

Mechanisms and Path Analyses for Health Management among Chronic Diseases Patients in Urban China: A Community Empowerment-Based Approach (The CEBA Study)



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Background

Chronic diseases have become great threats to public health and national economy in China. It is critical to promote health management of chronic disease patients at the community level. However, current health management mainly depends on passive health education with limited effectiveness. The theory and practice of “community empowerment” provides innovative ideas for chronic disease prevention and control.

Study Focus

Chronic Diseases, Health Management, Community Empowerment

Status

Active

Location

Shanghai City, Taicang City, China

Duration

January 1, 2018— December 31, 2021.

Principal Investigator

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Main Collaborators

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- School of Health Policy & Management, Nanjing Medical University
- Center for Disease Control and Prevention of Taicang City, Jiangsu Province
- School of Medicine, Duke University

Funder

- National Natural Science Foundation of China

Aims

There are three aims of this study:

- 1) To establish and validate an evaluation system for community efficacy for NCD control and health promotion;
- 2) To investigate the pathways and mechanisms of the influences of community empowerment on chronic disease control in urban China;
- 3) To provide policy implications and strategies for community-based NCD control in urban China based on empowerment theory.

Study Design

We will select 6 communities in Shanghai and Taicang, and will randomly select 100 patients with hypertension or diabetes per community to conduct baseline survey and two follow-up surveys at one and two-year post-baseline. Our four study components are:

- To establish and validate the community efficacy evaluation system;
- To evaluate different community empowerment approaches' impacts on community efficacy;
- To analyze the impact of community efficacy on patients' life style and physiological outcomes;
- To conduct pathway analysis and provide insights into community empowerment-based health management for chronic disease control in urban China.



Impact

- The scientific significance of this topic is to introduce a theoretical framework and perspective of “community empowerment” and initiate a series of empirical qualitative and quantitative analysis.
- From the policy perspective, this project aims to facilitate the “Health China 30” blueprint.
- The practical significance lies in inspiring the health management of chronic disease in urban communities.