

Research on the Health Intervention Model and Strategy of “Intelligent Sports+Medical Treatment+Old-age Care” in Shaanxi Province under the Background of Healthy China

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Abstract: The problem of providing for the aged brought about by the aging of our country is becoming increasingly prominent, and the demand for healthy providing for the aged is urgent. Sports and sports play an irreplaceable role in improving the health level and quality of life of the elderly. According to the strategic theme of building a healthy China and realizing the fundamental goal of national health, we need to focus on solving the health problems of the elderly, and explore the basic path of Co-construction and co-operation. We need to strengthen the interaction and integration of sports, medical care and aging services in the field of elderly health. The study integrates the combination of “medical and health” and “physical and medical integration”, and proposes to use the smart sports and sports as the carrier to construct the “health sports + medical + old-age” old-age health intervention model, expounding the background and model construction of the concept. The idea, organizational structure and implementation process aim to popularize the concept of “promoting health through fitness” and bring into play the unique advantages of traditional health care.

1. Introduction

At present, population aging has become a worldwide phenomenon. The international community has put forward the initiative of healthy aging, advocating that the concept of health should be extended to the process of aging, focusing on improving the quality of life of most elderly people from the perspective of health care and health problems in the process of aging [1]. At present, most of the elderly do not have a scientific method of healthy exercise. The application of Internet technology can quickly bring sports information to the elderly, supervise and guide the scientific fitness of the elderly and test the effect of exercise. In order to address the problem of healthy aging, it is necessary to “promote the combination of medical and health care” and “promote the comprehensive management and management services for chronic diseases to be closely integrated with the home, community and institutional pensions”, “strengthen the health guidance and comprehensive interventions for common diseases and chronic diseases in the elderly, and strengthen the health of the elderly management” [2]. The old-age health intervention model based on the combination of “smart sports + medical + old-age care” is to use the existing technology to accurately obtain real-time information of the elderly, and to integrate the real-time information into data, and to provide personalizedization for the elderly according to the results of the treatment. It has important reference value for decision-making to promote the convenience of life service and maintain the sustainable and healthy development of Shaanxi's economy and society.

2. Reflections on the Current Situation of the Old-age Care Model of “Combining Medical Care with Physical Care” and “Combining Physical Care with Medical Care”

The “health-care combination” model should not be a simple integration of medical institutions and old-age care institutions, but the intervention and integration of medical resources for old-age care. The focus is not only to control the development of aging diseases, but also to form assessment, prevention, care, rehabilitation. Studies have shown that physical activity can regulate

mood, improve mental health, enhance physical fitness, improve immunity, prevent disease, delay aging, and thus achieve health promotion purposes [3]. In order to cope with the demand for the aged care service that presents the “blowout” situation and improve the shortcomings of the community pension service, the provincial party committee and the provincial government of Shaanxi Province attach great importance to the “service concept, humanization, standardization of facilities construction, socialization of operation management, and diverse service methods. The standard of “reform” and actively promote the construction of community aged service centers [4]. The combination of physical and medical treatment and health care has gradually become the main work to improve the health level of the elderly in China. However, at present, there are still many restrictive factors such as concept, policy, mechanism, talent and so on in the combination of medical care and nursing in China, and the combination of physical education and medicine is still in its infancy [5]. Driven by economic interests, the old-age service of “combination of medical care and maintenance” is regarded as a simple combination of medical structure and “1+1” of old-age institutions. The service object is still limited to the disabled elderly who suffer from chronic diseases, disabilities and terminal illness, and is in the low-end “care for the aged”, rather than the high-end “medical rehabilitation care” old-age service [6].

At present, among the common bottlenecks in the development of urban community endowment model in China, medical services and financial support should be the most important. On the one hand, the backward technology hinders the development of the industry, including information collection technology, data processing technology, cloud technology and multimedia technology. As a result, the data monitoring of the elderly and the application needs of some pension functions can not be met [7]. Although more and more elderly people are aware of the importance of sports, they lack formal ways to understand scientific sports methods. The education of old-age health knowledge and health care knowledge is not sufficient, the promotion of healthy lifestyle is far from universal, and there is still a lack of comprehensive evaluation of old-age health. However, this combination of physical medicine mainly emphasizes the specific application of sports medicine in the field of national fitness. Its consumption structure is mainly concentrated on sports and fitness consumption, and related functions mainly focus on the physical fitness of the masses [8]. The adaptability of the elderly to the life and service of the combination of health care and maintenance, that is, the interaction between the elderly and the environment of the combination of medical care and health, that is, the elderly achieve a harmonious state of maintaining the physical and mental health of the individual by adjusting themselves and changing the environment [9].

3. The Choice of the Means, Methods and Platform of Elderly Health Intervention

Generally speaking, health intervention involves three core issues: intervention means, intervention methods and intervention platforms. Based on the individual differences of the health status of the elderly, “Intelligent Sports + Medical Care + Old-age Care” in the intervention of the health of the elderly, choose two different forms of physical exercise and rehabilitation sports as intervention means. Modern exercise therapy, which uses sports and physical function exercises to prevent and treat diseases, is an important part of comprehensive treatment, and is indispensable in the comprehensive treatment and rehabilitation of diseases [10]. This effectively alleviates the problem that the family members in the traditional family pensions have limited energy care. At the same time, the empty nesters in the community, the elderly living alone and the disabled and the disabled are also able to get the care of the service personnel. Older children can view all information about the elderly after their stay through the Internet. The platform is very healthy for the elderly. According to the different service needs of community residents' pension, based on medical care and rehabilitation into the family, with Internet insurance services as the support, expand the connotation of community pension health services, provide affordable and convenient, rich and effective medical, pension and insurance for the elderly in the community. Smart community care for the elderly.

In general, medical care is the result of civilization that human society has formed in the process of actively preventing and treating diseases. According to the content dimension, medical care

includes both treatment and health care. Emphasis should be placed on maintaining the body, cultivating righteousness, and improving the body's ability to resist evil. Traditional health sports are influenced by traditional health care concepts such as traditional Chinese medicine. Older people participate in sports and are generally willing to choose areas close to home. The community has sports venues and equipment, and older people are more willing to exercise nearby. At present, Shaanxi Province has established its own smart aged service platform in various urban areas according to the regional division. The platform includes information call, information management system and terminal pager, and integrates various service resources. As a health intervention method for the elderly, medical treatment mainly involves two basic types of traditional Chinese medicine and Western medicine. Among them, TCM is Oriental medicine based on the theory of Yin-Yang and Five Behaviors, emphasizing the inspiration of the holistic view of time, space and space to human health. The physiological state suitable for the elderly should play a greater role in the elderly health management.

4. Proposal and Construction of Intelligent Sports+Medical Treatment+Old-Age Care Model

In order to effectively control chronic diseases, the Ministry of Health of the People's Republic of China has initiated the establishment of a comprehensive prevention and control demonstration zone for chronic diseases throughout the country. Local governments will create a comprehensive prevention and control demonstration zone for chronic diseases as a major project to protect people's livelihood and promote development. According to the survey data, the main places where the elderly in Shaanxi participate in sports activities are concentrated in public activity centers such as community activity centers, plazas, residential areas, parks, and schools. The operation effect of integrated medical and nursing services is influenced by the government's public financial support. The service provision and project development of the combination of health care and health care are related to the government's support. The relevant ministries and commissions of the State Council jointly issued the Guiding Opinions on Promoting the Combination of Medical and Health Services and Old-age Care Services, and comprehensively deployed them to further promote the work of "Combination of Medical and Health Care". More professionals should be encouraged to join the ranks of pension services. Professional training should also be given to existing personnel to improve their professional knowledge.

The "Healthy Sports + Medical + Pension" combination of the elderly health intervention model is based on the elderly group, with community and old-age institutions as the organization and implementation of the site, mainly for prevention and rehabilitation, integration of communities, old-age care institutions, hospitals and sports systems Quality resources for professional institutions. Community service personnel can monitor the movement status of the elderly through the service platform, and the information can be shared and transmitted. And sports situations. Promoting the combination of medical care and maintenance services can effectively improve the quality of life of the elderly, reduce their family burden and reduce the negative impact of population aging. When building a multi-center cooperation model, relevant government departments need to guide, cultivate, coordinate and support, formulate a series of policies and regulations, carry out long-term planning and layout, and allocate resources rationally. Therefore, "Intelligent Sports + Medical + Old-age" intervention in elderly health activities guidance service breaks the barriers in the field of national fitness service, medical and health services and elderly services, and achieves the interactive integration of elderly health service resources.

5. Conclusion

For the management of old-age health, the main research direction at present is the prevention and control of chronic diseases in the elderly, focusing more on the combination of medical treatment and community health services, forming some joint intervention modes of hospitals, communities and families. But this is the symbol of social development and progress. All levels of society are striving to improve the quality of life of the elderly, solve the problems brought by the

aging society, and promote the healthy and vigorous development of the old-age industry. Promote “smart sports + medical + old-age care” to interfere with the development of the elderly health undertakings. At the development planning level, it is necessary to form a national economic and social development plan as the guide, and the old-age business development plan, medical and health care development plan and sports development plan work together. Unify the relevant administrative departments of the combination of medical care and support, promote the cross-integration and precise integration of medical care and resource management departments, so as to promote the information communication and collaboration between medical and health-related departments, and improve the efficiency of implementation of policies related to medical care and combined services.

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