

The Important Discourse of People's Health Promotes the Reform of the Public Health System from the Perspective of National Health

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Abstract: Against the backdrop of increasingly prominent global health issues, building a public health system from the perspective of national health has become an essential strategy for safeguarding the health of the entire population. The important discourse proposed by General Secretary Xi Jinping, "People's health is an important mark of national prosperity and country's strength," provides significant theoretical basis and practical guidance for the reform of China's public health system. This concept underscores the importance of national health and advocates a comprehensive approach to enhancing the nation's health standards through prevention, protection, and promotion. By analyzing this discourse, this paper delves into the content, key areas, and domains of China's public health system reform, as well as related measures and suggestions. It serves as a theoretical support and practical reference for achieving an overall improvement in people's health levels.

Keywords: National health; People's health; Public health system; Reform

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In today's society, health has become an indispensable foundation of people's lives. As living conditions continue to improve, China has already met basic material needs and demands, resolving issues related to food and clothing, and thereby ensuring people's subsistence. Naturally, this has led to a higher standard of living and corresponding aspirations, namely health. People's health is not only tied to the overall well-being of society and the country, but also constitutes a vital foundation for the country's long-term stability, prosperity, and harmonious development. The important discourse put forward by General Secretary Xi Jinping, "People's health is a significant mark of national prosperity and strength," has pointed the way forward for the reform of China's public health system. This article aims to delve into this discourse, exploring its driving force in promoting the reform of China's public health system and the possible pathways and methodologies that could be implemented in practice.

1. Important Discussions on People's Health from the Perspective of National Health

(1) The significance of people's health from the perspective of national health

To effectively reform the public health system, it is crucial that we first comprehend why people's health matters and what impact it has on our social development. President Xi Jinping's important discourses on people's health primarily encompass the following aspects: Firstly, health serves as the foundation for people's happiness and social development; secondly, disease prevention is the crux of health management; thirdly, there is a need to comprehensively enhance health literacy and the quality of medical services; and fourthly, it is imperative to

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construct a public health system centered on people's health. These aspects reveal a shift in the current health strategy, from a treatment-centered approach towards a prevention-oriented one, with a focus on improving health education and strengthening social support systems. The COVID-19 pandemic serves as a prime example, highlighting numerous areas within the health system that require improvement and reform.

(2) Theoretical basis of people's health from the perspective of national health

The proposal of this health concept stems from China's current sociocultural backdrop and actual national conditions, while also drawing upon internationally advanced health management experiences. For a considerable period, including the present, China has been adjusting and implementing measures in this direction. For instance, the government provides free vaccines for newborns and offers free health check-ups for the elderly, aiming to detect, prevent, and treat health issues early on. However, the coverage is far from sufficient, necessitating a more comprehensive public health system to serve the general public and safeguard people's health.

2. The Development Status of China's Public Health System

(1) Uneven distribution of medical resources

China's public health system has been undergoing continuous optimization, yet it faces numerous challenges along the way. Among the major public health emergencies in the past, several shortcomings and deficiencies in the health system have been exposed, primarily encompassing: the uneven distribution of medical resources between urban and rural areas, insufficient capabilities of primary healthcare services at the township and village levels, imbalanced investments in public health funds, and inadequate comprehensive coverage of health education and promotion efforts. These issues have hindered the implementation of the comprehensive health concept. Notably, the most prominent problems lie in the uneven distribution of medical resources and the inadequacy of primary healthcare services. Families with better financial conditions and access to information channels often have a much easier time accessing medical resources compared to the general public. Residents in rural and grassroots areas, such as townships and villages, have limited access to medical resources, resulting in treatments that merely address symptoms rather than root causes. Generally, they rely primarily on basic medications for disease prevention and alleviation.

(2) Total medical resources are insufficient

The issue of insufficient medical resources in China has long been a major public concern and a difficult problem to address. With the development of China's socio-economic, people's demands for health care have been increasing rapidly and diversifying. Although the medical workforce in China has been expanding year by year, there remains a shortage of total medical resources compared to the ever-growing needs of the people. Furthermore, 80% of these resources are concentrated in large cities, leaving the basic medical resources in rural and urban areas far from adequate to meet the demands. The lack of medical resources is manifested in various issues, including insufficient numbers of hospitals, shortages of doctors, and overcrowding in hospitals, which pervade China's public health sector.

(3) Health standards have been improved and disease control capabilities have been strengthened

The development of public health is of great significance in enhancing the physical health of the population and promoting socio-economic growth. As China invests in the construction and development of the public health sector, the health standards of its people have continued to improve, with increased life expectancy and declining infant mortality rates. Additionally, China has made steady achievements in infectious disease control in recent years. By continuously strengthening vaccination programs for the entire population, enhancing hygienic conditions across the country, and intensifying epidemic surveillance, the occurrence and spread of infectious diseases in China

have been effectively controlled and monitored, further safeguarding the health of the people.

3. Paths for Reforming the Public Health System from the Perspective of National Health

(1) Strengthening health education and prevention

Health education and prevention form the cornerstone for enhancing the overall health of the nation. It is imperative to instill this concept in every individual and social group in advance, fostering a health-conscious mindset. Subsequently, emphasis should be placed on establishing a comprehensive urban-rural health education network to balance medical standards between cities and rural areas, thereby elevating the health literacy of the entire population. This can be achieved through multi-channel promotion efforts, such as community activities and groups, self-media and news outlets, school education, and corporate training sessions, to raise public awareness of disease prevention knowledge.

(2) Optimizing the allocation of medical resources

Efforts must be intensified to strengthen primary healthcare institutions and optimize the distribution of medical resources between urban and rural areas. Currently, in some remote regions, a single township clinic with limited medical equipment serves an entire town. For serious illnesses requiring extensive examinations, patients are forced to go to cities or counties. In addition, the scarcity of rural clinics poses significant challenges for elderly individuals living alone, who find it extremely inconvenient to seek medical attention. Therefore, bridging the gap in medical resources between urban and rural areas is crucial to ensure equitable access to healthcare for all. In this technological era, artificial intelligence can also be harnessed to enable rural residents to consult experts in major cities through online platforms, thereby facilitating remote diagnosis and treatment.

(3) Improving the public health service system

We should enhance the capacity of primary-level public health services, promote the contracting service of family doctors, and improve the timeliness of basic public health services. For instance, each community and building should have a designated family doctor, ensuring that in case of emergencies, individuals can receive prompt and effective treatment through their family doctor. Additionally, family doctors can regularly visit residents to disseminate health concepts, encouraging everyone in society to participate in public health services.

(4) Sound laws and regulations and policy's support

We must improve the legal and regulatory framework for the public health system. Establishing comprehensive policies and regulations is the greatest safeguard for promoting national health. These include ensuring the safety of personnel serving in public health, punishing those who obstruct public health initiatives, and providing a robust legal and policy foundation for long-term healthy development.

(5) Enhancing medical services for people at the grassroots level

Given China's current demographic reality, where most young people are away from their hometowns, leaving behind children and the elderly, thus these groups tend to have weaker health awareness and may not receive timely information about government policies. Moreover, concerns about high medical costs often deter them from seeking treatment for serious illnesses, thereby increasing the financial burden on their families. Therefore, this segment of the population requires greater attention and support in the reform of the public health system. Providing exemptions or significant discounts on medical expenses for the elderly, infirm, and disabled would encourage them to undergo check-ups and preventive measures for major diseases, thereby promoting comprehensive and proactive health development.

4. Conclusion

From a strategic perspective, President Xi Jinping's important discourse on people's health outlines the development goals and pathways for the health sector. These are unwavering objectives that we must strive to achieve. The reform of the public health system under the comprehensive health perspective is not only a practical necessity to enhance people's health but also a crucial measure to drive comprehensive social progress and development. By strengthening health education and prevention, optimizing medical resources, improving the public health service system, and bolstering legal and policy support, our public health system will be better equipped to face various health challenges in future social development, safeguarding people's lives, health, and security, as well as ensuring a high level of health benefits for all. In social practice, we must employ various strategies and measures, harnessing the collective strength of the broad masses of the people, to ensure that the reforms ultimately yield desirable and significant results, laying a solid foundation for the realization of the goal of "Healthy China."

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