

VISITORS *Continued*



JUNE 14  
**Cristina Rabadan-Diehl, Deputy Director of the Office of Global Health at the National Heart, Lung and Blood Institute (NHLBI)**  
 Dr Cristina Rabadan-Diehl (third from left) made a public speech at the Center. She is a diabetes and public health expert and the Program Director for 11 centers of excellence in developing countries, including China.



MAY 25  
**Lijing Yan met the Secretary of the US DHHS**  
 At an event hosted by the Chinese Academy of Medical Sciences, Professor Lijing Yan (left) met with Kathleen G. Sebelius (right), Secretary of the US Department of Health and Human Services. Lijing Yan briefed Ms Sebelius on the background of the Center, its mission and work.



MAY 19  
**Dawn Bazarko, Senior Vice President of UnitedHealth Group's Center for Nursing Advancement**  
 Ms. Bazarko talked about the work of the Center for Nursing Advancement at Peking University School of Nursing. Her speech at Peking University School of Nursing focused on governance, talent acquisition and retention, learning and development, external partnerships, recognition and rewards, communication and measurement and research,

COMING SOON

The China International Center for Chronic Disease Prevention will be hosting two events this November. These are:

- The Second Annual Forum for Cardiovascular Disease Prevention
- A Health Policy Roundtable

Over the coming 12 months, The George Institute, China will be planning a number of fundraising events to help support our important research. If you would like to receive information about the events, please email your contact details to Ms Claudia Liu at [cliu@georgeinstitute.org.au](mailto:cliu@georgeinstitute.org.au).

For more information about this event: <http://www.george.org.cn>

News from the China Ministry of Health Blue Light Action

A campaign called 'The Blue-Light Action' was launched in Beijing on 21 July to highlight the prevention and treatment of diabetes. The campaign is led by the Bureau of Disease Prevention and Control, Ministry of Health and the Chinese Diabetes Society of the Chinese Medical Association.

Nationwide health education and blood sugar screening for those at high risk from diabetes will be provided with community-based diabetes management units piloted. On 14 November – World Diabetes Day – landmark buildings in certain cities will put on blue lights to help to increase awareness of the importance of prevention and control of diabetes.

HOST ORGANISATION:

The George Institute for Global Health, China

INTERNATIONAL PARTNER INSTITUTIONS:

- Duke University, USA
- The George Institute for Global Health, Australia
- The University of Sydney, Australia
- The University of Queensland, Australia
- Imperial College London, United Kingdom

CHINESE PARTNER INSTITUTIONS (listed alphabetically by location):

- Peking University Health Science Center, Beijing
- Hebei Provincial Center for Disease Control and Prevention, Hebei
- The China Medical University, Liaoning
- Ningxia Medical University, Ningxia
- Xi'an Jiaotong University, Shaanxi
- Changzhi Medical College, Shanxi



**THE GEORGE INSTITUTE HAS A NEW NAME**  
 With effect from 1 July 2010, The George Institute for International Health, headquartered in Sydney, Australia, with regional offices in Australia, China, India, and UK has become "The George Institute for Global Health". We think this better reflects the fact that our work focuses on health issues and solutions that span countries and borders. The George Institute, China, has been renamed as "The George Institute for Global Health, China."  
 We are confident that the new global and China brand names will help to facilitate more effective communication about our activities with our partners in China and internationally. For more information on the work of The George Institute for Global Health, China visit [www.georgeinstitute.org.cn](http://www.georgeinstitute.org.cn)

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# CHINA HEALTH FOCUS

News from the China International Center for Chronic Disease Prevention  
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A DOZEN RESEARCHERS FROM THE CHINA INTERNATIONAL CENTER FOR CHRONIC DISEASE PREVENTION HAVE TAKEN PART IN THE WORLD'S BIGGEST EVENT FOR PROMOTING A HEALTHY HEART AT THE WORLD CONGRESS OF CARDIOLOGY HELD IN BEIJING IN JUNE.

The researchers shed light on the Center's recent work in China where they showcased results of recent trials that aim to lower blood lipids. They also profiled the Institute's work of reducing salt in Chinese foods, and studies on the use of a salt substitute in Tibet. Other studies that the Center has recently performed, included a study showing the effectiveness of the polypill, were also on show.



More than 10,000 heart health experts attended the Congress, which was organised by the World Heart Federation. This year's event explored how global efforts could be coordinated to fight heart disease and stroke, with a particular focus on health prevention and promotion.

"The direction of future medical research should be on finding low cost, highly effective and easy-to-apply solutions for the wider community", said Professor Yangfeng Wu, Principal Investigator at the Center, who was also the Scientific Programme Advisor for the Congress.

The 2010 Congress was held at the China National Convention Center in the heart of Beijing's Olympic precinct and is run every two years. This year's Congress was co-hosted by the Chinese Society of Cardiology and the Chinese Medical Association.

# NEW STUDY FINDS THE KEY TO MANAGING HIGH BLOOD PRESSURE IN TIBET

FINDINGS FROM A GROUNDBREAKING NEW STUDY INTO MANAGING HEART HEALTH IN TIBET HAS SHOWN THAT A SALT SUBSTITUTE PLUS LOW DOSAGE DIURETIC CAN HELP TO LOWER BLOOD PRESSURE.

High blood pressure is a leading risk factor for cardiovascular diseases such as stroke and heart attack. It is estimated that this condition claims more than 7 million lives each year. High blood pressure is a real issue for people in Tibet. A survey in 2001 conducted with 4,853 people aged over 40 from Lhasa showed that 40 percent of participants had high blood pressure.

A new study by The George Institute, China has revealed startling evidence that high blood pressure levels are actually closer to 60 percent of adults aged over 40. The problem is compounded by very low levels of awareness, treatment and control.

The study was conducted in collaboration with the Department of Science and Technology in the Tibet Autonomous Region (TAR) and other Chinese partners.

The study trialed the use of a salt substitute plus low dosage diuretic in lowering blood pressure. The study demonstrated that both systolic blood pressure and diastolic blood pressure were significantly reduced after six months. The results have been reported to the directors of the Department of Science and Technology and the Ministry of TAR. They have proven to be of particular interest to TAR government leaders.

“Salt substitute plus low dosage diuretic could be used as a cost-effective method for lowering blood pressure”, said Professor Yangfeng Wu, Executive Director at the Institute.

“If this method could be promoted among people with high blood pressure in Tibet, death and disability from high blood pressure could be reduced by 40% or more. This would help to change the lives of over 6,000 people in the region every year. The method could also save the government up to 60 million Yuan in medical costs and expenses every year”, added Professor Yangfeng Wu.



Dr Chen (far right) and Dr Liu (second from right) with American colleagues in Boston

## UNMASKING CHINA'S SECRET KILLER

IN CHINA, CARDIOVASCULAR DISEASE IS A SECRET KILLER. MORE WOMEN IN CHINA DIE FROM IT THAN ANYTHING ELSE. HOWEVER, THE MAJORITY OF WOMEN ARE UNAWARE OF ITS CAUSES, SYMPTOMS AND THE BEST PREVENTION METHODS. RESEARCH SHOWS THAT A MAJORITY OF PEOPLE PERCEIVE BREAST CANCER TO BE THE BIGGEST THREAT TO WOMEN, AND THAT CARDIOVASCULAR DISEASE ARE MOSTLY SUFFERED BY MEN.

This misperception is a major obstacle for health specialists dealing with cardiovascular disease in China.

As part of the Women's Heart Health Program, initiated by The George Institute for Global Health, China, two leading Chinese cardiologists recently visited leading research centres in America. Dr Meilin Liu, Deputy Director in the Department of Geriatrics at the First Hospital of Peking University, and Dr Yundai Chen, Director of the Cardiovascular Department at the

PLA General Hospital, shared their cardiology experiences with their American colleagues.

Their visit was supported by 'Sister to Sister': The Women's Heart Health Foundation and The George Institute for Global Health, China. Funding was also provided by the American Women for International Understanding and the UnitedHealth Group.

The ten-day visit in late February and early March 2010 was extremely beneficial, said Dr Liu. “We found similar challenges of misconceptions of cardiovascular disease in America. However, America has an excellent and comprehensive system to publicise, treat and prevent the disease.”

“Finding ways at communicating effectively with people is something China really lacks at the moment”, Dr Chen added. “In America there is a strong sense of support for having a healthy heart, from the President's wife to restaurant chefs. The media also does a great job of promoting public health messages. In my view, America

is at least ten years ahead of China in effective communication strategies.”

During their stay the two doctors visited some of America's leading health practitioners at George Washington University Hospital, the National Heart, Lung and Blood Institute, National Institutes of Health, Adventist Healthcare, Brigham, Women's Hospital of Harvard University Medical School, and Cedars-Sinai Medical Center.

Dr Chen said: “Those American non-governmental organisations that have a stake in promoting a healthy heart act as extremely powerful advocates and use their influence effectively to lobby the government and influence policy. However, in China we mostly rely on the government to initiate change. So our first task is to make the government realise that this is an important issue”, she added.

“We were simply clinical cardiologists in the past, but we now need to act as advocates for improving women's heart health and promoting healthier lifestyles to China's hundreds of millions of women.”

## VISITORS

JULY 3 – 10

### A visit to Tibet by the Institute research group

Invited by the Tibet Bureau of Science and Technology, Professor Yangfeng Wu together with the Center's Research Fellow Shenshen Li, attended Tibetan Medical Science and Technology Week. The event aims to increase the understanding of health care and promote health research in Tibet.



JULY 1

### John Simes, Director of the NHMRC Clinical Trials Centre, the University of Sydney

Professor Simes discussed collaboration opportunities in cancer and neonatal trials. Professor Simes also met with colleagues at Beijing Cancer Hospital and Peking University First Hospital.



JUNE 29

### John Bartlett, Associate Director of the Duke Global Health Institute

The Duke delegates were introduced by the Institute to Professor Qingyue Meng from Peking University, Professor Yueqin Huang from the Beijing Mental Hospital, and other colleagues from the Peking University Third Hospital.



JUNE 21

### US Centers for Disease Control and Prevention (CDC)

The delegation mainly discussed the collaboration between US CDC, China CDC, and the China International Center for Chronic Disease Prevention on salt-related initiatives and activities. Dr Darwin Labarthe (pictured left) expressed US CDC's strong interests in the Center's salt reduction initiative.

