

## Research on Significance and Path of Advancing the Construction of Healthy China under the Background of Massive Health

Yu Biao

Xi'an University of Technology, Xi'an, China

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**Abstract:** The proposal of Healthy China 2030 Planning Outline indicates that China officially enters the era of massive health. The 19<sup>th</sup> CPC National Congress includes the strategy of healthy China into basic strategies of national development, playing a practical role in realizing and maintaining public health, advancing the construction of prosperous society in an all-round way, promoting social fairness and justice and deepening health care reform. To implement the strategy of healthy China and promote the construction of healthy China is a major, systematical and complex project. It requires to establish scientific concept of massive health in society, build government-led work mechanism with the cooperation of multiple departments and the participation of society, comprehensively deepen the health care mechanism reform, vigorously develop health industries and strengthen the information-based construction of health care.

Massive health is a global health development concept proposed on the basis of major changes in economy, social development and human disease spectrum. It not only focuses on traditional body health, also includes physical, psychological, spiritual, and moral health and health in social adaption; It pursues healthy life, also including various problems affecting national health, such as healthy conception, healthy services, healthy guarantee, healthy environment, healthy industry and healthy management; It requires not only cure, also prevention; It is shall be done by the cooperation of multiple departments and national people, including education, sports, medical care, environmental protection, pension, social security and so on, not just health care departments.

In National Conference on Sanitation and Health in August, 2016, General Secretary Xi Jinping officially proposed the concept of “massive health and massive sanitation”, and stressed to “integrate health to all policies to be shared by all the people”. In October of the same year, CPC central committee and the State Council issued Healthy China 2030 Planning Outline, proposing the strategic tasks in five aspects, including “popularizing healthy life, optimizing healthy services, completing healthy guarantee, creating healthy environment and developing healthy industry”. In 2018, in the report of the 19<sup>th</sup> CPC National Congress, Xi Jinping involves the implementation of healthy China strategy into basic strategies of national development, considering people’s healthy as the important signal of national prosperity and strength, and requiring to “complete national health policy to provide full-cycle health services in an all-round way for people”. The inclusion of healthy China indicates that China officially enters the era of “massive sanitation and massive health”, and the health dream of “living better, longer and healthily without disease” is closer and closer to Chinese people.

### 1. The Significance of Advancing Healthy China

#### 1.1 It is a major livelihood project to realize massive health.

“Health is the key of prosperous society.” Health is the basic right of human and precious treasure. There is not life without health. The fundamental goal of implementing healthy China is to maintain the basic right of human. To improve people’s health is the solemn promise for the party and state to maintain the basic health right for urban and rural residents.

The strategy of healthy China stresses to be people-centered and health-centered, with the general goal of realizing national health and economic and social harmonious development, and

advocates ecologically-green, environmentally-friendly and health-promoting economic growth method and social development mode, which is global, long-term and strategic. Decided by current basic national conditions and new development stage of socialism with Chinese characteristics, it is an overall planning for the state to provide solutions for major problems and structural contradictions during a long period in current and future, fully reflecting inherent requirements and long-term healthy rights of people of all nationalities, and it is a major livelihood project to realize the health dream of all Chinese people.

## **1.2 It is a major strategic planning for the construction of prosperous society in an all-round way.**

“The prosperous society relies on health and health maintains the prosperous society.” People’s health is not only related to people’s wellbeing, and it is the key to exert people’s intelligence and inspire people’s innovative and creative vigor, and the important guarantee to promote the progress of social civilization and national prosperity and strength.

National health is not only about people’s livelihood, also major political, economic and social problem. General Secretary Xi Jinping pointed out that “people’s health is the important connotation of the construction of prosperous society in an all-round way”, and stressed that “there is no comprehensive prosperity without national health”. It is not only one of core objectives of constructing a prosperous society in an all-round way also an important guarantee. One nation can have stronger comprehensive national power and ability of sustainable development when all people can share fair and reasonable health care services. Therefore, to promote the construction of healthy China, adhere to be “based on grass-roots and driven by reform and innovation, focusing on prevention, placing equal emphasis on traditional Chinese medicine and western medicine, and integrating health to all policies to be shared and built by people”, and enhance national health and living quality is a major strategic planning to gather strength of people of all nationalities, unit all people to cooperatively construct socialism with Chinese characteristics, build a prosperous society in an all-round way and realize the great rejuvenation of Chinese nation.

## **1.3 It is a major measure to promote social fairness and justice.**

The key of governance is fairness. To realize and maintain fairness and justice is the fundamental demand of socialism, the highest value pursuit of socialism with Chinese characteristics and the important task to build a harmonious socialist society. The construction of society with fairness and justice requires to firmly guarantee people’s basic sanitation and health rights. To development socialist sanitation and health care and guarantee that every person can live a healthy life is solving people’s livelihood demand, resolving social contradictions and maintaining social stability and national security.

In National Conference on Sanitation and Health, Xi Jinping pointed out to adhere to principle of fairness and justice, to complete national health policy to provide full-cycle health services in an all-round way for people, to guarantee that the low-income group and vulnerable group can stably obtain health resources and ensure that each person do not have burden because of basic health care expense. Therefore, since the 18<sup>th</sup> CPC National Congress, the party and government actively promote the construction of healthy China, improve universal health care system, provide basic public health services covering all people, advance the equalization of urban and rural basic public services, and implement the anti-poverty project in health, which is the direct reflection of the party and government to promote social fairness and justice in sanitation and health, and the important measure to establish more harmonious society.

## **1.4 It is the inevitable requirement to deepen the reform of health care.**

Medical services is directly related to people’s health and the fair and harmonious society. At present, Chinese sanitation and health has insufficient investment and unbalanced medical resources distribution. The mechanism of supplementing hospital with medicine in public hospitals still exists, and problems such as the difficulty for grass-roots people to receive medical treatment and high cost, the illness-caused poverty and illness-related poverty still spread, which greatly decreases the

effects of medical health services shared by national people, not conducive to realizing the strategic of healthy China.

In the conference, he also pointed out to adjust and optimize health services system, adhere to guarantee the basis, strengthen the grass-roots and build the mechanism, solve health problems of targeted population, including women and children, the aged, the disabled, migrant population and low-income group, increase government investment, deepen institutional mechanism reform and accelerate the human resource construction of health, to provide secure, effective, convenience and inexpensive public health and basic medical services for the people. Therefore, to implement the strategy of healthy China and advance the construction of healthy China requires the party and government to fasten medical services institutional reform, adhere to the public welfare of basic medical cause, break the mechanism of supplementing hospital with medicine in public hospital, establish the hierarchical medical system, enhance basic medical services, and reform the compensation distribution mechanism of medical staff to motivate their enthusiasm, which is an inevitable path to provide secure, effective, convenience and inexpensive public health and basic medical services for the people.

## **2. Paths to Advance the Construction of Healthy China**

### **2.1 To establish the scientific concept of “massive health” in society.**

Healthy China has risen to a national strategy, marking the arrival of the “Massive Health Era”. Establishing a scientific “massive health” concept in the society is the primary problem that needs to be solved to promote healthy China. As stated, massive health is to realize the health dream of “living better, longer and healthily without disease” to beautiful reality. Therefore, it is necessary to adhere to be centered with people’s health, establish a sound health education system, advocate healthy and civilized lifestyle and enhance people’s healthy competence; focus on prevention, develop the concept of health-first, innovate health development mode, expand health services connotation, and transform the traditional mode of treatment to the mode integrating prevention, treatment and rehabilitation, to provide people with systematical, consecutive and diversified services with prevention, treatment and rehabilitation; adhere to the co-construction and co-sharing of healthy China, form the social atmosphere of healthy China with joint participation of all people and the cooperation of government at all levels, organizations and people, and eliminate problems in environmental protection, medical insurance, food and drug, medical apparatus and instruments affecting people’s health, so that all Chinese people can enjoy a happy and healthy life with beautiful natural environment, habitable living environment, fair medicine, medical care and insurance, and secure food.

### **2.2 To build a government-led working mechanism with the cooperation of multiple departments and the participation of the society.**

The construction of healthy China is a huge and complex social system project involving various sectors, fields and industries such as national education, public health, ecological environment, medical services, medical security, safe production, food and drug safety, physical fitness, and technological innovation. Therefore, it is inevitable to grasp the overall planning and implementation from the macro and micro levels. Accordingly, to promote the construction of healthy China, it is necessary to establish a government-led working mechanism with the cooperation of multiple departments and the participation of the whole society, so as to achieve coordinated and comprehensive management of multiple departments and multiple entities. For the central government, the primary responsibility is to accelerate the formulation and revision of the National Health Law and various health special regulations, to legalize the healthy China, principles and basic strategies, and to actively play the leading role of law, supervision and inspection, top-level design and planning. For other government functional departments, specific action plans should be issued in accordance with the overall goals of the healthy China within their respective functions and powers, and the implementation of each sub-goal should be actively promoted. For

instance, the department of environmental protection should increase efforts to improve the environment, effectively control the atmosphere, soil and water pollution, and provide the people a healthy and beautiful natural ecological environment; The departments of industry and commerce and quality supervision should increase efforts to ensure the safe production and quality supervision of food, medicine, medical equipment and other products to ensure that ordinary people eat safe food and use safe drugs and medical equipment. For individual citizens, it is necessary to recognize that individuals and their families are the first responsible person and beneficiary of health maintenance. Therefore, it is necessary to strengthen self-health management in daily life, and develop a healthy behavioral habit and healthy lifestyle with cigarette and alcohol quitting, scientific sports, healthy eating, etc., and consciously improve self-cultivation.

### **2.3 To comprehensively deepen the reform on medical and health system**

The unreasonable medical and health system, unbalanced resource structure, and inadequate industry supervision are key factors affecting the implementation of healthy China. To comprehensively deepen the reform of medical and health system, it is necessary to speed up the establishment of a medical and health care system that is scientific, reasonable, fair, accessible, efficient, and beneficial to the masses. Specifically, first of all, adhere to the principle of “guaranteeing the basis and strengthen the grass-roots”, and through shifting the focus of medical and health work down, and sinking resources, continue to enhance the supply and support capacity of grass-roots health care services, and build a hierarchical system with “grass-roots diagnosis first, two-way transfer treatment, separate treatment for acute and chronic disease, and bottom-up linkage”. Secondly, to clarify the responsibilities of public hospitals, and to fully ensure the decision-making power in operation and management of public hospitals on the basis of breaking the mechanism of supplementing hospital with medicine in public hospital and adhering to the public welfare of basic medical and health services, and establish modern hospital management system with “clear power and responsibilities, scientific management, and sound governance, effective operation and powerful supervision”. Thirdly, integrate the basic medical insurance for urban workers and the basic medical insurance system for urban and rural residents, abolish the explicit or implicit personal accounts in statutory medical insurance, and eliminate the unfair and unreasonable burden of medical insurance for different regions, different groups and urban and rural residents caused by policies, establish a comprehensive and unified basic medical insurance system and critical illness insurance system for urban and rural residents in the whole country. Fourthly, improve the working environment of medical staff, improve the salary and remuneration of medical staff, strengthen the medical ethics education and professional technical training of medical personnel, severely crack down on illegal and criminal activities involving medical treatment, and establish a scientific and rational training and evaluation system for medical personnel. Fifthly, improve the drug supply security system and implement policies for all aspects of drug production, circulation, and use. The government should establish and improve the traceability system for drug information, increase the financial input of “good medicine” and “life-saving medicine” production enterprises, encourage the research and development of new drugs, and promote the modernization of Chinese medicine production. Pharmaceutical production and sales enterprises should compress the circulation of medicines and consumables and reduce the cost of medicines. Medical institutions should improve the centralized drug procurement mechanism, standardize drug use behaviors, strictly control “big prescription”, reduce the excessive use of antimicrobial drugs, and reduce unnecessary expenditures for patients.

### **2.4 To vigorously develop health industries.**

China’s development has entered a new stage of demographic dividend from quantity to quality. To improve the labor productivity of the whole society by improving human capital is an inevitable choice to help economic development and comprehensive national strength to become the new kinetic energy of economic and social development. Health is the greatest productivity. Under the background of massive health, to advance the construction of healthy China needs to vigorously promote the development of health-related health care, tourism, Internet, fitness and leisure, food

and health care. Therefore, the opportunity for the development of the health industry is at the moment. It is necessary to seize this opportunity to actively guide and support the health industry, health and leisure, health care industry, medical service industry and other health industries to accelerate development, and cultivate them into the pillar industries of the national economy and new economic growth points, which is conducive to meeting people's higher-quality and health needs, also promoting supply-side structural reforms in other areas and industries, creating more jobs, and promoting a more healthy and sustainable development of national economy.

## **2.5 To intensify the information-based construction of medical and health care.**

The development of the Internet and new media technologies is changing, and the actual impact on people's lives is growing. China is the country with the most Internet and mobile phone users, ranking first in the world. The function of applying Internet and big data to promote healthy China construction must not be underestimated. To this end, the implementation of healthy China needs to strengthen the information-based construction of medical health, focus on the application of modern technologies such as Internet and big data to spread health knowledge to citizens, and provide necessary health information and convenient health services, which will be a very promising development direction. Therefore, it is necessary for the government to set up special public investment and guide private capital investment, accelerate the construction of basic projects for health information, and better support the construction of healthy China.

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