

Health Test Services to Benefit More Citizens

By Yang Xiaomei

Yanji Sub-district has opened its very own "smart health center" on a trial basis since October 17, where citizens are given free access, after scanning their ID cards, to self-help health exams covering items such as body fat, blood pressure and blood oxygen, and physical fitness tests such as grip strength, lung capacity, and responsiveness. This little next-door "health cabin" now has attracted a vast number of citizens to make health-check appointments.

Eager to have the first "taste," Tang Qianghua, a 64-year-old resident of the district, arrived 9 am at Yanji Smart Health Center on the day it was opened at the 4th Neighborhood Center of Yanji Sub-district, where, under the guidance of staff, he tested on the machine some basic health items such as height, weight, body fat, blood pressure, blood oxygen, and electrocardiogram. The report showed that his blood pressure was a little high and his pulse mildly fast, "I can do some of the tests at home, but comparatively speaking, they can be done more professionally at the center," said

Tang.

He also subsequently received a physical fitness test on another machine, which, based on his age and gender, gave him a list of tests including lung capacity, response time, grip strength, single-leg standing with eyes closed, and sit and reach, and generated a report on his physical fitness and health evaluation with exercise advice. "Today's tests told me that some of my health indexes don't meet standards, I will increase my exercise level accordingly," Tang Qianghua also added that he was very pleased to see such a "health cabin" opened near where he lived, "you can't have an all-round test such as this at home. The tests done here can serve as a reminder that if something is not right, you need to go to hospital as early as possible, which is of immense help to seniors like us."

Being part of Shanghai's civil benefit program guided by the principle of "Internet + Health," Yanji Smart Health Center not only provides citizens with services such as testing and issuing and printing paper report, but also creates health files for them to view their test history, which can be done by citizens

scanning their ID to register in the Health Cloud system and upload their personal information.

According to Zhou Xiaoyun, who is responsible for the operation of the Center, the Health Cloud mobile App is also a very strong tool, "besides accessing health files, the App can also help users to make hospital and vaccination appointments, interact with family doctor, and manage other family members' accounts, and help doctors do follow-ups on patients with chronic diseases."

The Smart Health Center is open from 8:30 to 11:30 am and 2:00 to 4:00 pm, Monday through Saturday, holidays excluded. Three appointments are available per hour, and citizens can make appointment online or on-site. It is also open to citizens of neighboring sub-districts such as Changbai Xincun, Dinghai Road, and Changhai Road. "Yanji Sub-district will expand the Center's capacity to accept appointments based on its performance during the trial phase, and provide convenience for more citizens to receive better health tests without stepping foot outside their neighborhood."

Yangpu to Invigorate Sport Consumption

By Gao Liang

Aligning itself with Shanghai's strategic goals of becoming a world-class sport city and a capital of sport events, Yangpu District in recent years has prioritized its focus on sport industry by working with the Greater China division of Nike, Alibaba Sports and Shanghai University of Sport to form the Yangpu District Industry-University-Research coalition for Sport, and successfully filed for and named the Wujiaochang National Sport Industry Base as well as two other national sport industry exemplary programs. The District has become a magnet for some industry giants such as Nike, Alibaba, and Perfect, as well as a number of industry-leading businesses including Shangti Health Technology, Dianfeng Sports, Yuedong, and Yike, many of them ranking among Shanghai's top 500 sport businesses.

As of 2018, the total size of Yangpu's sport industry was RMB

16.792 billion, and the yearly average increase from 2014 to 2018 was as high as 33.77%. The District's sport industry had increased by RMB 7.382 billion, or 3.99% of its GDP, and the expenditure per person on sport was RMB 2,726.

This May, the General Administration of Sport for the first time encouraged cities to apply for the national sport consumption trial city status. Solid industry foundation, strong momentum, and clear advantages were Yangpu's core propositions in this drive. It was also no surprise that when the first batch of trial cities was announced on August 26, Yangpu was among 40 cities (districts) given the honor.

The duration of the national sport consumption trial city status is three years from 2020 to 2022. The trial cities will be tasked with promoting innovation in sport consumption from the perspectives of consumption mechanism, policy, model and product, and exploring new frontiers for sport consumption.

"Healing Coffee" – The Cafe Meant to Heal

By Mao Xinhui

A cafe named "Healing Coffee" recently opened at Yangpu District Mental Health Center. "Healing Coffee" is operated entirely by a staff of patients who suffer from mental problems, from cashiering and coffee-making to cleaning, maintenance and accounting. Such a platform devoted to helping mentally challenged people recover vocationally is truly a rarity in China.

During the rush hours in the morning, people are constantly trickling in to buy coffee. Although it has only opened days ago, its daily sales have reached an average of more than 70 cups of coffee. The cafe's main group of customers are employees at the Center and families of patients, but there are also citizens living nearby who heard the news and came by. The cafe currently provides about ten kinds of cold and hot beverages, and later there will also be baked products made by apprentices put on shelves.

Apprentice Xiao Xiao (pseudonym), once a long-time depression patient at the Center, received some rehabilitation training in the community after her condition stabilized. "But what the community provides is just basic rehabilitation training, including some simple handicraft. There is no vocational rehabilitation, and it is a relatively closed environment where interactions with the outer world are not happening, which is not conducive to people with mental problems getting back their sense of society and vocational skills," said Chen Yijun, who is in charge of the Rehabilitation Department of Yangpu Mental Health Center. "Healing Coffee" was designed from the very start to build such a vocational rehabilitation platform that provides all apprentices equal opportunities to work and learn.

Co-created by Yangpu's Disabled People's Federation and Mental Health Center, "Health and Hope" Vocational Training Center is a training platform serving all mentally disabled people in the district. As its first public program, "Healing Coffee" provides vocational training for people like Xiao Xiao, who had no related work experience before, but after over a month's training, can now make a dozen kinds of beverages deftly.

To guarantee the program's smooth operation, the Center has arranged trainers on-site to help new apprentices get their hands on things quickly. "During my internship, my teacher would give hands-on demonstrations, and never too much pressure was put on me, which gave me a lot of space to freestyle," working from Monday to Friday, six hours and over 70 cups of coffee each day is not so overwhelming for Xiao Xiao.

There were coffee shops like "Healing Coffee" before, but patients only played secondary roles. In "Healing Coffee," however, they are empowered with more responsibilities. A former accountant, Xiao Jie now is responsible for the cafe's sales and bookkeeping. "I did not know a lot about the service industry before. But now, after some training and practical experience, I know everything including product making. I could even have my own milk tea shop after this," said Xiao Jie.

According to statistics, the vast majority of mentally disabled people



have experienced some degrees of functional impairment after they were discharged from hospital, which impedes their returning to society. "People who suffered from mental health problems are more challenged in this respect than those mentally retarded patients," explained Chen Yijun. People suffering from serious mental issues usually experience some degree of losses in their social abilities after discharged, and some of them are stiff in their actions because of long-term medication and side effects from taking medicines, which can be really hard for them to find a job later. "Among those

discharged, there is probably less than even one percent of them who can really find their way back to normal jobs.

Currently, resources for the rehabilitation of mentally disabled people are still relatively scarce in the country, and attempts are still in a very early stage. But the "Health and Hope" Vocational Training Center is clearly a beneficial exploration, which, guided by new-school rehabilitation theories, is dedicated to providing diverse mental rehabilitation services, preventing relapses and reducing the occurrences of mental disability, and most importantly,

helping patients improve the quality of their lives and getting back to society sooner.

The coffee shop is expected to provide positions for 7 to 8 apprentices at the same time, and the Training Center also offers patients some volunteer work such as outpatient medical guidance and supermarket services. The Mental Health Center is also planning to open mobile dining cars and car wash and other public services to explore the many more practices that can help patients with their vocational rehabilitation.