

CONTINUOUS IMPROVEMENT OF HEALTH ENVIRONMENT AND CONDITIONS

By Save Environment Save Humans

A. Developing a healthy lifestyle, China launched the Healthy Lifestyle for All campaign, calling on the Chinese people to develop a healthy diet and engage in physical exercises, advocating healthy lifestyle ideas, creating a supporting environment for a healthy lifestyle, and enhancing the people's awareness and behavioural abilities to develop a healthy lifestyle. The campaign had covered 81.87 percent of counties (districts) across the country.

B. China published the Chinese Dietary Guidelines (2016) that provides healthy dietary guidance to the Chinese people in general, and to children and the elderly in particular to help them develop a balanced diet and nutrition absorption; the government has intensified monitoring of the Chinese people's nutritional status and health conditions while keeping track of, and issue information about chronic diseases and the people's nutritional status; it urges the Chinese people to reduce their salt intake, and publicizes information on how to prevent and control high blood pressure; it has adopted measures to improve the nutritional status of key populations and instituted a nutritional improvement plan for compulsory education students in rural areas as well as nutritional improvement programs for children in poverty-stricken areas; the government is continuing to tighten control on the use of tobacco and implement the WHO Framework Convention on Tobacco Control.

C. The Internet and other forms of new media are utilized for public health publicity, education and consultation to help people develop a self-tailored and self-disciplined healthy lifestyle.

D. China celebrates National Environment and Health Publicity Week every year; it has promulgated the Environment and Health Literacy of the Chinese Citizens (Trial) and a code of conduct for Chinese citizens with the slogan "Breathe the same air and get it done together" to improve air quality and intensify publicity and education through basic public health services and health education, health literacy

promotion campaigns. It is highly appreciable that the Chinese government is consistently focused on improvement of health related mechanisms and we hope that it will continue to enhance its capacity in health fields.