

COLLOQUIUM BY ZHONG XUEFENG

LIFESTYLE CHANGE TO IMPROVE NCD OUTCOMES IN CHINA - WHAT WORKS?

TIME: 12:00-13:00 PM, TUESDAY, 12 SEPT 2017

VENUE: ACADEMIC BUILDING 1079

Lifestyle change to improve NCD outcomes in China - What works?

Speaker: Dr Zhong Xuefeng, Director & Chief Physician, Health Education Institute, Anhui CDC, China.

* The event is also a faculty recruitment seminar for Global Health program.

ABSTRACT:

The rapid rise in NCDs in China has been caused by our changing lifestyles – e.g. tobacco use, physical inactivity, unhealthy diet and alcohol consumption – combined with an ageing population. Changing these lifestyle behaviours can reduce the risk of chronic diseases such as cancers, diabetes and cardiovascular as well as the complications in those who already have these conditions.

There is now a large global evidence base demonstrating how lifestyle behaviours can be changed and how the field of behavioural medicine and many other theories and models can be used. The challenge for China is to know how to adapt and scale up this international evidence. I shall present two research projects to demonstrate how I have adapted interventions from Western countries, implemented these in China and evaluated the implementation and outcomes based on behavior change theories and models.

BIO:

Dr Xuefeng ZHONG is Director & Chief Physician, Health Education Institute, Anhui CDC, CHINA. Dr Zhong originally qualified with a Bachelor Degree of Medicine and Master's Degree of Epidemiology in China. She completed her PhD in Health Education and Behavioural Science at Mahidol University, Thailand and the University of North Carolina (Chapel Hill), USA. She also undertook an Australia-China NHMRC Research Fellowship from 2012 to 2014 at Monash University, Australia. She has worked in the China CDC system for 29 years on disease surveillance, chronic disease prevention, health education and health promotion. She has

worked in many different fields including HIV/AIDS, tobacco control, alcohol prevention, maternal and child health, environmental health, health literacy, chronic disease prevention and community health promotion. She is the consultant for China's National Health and Family Planning Commission, the Chinese Center for Health Education, and the China Association of Health Promotion and Education.

This event is open to all and entry is on a first come, first served basis. For any queries email yg73@duke.edu or call 3665 7149.

Hope to see you all.