learning and learning from.

**Beijing TV reporter:**

In recent years, we have seen some reports that [excessive residues of pesticides and heavy metals in food and water which are important reasons for the occurrence of some chronic diseases](#). Minister Wang, please introduce the situation in this regard and what measures will be taken next.

**Mao Qun'an, director of the Publicity Department of the National Health and Family Planning Commission and spokesperson:**

The public is very concerned about the protection of the environment, especially the protection of the atmosphere, soil, and water. The topic we are talking about today is nutrition and chronic diseases. [The impact of the environment on health is very important](#). The country is very concerned about the accumulation of some heavy metals in food, which may affect the human body, including the problem of water pollution. Government also published some policies recently, from the perspective of food safety, the state insists on monitoring the content of heavy metals in food, which is also one of the very important part of food safety and public health.

At present, there is some information in the media, which reports that there are some serious heavy metals contamination in food or water in some places. Studying the entire situation from our database, the safety of our drinking water and foods are guaranteed by government, a very small number of information that food or water pollution in the past, which has caused a lot of panic to the public should not be regarded as the main situation of the national food and water

safety management. On the one hand, we still keep increasing the monitoring of food and water quality, and on the other hand, the current food safety and drinking water safety are trustworthy.

Each regional government has undertaken very important tasks in terms of food safety standards, drinking water standards and monitoring. The area covered by the monitoring is continuously increased, and the indicator system for monitoring water quality is constantly improved. At present, the status of drinking water can be trusted by the public.

**Hu Kaihong:**

This concludes today's press conference, thank you all!