

体医融合与健康中国

Integration of Sport and Medicine and A Healthy China

胡 大 一

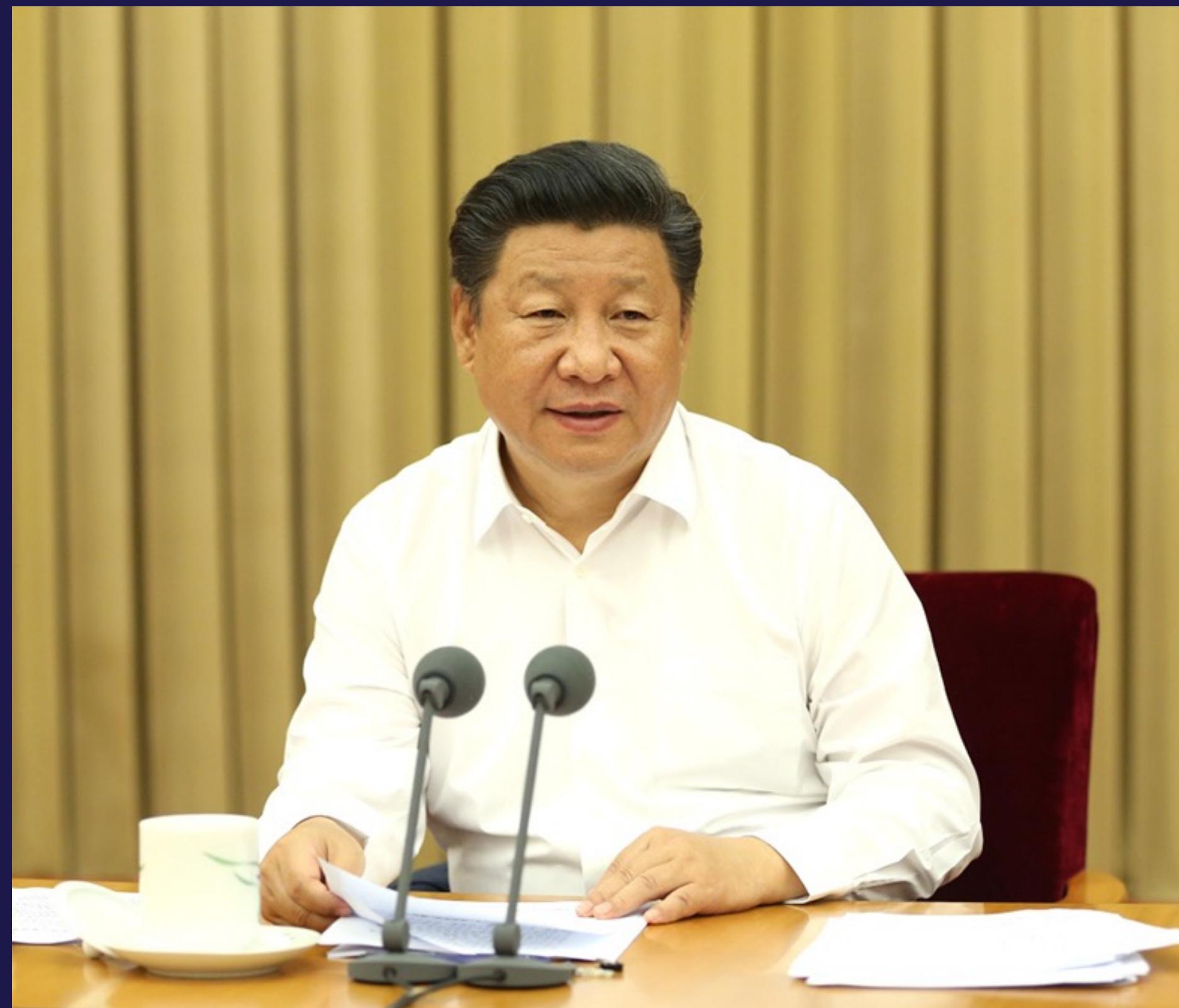
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全国卫生与健康大会

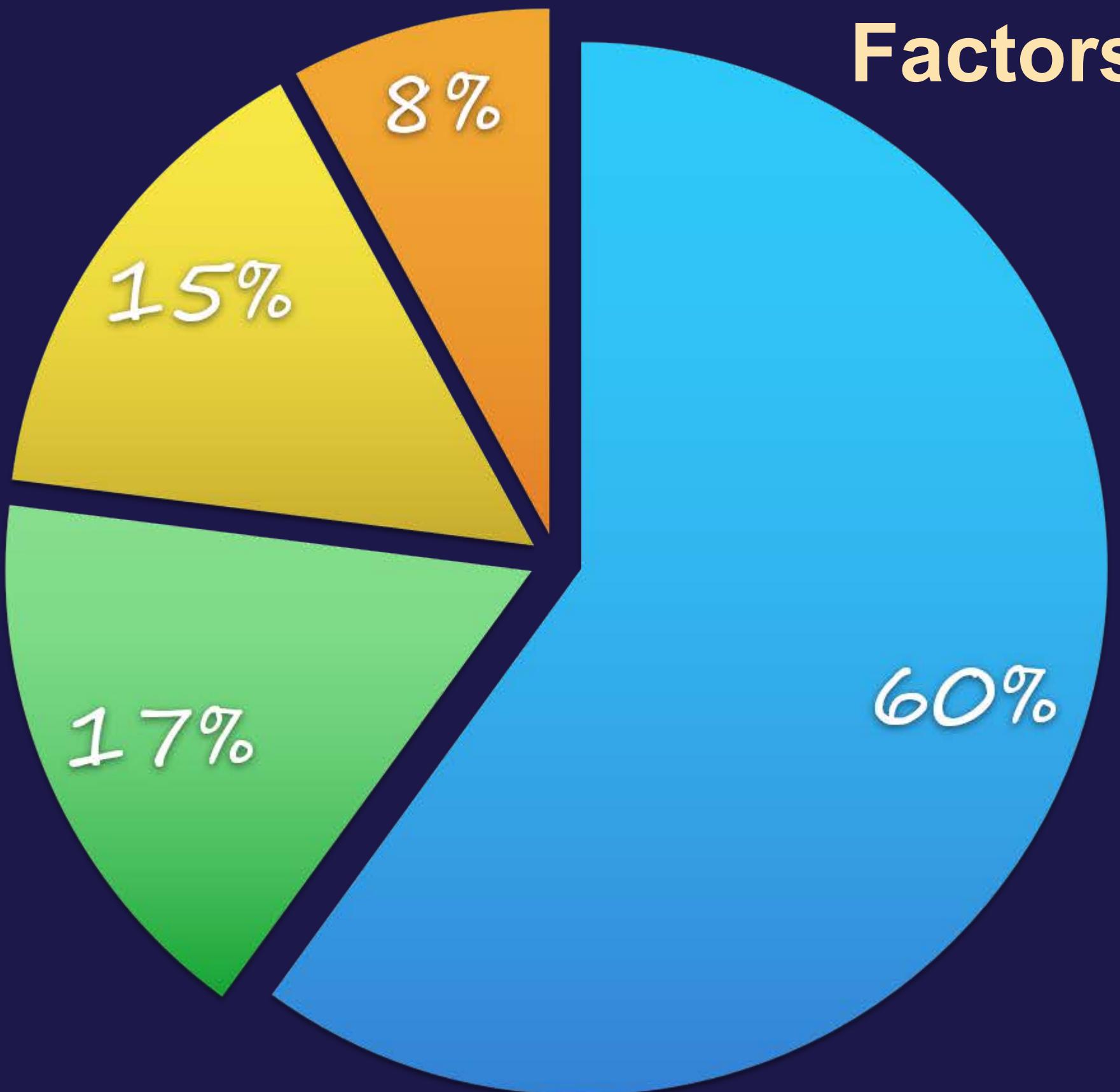
National Conference of Hygiene and Health



将健康融入所有政策，把人民健康放在优先发展的战略地位
Integrate health into all policies and place people's health at the forefront of strategic development

影响个人健康和寿命的因素

Factors that affect personal health and longevity



- 生活方式 60%
lifestyle
- 环境因素 17%
environmental factor
- 生物学因素 15%
biological factors
- 医疗卫生 8%
health care

Framingham: 倡导预防 Framingham: Advocate prevention



William B. Kannel, M.D., M.P.H.

Senior Investigator, Framingham Heart Study

Professor Emeritus, Boston University School of Medicine

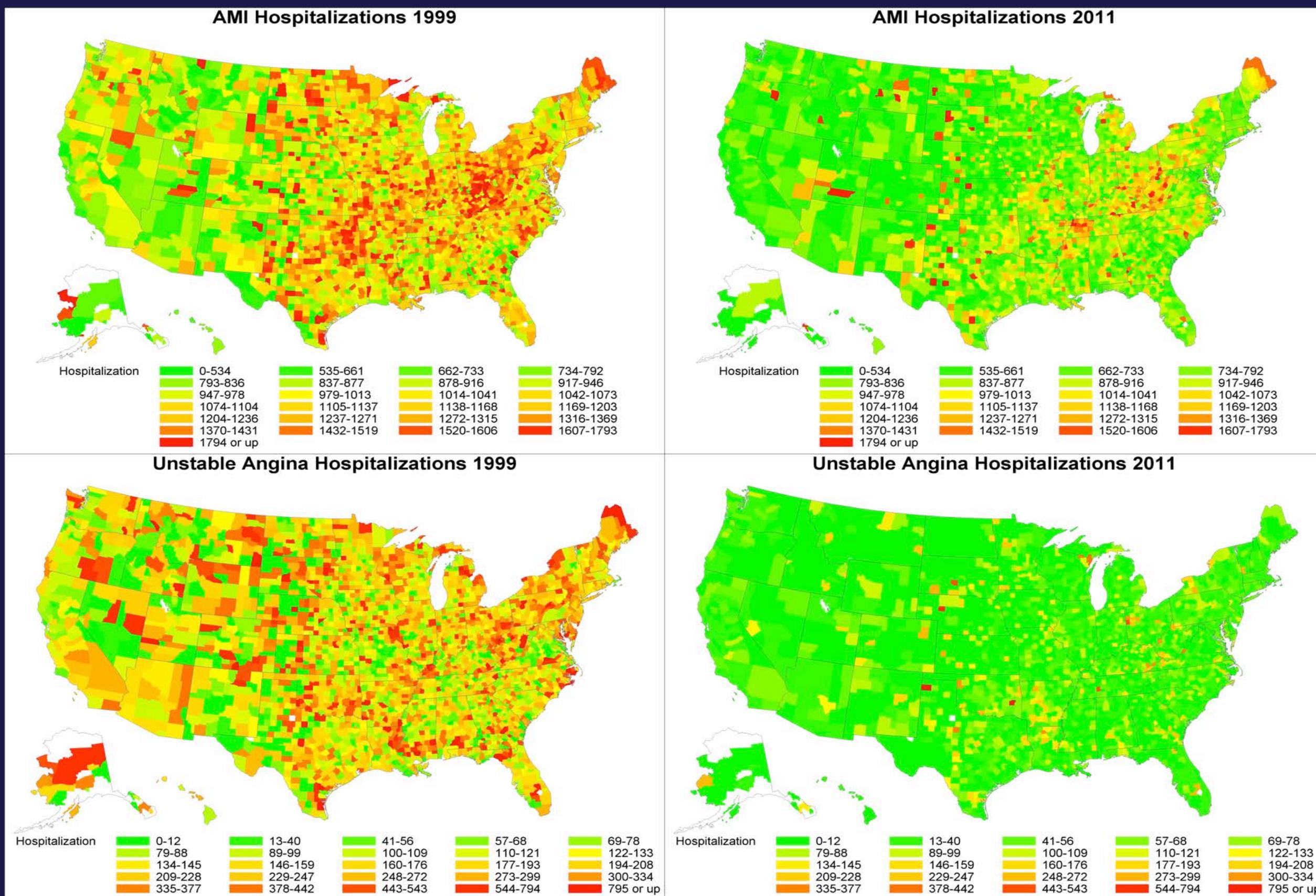
William Kannel, MD, Director of the Framingham Heart Study from 1966 to 1979, died on August 20, 2011 at age 87.

understand that they could personally reduce their risk for heart disease. As Dr W. B. Kannel, a former chief investigator in the Framingham Heart Study, stated, “Cardiovascular events are coming to be regarded as medical failure rather than the first indication for treatment.”¹⁰³ Sixty years after the beginning of the study, he still believed that

“心血管事件，与其说是治疗的开始，不如说是医疗的失败”

他山之石：美国CVD状况

Another's good quality or suggestion: The CVD status of the US



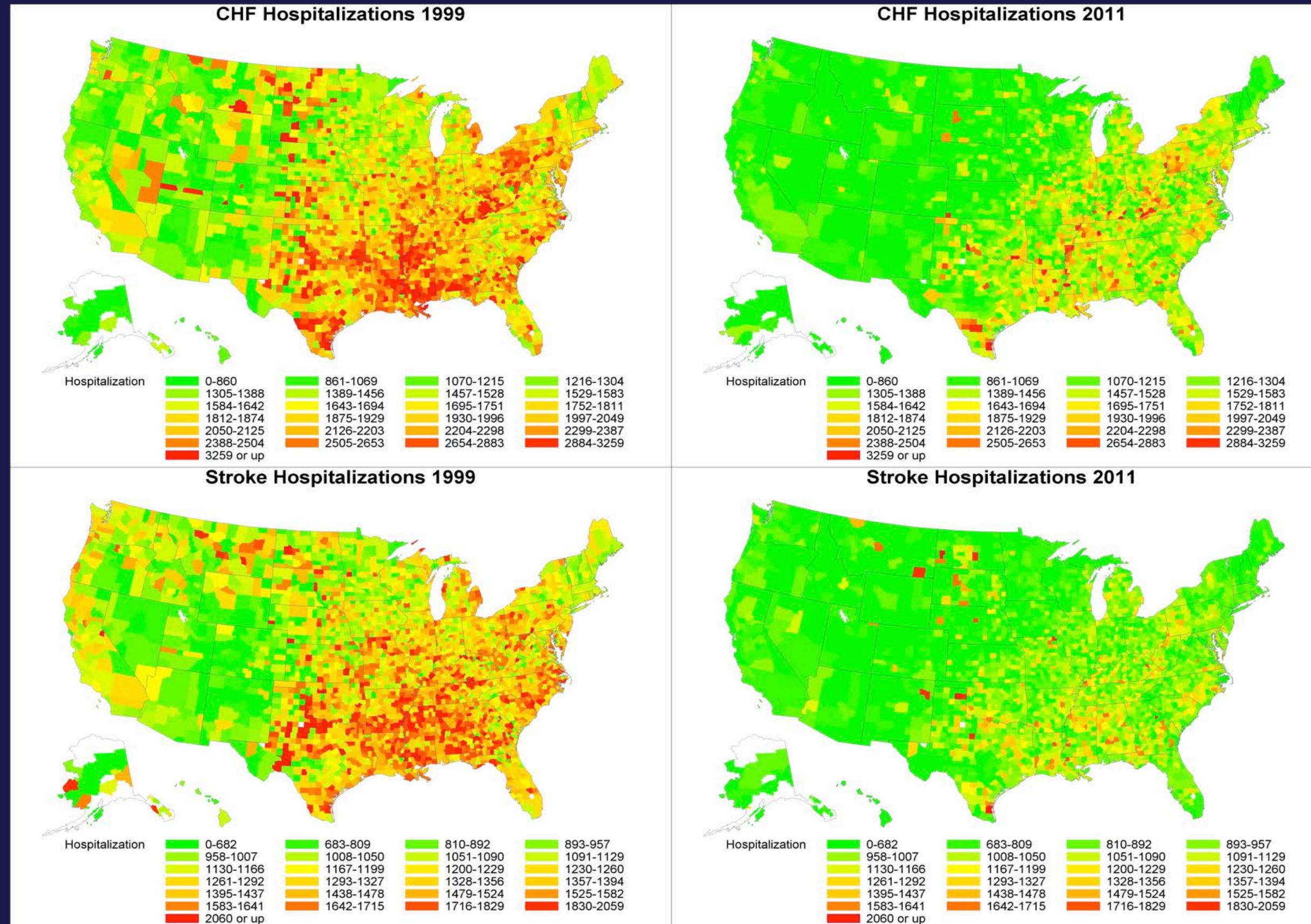
急性心梗
acute myocardial
infarction

不稳定心绞痛
Unstable angina pectoris

Krumholz HM et al. Circulation.
doi:10.1161/CIRCULATIONAHA.113.007787.

他山之石：美国CVD状况

Another's good quality or suggestion: The CVD status of the US



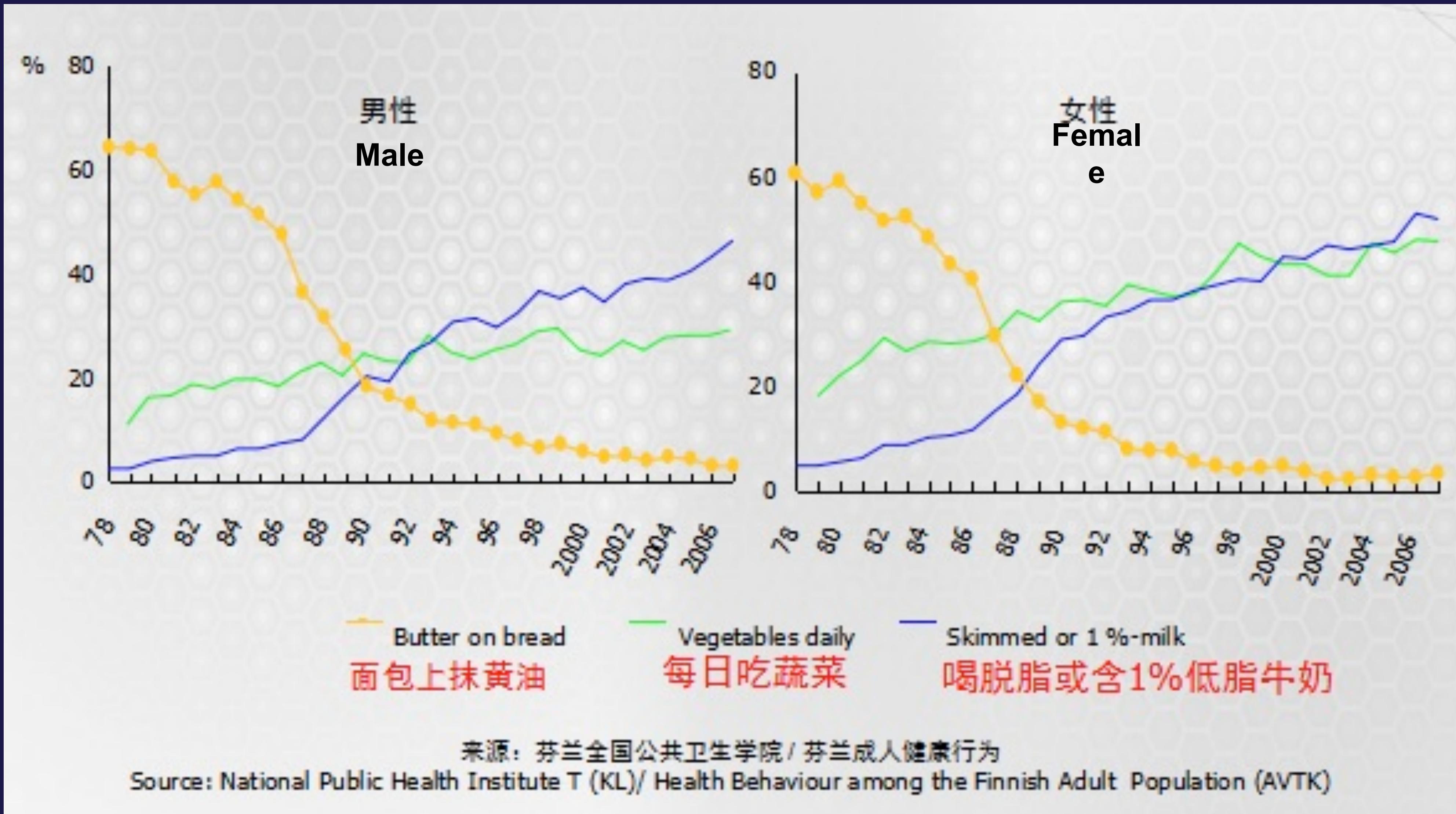
心力衰竭
cardiac failure

卒中
apoplexy

Krumholz HM et al. Circulation.
doi:10.1161/CIRCULATIONAHA.113.007787.

芬兰北卡曙光

Dawn of North Karelia



我国心脏预防康复总体模式

The Overall Pattern of Cardiac Prevention and Rehabilitation in China



1 个中心

1 Center

2 个主动

2 Initiative

3 个脏器

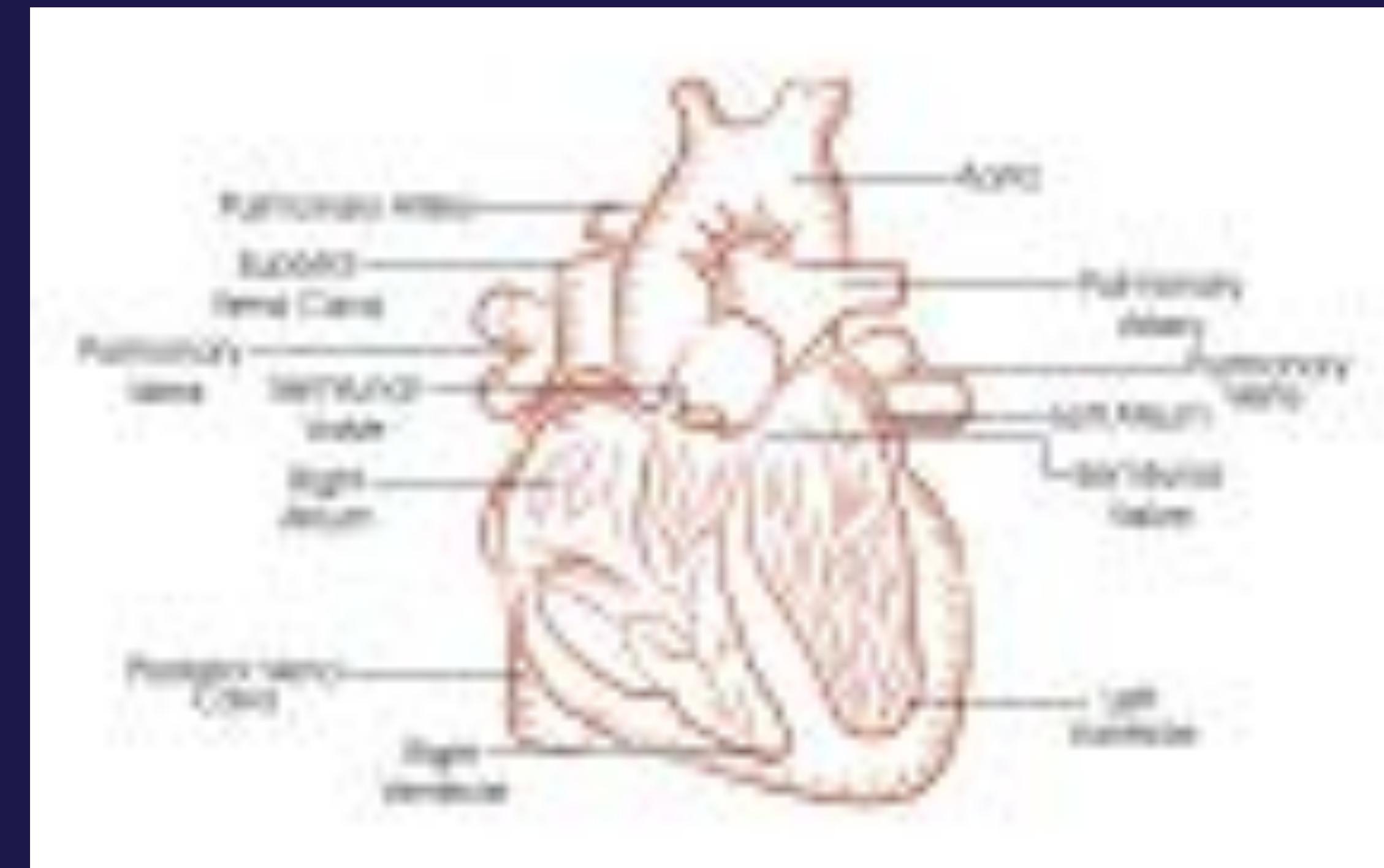
3 Internal
organs

4S体系

4S System

5 大处方

5 Major
Prescriptions



以公众健康与患者利益为中心
Take public health and patient interests as the center

一个扁担挑两头

One shoulder pole carry both ends



健康教育
健康教育产业
Health education
Health education industry

健康服务
健康服务业
Health service
Health service industry

落实自我管理健康和慢病

**Implement self-management of health and chronic
diseases**

- 意识和责任
- Awareness and responsibility
- 知识和技能
- Knowledge and skills
- 实践和实效
- Practice and effectiveness

全人群 全生命周期 防治康养4S服务体系

Whole life cycle prevention and cure, rehabilitation and convalesce of the whole population 4S service system

患病人群——康复/预防体系

Sick population - rehabilitation / prevention system

高危人群——健康管理

High risk population - health management

老年群体——医养结合

Elderly population - combination of medical treatment and convalesce

健康人群——健康促进

Healthy population - health promotion

预防康复五大处方

5 Major Prescriptions of preventive rehabilitation



- 药物处方
 - drug prescription
- 运动处方
 - exercise prescription
- 营养处方
 - nutrition prescription
- 心理处方
 - psychological prescription
- 戒烟处方
 - smoking cessation prescription

*中国专家共识与指南
Chinese expert consensus and guidelines

加强体医融合和非医疗健康干预
推动全民健身与全民健康深度融合

Strengthen the integration of sports and medicine and non-medical health intervention
to promote the in depth integration of national fitness and national health



1990年编译出版的
COOPER《有氧代谢运动》
Aerobic Metabolism Exercise by COOPER,
complied and published in 1990



2012年COOPER在北京
COOPER in Beijing, 2012



健走运动
sport walking

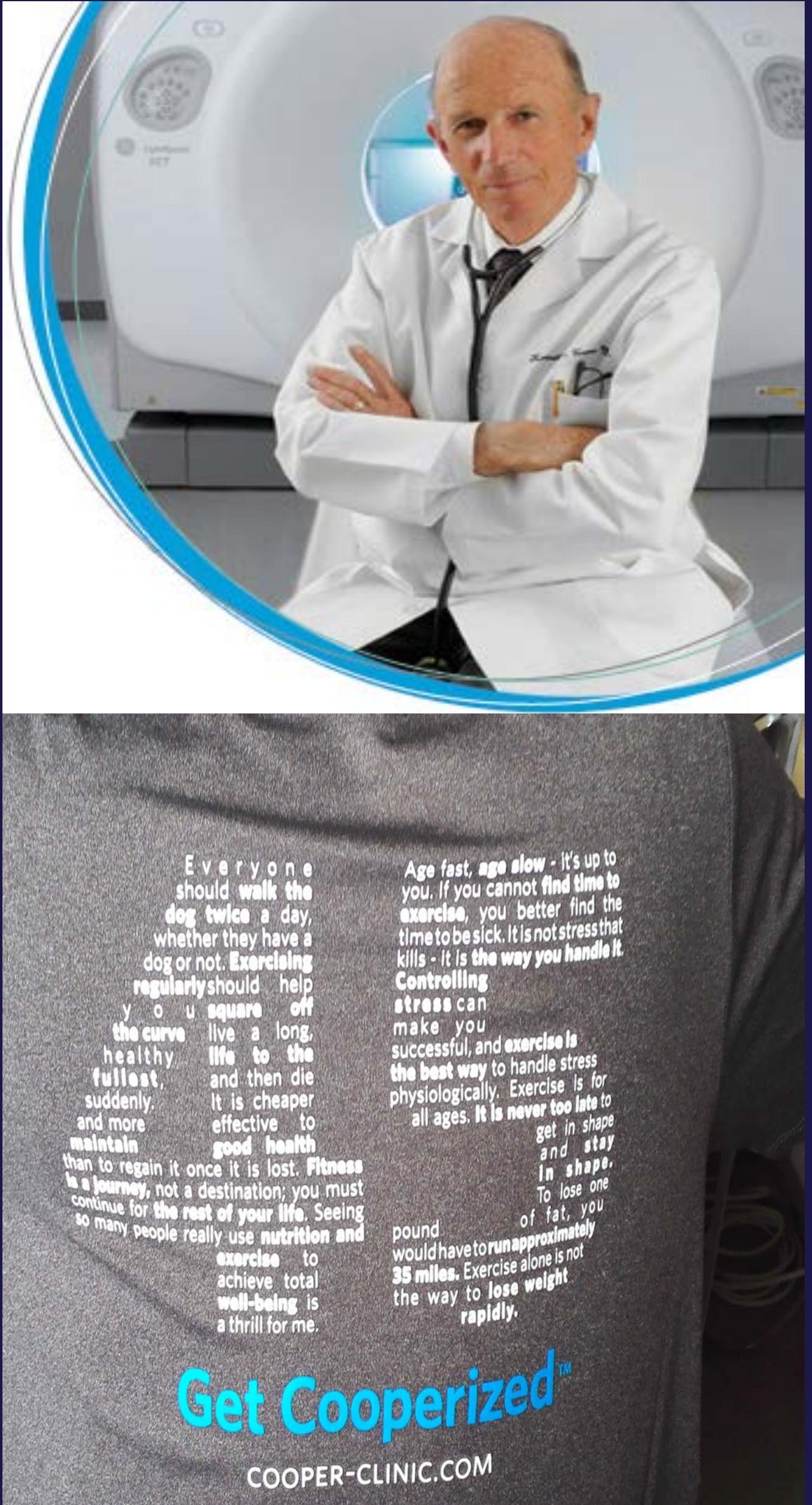


2016年在海拔4250米的雪集拉山
at snow Jila mountain with an altitude of 4250 meters, 2016

Get Cooperized

聆听Cooper的教诲

- Everyone should walk the dog twice a day, whether they have a dog or not
 - 每个人都应该每天遛狗两次，无论他们有没有狗。
- Age fast, age slow--it's up to you, If you cannot find the time to exercise , you better find the time to be sick
 - 衰老的快慢取决于你，如果你找不到锻炼的时间，那就最好为生病腾出时间。
- Exercise is the best way to handle stress physiological
 - 运动是处理抗逆生理的最佳方式
- Exercise is for all ages, It is never too late to get in shape and stay in shape ...
 - 运动是适用于任何年龄段的，恢复身形和保持下去，永远都不晚



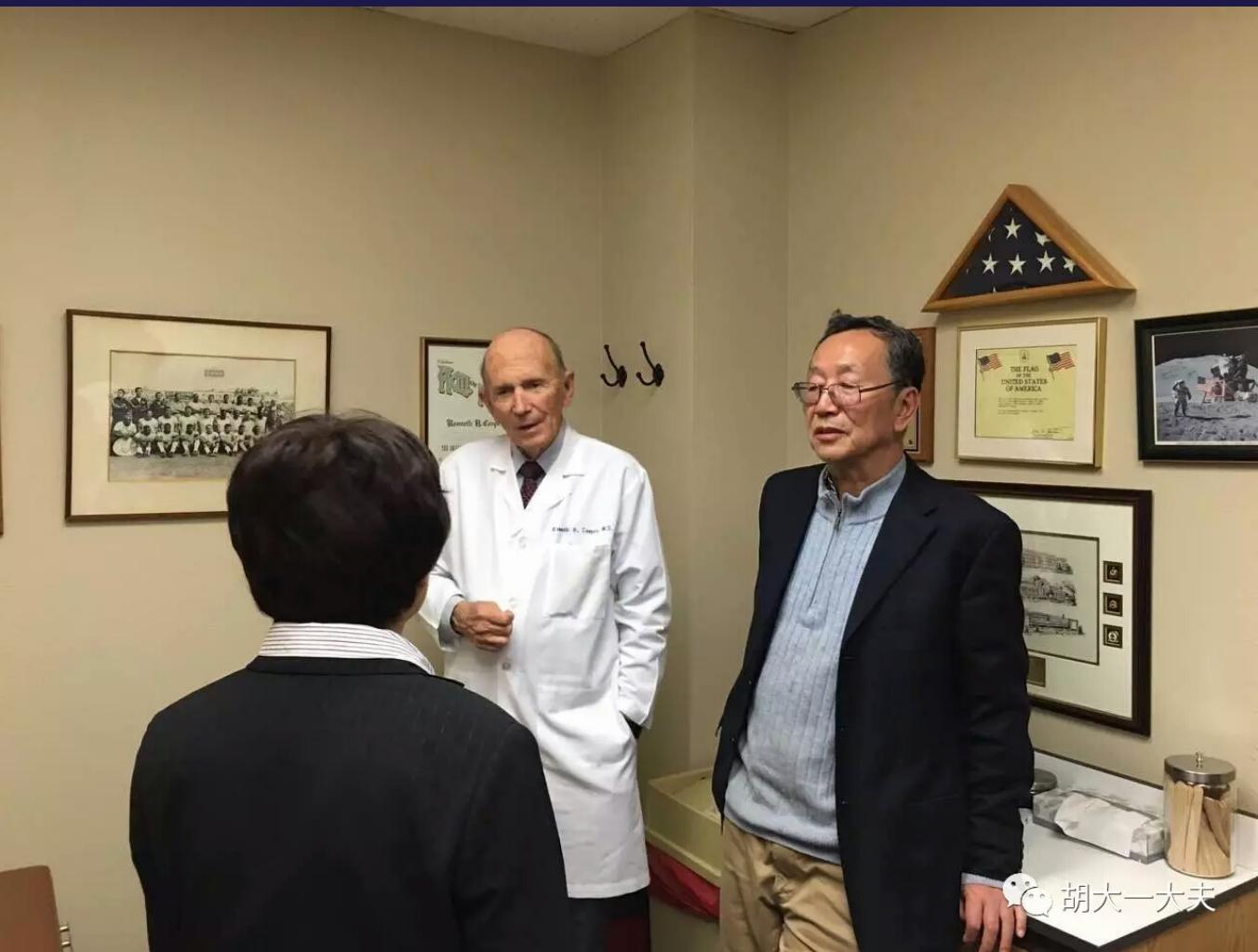
Everyone should walk the dog twice a day, whether they have a dog or not. Exercising regularly should help you square off the curve live a long, healthy life to the fullest, and then die suddenly. It is cheaper and more effective to maintain good health than to regain it once it is lost. Fitness is a journey, not a destination; you must continue for the rest of your life. Seeing so many people really use nutrition and exercise to achieve total well-being is a thrill for me.

Age fast, age slow - it's up to you. If you cannot find time to exercise, you better find the time to be sick. It is not stress that kills - it is the way you handle it. Controlling stress can make you successful, and exercise is the best way to handle stress physiologically. Exercise is for all ages. It is never too late to get in shape and stay in shape. To lose one pound of fat, you would have to run approximately 35 miles. Exercise alone is not the way to lose weight rapidly.

Get Cooperized™
COOPER-CLINIC.COM

运动是良医 运动是良药

Exercise is good doctor and good medicine



- Cooper Clinic , Preventive Medicine
- 库珀诊所, 预防医学
- Cooper Aerobics Center
- 库珀有氧运动中心
- AHA科学声明：“有氧能力”应被列为“临床生命指征”，以预测评估健康风险
- AHA Scientific Statement: "Aerobic capacity" should be classified as "clinical vital signs" to predict and assess health risks

有氧代谢运动有独特的、不可替代、附加的效果

Aerobic exercise has a unique, irreplaceable, additional effect

1. 改善心脏功能；

Improve heart function

2. 增强肺功能；

Enhance lung function

3. 增强骨骼密度，预防骨质疏松

Increase bone density and prevent osteoporosis

4. 减肥

Lose weight

5. 缓解压力，改善心理状态

Relieve stress and improve mental state

6. 促进侧枝循环形成

Promote the formation of collateral circulation

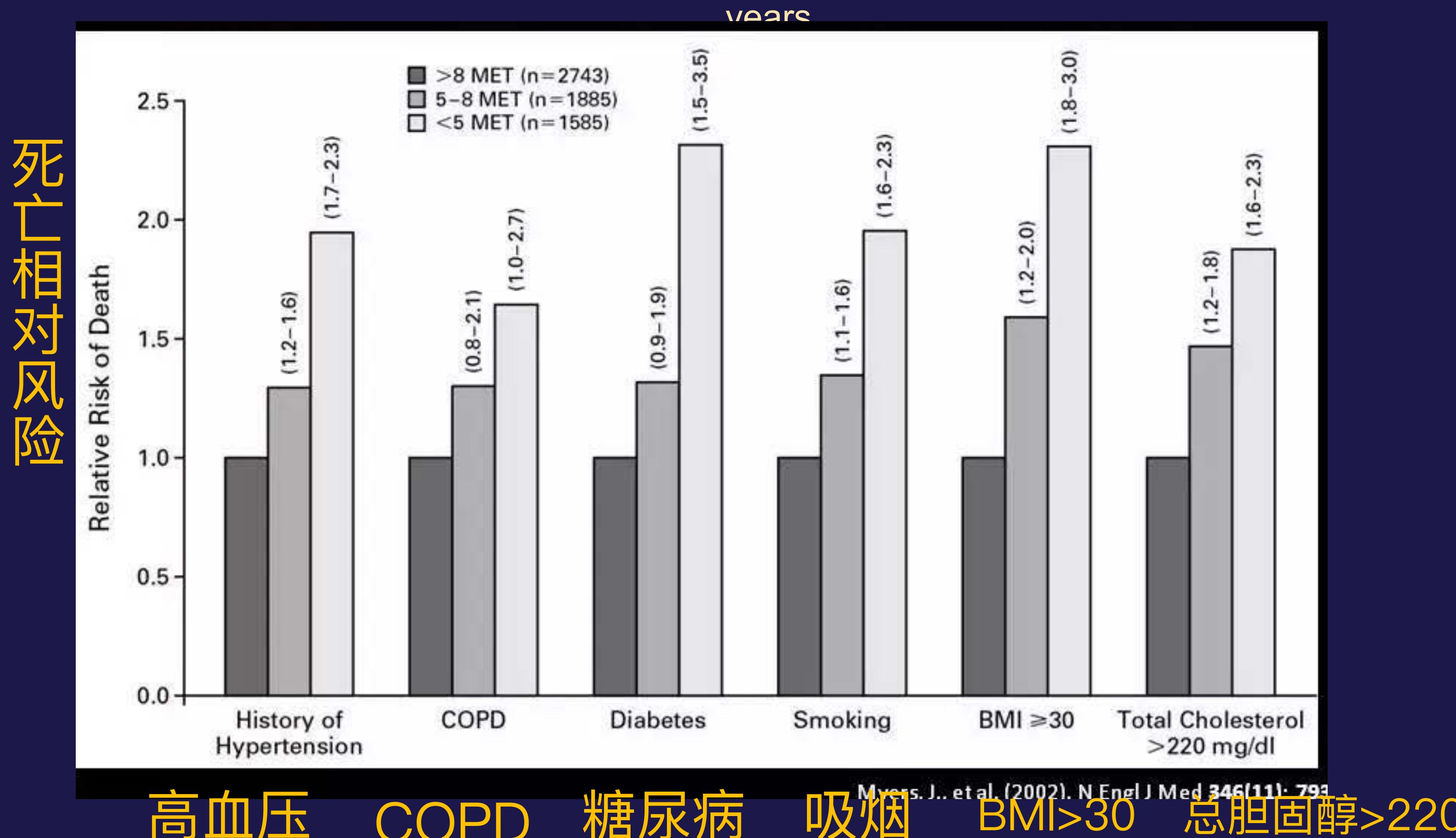


不同代谢当量的死亡风险

Risk of death at different metabolic equivalents

6213名男性（心血管病3679，无心血管疾病2534），平均随访6.2年

6213 men (with cardiovascular disease 3679, without cardiovascular disease 2534), an average follow-up of 6.2 years

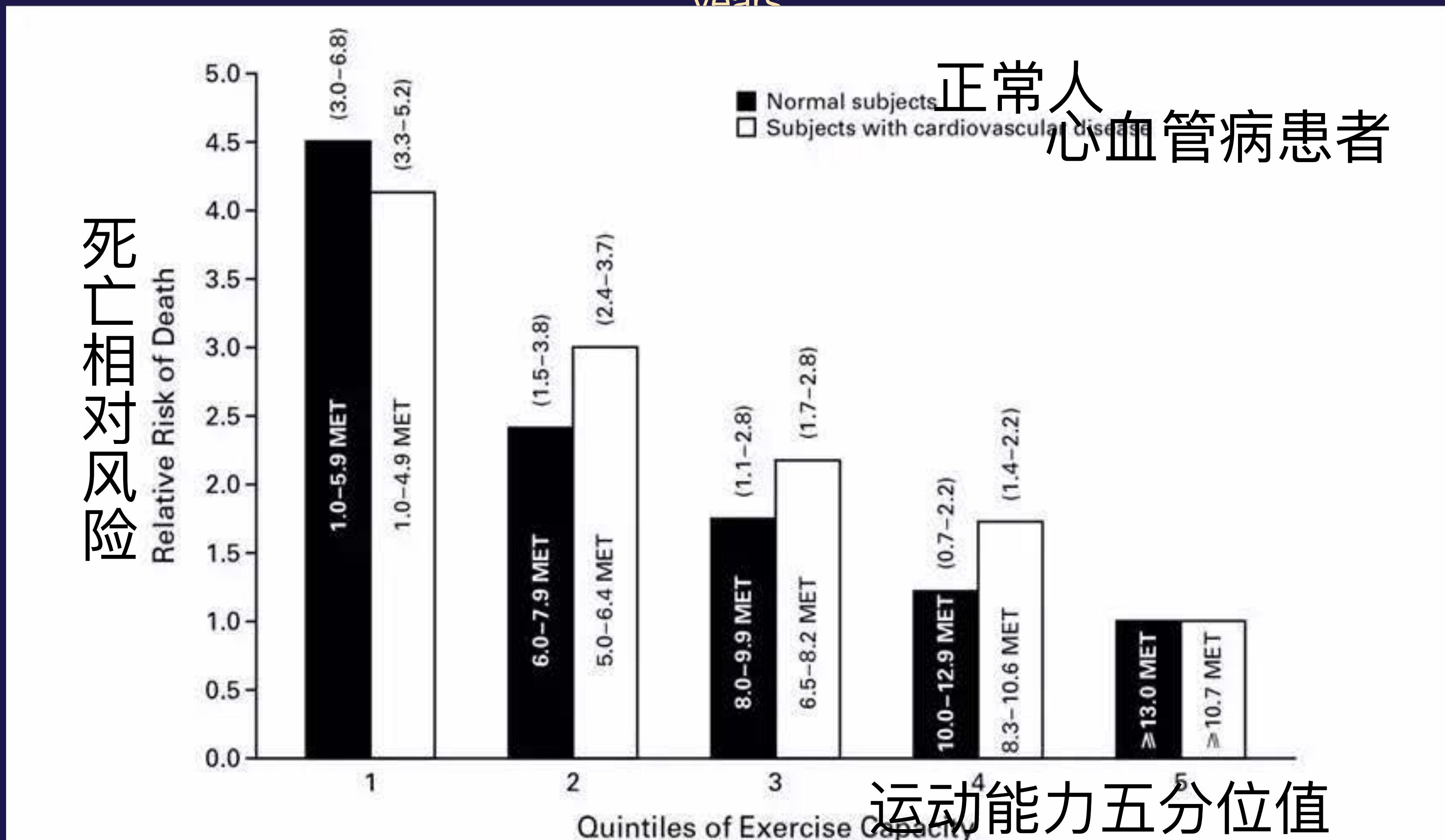


不同代谢当量正常人与心血管病患者死亡风险比较

Comparison of death risk between normal person and CVD patients at different metabolic equivalents

6213名男性 (心血管病3679, 无心血管疾病2534) , 平均随访6.2年

6213 men (with cardiovascular disease 3679, without cardiovascular disease 2534), an average follow-up of 6.2 years





创建高效低成本健康慢病管理模式 推广应用适宜技术

Create efficient and low-cost health and chronic disease management model

Promote the application of appropriate technology

未来医疗：两个主动、有效互动

Future medical care: two initiative and effective interaction

健康医疗服务业的4S店，提供主动管理、服务和关爱

Health care services 4S shop, providing active management, service and care

培养教育患者与家庭，发挥患者自我管理健康与慢病的积极性、主动性能力和能力，实现群防群治

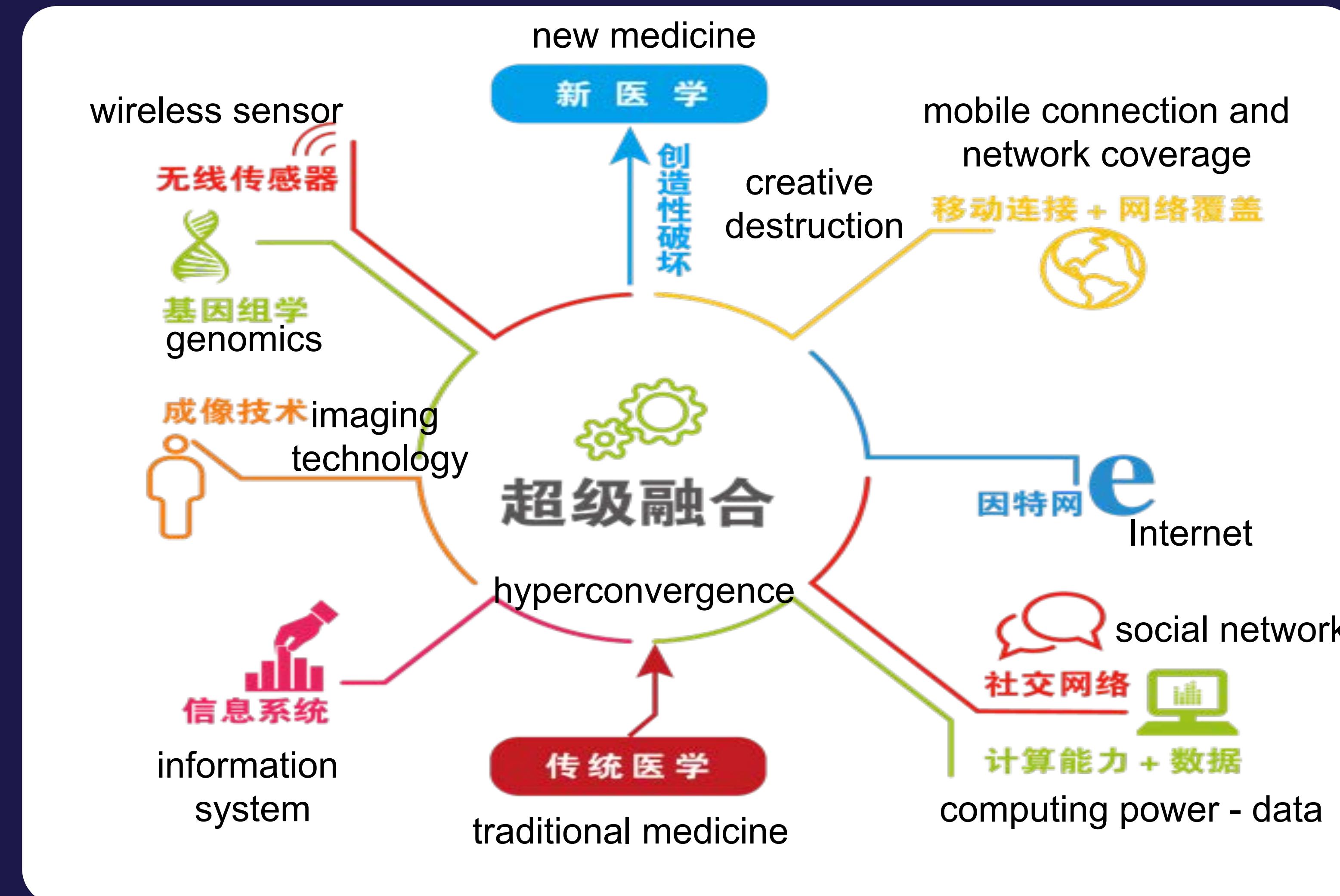
Educate patients and families to develop patients' positivity, initiative and ability of self-management of health and chronic disease to achieve group prevention and treatment

互联网+健康，有效互动工具包括智能手机、可穿戴设备等

Internet + health, effective interactive tools including smart phones, wearable devices, etc.

患者主动参与决策，群防群控

Patients take the initiative to participate in decision-making, group prevention and group control





中国心脏康复中心
Chinese Cardiac Rehabilitation Center

2014 : 20
2015 > 200
2020 > 1000

中国心脏预防康复实践

China Cardiac Preventive Rehabilitation Practice



办好专病俱乐部

Run special diseases clubs well



弥合裂痕 应对挑战

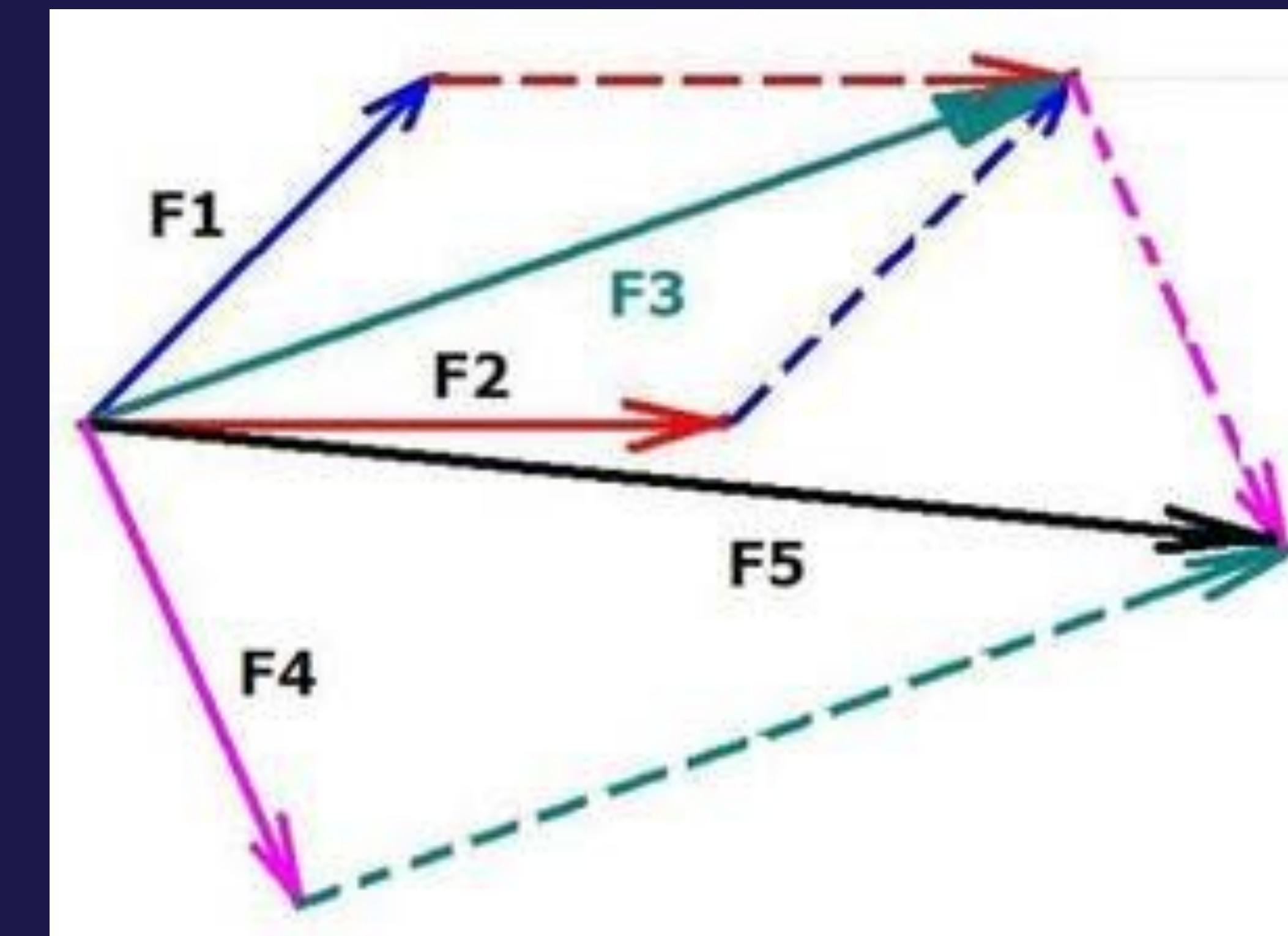
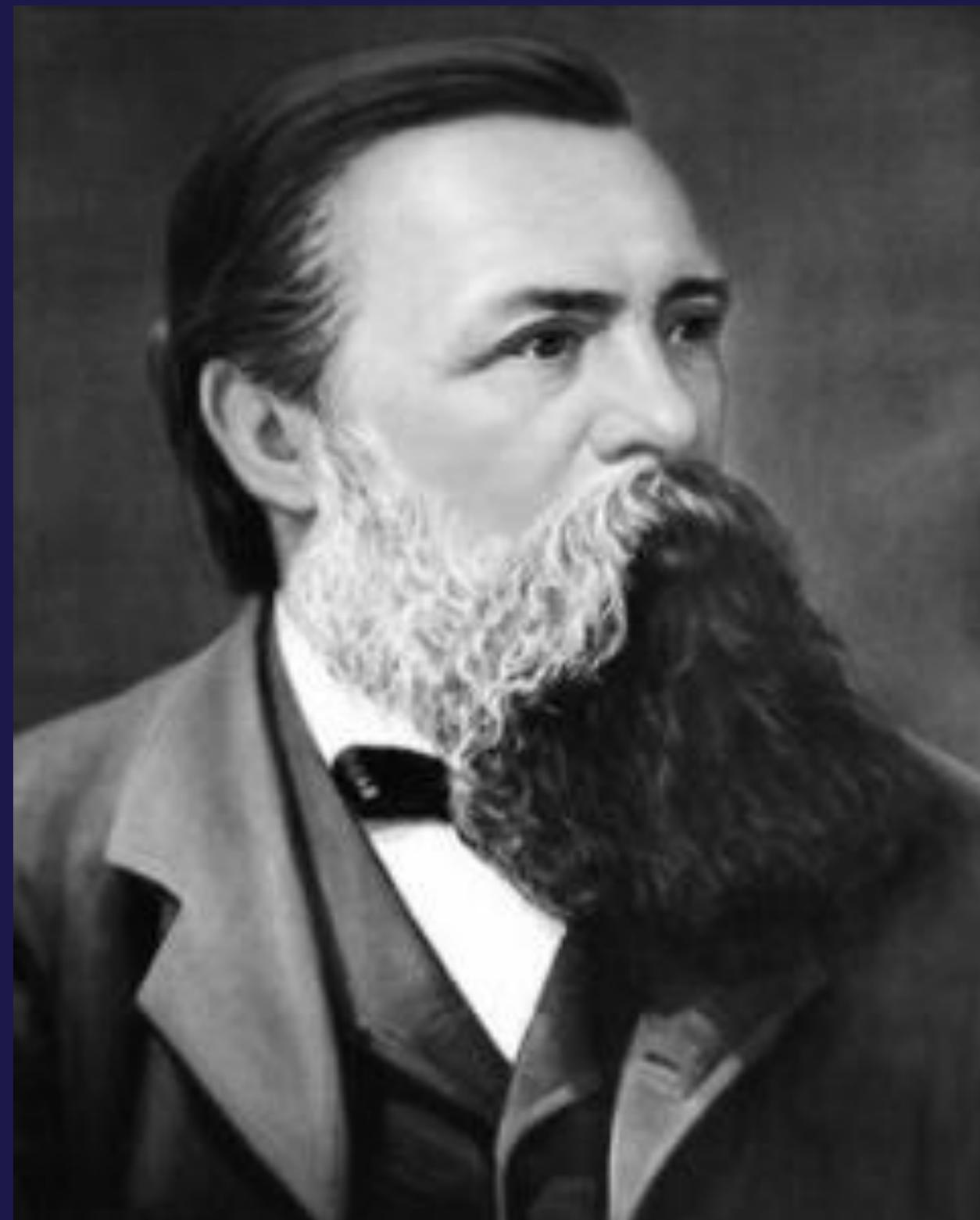
Bridging the rift to meet the challenge

穿中国鞋 走中国路 圆健康中国梦

Wear Chinese shoes to walk the Chinese road and realise a healthy China dream

恩格斯：历史合力论

Engels: the theory of historical resultant force

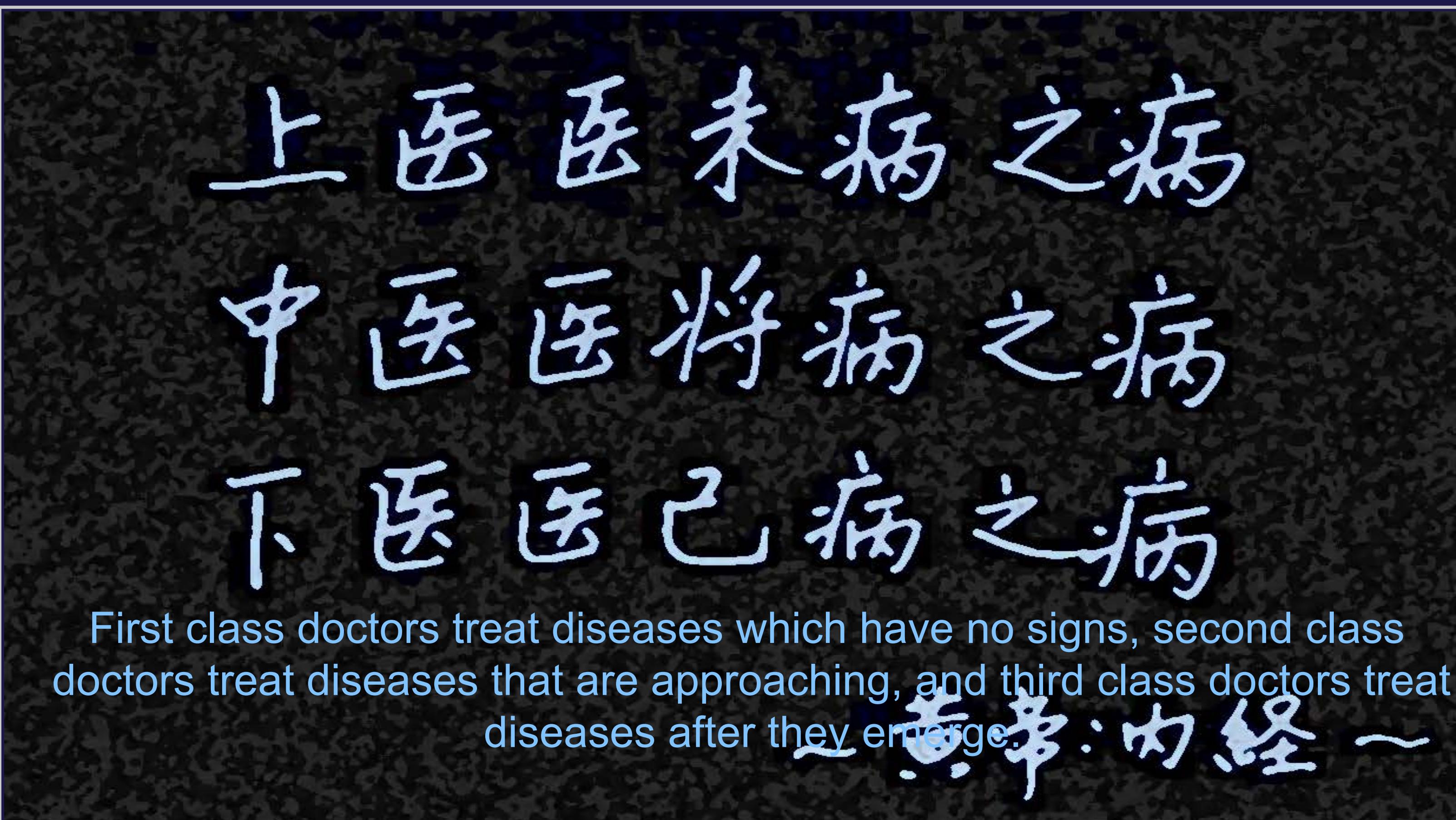


各种因素相互作用的**历史合力**是社会发展的**终极原因**

The historical resultant force which is the result of the interaction of various factors is the ultimate cause of social development

2000多年前：《黄帝内经》

More than 2000 years ago: Yellow Emperor



First class doctors treat diseases which have no signs, second class doctors treat diseases that are approaching, and third class doctors treat diseases after they emerge.

胡大一健康三字经

Three character primer of Health by Hu, Dayi

管住嘴 迈开腿

Control your diet, walk your legs

零吸烟 多喝水

No smoking, but water in lips

好心态 莫贪杯

Positive thinking, moderate drinking

睡眠足 别过累

Enough sleeping, never exhausting

乐助人 心灵美

Glad to assist, beauty inside

家和睦 寿百岁

Family in harmony, longevity in hand

微信公众号：胡大大夫

Wechat Public Account:





祝大家健康！

I wish you all good health!