



Dr. Junshi Chen

**National Center Director**  
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**Affiliation** - Shanghai JS Life Sciences Institute (SJLSI)

**National Center Deputy Director**  
Wenhua Zhao, MD

**Affiliation** - Chinese Centre for Disease Control and Prevention (China CDC)

## Host Institution – Shanghai JS Life Sciences Institute

The Shanghai JS Life Sciences Institute (SJLSI) is a non-profit, scientific and technological organization engaged in life sciences and population health. SJLSI focuses on health-centered strategic goals to comprehensively promote food safety, nutrition and health, physical activity and health, health management, chronic and infectious disease prevention, scientific research, achievement transformation, academic exchanges, education and training, and the formulation of relevant policies and promotion of appropriate technologies in the sustainable development of food systems and other fields.



The goals of SJLSI are to introduce Chinese practices to the world and bring world experience back to China, build platforms for exchanges and cooperation between the government, academia, and enterprises, promote scientific research and academic exchanges, science and technology services and technology promotion, science and technology education and training, innovation and demonstration of science and technology enterprises, and promote Scientific progress, technological innovation and industrial upgrading will promote the close integration of technology and economy in the fields of life sciences and population health, and coordinate the high-quality development of business and industry to contribute to the construction of a healthy China.

### National Center Advisory Board Affiliation

Junshi Chen, M.D.	<ul style="list-style-type: none"> <li>• Director, Shanghai JS Life Sciences Institute (SJLSI)</li> <li>• China National Center for Food Safety Risk Assessment</li> <li>• Member, Chinese Academy of Engineering</li> </ul>
Wenhua Zhao, M.D., Ph.D.	<ul style="list-style-type: none"> <li>• National Institute for Nutrition and Health, Chinese CDC</li> </ul>
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Qi Liang, M.D., Ph.D.	<ul style="list-style-type: none"> <li>• Cardiologist, The First Affiliated Hospital of Sun Yat-sen University</li> <li>• Associate Director, Chinese Preventive Medicine Association</li> </ul>
Weiping Jia, M.D.	<ul style="list-style-type: none"> <li>• Endocrinologist, Shanghai No.7=6 People's Hospital</li> <li>• Member, Chinese Academy of Engineering</li> </ul>

Yong Jiang, M.D., Ph.D.	<ul style="list-style-type: none"> <li>• Associate Professor, Beijing Tiantan Hospital, Capital Medical University</li> </ul>
Guoping Li, M.D.	<ul style="list-style-type: none"> <li>• General Administration of Sport of China (National Institute of Sports Medicine)</li> </ul>
Keji Li, M.D.	<ul style="list-style-type: none"> <li>• Professor, School of Public Health, Peking University</li> </ul>
Junqiang Qiu, Ph.D.	<ul style="list-style-type: none"> <li>• Professor, Beijing Sport University</li> </ul>
Weiping Shu, Ph.D.	<ul style="list-style-type: none"> <li>• Professor, Secretary of Party Committee, Chengdu Sports College</li> </ul>
Yongjun Wang, M.D., Ph.D.	<ul style="list-style-type: none"> <li>• Cardiologist, Director General, Beijing Tiantan Hospital</li> </ul>
Zhuoqun Wang, M.D., Ph.D.	<ul style="list-style-type: none"> <li>• Professor, National Centre for Chronic and Non-Communicable Disease Control and Prevention, Chinese CDC</li> </ul>
Peng Yang, M.D.	<ul style="list-style-type: none"> <li>• Research Associate, COO, Shanghai JS Life Sciences Institute (SJLSI)</li> </ul>
Maigeng Zhou, M.D., Ph.D.	<ul style="list-style-type: none"> <li>• Deputy Director, National Center for Chronic and Non-Communicable Disease Control and Prevention, Chinese CDC</li> </ul>

## 2023 Goals

- Promote the EIM to healthcare systems in China
- Continue offering EIM training courses to physicians and healthcare professionals
- Further integration of EIM into their healthcare systems by cooperating with government agencies like the Health Administration department
- Form an official partnership with government officials in the General Administration of Sport of China and the National Health Commission

## Accomplishments to Date

- Officially established the EIM China National Center in 2009
- Named a new host institution - the Shanghai JS Life Sciences Institute (SJLSI) - in 2022
- Signed an agreement with Chengdu Sports University to lead scientific research, training, and dissemination activities (2022)
- Developed an app (EIM 1.0) for a community-based hypertension management program, which is part of the China National Basic Public Health Service Project for use with high risk individuals with diagnosed hypertension (2022)
- Served on the editorial board of the international journal "Sport Medicine and Health Science" (hosted by Chengdu Sports University) with a goal of publishing more papers in the future on EIM research (2022)
- Conducted four training workshops for >160 healthcare providers (2019)
- Assisted the National Health Commission conduct a national five-year preliminary project - researching policies on the integration of health and sports, including integrating exercise prescriptions into healthcare system
- Developed an App for clinicians to provide simple physical activity advice for patients based on questionnaire, risk assessment. The App is being piloted in Gu Yuan City (in 2020-21) with 10,000 patients with high blood pressure.
- Translated and published the 2018 U.S. Physical Activity Guidelines into Chinese.
- Gained recognition for their physical activity training workshop by the Chinese Preventive Medicine Association Helped the National Health Commission make policies on integrating exercise as a prescription in healthcare systems

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- Participated in a project launched by the Chinese Academy of Engineering to provide strategic suggestions on the integration of medicine and sports for the country
  - Posted 65 times on their WeChat account which were read >180,000 times (2020)
  - Hosted an annual “Conference on Physical Activity and Health” that features EIM on Campus programs on university campuses across China
  - Held a special forum on EIM at *The Belt & Road Forum for International Cooperation (BRF): Towards a Health Silk Road* (August 2017)
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