

# **Control and Prevention for NCD in Shanghai**

**Shanghai Municipal Center for Disease Control and  
Prevention**

**(SCDC)**

**April, 2004**

# Contents

➤ **Challenge**

➤ **Strategy**

➤ **Control**

# Challenge

**NCD to Shanghai Residents Health**

# Profile of Shanghai

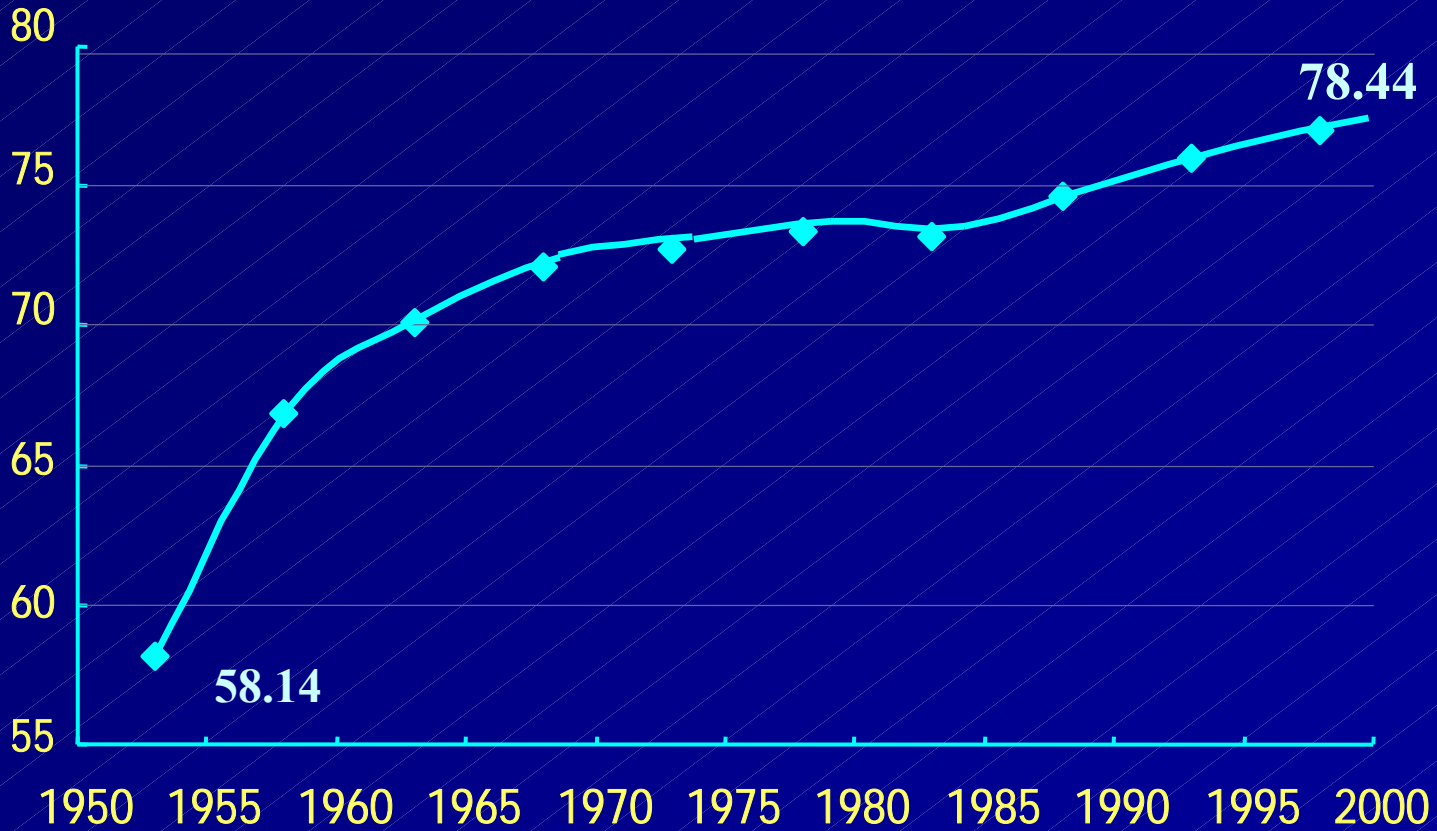
- **Location: West Pacific**
- **Total area: 6340.50 km<sup>2</sup>**
- **Population: 16.4m**
- **Administrative divisions 19**
  - 9 Urban**      **5 Suburban**      **5 Rural**
- **Shanghai is an international metropolis**

# Health indices in 2000

- **Average life expectancy**      **78.44**
- **Infant death rate**      **6.03‰**
- **Maternal death rate**      **11.35/100,000**

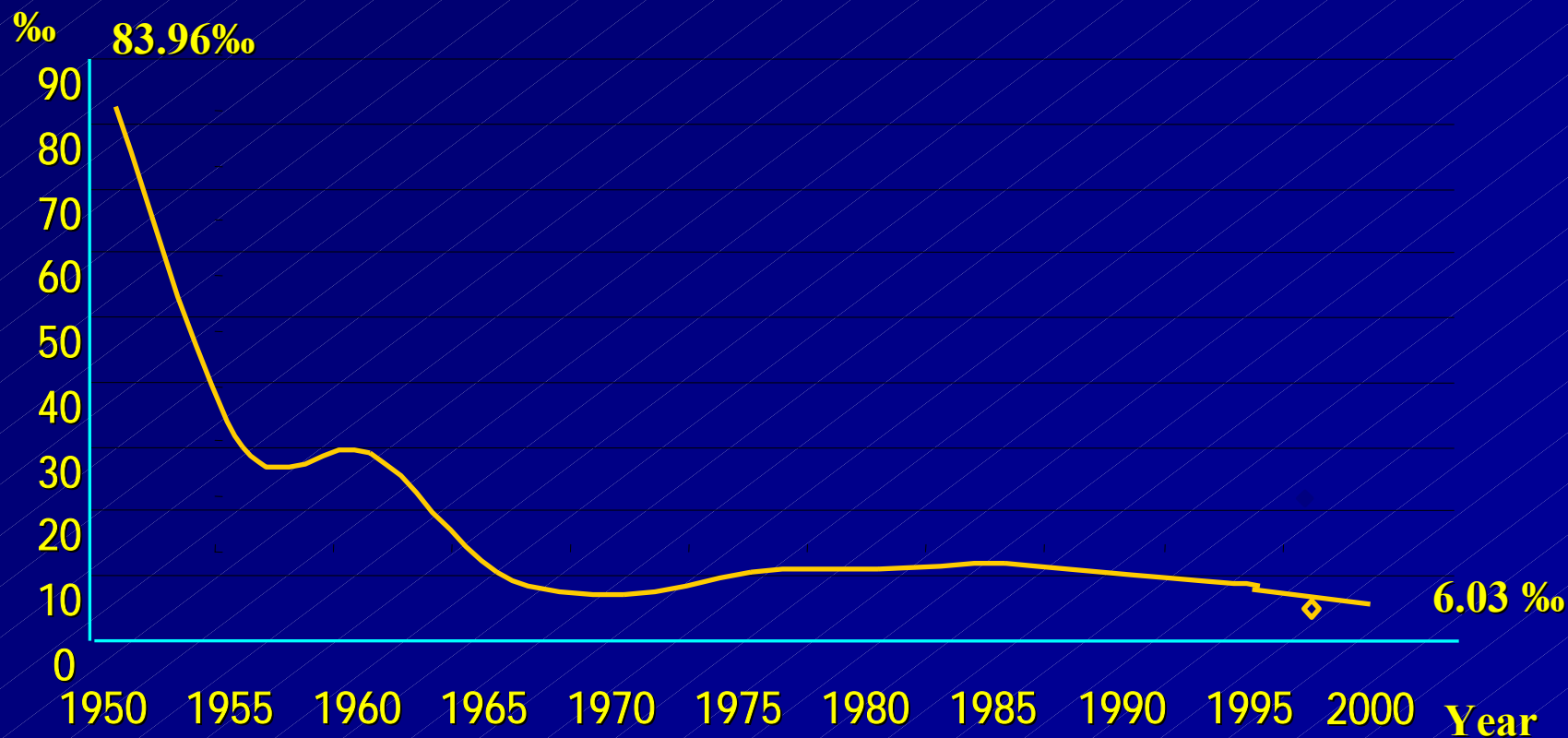
# Average life expectancy in Shanghai (1951--2000)

Age



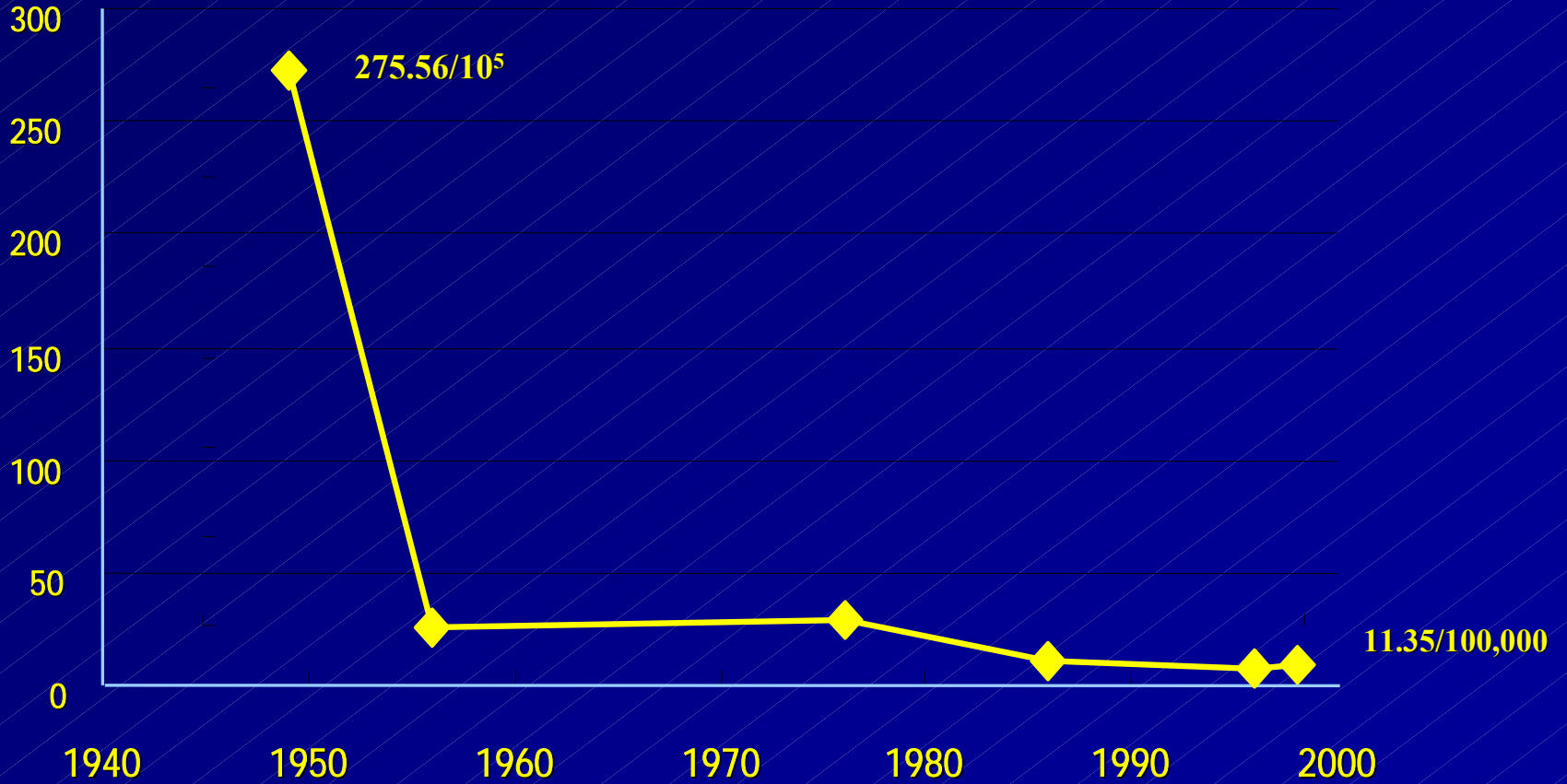
Year

# Infant Death Rates in Shanghai 1951-2000



# Shanghai Maternal Death Rates 1951-2000

rate (1/100,000)



Year

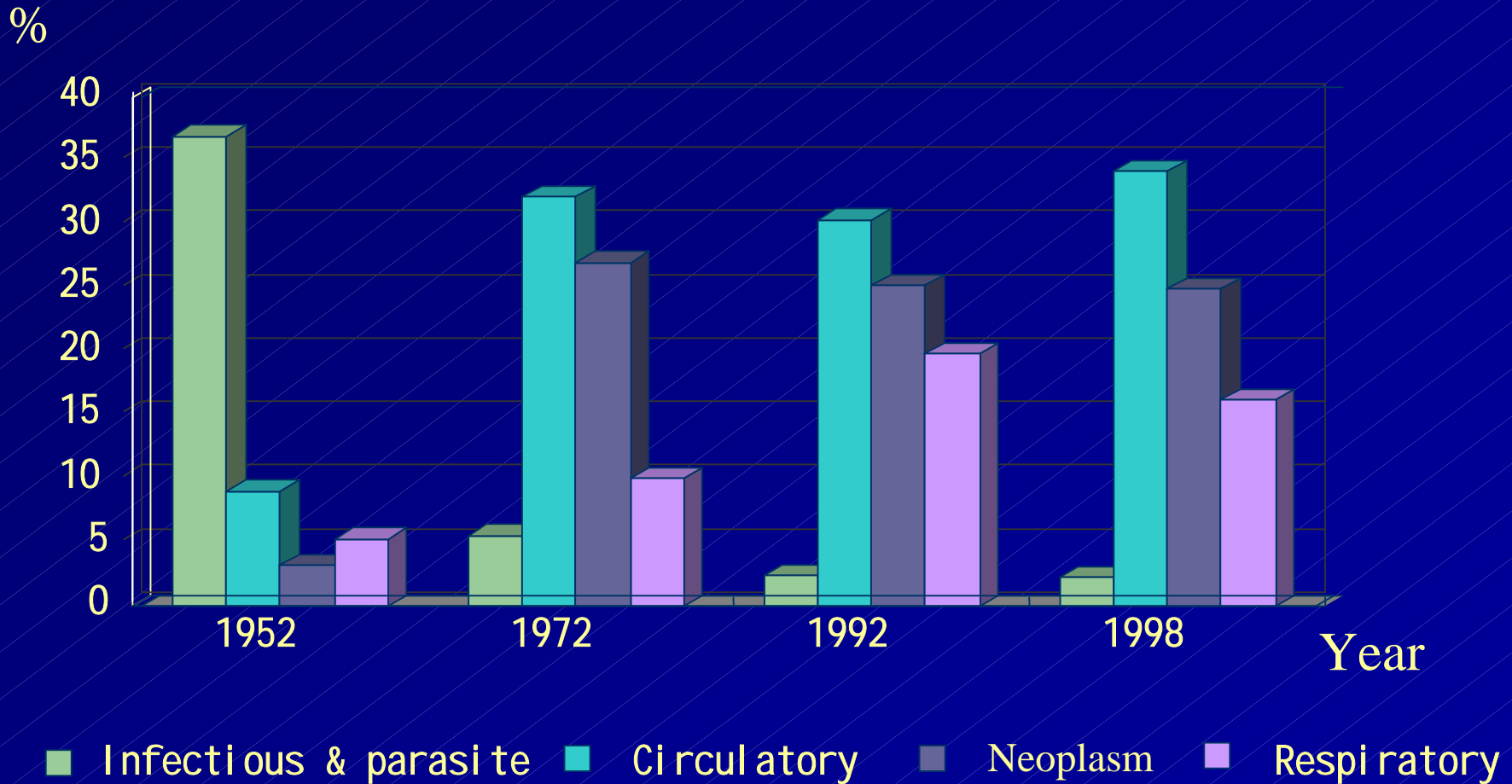
# Aging of Shanghai Population (2000)

– Total	16.4 m
– Sex ratio	1.02:1(M/F)
– Birth rate	5.01‰
– Mortality	7.28‰
– Natural increase rate	-2.27‰
– Migrants	4 m
– 65 yrs	11.5%

# Change of Disease Spectrum

- **Most infectious diseases controlled**  
mortality rate :  $64.55/10^5$  to  $0.44/10^5$   
incidence rate: **93.15%** (during 50 yrs)  
rank of death cause: from 1st to 8th
- **Chronic diseases have become**  
a main threat against our health  
percentage in total death was **75%** (2000)

# The Change of Leading Cause of Death since 1950s



# **Risk Factor – Tobacco**

- **Smoking rate: male 65%      female 4%**
- **Trend of teenage smoking increased**
- **Environmental Tobacco Smoke**  
  
**51% of all**
- **Lacking knowledge of smoking risk**

# Risk Factor - Nutrition

- **Proportion of fat intake to energy: > 31%**
- **Intake of fruit and vegetables: < 400g/d**
- **Adolescent malnutrition prevalence rate : 24.55%**
- **The intake of some elements is not sufficient:**

**VitB<sub>2</sub>   Retinene   Calcium**

# Risk Factor- Physical Activity

- **Sedentary lifestyle rate:** 26.62%
- **Physical inactivity:** 60%
- **Physical activity( 5d/w):** <50%

# Risk Factor – Hypertension and Obesity

- **Hypertension**

**12.96%** ( 15yrs in 1992)

**48.7%** of them (BP 160/100 mmHg)

- **Obesity**

**overweight rate 15.90%**

**Obesity rate 4.92% 10.94% in 6-15yrs**

# **Risk Factor – Mental disorder**

- **Prevalence of Psychosis (1999)**

**16.39‰      annual increased rate 0.3‰**

- **Prevalence of Psychological disorder**

**39.7‰ in resident**

**6.94% in 6-15 years**

**12.25% in adolescent and teenage**

# Strategy

for NCD control and prevention  
in Shanghai

# **Strategy for NCD control and prevention in Shanghai**

- **Strengthening government leading and assigning responsibilities to multi-departments of authority**
- **Making policy, program and guideline for chronic control implementing priority project**
- **Implementing NCD community-based comprehensive approach**
- **Developing health education and health promotion**

**Control**

**Program and Activities**

**in Shanghai**

# Government Attention

- **To regard NCD as main task in government plan**
- **To establish government coordinating organization for chronic control**
- **To ensure the finance support of NCD program and activities**

**primary health care :**

**RMB 80,000 yuan per 10,000 persons**

# Policy Making

- **First issue the provincial level plan for NCD control and prevention in China**

**Shanghai Plan of NCD Control and Prevention**

**(2001-2015) by Shanghai municipal government in 2000**

- **Shanghai Regulation of Psychological Disorder**
- **Shanghai Ten Years Plan of Psychological Disorder**

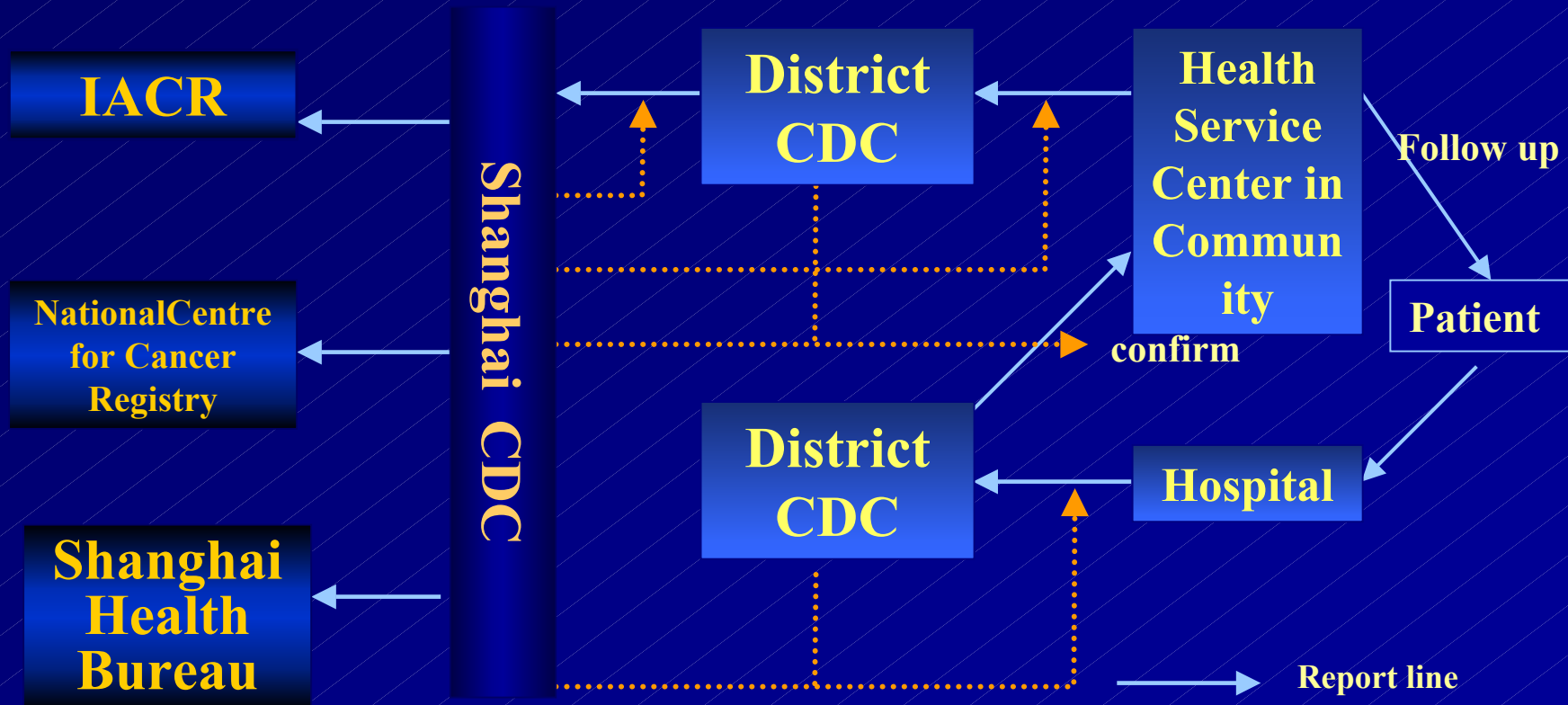
# **Establishing NCD Cooperative network at 3 level**

- **Shanghai CDC was first established in China in 1998 to enhance chronic control capacity**
- **19 District CDC were established in 1999**
- **Community health service centers covered in city town in 2000**
- **Establishing expert system of NCD control and prevention**

# NCD Priority Projects

- **Managing Hypertension patients individually in 34 communities**
- **Early detecting four cancers (liver, stomach, colon, breast)**
- **Appeasement treatment of terminal cancer**
- **Technological research for diabetes control in 6 experimental communities of 300,000 persons**
- **Making strategy of public nutrition and guideline for proper diet**
- **Implementing Shanghai Program for tobacco control**
- **Initiating COPD control and prevention**

# Shanghai Cancer Registry System



Cover for all by hospital system

Confirm → Report → Follow up

Quality Control : ICD10

# **NCD Comprehensive Approach in Communities**

- **Residents health information**  
to establish residents health archives of 1,000,000 persons  
before 2003
- **NCD patients management (goal in 2015)**
  - Cancer : health care rate 95%**
  - Hypertension : coverage rate 50%**  
effectively controlled rate 60%
  - Diabetes : coverage rate 80%**

# Behavior Intervention

- **Tobacco Control (goal in 2015)**  
**general smoking rate: no increase**  
**in teenage, teachers , doctors**
- **Proper diet**  
**improve dietary pattern in students , cook, house wife**
- **Physical activity (goal in 2015)**  
**proportion of participating in physical activities: 55%**

# **Comprehensive Approach of Mental Disorder**

- **Consult mental health by hotline and service site**
- **Expand service from mental patients to family members**
- **Improve psychological rehabilitation by self-help groups**
- **“Free prejudice , More love ” for all**
- **Early intervention of poor mentality and behavior**

# Health Education and Health Promotion

- **Establish health promotion units (goal in 2015 ):**

**health promotion communities 30%**

**health promotion schools 30%**

**health promotion enterprises 1000**

**health promotion hospitals 100%**

- **Health education for population:**

**World Diabetes Day, Shanghai Cancer Week, media etc.**



**THANK YOU !**