

WELL-CHINA

new wellness solutions



Transforming the science of wellness through an innovative global approach to population health

Around the world, the benefits of economic development are creating substantial gains in living standards, health outcomes, and health care systems. Unfortunately, development also has triggered growing chronic disease problems that cannot be solved through disease-focused health care. Instead, only solutions emphasizing prevention, wellbeing, and a whole person approach can hope to have substantial population level benefits.

For half a century, the Stanford Prevention Research Center (SPRC) has been at the forefront of wellness and health promotion. To achieve decisive impact that will change the wellness landscape worldwide, SPRC has launched a bold new initiative – the *Wellness Living Laboratory (WELL)*, with research sites in China, Taiwan, and California. **WELL-China** is a long-term collaboration in the Xihu (Westlake) District of the historic and prosperous Chinese city of Hangzhou. This unique partnership includes Zhejiang University researchers, local government leaders, and healthcare professionals. Going beyond other population studies, **WELL-China** will rigorously investigate the interplay between well-being, lifestyle behaviors, human physical function, living environments, and chronic disease. The project also will tap into one of the world's oldest lifestyle prevention strategies: Traditional Chinese Medicine (TCM). Both China and the rest of the world have a revived interest in TCM, particularly after a 2015 Nobel Prize was awarded for a TCM scientist's discovery of a novel malaria therapy in herbal medicines.

Empowering People to Create Global Wellness Solutions

As the world's most populous country, China carries a growing burden of chronic diseases, especially heart disease, stroke, cancer, obesity, and diabetes. Tremendous economic growth, rapid urbanization, environmental pollution, and unhealthy changes in lifestyle have spurred a chronic disease epidemic that jeopardizes health equity, challenges the capacity of the health care system, and threatens to reduce economic growth. As in many other developing nations, sustainability in China requires a thorough understanding of these transformations and decisive action to promote health and wellbeing.

WELL-China is an ideal initiative to generate answers to novel questions that can be tested at the population level to build the evidence base for improving wellbeing and preventing chronic disease. **WELL-China** is developing a large-scale wellness cohort of more than 10,000 Chinese citizen-scientists. Using state-of-the-art information and monitoring technology, we will follow this population over time and engage them in designing and rigorously testing solutions using community-based clinical trial methods. This dual research focus on observation of a population and intervention to promote wellness will establish best practices that can be applied not only in China, but throughout the world.

50%

OF GLOBAL MORTALITY IS LINKED TO BEHAVIORAL RISK FACTORS (PHYSICAL INACTIVITY, TOBACCO, UNHEALTHY DIET)

>50%

OF NON-COMMUNICABLE DISEASE BURDEN IS PREVENTABLE BY MODIFYING BEHAVIORAL RISKS

65%

OF WORLD'S POPULATION LIVE IN A COUNTRY WHERE BEING OVERWEIGHT OR OBESE CAUSES MORE DEATHS THAN BEING UNDERWEIGHT

103

MILLION

PEOPLE IN CHINA ARE ESTIMATED TO HAVE DIABETES, OF WHOM 61% ARE UNDIAGNOSED

7 MILLION

PEOPLE IN CHINA ARE NEWLY DIAGNOSED WITH HYPERTENSION EACH YEAR

#1

CAUSE OF DEATH IN CHINA IS STROKE