

# *A Brief Introduction to the Concept and Prevention of Lifestyle-Related Diseases in China*

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**Keywords:** Lifestyle-related diseases, Lifestyle, Chronic non-communicable diseases, Prevention

**Abstract:** The increasing incidence and mortality of cardiovascular diseases, cancer, diabetes and other Lifestyle-Related Diseases have become a major public health problem affecting the health of Chinese residents. In this context, through the study of domestic literature related to Lifestyle-Related Diseases, the name and meaning of Lifestyle-Related Diseases are sorted out, and the methods of prevention of unhealthy lifestyle are sorted out to provide reference for the prevention and treatment of Lifestyle-Related Diseases.

## 1. Introduction

With the development of China's economy and society, the process of urbanization and aging has accelerated, and the lifestyle of Chinese citizens has undergone a huge change, resulting in the increasing incidence and mortality of cardiovascular disease, cancer, diabetes and other chronic diseases, which has become a major public health problem affecting the health of Chinese residents. This kind of diseases is called Lifestyle-Related Diseases. According to the domestic literature, this paper will give a brief introduction to the name, meaning and prevention and treatment of Lifestyle-Related Diseases.

## 2. The Name of Lifestyle-Related Diseases

Lifestyle-Related Diseases have various names, including lifestyle diseases, diseases of the rich, urban diseases, modern civilization diseases and so on. Both refer to diseases caused by economic and social development, improved living standards, and changes in the natural and social environment. Diseases of the rich, urban diseases, modern civilization diseases and other names focus on different angles, involving different levels of historical living conditions, regional culture and society. There is no unified name for these diseases in China. Considering that naming diseases is a rigorous and serious matter, a unified name should be determined. The term "Lifestyle-Related Diseases" is more representative of the disease for the following reasons: First, lifestyle is a classic sociological concept, with a large number of sociological theories as the foundation. Second, the nature of Lifestyle-Related Disease is a disease, and the study of disease focuses on experimental data and practical experience. Lifestyle-Related Diseases can be studied from the perspective of smoking, drinking, eating habits and physical exercise habits by using the "Lifestyle scale" and the

“Lifestyle Self-rating Scale”. Compared with other economic, cultural, historical and other aspects of the name, lifestyle quantitative research is more operational. Unifying the names of these diseases and replacing other names with Lifestyle-Related Diseases is helpful to promote the progress and development of the research field of Lifestyle-Related Diseases.

### **3. The Definition of Lifestyle-Related Diseases**

In 1988, Zhou Dasheng put forward a point of view that Lifestyle-Related Diseases are new social diseases or social phenomena brought about by the new lifestyle. They often appear in the form of syndromes and may have obvious clinical manifestations. Most of these diseases are caused by the new lifestyle with self-created risk factors[1].The definition points out that the risk factors for Lifestyle-Related Diseases are new lifestyle and emphasizes the inventiveness of lifestyle. In 1989, Zhang Xian an published the first monograph on Lifestyle-Related Diseases. He believed that Lifestyle-Related Diseases refer to physical or psychological diseases caused by bad behaviors in People's Daily life, such as clothing, food, housing, transportation, and play, as well as social, economic, spiritual, and cultural factors in all aspects [2]. In 10 monographs on Lifestyle-Related Diseases published from 1989 to 2018, zhang's definition was used. This definition has been accepted and widely used by many scholars and has certain reference value.

In addition, other scholars have clearly proposed the types of Lifestyle-Related Diseases. Yang Changshun proposed that chronic diseases are Lifestyle-Related Diseases, and Lifestyle-Related Diseases mainly include hypertension, heart disease, cerebrovascular disease, tumor, diabetes, etc., which occur frequently in modern society and are characterized by long course of disease, poor prognosis and serious complications [3]. Yang Changshun equates chronic diseases with Lifestyle-Related Diseases and believes that chronic diseases are the main pathogenic diseases of Lifestyle-Related Diseases. Zhong Nanshan proposed: Lifestyle-Related Diseases refer to physical or psychological diseases caused by adverse factors in various aspects of society, economy, spirit, culture and other bad behaviors in People's Daily life, including cardiovascular disease, stroke, cancer, chronic respiratory diseases and diabetes[4]. As chronic non-communicable diseases are the main diseases, some people call them chronic diseases. Zhong nanshan's definition integrated the viewpoints of other scholars, which not only explained the meaning of lifestyle disease in detail, but also pointed out its specific diseases with high incidence. His definition has great reference significance.

Among the above definitions, many scholars believe that Lifestyle-Related Diseases are chronic diseases, or chronic diseases are part of Lifestyle-Related Diseases. At present, chronic diseases have replaced infectious diseases as the leading cause of death for urban and rural residents in China, and the occurrence and development of chronic diseases largely depends on personal lifestyle. Therefore, chronic diseases can be called Lifestyle-Related Diseases, but Lifestyle-Related Diseases cannot be equivalent to chronic diseases. It can only be said that chronic diseases represented by cardiovascular diseases, cancer and diabetes have the highest incidence and greatest impact among Lifestyle-Related Diseases. Therefore, chronic diseases can be called Lifestyle-Related Diseases, but Lifestyle-Related Diseases cannot be equivalent to chronic diseases. It can only be said that chronic diseases represented by cardiovascular diseases, cancer and diabetes have the highest incidence and greatest impact among Lifestyle-Related Diseases. Lifestyle-Related Diseases, therefore, can be defined as due to feed the Chinese people's clothing live line entertainment and other bad behavior in everyday life, as well as the social, economic, spiritual and cultural aspects of adverse factors causing physical or mental illness, including cardiovascular disease, chronic diseases such as cancer, chronic respiratory disease and diabetes.

### **4. Prevention and Treatment of Lifestyle-Related Diseases**

## 4.1 Balanced Diet

China's nutrition experts have been calling for nutrition legislation since the 1980s, and the nutrition Improvement Regulation (draft) was completed in 2015, but it has yet to enter the national legislative process. In 2017, China issued the National Nutrition Plan (2017-2030), proposing to comprehensively layout the future of national nutrition development, intensify efforts to promote the production of nutrition-oriented high-quality edible agricultural products, and improve the nutritional level of high-quality agricultural products [5]. In 2019, China promulgated the Healthy China Action (2019-2030) Rational Diet Action to strengthen nutrition and dietary guidance for the whole population; Focus on encouraging the whole society to reduce salt, oil and sugar, including the food industry, enterprises, public institutions, collective canteens and families; Government departments are required to formulate and implement relevant regulations and standards to promote rational diets. At present, there are only normative documents on food nutrition in China, which do not have legal effect. The long-term absence of nutrition-related laws has led to the lack of institutional guarantee for the improvement of nutrition in China. Therefore, it is necessary to speed up the improvement of nutrition regulations, policies and standards, and promote nutrition legislation and policy research.

Learn Chinese residents' dietary nutrition knowledge, use Chinese residents' balanced diet pagoda, balanced diet plate and other supporting tools. Dietary factors associated with reduced risk of major health outcomes are whole grains, vegetables, fruits, soy and its products, dairy and its products, fish, nuts, drinking water (tea consumption), etc. [6]. Excessive intake of dietary factors that can increase the risk of adverse health outcomes mainly include livestock meat, smoked meat, salt, alcohol, sugary drinks and oil [6]. To ensure good health, we need to learn scientific dietary patterns, pay attention to the balance of nutrition and build up body resistance.

## 4.2 Physical Exercise

In 1982, the Constitution of the People's Republic of China stipulated for the first time that the state should develop sports, carry out mass sports activities and improve the people's physique, with the aim of promoting the development of national sports with the authority of the Constitution. Since 1995, China has promulgated and implemented the Outline of the National Fitness Program, calling for more extensive mass sports activities to improve the people's physique. In October 2014, The State Council issued several opinions on accelerating the development of sports industry and promoting sports consumption, which clearly proposed to elevate national fitness as a national strategy and take national fitness as the basis for the development of sports industry and expansion of consumption [7]. In 2016, the outline of Healthy China 2030 plan was issued, which requires promoting the formation of disease management and health service mode combining physical and medical treatment, and giving play to the positive role of national scientific fitness in the prevention and rehabilitation of chronic diseases [8]. We will make use of authoritative policies, give full play to the leading role of the government, encourage all regions to implement the spirit of the document, and improve the health of the people.

Understand sports related knowledge, learn scientific exercise methods. Chinese residents should do at least five days of moderate-intensity physical activity a week, totaling at least 150 minutes; Adhere to the daily physical activity, the average daily active physical activity 6000 steps; Try to minimize sedentary time by getting up and moving every hour [9]. Long-term fitness can help maintain the health effects of physical activity. If you just fish for three days and dry your net for two days, the effects of fitness will soon disappear. Therefore, you must keep exercising. But not the longer the better exercise, exercise needs to be combined with personal physical quality of

moderate exercise. Safe and appropriate aerobic exercise should be advocated, such as jogging, brisk walking and swimming, which are suitable for long-term persistence.

### 4.3 Getting Enough Sleep

In 2019, Healthy China promoted the Development strategy of Healthy China Action (2019-2030) issued by The State Council, advocating that the average daily sleep time of adults should reach 7-8 hours from 2022 to 2030 [10]. In 2021, the Ministry of Education issued a circular on further strengthening sleep management for primary and secondary school students. According to the notice, primary school students should sleep 10 hours a day, junior high school students should sleep 9 hours, and senior high school students should sleep 8 hours a day. Schools should reasonably arrange recess and afternoon class time, and ensure necessary lunch break for students if possible [11]. In addition to students, workers who have entered the society have their rest time guaranteed by corresponding policies. Article 36 of the Labor Law stipulates that the state shall implement a working hour system whereby laborers shall work no more than eight hours a day and no more than 44 hours a week on average. In recent years, China's rapid economic development, social competition pressure, the burden of students increased. In the context of the double reduction policy, the Chinese government, schools and families work together to reduce the workload and ensure students' sleep time. The Chinese government has also been focusing on real-time hot issues such as the 996 working system, adhering to the problem-oriented approach, and improving reporting and feedback channels for workers to effectively protect their legitimate rights and interests.

Every day to ensure adequate sleep, let the body full of vitality, work, study, entertainment, rest should be carried out according to the regular schedule. Sleep deprivation has been linked to a variety of harmful effects, including accelerated skin aging, increased risk of death, memory loss, weight gain, and depression. If there is insufficient sleep, we must think of ways to make up for it in time. If there are serious sleep problems, we must seek medical treatment in time and improve sleep with scientific methods under professional guidance. About one third of a person's life time is left to sleep, the importance of sleep to the human body need not be repeated, so everyone should develop personalized sleep mode according to their own sleep needs.

### 4.4 Psychological Balance

By the end of 2017, there were 5.81 million registered patients with severe mental disorders in China [12], and the number of registered patients with mental disorders increased year by year in recent years. In 2021, the National Health Commission released the 2021 key tasks for the pilot construction of the national social psychological service system, and according to the document, it was instructed to fully build the grassroots social psychological service platform by the end of 2021 [13]. Healthy China Action released in 2019 (2019-2030) Offered to foster social mental health services, by buying services from social psychological services, gradually expand the coverage of service, and increase the intensity of mental health work applied talents, promote college offers related, improve psychological professional personnel salary distribution system, to perfect various psychological service platform to provide talent base [14]. Mental health is often ignored by Chinese people, and there are few practical experiences in Our country. There may be deficiencies in the experience and methods in the process of construction and service. Therefore, in the process of psychological service system construction, it is more necessary to strengthen organizational management, strengthen the multiple guarantee of capital, technology and manpower.

Many people do not realize the seriousness of psychological problems, lack of understanding of the relevant knowledge of psychological problems, for their own psychological problems are not

found in a timely manner, even if found, they do not pay attention to their occurrence and development. If it is just a temporary or short-term mood disorder, it can be alleviated and eliminated through self-adjustment or psychological counseling. If it is a long-term depressive disorder and anxiety disorder, it must accept the treatment of professional psychological institutions, and professional control through drugs and psychological intervention. Have a positive and optimistic attitude, do not escape when encountering various setbacks and difficulties in life; To maintain a good interpersonal relationship, appropriately find friends and family to pour out and help; Learn and use healthy ways to reduce stress, avoid smoking, drinking, Internet addiction and other unhealthy ways to reduce stress; Maintain a healthy lifestyle, work regularly, and develop healthy interests.

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