

A Brief Discussion on the Construction of the Healthy Hubei Strategy

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Abstract—The Healthy Hubei Strategy emerges right after the advocating of the Healthy China Strategy. The significance of constructing the strategy doesn't need further exposition as people are paying more and more attention to their own health. At present, more focused on the policies and implementation pathways, researches on the construction of the Healthy Hubei need to be deepened. To push forward the strategy, this paper also states the implementation pathways and relevant countermeasures to be carried out, like better applying the existing TCM resources, improving people's life styles, optimizing and innovating the health mechanisms, etc..

Keywords—the Healthy Hubei Strategy; construction; significance; pathways; suggestions

I. INTRODUCTION

In October 2016, China's State Council put forward the Outline of Healthy China 2030 Plan, which has stressed the importance of health for all the people. In 2017, Chinese President Xi Jinping proposed to construct the "Healthy China Strategy" in the 19th National Congress Report of the Communist Party of China, in which he pointed out that people's health is an important symbol of the national prosperity and well-off society.[1] China has become since then the first country that has introduced a long-term plan of public health and has integrated health into all the country's policies. [2] This shows that the understanding of the Chinese government about the value of people's health has reached a new high. Later, under the guideline of the grand strategy, Hubei provincial government had carried out a thorough study on its connotation and content, requiring that the thought and action be unified into promoting the construction of the Healthy China policy under the leadership of the central committee, that the concept of broad health be cultivated, and that the concept of disease should be transformed from cure-centered to health-centered. [3] According to its schedule, Hubei provincial government has been focusing on the following questions, like how to popularize the healthy living styles, how to optimize the health services, how to improve the health care, how to construct the healthy environment and how to develop the health industry. Efforts from then on have been made to guarantee people's health and promote the construction of Healthy Hubei in all directions and in the whole cycle.

The health idea is in effect extremely important for both the country and us individuals. At the national level, only when the people are healthy, the country will be truly strong and prosperous, and the social civilization and progress can have a solid foundation. At the individual level, the personal values and happy family life can be only achieved when people keep healthy. Hubei provincial government has stressed that all the health ideas should be integrated into all policies and the health concept should be transformed from cure-centered to health-centered. In a word, the Healthy Hubei Strategy has become an important strategic arrangement from then on in the overall provincial policy layout. In this sense, it's quite necessary to strengthen and deepen academic research on the construction of the Healthy Hubei Strategy.

II. THE SIGNIFICANCE OF CONSTRUCTING THE HEALTHY HUBEI STRATEGY

To build the well-off society in an all-round way is one of the major goals that our country and people are striving to achieve. There is no doubt that people's health is the essence of a well-off society. As we all know, health is the foundation of anyone's life and career. It can be said to a large extent that there will be no well-off society if people were unhealthy. The implementation of the Healthy Hubei Strategy determines people's health in Hubei, which acts as an important strategic measure and arrangement concerning the overall situation of comprehensively building a well-off society on this land. In our country, the realization of people's interests is both the starting point and foothold in assessing all the jobs. [4] The ideas of people's health first and broad health shows to the rest of world that China holds the idea that people's interests are the most important whatever policies are formulated and implemented in China, which sets a great example to the world, especially to the underdeveloped countries. Briefly, construction of Healthy Hubei is a concrete embodiment and vivid portrait of the implementation of "health in all policies" and the governing philosophy of people-centered thought.

III. THE CURRENT SITUATION AND PROBLEMS OF RESEARCH ON THE HEALTHY HUBEI STRATEGY

Since the proposal of the Healthy Hubei Strategy, the government departments, health administrative departments and academic circles concerned have seriously studied this

strategy. Some valuable research findings have been already achieved. The current related researches mainly concerning the policies and academic wisdom are as follows:

A. *Research on the Guideline and Policies of Healthy Hubei in Construction*

In April 2017, Jiang Chaoliang, Secretary of Hubei Provincial Party Committee posed a requirement in the article that a thorough study should be conducted and our thoughts and actions should be united into the central committee's key health policy, that is, promoting the construction of Healthy China. [5] He stressed that the health workers should be transformed from cure-centered to health-centered, from treating the diseased to treating the undiseased. Later, leaders from the health and family planning commissions at different levels had aired their opinions on the urgency and importance of the construction of Healthy Hubei. In general, the propositions from the government officials concerned have guided a direction for the detailed construction work.

B. *Research on the Implementation Pathways of Healthy Hubei in Construction*

At the policy level, health for all is the guarantee for the well-off society in an all-round way and the construction of Healthy Hubei should be lead with the new development ideas. Besides, the innovation-driven development strategy should be adhered to. Additionally, institutional innovation should be promoted by deepening the reforms on the medical and health care systems. A consensus has been reached on an innovative approach to healthy development, with the focus being shifted from disease treatment to health promotion. From the perspective of scholars, the disease-centered concept has been transformed and the city-centered evaluation model has been consolidated. Last but not least, the pathways should be laid out clearly, hierarchically and logically. [6]

C. *Research on the Service with TCM for Healthy Hubei*

In June 2017, based on their surveys, some high-ranking officials from Hubei proposed that traditional Chinese medicine (TCM) should be brought into full play in the promotion of the Healthy Hubei Strategy. On their parts, promoting the development of traditional Chinese medicine is an important part of the construction of Healthy Hubei and better service with TCM for the construction of Healthy Hubei can be provided by developing and strengthening the TCM industry, carrying forward TCM culture and promoting TCM health concepts and techniques. [7] In fact, as a special health and cultural resource, the simply-used, convenient, effective, affordable and innovated TCM is a must for the construction of Healthy Hubei as the health problems stand out like limited accessibility and affordability of western medicine among people especially those who are poor or live in the rural eras. [8] In all, it is imperative to form a set of coordinative and connected policies and seek pathways to fit the "broad health".

IV. THE IMPLEMENTATION PATHWAYS OF THE HEALTHY HUBEI STRATEGY

To promote the Healthy Hubei Strategy, the Hubei provincial government should, according to our research, combine together the healthy society, healthy groups, healthy environment and health industry, set an overall urban-rural health plan and put forward a multi-dimensional, wide, connected and region-based top-level design.

A. *Giving Full Play to TCM in the Preventive Treatment*

In order to solve the problems in the construction of Healthy Hubei, we should pay attention to not only the treatment of diseases but also to the prevention of diseases. Therefore, due attention should be paid to TCM for it has a long history in life cultivation and preventive treatment. Ever since the *Yellow Emperor's Canon of Internal Medicine* (*Huang Di Nei Jing*), thousands of TCM classics in history have stated the importance and practice of the preventive treatment and health management, which have brought forth a relatively sound theoretical and practical system in the prevention of diseases so far. [9] With the rich health resources of TCM, Hubei is ready to open up a unique road in preventing diseases and managing people's health. Briefly, to bring into full play the function of TCM in treating the undiseased, the preventive concepts and life cultivation methods should be integrated into the construction of the strategy.

B. *Carrying forward TCM Culture and Strengthening Its Construction*

Xi Jinping once stressed, TCM is the treasure of ancient Chinese science and also the key to the treasure-house of Chinese civilization. According to the general requirements of the national policies like the Planning Outline of Healthy China 2030, the Planning Outline of the Development Strategy of TCM (2016-2030), the 13th Five-year Plan for TCM Development and the 13th Five-year Plan for TCM Cultural Construction, the construction of TCM culture plays an essential role in the strengthening of cultural confidence, carrying forward the excellent traditional Chinese culture and enhancement of the national cultural soft power. In the new era, it's particularly important to vigorously popularize the culture of TCM in the whole society, make full use of TCM in cultivating life and create a healthy cultural atmosphere among the people by taking the basic medical services of TCM as the carrier. [10]

C. *Advocating Healthy Lifestyles and Promoting Integration of Sports and Medicine*

As living standards are steadily improved, more and more diseases are caused by unhealthy life styles. In this sense, people's health conditions will be improved only if health ideas and healthier lifestyles are advocated. On the other hand, the present innovation research on the policies, theories and technologies of the integration between sports and medicine is insufficiently done. Research on the medical health intervention methods and pathways need to be advanced too. For this, the government should advance an in-depth integration of sports and medicine, the national fitness and the

national health. In other words, sports and exercises both play an important role in health promotion, prevention and rehabilitation of chronic diseases, improving the health literacy of people, and ultimately promoting the construction of Healthy China. [11]

D. Pushing forward the Public Health Service Policies and Mechanisms

The concepts of people-centered development and the people's livelihood orientated development have set the right direction for policy and resource priority in the future. Therefore, a strong team of general practitioners should be built to enhance the sense of identity and service ability among grassroots doctors. The government should improve the system of disease prevention and control, strengthen the building of the provincial-level specialized prevention and treatment system and improve the system of mental health prevention and treatment, where the specialized mental health institutions serve as the main body, the department of psychiatry of general hospitals as the auxiliary, and community-level medical and health institutions as the support for rehabilitation of mental illness. A combination of prevention and treatment should be promoted. They should also try to establish a triad of major diseases prevention and control mechanisms for specialized public health institutions, general and specialized hospitals, and community-level medical and health institutions. Priority should be given to the prevention of course, while prevention and treatment be combined with each other.

V. THE COUNTERMEASURES AND SUGGESTIONS FOR PROMOTING THE CONSTRUCTION OF HEALTHY HUBEI

According to the report of the 19th National Congress of the Communist Party of China, implementing the Healthy China Strategy is an important part of the basic strategy of national development. Through investigation and study, we'd like to put forward corresponding suggestions based on our understanding of Hubei's public health policy, public health service system and the status quo of public health resources.

A. Optimizing and Innovating the Health Mechanisms

At present, the construction of a public health service and management system in China is facing increasingly prominent contradictions between the system and mechanism. The optimization and innovation of the mechanisms is an important way to implement the Healthy China Strategy in the new era. Measures include establishing a sound management system, sorting out and integrating the existing laws and regulations, accelerating the local legislations especially the supporting legislations.

B. Improving the Public Health Management and Service Systems

China is now proposing to comprehensively deepen reform and realize the modernization of governance capacity. Under this background, optimizing and improving the public health system has become the focus of national governance and among all the people. To reform the public health system, we

should improve the public health management system, ensure that the public health service is carried out in the existing system framework progressively, establish and improve the public health service system. Based on good planning of the existing limited health resource, the institutional reform should be conducted in the right direction through institutional building and policy arrangement. [12]

C. Clarifying the Relationship between the Interest Groups in the Medical Service Market

It can be seen from the reform process of Chinese medical system that the evolution of Chinese medical service system has deviated because it fails to deeply analyze the relationship between different roles of interests in the medical service market. The evolution of the medical service system and the reform of the economic system of this country depend on each other in pathways, that is, the patients' enjoyment of the fairness and accessibility of medical service resources depend on the effectiveness of the medical service resources and the degree of balance of payments, and hospitals depend on the opportunity cost and the specification degree of government system in providing medical services. So, the relationship between different interests groups in the present medical service market should be clarified.

D. Improving the Compensation Mechanism of TCM

As mentioned above, TCM can play a more significant role in the construction of Healthy Hubei. However, the development of grassroots medical institutions of TCM is far from good since the implementation of essential drugs system in the grassroots medical institutions. The main reason lies in the light strength of financial compensation. As many scholars have suggested previously, the compensation mechanism for community-level medical institutions should be improved, the price of TCM services in community-level medical institutions adjusted and subsidies for basic drugs provided in line with local conditions in order to push forward the supporting measures. [13]

With the continuous improvement of the medical security system, the Chinese society should take the principle of fairness and equal opportunity as the moral principle of medical care and realize the goal of the fairness of medical security for all as soon as possible. As the socialism with Chinese characteristics enters into the new era, with the people's yearning for a better life, the government at different levels should adhere to the golden principle that people's health is central and people's well-being should be improved, and promote the comprehensive development of people's health to improve people's feelings, happiness and sense of security. As the construction of Healthy Hubei is promoted and deepened, the health conditions of the people from Hubei province will be better and better in the foreseeable future.

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