

Health Management, Let the Youth Go with Health! – Interpretation of research progress on the health management from the perspective of humanities & social science (Summary)

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Abstract. The social development is human-centered, while human development is health-oriented. With the continuous development of the society, people's desire for health and pursuit of health has become an inevitable trend of the development of times. The health problems are always practical problems that the youths in various countries generally confront with. A good health condition of the youth is not only a basis of economic and social development, but also a goal of economic and social development. Health management will become an important part to improve the quality of life. The research has already become a hot topic and a leading edge of the academic research. Due to a large population, intensified population aging, increasing morbidity of chronic diseases and other reasons, there is an urgent need for China to accept the concept of health management and explore its principle. Attaching importance to practice and application of health management mode in China is a gorgeous turning point to completely realize "the preventive treatment of disease rather than the treatment of disease" in the medical service industry. This paper is used to explore the research progress and current situation of the health management based on reading a large number of relevant literature, explore the basic mode of the health management, consider the feasibility and potential access to include the health management into the physical and psychological health education of the contemporary youths, and look forward to providing more advanced insights on concept for health promotion and comprehensive development of the contemporary youths through this research, so as to dedicate to the healthy growth of the future motherland successors.

Keyword. health management; quality of life; psychological health education

1 Origin of health management

Opening the ancient medical literature of Western medicine ^[1], there are relevant thoughts of “health management”. Rome Encyclopedia writes that “the practice of medical science consists of three components: lifestyle therapy, medicine therapy and operative therapy.” We can easily understand from it that the lifestyle therapy is to provide the nourishment, dress and body care, exercise, massage bath, sleep and sexual life within reasonable limits with prescriptions and suggestions in a healthy way. In many traditional Chinese medicine literatures, we can easily find wisdom spark of the “health management”. In the research of China’s scholar, Lai Gang ^[2] in 2007, the Basic Questions of Huang Di’s Canon of Internal Medicine, Four-season Mind-regulating Theory over two thousand years ago shows that “Sage gives treatment before one falls ill rather than one is already ill, and solves the potential unrest properly rather than represses the existing one cruelly, and that’s the truth.” The thought of “conducting the preventive treatment of disease rather than the treatment of disease which already exists” is a core ideology of health management thought today. The excellent doctor gives treatment before one falls ill; the average doctor gives treatment after one feels slightly ill; the bad doctor gives treatment when one is already ill.” It corresponds to the thought of health risk assessment and control; in the research of the scholar, Sun Tao ^[3] in 2007, Huang Di’s Canon of Internal Medicine also shows that Huang Di pays attention to repose, adheres to the culture of his body for a long term and upholds the view of “innocent nature”, so he has lived for 120 years old. These texts in the ancient books provide a rather conclusive evidence for the research to make the judgment of “health management” thought existing since ancient times. Meanwhile, we have no choice but to wonder the wisdom revealed in the “forethought” and even “brilliant ideas” of the ancestors.

We put our sights at the present. With the continuously long-term development in all ages, the “Health Management” has certainly made some progress today. As the pace of life getting faster, people’s desire for health and pursuit of health has become an inevitable trend of the development of times, while the health management has become an important part to improve the quality of life. As for the youths, they play a backbone role in the process of social development and prosperity of the motherland. The importance of their physical and psychological health is beyond all doubt. Therefore, the significance of the health management is far-reaching for them, and even for a country and a nation. Just as the yell of “Country will be strong if the youth is strong” made by Mr. Liang Qichao in Young China before 1990, the “youth” here should be understood as “adolescent”. As for the origin, the advent of modern health management is the demand of the development of the times, which is closely related to the evolution of the concept of productivity and human resources. In order to increase productivity and ensure the healthy development of the economy, it is necessary to improve the work efficiency of the staff. In order to improve the work efficiency of the staff, it is necessary to ensure that employees and their families enjoy health. To make everyone enjoys health, the urgent affair is not to improve expensive “diagnosis and treatment” systems mainly served for unhealthy people, but to establish the health maintenance and management systems simultaneously served for the healthy and unhealthy people. Based on the outcome of scientific and technological development after World War II, the demand of controlling over the increase of medical costs and improving the work efficiency hastens the health management ^[5].

Viewing from the origin of the “health management” in all ages, we can easily find that in fact, it has already been presented to the world and played its due role in the long course of human beings. Meanwhile, with the continuous development of society, we believe that the theoretical research in this field of research will be more frequent. An objective research prospects is calling out to scholars.

2 What is health management

What is “health management”? Is it just a superposition of two words - “health” and “management”? In 1978, WHO gives a definition to the “health” that “health is not only free of disease and infirmity, but also a good physical, psychological and social condition.”^[6] In the “Chinese Dictionary”^[7], the “management” is defined as: Under certain conditions, it’s a process which is people-oriented that some effectively plan, organize, lead and control the resource that organization owns, so as to achieve established organizational goals. It differs from cultural activities, scientific and technological activities and educational activities, which has its own characteristics. The management in a narrow sense is to direct others to work with other best working methods. Obviously, both fail to obtain a precisely satisfactory definition of health management.

The Chinese scholars, Tang Jingxia, et al.^[8] point out in the research, Revelation of American Health Management Plan on China’s Community Health Services that ACOEM considers the health and productivity together, and gives a definition to the health and productivity management that it is a “combined management of various types of programs and services on the overall health of employees, including all prevention programs and services, as well as various types of programs and services sought by employees when they are ill or injured, or the relationship between life and work is out of balance, such as the medical insurance, disability insurance, employee compensation, imbalance between life and work of employees and the Employee Assistant Program (EAP), paid sick leave, health promotion and occupational safety program. The health and productivity management also refers to all activities that can promote morale, reduce post departure and increase the work efficiency.”

In China, there is not a very clear and authoritative definition of the health management in China due to short time of its introduction. The Professor, Han Qide gave a definition to the health management in 2004: “The health management is a whole process to comprehensively monitor, analyze, evaluate, predict and prevent various kinds of health risk factors of the individuals and groups.” In the training material of Health Manager^[9] prepared by Chen Junshi, an academician of the Nutrition and Food Safety Institute of Chinese Center for Disease Control and Prevention, and the Professor Huang Jianshi, an Assistant to the Dean of Chinese Academy of Medical Sciences. The “health management” is defined as a whole process to comprehensively monitor, analyze, evaluate, provide health advice and guidance and intervene in the health risk factors. The purpose of health management is to activate the enthusiasm of individuals, groups and the whole society, and effectively use the limited resources to achieve the greatest health effects. The specific approach of the health management is to provide individuals and groups (including government) with targeted scientific health information, and create conditions to take action to improve health.

Viewing from the above standpoints, we can conclude and analyze the concept of the health management from the perspective of Humanities & Social Science as follows: the health management is a whole process to comprehensively monitor, analyze, evaluate, provide health advice and guidance, and intervene in the health risk factors for the health status and risk factors of the individuals or groups. That is, the health management is a process to comprehensively manage the health risk factors of the individuals or groups. It is applicable to all people, that is, healthy people, sub-healthy people, patients with acute disease and patients with chronic diseases. Its main contents include gathering information, assessing risk factors, conducting health advice and guidance, developing the health promotion programs, carrying out the health maintenance and so on. Its ultimate goal is to activate the enthusiasm of the individuals, so as to achieve the maximum health management effect with limited resources and achieve national health.

3 Why is it necessary for health management

The aging of population and pressure of the chronic disease cause the United States spend almost \$ 2 trillion per year, but little results are gained. Moreover, the reduction in productivity caused by health problems also threatens the economic and social development of the United States. Through the health management plan, the incidence of disease has a significant decline in the United States in 1978 to 1983 (the coronary heart disease and the high blood pressure are respectively decreased by 16% and 4%). Related data confirm that, to invest one yuan in the health management, it is equivalent to decrease the medical costs of 3 to 6 yuan. In case of adding the increasing returns of labor productivity caused hereby, the actual benefit is 8 times of investment. Similarly, China's enterprises also require the health management. Dr. Yi Dingdun, the Director in the Health Management Research Center of the University of Michigan proposed that after 20 years of research, the US came to such a conclusion that the health management has such a secret for any enterprises and individuals. That is, 90% and 10%. Specifically speaking, with the health management for 90% of individuals and enterprises, the medical cost is dropped to 10% of the original costs; without the health management for 10% of individuals and enterprises, the medical costs is increased by 90% of the original costs. Nowadays, the development of the health management is increasingly rapid in the United States. Wei Wei, et al^[10], Chinese scholars in the Chinese Center for Economic Research of Peking University pointed out in the Brief Analysis of Modern Health Management of Health Economic Research in Fifth Issue of 2006 that 77 million American people enjoy medical services in about 650 health management organizations at present. More than 90 million American people become sharers of the preferred provider organization (PPO) plan. That is to say, 7 American people can enjoy health management services among 10 American people.

In China, the health management is a brand new discipline and industry introduced in recent years. The overall development is still at the initial stage. And the commercial health insurance is also at the initial stage in China's development. At present, 99% of the health management in China is still at the phase of physical examination. The physical examination is a preliminary and single service. It is free of health assessment report, tracking, intervention and further services beyond the physical examination. However, the physical examination is an important way for disease prevention, delay in the disease progression and self-health care. There is more than 1.3 billion population in China. For the prevention of the chronic disease for such a huge crowd, we could not take the traditional health maintenance mode with the core of health care. Nowadays, with the fast-growing information technology and perfect scientific basis for prevention, a kind of modern health management technology suitable for the service requirements of the public must be available for the public to health management^[11]. Based on the purpose of this research, as the youth group with the backbone force in society to achieve physical and psychological healthy development, it is bound to include the health management mode into daily life, and make it fully play a role of health management and optimization of life-sustaining way.

At present, China has begun to implement the basic medical insurance for urban workers, but the existing medical security could not meet the most basic medical needs of employees, it's just for the medical treatment in case of illness. That is to say, the employees can enjoy it after falling ill, but the medical security is free of any effective solutions to the employees under a "sub-healthy" and "high risk" state. Obviously, the disease and "sub-healthy" state may lead to the work efficiency of employees decrease. Therefore, the urgent affair is to establish a new concept of health management. Through the implementation of health management, the enterprises can improve labor productivity, reduce the loss of human resources, and reduce the expenses of medical insurance; the employees can have a more thorough understanding of their health conditions and timely take health care measures to improve their own physical and psychological health level. Based on the limited literature, we can make such an inference: With the development of China's economy

and continuous progress of the society, and the transformation of the people's health concept, the health management will be an inevitable choice for people to build a healthy body and maintain sustainable development in all aspects. The disease prevention mode shifted from the passive "health management" to the active one will be a sign of the times around the corner. The health is the most basic right owned by human beings, but also the most important symbol for human beings to embody their social value. Through the health management, the ways and means for the public to obtain the health right will have a dramatic and far-reaching change.

4 How to do health management

People are accustomed to the medical mode of "treatment in case of illness", but do not concern, nor even understand their own health conditions in case of absence of any obvious symptoms. The health management mode requires us to bring the awareness of taking preventive measures into the health management system, that is, to take preventative measures and solutions to risk factors of disease that may hidden in the crowd. The epidemiological survey finds that^[12] the accumulation of potentially negative impacts of bad living habits at 4/5 stage of the life on the collective function is an important reason for low quality of life at the later stage of life. Unhealthy living habits (such as lack of exercise or physical activity, smoking, unbalanced diet) can make human life in a non-healthy state, affect the quality of life and limit human life. According to a zoological research, the human longevity should be equal to 5 to 7 times of the growth and development period. If a person completes development at the age of 25, the longevity should be 125 to 150 years old. According to the WHO survey, among factors that affect people's health and longevity, the life-style factor accounts for 60%, the genetic factor accounts for 15%, the social factor account for 10%, the medical factor accounts for 8%, and the meteorological environment factor accounts for 7%.

As the youth, we are in the most dynamic stage of life. The practical problems deserving to be considered and asked are as follows: how to do health management? To make our life healthy and sustainable, what are the specific measures to be implemented? Everyone has a different combination of risk factors, so the individual health plan selects out the personal health management method based on the individual risk factors, so that everyone can effectively take appropriate measures against their own risk factors, help individuals improve their unhealthy life style and reduce their risk factors, thereby effectively controlling over the disease and improving their own health. According to the currently basic health management mode commonly used in China, as individuals, we should firstly follow the detection of health information, and then accept evaluation of health risk factors, and finally implement intervention, that is to say, to positively accept circulation of three links of "detection", "evaluation" and "intervention" in the long run, and finally reach the road to health. Meanwhile, through reading a lot of document literatures and based on the perspective of Humanities & Social Science, this research also believes that in the process of the health management, it always adheres to the priority of people's health, establishes a scientific life style and builds "four cornerstones" of the health^{[13], [14]}, that is, reasonable diet, regular exercise, tobacco and alcohol cessation, and psychological balance. The research shows that^{[15], [16]} adhering to these four major life styles with high efficiency and low costs, it is expected that the longevity can be increased by at least 10 years.

A series of health management measures are implemented for sub-healthy groups through a variety of ways^[17]. The intervention means of the "prevention first" is implemented to promote the transformation from a sub-healthy state to a healthy state. In addition, it is necessary to keep in mind the "fourteen-word principle" of the sub-health prevention, that is, "Health Quotient", "normal breath", "decompression", "clockwise sense",

“immunity strengthening” , “improvement” and “moderate degree”. To be a healthy smart person, we need to actively concern about the health and invest in health, because the best doctor is ourselves. In the future, we need to start from scratch, and start from maintaining our own health rights, so as to effectively manage health, and bring the health management into the health maintenance of the public and even the entire society. Only in this way can we achieve health benefit maximization, and really achieve the effect of the “health management”, thereby reaching a gorgeous turning of “preventive treatment of disease, rather than treatment of disease” in the medical service industry.

5 Conclusions and suggestions

Through reading the relevant literatures^{[18]-[22]}, this research reaches the following conclusions and suggestions. It is expected to provide an advanced concept for health issues of the contemporary youth and the entire people, and also expected that the “health management” can become a key to open the sustainable human life:

The concept of Health Management exists in all ages. Viewing from today’s development outcome, the outcome is not yet very significant, especially in our country, with a late start. The relevant theoretical research fails to keep pace with the practical application and even has disjointed phenomenon, that is, theory lags behind the practice.

The health management is a process to comprehensively manage the health risk factors of the individuals or groups. It is applicable to all people, that is, healthy people, sub-healthy people, patients with acute disease and patients with chronic diseases. Its main contents include gathering information, assessing risk factors, conducting health advice and guidance, developing the health promotion programs, carrying out the health maintenance and so on. Its ultimate goal is to motivate the enthusiasm of the individuals, so as to achieve the maximum health management effect with limited resources, and achieve national health.

To strengthen the popularization of concept and practice of the health management in our country, the course of “Health Management” can be set up at the stage of basic education of the youth to make Chinese children be profoundly aware of the importance of proactive health in the early period of life, and let them understand “how to do health management”, that is, understand the basic method of health management.

The personal health plan of the youth selects out the personal health management method based on the individual risk factors, so that everyone can effectively take appropriate measures against their own risk factors, help individuals improve their unhealthy life style and reduce their risk factors, thereby effectively controlling over the disease and improving their own health.

The youth should follow the basic mode of health management, positively accept three links of “detection”, “evaluation” and “intervention”, establish a scientific life style and build “four cornerstones” of the health, and keep the “fourteen-word principle” of the sub-health prevention in mind to be a healthy smart person. Youth should also actively concern about the health and invest in health, and really achieve the effect of “health management”.

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