

Health Promotion/Protection

- Physical activity/nutrition programs in the workplace and community settings
- School and community gardens (72 families in 4 states, 4 schools)
- Supportive environments (sidewalks, track and field, gyms, exercises and walkathons in outlying states)
- Health eating policies in schools
- Salt reduction project

Over the last ten years, Palau has seen a boost in physical activity in the community, programs within the workplace and in village or community settings.

Traditionally, physical activity was seen as work by Palauans, and for the longest time, “exercise” was for people who had too much time in their hands, or foreigners, but not Palauans. It was not “normal” to just go out and walk for “no reason” –meaning, it was not customary to exert energy for non-work purposes (leisure).

But with all the talk of NCDs and the numerous efforts by Ministry of Health and its community partners, more and more people now try to be physically active.

Since 2008, the number of physical activity programs have doubled, especially in 2012. There are four schools with school gardens and 72 families who’ve initiated individual gardens in their respective communities. This data comes from our NCD coalition who works closely with communities to start their own gardens.

More and more people can be seen on the road walking or running as there are now sidewalks in most of Koror, the most populated city in Palau, we can see more Palauans at the track and field whereas before it was mostly expats, from Japan, US, Philippines...

We are also starting to hear of walkathons, aerobics or dancings classes taking place in the outlying states. These were unheard of.

More schools are also adopting health eating policies. Almost all of them have water only policies and a few healthy snacks only policy.

And then much more recently, we are initiating a salt reduction project to commence in

Other challenges and threats

- * Misconception – Solution lies with the individual as NCDs result from each person's lifestyle choices
- * Vicious cycle –poverty and NCDs
- * Social determinants of health (education, poverty, etc.) not fully understood
- * Cultural issues

Palau has come a long way especially in making NCD a household name. NCDs is a hot topic in the community, but there are other challenges aside from limitations in resources and capacity.

•There is the misconception that NCDs only result from the individual lifestyle choices and therefore solutions lie with each person. This is when blame is misplaced and the bigger socio-ecological picture is not fully visualized.

•In poor places like Palau, the cycle of NCDs and poverty can seem endlessly vicious. Poor and uninformed people don't usually think about good nutrition, instead think of what food is cheaper and easier to get. Poor people don't usually think about exercising because they are busy working (although these jobs may be sedentary most of the time) and earning money, busy thinking about the immediate needs. Most likely these people become NCD ridden which means a lot of money for treatment. And in Palau, most treatment for NCDs require those outside of the country in the Philippines, Hawaii or Taiwan. Before the health insurance became effective in Palau, a lot of people went into debt when they became ill with NCDs because they had to take loans or sell property to go off island for treatment. And even with the health insurance, the copayment can take a toll on people whose minimum wages were at \$2.50 an hour.

•And although Palau and the rest of the region has come along way in its response efforts, the social determinants of health (education, poverty) are not fully understood especially amongst policy makers.

•And finally, we have our cultural issues, specific to the people of Palau, including the portion of food and how it might relate to respect and status, or how binge drinking is considered manly, or the practice of betelnut chewing, passed down from generation to

Next Steps

- Further political commitment/regain momentum or sense of urgency
- Effective communication
- Strategic planning (revisions)
- Robust NCD surveillance systems
- Focus on policy and environment
- Health workforce/partners capacity enhancement

We have a lot of work in front of us.

•We need to regain that momentum, that sense of urgency because we don't have much time. We need further political commitment from those who are non-believers, to convince our leadership and other policy makers that we need to address the crisis at the root, in order to really turn off the tap instead of mopping the floor all the time; not that tertiary care is not important, but it will soon consume all our resources, and leaving more of us sick or death.

•We need to strengthen our communication strategies, to make sure that we communicate our priorities effectively with our partners and stakeholders. We in Palau are notorious for institutional memory (they say we are an oral tradition) but we have to strengthen our documentation processes so that the next people coming can maintain continuity

•And we need to revise our strategic plans, based on these new data, baseline data, we need to make sense of various surveillance frameworks, global targets and agree upon not just within Palau but across the region health indicators.

•To be able simply inform our decisions, we need to develop a robust surveillance system, capable of monitoring exposure to risk, morbidity and mortality rates, as well as other response systems.

•And as mentioned above, we need to move beyond just education and awareness and really focus on policy and environmental approaches in order to make a greater impact

•And finally, we need to ensure that our health workforce and partners have the

Q & A

- Thank you.

I. Group Interviews

1. May 24th, 2013 Records of group interviews in Fangshan CDC

(1) Group size: 7 (4 Males, 3 Females), age 18 - 30 years

Code: Interviewees: 1,2,3,4,5,6,7

Males: 1,2,3,7 Females: 4,5,6

(2) Questions:

We want to take a look at your local diets and exercises, please speak freely.

Which do you prefer, meat or vegetables?

What will affect your eating habits? Parents? Friends around you?

Do you usually eat snacks? What kind of snacks?

Do you often go out for dinner? For job reasons or just like eating outside?

Do you take nutrient supplements? Traditional Chinese medicine supplement? Medicinal wines? Why?

Do you like milk?

Do you like salt? Put a lot of oil and salt in your daily diet? Any awareness of oil and salt control?

Do you have special local diet habits?

Do you often eat vegetables? Fruits?

Has your flavor changed since you were young?

Does your father have eating habits of high salt & sugar& oil intake?

Do you insist on exercise? Why?

Do you drink alcohol or smoke? The frequency? Will your parents stop you? What do other people think when you going outside?

What are female friends' attitudes?

How's your hygienic habits? Can you tolerate dirty?

Do you feel a lot of pressure? How do you vent?

What performances do you think that a healthy body should have?

Do you go to hospital when you're sick? If you don't, what will you do?

Do you insist on physical examination?

Are you satisfied with your body weight?

What behaviors do you think that are harmful to health?

Where did your health knowledge come from? Any influence to yourself?

Do you drink sugar beverages?

What do you suggest to make health promotion?

(3) Answers:

1. I prefer meat in daily diet. In suburbs, eating habits depend on economic condition. People now are more willing to take grains because of food safety incidents, such as pesticide residues and excessive clenbuterol in pork. I don't think people around me are affected too much. I don't take snacks usually. But if I didn't take regular meal, I may eat some puffed food. Now we go outside for dinner just because we like it. Every family may have medicinal wines, especially people in the countryside. I think

older people may prefer medicinal wines. When we cook food at home, meat always tastes salty and vegetables contain a lot of oil. I like salty food, but I know I should control it. I always put a lot of oil when cooking food because of the flavor, but my parents don't like it. I drink milk every day. I don't like fruits. My flavor becomes dull these days. My parents don't like food of high salt, sugar and oil intake. I like drinking, but not for entertainment. I can control it. I can always see health promotion information around me. I have good hygienic habits. I feel weaker than before and some pressure, but didn't catch cold too much. I won't go to physical examination by myself, but will participate in routine medical examination held by my company. I have bad habits like have heavy flavor, don't eat breakfast, eat supper too much and don't exercise. My health knowledge mainly comes from TV, such as some experts talk shows. I drink sugar beverages every day. I hope these health promotion activities could be done more often and more practical, like offering food guides to types and quantity.

2. I like meat. I feel my eating habits were few affected by people around me. I don't take snacks usually. I go out for dinner with my friends nearly 10 times a month. I take calcium supplement. I always put a lot of oil and salt in our meals. I take gruel every day. But I don't drink milk. Lots of people don't eat melons and carrots here. I like fruits very much, even without regular meals. Now people are more aware of health condition, starting to control salt intake and choose safety food. I like swimming and climbing mountains. I often work at weekends. I feel it's necessary to do exercise, but I don't have the energy. I smoke and drink. I drink because I like to. In the past my parents wouldn't allow me, but now they just suggest not to drink too much. I'm aware of controlling alcohol, and drink much less than before. A cup of white wine or two bottles of beer each time, tops. I have pressures. Sometimes I will sing to vent. In my opinion, health is eating well and having good physical condition. If I was ill, I won't take medicine as possible as I can. I won't go to physical examination by myself, but will participate in routine medical examination held by my company. I think my body is a little thin. I feel 10kg lighter this year because I'm too tired at work. I have some bad habits such as heavy flavor, don't eat breakfast, eating too much dinner and lack of exercise. I drink sugar beverages every day.
3. I will take a few snacks only if I missed my meals. We go out for dinner just because we like it. I drink milk for its good for health. Young people may take more salt than older ones because they do more exercise. I always overtake salt and oil, which I think should be controlled. I do few exercise because the pressure from work. I drink alcohol for entertainment with friends, but I don't like drinking for work. I have good hygienic habits. I'm 10kg fatter but weaker than before. I will write something to vent when suffering a lot of pressure. I won't go to hospital when I'm sick. I'll take some Chinese medicine to prevent diseases. I won't go to physical examination by myself, but will participate in routine medical examination held by my company. I have some bad habits such as heavy flavor, don't eat breakfast, eating too much dinner and lack of exercise. People don't know the signs of chronic diseases very well. They need more information about them.
4. I like vegetables. I take few snacks. I go out for dinner 10 times per month. I take nutrient supplement such as calcium and vitamin C pills. I take them because I feel I

have some symptoms of calcium deficiency. I drink medicinal wines sometimes. I have heavy flavor. My family always put a lot of oil when cooking food. I drink milk every day. I like fruits very much such as apples and oranges. I don't like parsley and carrots. Now my parents are trying to avoid spicy food. My father has diabetes, but his eating habits have few changes. I've kept jogging for 45 years, 40 to 60 minutes each time. I drink alcohol for my hobby, and I know how to control. I will drink for work. I change my sheet every week. I will go jogging when feeling too much pressure. I think a healthy body should eat well, sleep well and always have a good mood. I prefer Chinese medicine when I feel sick. I won't go to physical examination by myself, but will participate in routine medical examination held by my company. I feel I'm a little overweight, thinking about doing acupuncture to lose my weight. I have some bad habits such as heavy flavor, don't eat breakfast, eating too much dinner and lack of exercise. I read some books about health knowledge. I don't drink beverages, except for tea. I took a voluntary diagnosis activity once, like measuring blood pressure and lipids, and that was not bad. There should be some advertisement for younger people, like how to deal with heavy pressure.

5. I like vegetables. I take few snacks. I go out for dinner 10 times a week. I take nutrient supplement such as calcium and vitamin C pills so I can feel better. I always take a lot of salt and oil, which I think should be controlled. I like carrots. I don't like grains before, but now it's different. Perhaps it's related with health promotion. My parents have eating habits of high salt, sugar and oil. I do yoga to keep my shape. I will drink alcohol for work. I have good hygienic habits, such as washing my hands before eating and gargling after meals. I always open windows to breathe fresh air, even it's cold outside. I feel my body is a little weak. You can tell from the looking of my face. I have heavy pressure. I won't go to physical examination by myself, but will participate in routine medical examination held by my company. I feel I'm a little overweight and want to lose some weight. I have some bad habits such as heavy flavor, don't eat breakfast, eating too much dinner and lack of exercise. Conversations between my friends always suggest healthy lifestyles. I learn health information from lots of ways, such as newspapers and internet. I don't drink beverages, except for tea.
6. I take few snacks. I take nutrient supplement such as calcium and vitamin C pill. I always take a lot of salt and oil, which I think should be controlled. I drink milk every day. I like carrots. My parents have eating habits of high salt, sugar and oil. They will change them if they were diagnosed with diseases, but not absolutely changes. I play badminton sometimes. I like to drink, but I know how to control. I drink only one glass of beer each time. I'll drink for work. I will wash my hands and change my clothes after work. I feel my body is not good as it used to be. I have heavy pressure, sometimes I'll lose my temper. I will try not to go to hospital if I was ill. I'll take some meds if I had a fever, Chinese medicine mostly. I won't go to physical examination by myself, but will participate in routine medical examination held by my company. I feel I'm a little overweight, and I want to lose some weight. I have some bad habits such as heavy flavor, don't eat breakfast, eating too much dinner and lack of exercise. Now I'm trying to put less salt when cooking. I always tell my parents to do some exercise.
7. I like meat except when it's too hot outside. I take few snacks. I always take a lot of salt and oil, which I think should be controlled. I go to play badminton twice a week

with friends, 40 minutes each time. I'll drink for work, but I don't like it. I have good hygienic habits. I have heavy pressure. I didn't feel well and vomited badly because of the pressure once. I was in bad mood that time, and took some meds. Sometimes I talk to my friends, hoping to get help. I won't go to physical examination by myself, but will participate in routine medical examination held by my company. I feel I'm a little overweight, and I want to lose some weight. But I insist on eating just one meal every day for only one week. I don't know Chinese medicine very well, so I won't use them to lose weight. I have some bad habits such as heavy flavor, don't eat breakfast, eating too much dinner and lack of exercise. My father's eating habits is not regular. He likes to eat plucks and smoke. He suffers from high cholesterol, blood sugar and hypertension, but he won't listen to us. My health knowledge mainly comes from internet. Health promotion and voluntary diagnosis activities will attract older people to participate in, but not young ones.

2. May 26th, 2013 Records of group interviews in Zhoukoudian

(1) The age group 46 - 60 years

Basic information of the interviewees:

No.	Gender	Age	Occupation
1	F	52	Farmer
2	F	52	Unemployed
3	M	49	Retirement
4	F	48	Farmer
5	F	49	Farmer
6	F	50	Farmer
7	M	55	Farmer
8	M	45	Farmer

(2) Questions:

Are there any special dining traditions here?

How about your dietary pattern? What food do you prefer, vegetables or meat?

And what kind of meat do you eat more frequently, fowl, fish or red meat?

And how about the frequency?

Do you eat enough vegetables and fruit in your mind? Is it convenient to buy vegetables and fruit?

Do you like salty and fatty food or not? Does your child complain that the food you cooked is too salty or fatty?

When do you have soup during the meal?

How do you handle with the leftovers?

Do you like snacks? What do you eat?

Do you drink milk? And how often?

Do you use health products, supplement or tonics?

Do you smoke? Do you want to quit smoking?

Do you drink alcohol? What kind of alcohol do you drink? How much do you drink once?

Do you take exercise? And how? How long does it take once ?
How do you think about your health? And how about your mental health?
How do you think your weight? Do you take any measures to control your weight?
Do you have physical examinations every year? What will you do when you are uncomfortable or sick?

(3) Answers:

1. I don't think there are any special dining traditions in Fangshan . We only eat some edible wild herbs now and then for a change. We eat pork most of the time, and eat beef and mutton once in a while. We can buy fish and fowl from the market conveniently. I don't eat too much fruit. My husband and I cook with a great deal of salt and oil, about which my children complain. They often remind us that we should take in less salt and oil. My husband and I seldom go to the restaurant except going out with friends. We drink milk now and then, but we like gruel. As for the leftovers, we will cook them in different way and eat up. I don't control my appetite on purpose. I like snacks such as peanuts and melon seeds. I go for a walk and climb the hill everyday, and my health improves, especially the heart function. I don't smoke and keep away from smokers. But I like drink a little beer now and then in summer. I don't think I'm health for perspiring a lot and heart disease, but I'm optimistic. Although I'm overweight, I don't want to take measures to control my weight. I don't pay attention to physical examinations.
2. I don't think there are any special dining traditions in Fangshan. I plant vegetables myself. We will eat some edible wild herbs now and then, such as edible amaranth and shepherd's purse. I like meals with less salt and oil. I eat gruel more often than soup. We usually cook dishes to go with the rice for a day once. I usually take in some Chinese wolfberry, Semen cassia torae and Astragalus mongholicus or drink alcohol with them. I will go out for a walk everyday. My family I don't smoke except my son. I suffer from subhealthy so I have physical examinations every year. Although I'm overweight, I don't want to take measures to control my weight.
3. I don't think there is any special dining traditions in Fangshan . Perhaps we eat more edible wild herbs, such as the sprout of willow and pepper tree on the hill .I like meat but I will control my appetite for my health. And I eat pork mostly. When I'm happy I will have some fruit. But I seldom drink milk. We try our best to be used to meals with less salt and oil. As for the leftovers we will eat again. Usually I don't eat too much. I often go to restaurants for communication, but less than when I was young. I seldom eat snacks and drink alcohol. But I smoke almost a carton of cigarettes everyday. I quitted smoking for a while once. I will go out for a walk or climb the hill everyday. I don't think I'm healthy for hypertension and I will take medicine when my blood pressure is too high. I take blood pressure regularly. I'm optimistic and I have physical examinations every year. I'm overweight so I have to control my weight. My children's weight is normal.
4. I don't think there are any special dining traditions in Fangshan. We eat a little meat everyday. We have meals regularly when most of our family is here. I used to raise chickens but it hurts when they died of fowl plague. So I don't raise chickens any

more. I seldom go to the restaurant for sanitation. I drink alcohol now and then but never smoke. I have no time to take exercise for my work. I will gain weight during vacation. I'm optimistic and I have physical examinations for women every year.

5. I will eat some edible wild herbs. I don't it's good to take in too much salt and oil, but I seldom limit the measure. Our children prefer meals made in home. As for leftovers we will eat again. I don't drink milk nor take supplement. I'm overweight but I don't take exercise. I don't have any pressure.
6. I don't think there are any special dining traditions in Fangshan. We will eat some edible wild herbs. I don't like meals without enough salt and fat so we cook just like before. So my children. I seldom go to the restaurant. We have gruel every meal for our parents' taste. As for the leftovers we will eat again if the amount is large. I don't use tonics, but I take in calcium tablets. My husband smokes .I will drink some wine in winter. I take part in physical examinations to keep health. I'm optimistic. I think I'm fat but I failed to lose weight. It's because that we have enough money to buy anything we want to eat.
7. I don't think there are any special dining traditions in Fangshan. I eat much fish and little edible wild herbs. We eat a little pork with vegetables. I never go to the restaurant for it's too expensive. We usually have gruel for my parents' taste. I don't use tonics nor take excise. I smoke about dozen cigarettes a day. I never drink alcohol. I'm in good condition and take blood pressure drugs regularly.
8. We seldom have gruel. And we don't eat too much fruits. We eat pork every other day and eat more vegetables. My children and I like meals with enough salt and oil. I don't use tonics nor take excise.

3. May 26th, 2013 Records of group interviews in Zhoukoudian

(1) The age group 30-45 years

Basic information of the interviewees:

No.	Gender	Age	Occupation
1	F	43	Unemployed
2	F	35	Unemployed
3	M	36	Unemployed
4	F	35	Unemployed
5	F	33	Unemployed
6	F	47	Worker
7	M	37	Driver

(2) Questions :

Are there any special dining traditions here?

How about your dietary pattern? What food do you prefer, vegetables or meat? And what

kind of meat do you eat more frequently, fowl, fish or red meat? And how about the frequency?

Do you eat enough vegetables and fruit in your mind? Is it convenient to buy vegetables and fruit?

Do you like salty and fatty food or not? Does your child complain that the food you cooked is too salty or fatty?

What do you eat every meal in a day? When do you have soup during the meal?

How do you handle with the leftovers?

Do you like snacks? What do you eat? What do your children eat?

Do you drink milk? And how often? Do your children or parents drink milk?

Do you use health products, supplement or tonics? What about your children and parents?

Do you smoke? Do you want to quit smoking?

Do you drink alcohol? What kind of alcohol do you drink ? How much do you drink once?

Do you take exercise? And how? How long does it take once?

How do you think the local environment?

How do you think about your health? And how about your mental health?

How do you think your weight? Do you take any measures to control your weight?

Do you have physical examinations every year? What will you do when you are uncomfortable or sick?

(3) Answers:

1. I eat a lot of edible wild herbs, such as bitter herb, edible amaranth and shepherd's purse. I prefer vegetables to fruits. And I like meat, so I eat pork everyday. I also like coarse food grain, and I often eat soybean meal and corn ballast. I have milk, eggs and soybean milk for breakfast, and have soup during the lunch and supper. I don't eat too much. I like snacks and I eat biscuits everyday. I don't take calcium tablets. I think I'm subhealthy for suffering from cervical spondylosis and lumbar spondylosis . I will do some exercises and climb hills to keep health. The air is bad and smells awful sometimes. And it affects us taking exercise. But I pay attention to the environment in my house, I clean the room everyday. I take physical examinations every year and attach importance to the deviant inspection results. I put on weight and 80-90% of people of my own age is overweight. My blood pressure is fine but most of my peer group suffers from hypertension, hyperlipidemia and diabetes.
2. I don't think there is any special dining traditions in Fangshan . While local people will eat some edible wild herbs. And people all know that it's bad to eat too much meat. We will have pork 2-3 times a week. We also eat fish which we can buy from the market conveniently. I have soybean milk and sesame seed cakes for breakfast. The young like the stir-fry and the old like the stew in my family. And we all like food with little salt and oil. We have gruel every supper but we seldom have soup. We eat coarse cereals 3 times a week. I will eat less on supper, and only eat fruits sometimes. I don't drink milk but my child and parents-in-law do. I take calcium tablets everyday and my child takes Centrum. I seldom have snacks but my child likes crisps, and I buy snacks for him every week. I go out for a walk and do line-dancing everyday to keep health. The local environmental pollution is serious and we buy barrels water to drink. I think I'm subhealthy for problems with sleep. I gained in weight these years. I don't

pay attention on physical examinations but my parents-in-law will do every year. I take an active part in health talk.

3. I don't think there is any special dining traditions in Fangshan . While local people will eat some edible wild herbs. And people all know that it's bad to eat too much meat. So just cook meat with vegetables and eat a little. I also eat fish sometimes. I eat fruits everyday. I have soybean milk and sesame seed cakes for breakfast. The young like the stir-fry and the old like the stew in my family. We also eat coarse cereals 3 times a week. We need 3 barrels of oil to eat every year. We seldom have soup or gruel for nobody likes it. When I eat meals I won't be too full to keep health. Sometimes we go to the restaurant on weekends. My parents-in-law and I don't drink milk or take calcium tablets. I will go out for a walk everyday. There is no gym around so we never go to the gym. I have no pressure and I think I'm healthy.
4. We eat fish sometimes. Our taste is of food is just the same with our parents. We often have gruel of corn ballast. We have meat twice a week to satisfy our child. I only drink alcohol when my husband has. We seldom have gruel or soup. I don't drink milk but my father-in-law dose. We need nearly two barrels of oil every year .Only my child likes to eat snacks such as crisps. My child and I take calcium tablets. I take my child to school every day on food for about 40 minutes, and play with him after school. I also go out with my husband for a walk. But I never go to the gym. I don't have any pressure and I'm healthy. The air and water here is polluted and the air smells while the water is not clear. We buy barrels water to drink. I also pay attention to clean our house everyday. I put on weight recently. I don't have physical examinations every year while my parents and parents-in-law do. I don't pay attention to the risk of chronic disease for my age. But my parents and parents-in-law do. They will take part in the health talk and take medicine. I also remind them on diet and exercise.
5. We have vegetables everyday, but we have less meat and fruits. We seldom go to the restaurant. We often have gruel but no soup. I don't take supplement or drink milk. I think I'm healthy.
6. I don't think there are any special dining traditions in Fangshan. While local people will eat some edible wild herbs. I have some knowledge about plants, and edible wild herbs are pollution-free so I also like them. I don't like fruits so much though it's convenient to buy fruits. But I like tomatoes, and often eat tomatoes. I pay attention to keep health and I often have gruel and coarse cereals. I often go to the restaurant with my friends and almost 3 times a week. We always eat some stir-fry but barbecue. I like drinking alcohol, when we eat outside we will finish a bottle of wine. I know it's bad to our health to drink too much so I will control my winebowl. On summer I will drink some beer, a bottle once. I have no faith in medicine liquor so I never drink. While some people are interested in it and drink everyday. Most of them make it by themselves with Chinese lycium and snake. I have soup after lunch. I control my appetite now and won't eat too much. I drink milk and soybean milk, but no snacks. Everyday I do power walk for 1hour but I don't go to the gym. Sometimes I also play table tennis. Some local people have treadmill at home. I think I'm subhealthy and I do have a lot of pressure. I worry about my children's marriage and work. I smoke 1 cigarette a day and most men of my own age smoke, too . I know it's bad for our

health, but it's hard to quit. The environment is not so good here, and the air and water smells. So I take mountain spring water from next village to drink. I have physical examinations every year and pay attention to me weight. Now there are more and more people getting overweight, so we want more health talk about how to control our weight and keep away from chronic diseases .

7. I have fruits twice a week. I have meals at home 3 times a week, and we have 2-3 dishes every meal. My wife and son don't like fat, so I have to eat fat when I eat at home. We need a barrel of oil every month. We have gruel every meal. I have to make myself full every meal, otherwise I will be sick. I drink 3-4 bottles of beer when I go to the restaurant with my fiends, but I hate wine . I smoke a package of cigarettes a day. I don't take supplement nor drink milk, while my parents and son do. But my son prefers snacks to milk. I seldom go out to walk or do exercise as my wife and parents. Instead I watch TV at home. I'm healthy though I worry about my son's future. The air and water is polluted here, so we buy barrels water to drink. My weight keeps the same and I don't have physical examinations every year. My parents pay attention to physical examinations and keep healthy. It's hard to make everyone know what is good or bad for us and act as expected. I don't think the government does everything they can to keep our health, for example, the free medicine provided by the government dose not work well.

4. May 26th, 2013 Records of group interviews in Zhoukoudian

(1) The age group over 60 years

Basic information of the interviewees:

No.	Gender	Age	Occupation
1	F	63	Farmer
2	F	70	Retirement
3	F	68	Retirement
4	F	65	Unemployed
5	M	63	Farmer
6	M	65	Retirement
7	F	65	Farmer
8	M	70	Retirement

(2) Questions:

Do you take exercise? And how? How long does it take once?

How do you think about your health? And how about your mental health?

How do you think your weight? Are there many overweight children here?

Do you like edible wild herbs?

Do you like salty and fatty food or not? Does your child complaint that the food you cooked is too salty or fatty?

Do you like milk or soybean milk?

Do you use health products, supplement or tonics? What about your children and

parents?

Do you have physical examinations every year? What will you do when you are uncomfortable or sick?

Do you pay attention to health knowledge? And how do you get it?

How do you think about the service of local clinic?

(3) Answers:

1. I do some farm work and seldom take exercise. I never drink milk or take tonics. My blood pressure is a little high.
2. I take exercise by line-dancing everyday. I believe that sports build healthy body. I'm more healthy than that of before. So I often suggest the young to do more exercise and less video gaming. There are not so much overweight children here. I seldom eat edible wild herbs and I can't tell them apart from other weeds. We limit the amount of salt, oil and sugar when we cook. And we seldom have pickles now. I never take tonics. I have hypertension and I have physical examinations every year. I watch TV to learn health knowledge.
3. I take exercise every day and feel good without heart disease recrudescence. I often suggest my children to do more exercise. There are not so much overweight children here. I seldom eat edible wild herbs. We need two barrel of oil a month and maybe our diet is too fatty. I like fried food before but now I seldom eat. And we seldom have pickles now. I have milk or yogurt everyday. But I take no tonic. Although my blood pressure is high, my constitution is healthy. I watch TV to learn health knowledge. And I have physical examinations every year.
4. I do morning exercise everyday, but the young seldom do. I often suggest them to take exercise and have a balanced diet. We need a barrel of oil every 50 days, and I limit the amount of salt and oil. I never eat fried food and I have soup or gruel for breakfast. And my lunch consists of meat and vegetables. I take no tonics. I take medicine to control my hypertension. But I seldom have physical examinations.
5. I do some farm work and play table tennis. I ate pickles when I was young but I don't eat any more. I smoke but do not drink. I am healthy and I never drink milk or take tonic. But I have hypertension.
6. I will go out for a walk to exercise. I like drinking little wine every meal. I don't smoke. I don't drink milk or take tonics. I have several diseases but I'm not worried. I take medicine every day. And I have physical examinations every year.
7. I take exercise by line-dancing everyday. I don't drink milk or take tonics. I am healthy though I have hypertension. And I have physical examinations every year .
8. I walk for 1 hour everyday and also take exercise with kinds of equipments on the square. I seldom eat pickles now, and only people live in the mountain make pickles. I like meat and I also eat kinds of vegetables. I drink milk sometimes but never take tonics. I think that our life is better and we also should learn more, take more exercise

and have a more healthy diet to keep healthy. I believe that illness finds its way in by the mouth, so we must take our diets seriously. Some of my relatives have diabetes and I care more about my life. I have hypertension so I have physical examinations every year.

II. Personal Interviews

(Q: Question, A : Answer)

1. May 24th, 2013 Records of personal interviews in Fangshan CDC

Interviewee: Staff Member of Fangshan CDC

Q: Is there any special eating habits in Fangshan? Why? What about you?

A: Lots of meat and heavy flavor compared to urban areas. Perhaps people living in countryside used to be very poor, they thought meat was precious. So they always eat lots of meat now because of their improved economic conditions. I don't like meat.

Q: What about snacks?

A: Young people always take snacks, but older people don't.

Q: Do you always have dinner outside? Why?

A: Yes. With friends. We will go to barbecue at summer and have wines at winter. We consider this as a good way to communicate with each other.

Q: Do you take nutrient supplements? Why?

A: Older people mainly. Most of the nutrient supplements are from their children and relatives. Some older people pay over 10 thousands Yuan to buy nutrient supplements. I don't think those nutrient supplements are useful. Older people don't have enough knowledge to avoid being cheated, which is usually used by companies to promote the sales of their products.

Q: Do you take traditional supplements, like wild vegetables?

A: We like wild vegetables. Some young people are also affected by older ones.

Q: Do people in Fangshan always take ginsengs?

A: No.

Q: Do people in Fangshan always take calcium and vitamin pills? Did doctors suggest taking them?

A: Someone I know does take them, but not for doctor's suggestions.

Q: What about oil in food?

A: Sometimes too much.

Q: Do people in Fangshan drink milk every day?

A: No.

Q: Do you buy fresh vegetables and cook by yourself?

A: Yes. Young people may prefer fast food. I won't eating outside unless there's a need. I go out for dinner nearly once a week.

Q: Have daily diets of people in Fangshan changed in the past 10 years?

A: There are more vegetables and fruits.

Q: Is there a difference between your lifestyle and your father's?

A: Young people have a lot of knowledge. They are willing to take food in more patterns. Older people used to be poor, so they are always frugal now and they always eat pickles.

Q: Can you summarize people's unique eating habits in Fangshan?

A: Much coarse food and wild vegetable. They always like fresh food.

Q: Any special characters in beverages?

A: Young people like Coke and Sprite. Man over 40 like beers.

Q: What affect the types of beverages in sale? Is there a difference between urban areas and suburbs?

A: Ads. People's choices of beverages are traditional in Fangshan, like Coke and Sprite. New kinds are less to be seen.

Q: Do people in Fangshan like sports?

A: Yes, especially in summer. Women are more than men. Square dances are carried out in almost every community and village. Someone are promoting those sports, but not us. Fast walking is also popular at some places.

Q: Do young people like sports?

A: Young people do less exercise because of work. I don't do exercise very often, but I'm aware of that now. I'll go walking and dance at a square if I have plenty of time.

Q: Did people in Fangshan like sports before?

A: Yes. But items weren't the same in different areas. People in villages liked playing Bawang whips, while people in downtown liked playing badminton. People have done more exercise since the promotion of square dance.

Q: How's the habits of smoke and drink of people in Fangshan, compared to urban areas?

A: Smoke more, especially men over 35, like my parents. They can buy tobacco at stores and smoke more often in public areas. Older people drink more wines. Most people over 40 smoke and drink, but many boys do neither of them.

Q: Are they aware the danger of smoke and alcohol?

A: They are, but it's hard to quit.

Q: Is there any difference between the urban areas and suburbs?

A: People in urban areas drink more alcohol. Perhaps it's related to economic conditions.

Q: Part-time exercises in countryside?

A: Man plays mahjong, but less time than urban areas. Women watches TV and chats together.

Q: How's the sitting time of old people in countryside?

A: Not very long. Old people sleep less. They like to get together to chat.

Q: What do you think about people's hygienic habits here?

A: People in suburbs may worse than those in urban areas. Especially the old people. Young people are better. I believe it's related to economic conditions. Some villages still use wells as the source of water.

Q: What are the worst unhygienic habits in countryside? How's the screening of chronic diseases now?

A: The habit of not washing hands. There are more screenings of chronic diseases these years. People's will to participate is OK.

Q: Do old people do part-time job?

A: Yes, old man especially. To earn money and feed the family. People in rural don't have pension. They can get 200 Yuan every month from government, but it's not enough.

Q: How's the obesity issues in Fangshan compared to urban areas?

A: More people are overweight, but not many people have obesity issues.

Q: Will you volunteer to have medical exams by yourself, except for free ones?

A: No, I won't.

Q: Which do people prefer when they're sick, go to see doctor or deal with it by them?

A: They won't go to see doctor as possible as they can. If they want to see doctor, rural doctors will be their first choice, then community hospitals, large hospitals last.

Q: How's rural doctors' culture level?

A: The old ones are barefoot doctors. The young ones graduate from high school mostly. They'll participate in training courses every month. But not every everyone can get the subsidy from government.

Q: What is the most important source of health knowledge in Fangshan?

A: TV. But sometimes they trust ads too much.

Q: How's the medical care of old people in rural? What do you think about the incidence of chronic diseases here?

A: They can get medical exams at community hospitals and some free medicine. But the adherence is needed to be worried. People in rural always believe that diabetes can be cured, trying to find excuses for drink and meat intake.

Q: Do you think we have done enough work?

A: No. We are short of staff willing to work in rural.

Q: Are you satisfied with your health condition?

A: No. I feel weaker since 30, especially my knees. They will hurt if I walk for a long time. I always feel tired. I'm overweight. I want to do exercises, but I don't have enough time.

Q: What will you do to make your body healthier?

A: More exercise. More vegetable and coarse food. Less oil and salt.

Q: Where did you get your health knowledge?

A: Books mainly.

Q: What do you suggest for high-risk groups?

A: Increase the promotion of sports, especially to men. Government can expand the scale of free medicine giving, some people are still very poor.

Q: Do people in rural know the harm of chronic diseases well?

A: Not very well. They're still staying at the behavior control level and don't pay enough attention.

Q: What suggestions do you have to help us to do this investigation?

A: Old people in rural may not cooperate with the diet questionnaire if they get bored.

Q: What is the most serious chronic disease in Fangshan? And its risk factors?

A: Hypertension. High salt intake and less sports.

Q: How's everybody's way to go outside?

A: People used to take buses and taxis. But we are more willing to walk if it is not far away.

Q: Do people in countryside do square dance?

A: Yes. There's someone promoting it.

2. May 24th, 2013 Records of personal interviews in Fangshan CDC **Interviewee: Former Chief of Fangshan CDC**

Q: Is there any special eating habits in Fangshan?

A: After years of health education, people now pay more attention to diet balance. What people concern is not the quantity any more, but the quality. People in Fangshan like pickles and noodles, especially in rural areas.

Q: Is there a difference between urban and rural areas?

A: Yes. Economic conditions of people in rural are not as good as those in urban. They always eat what they sowed. People in rural intake less proteins than those in urban.

Q: Why did the diet change?

A: Improved economic conditions and health education.

Q: What problems do people have in eating habits?

A: Heavy flavor. They always put lots of salt when cooking food. Now we're working on it by offering tools to control salt intake, but it'll take a long time and great efforts to change their custom.

Q: Did people's choice about food change?

A: Not too much. People are more comfortable with traditional food, like corn porridge. And people now are trying to eat food with less salt.

Q: Do people in Fangshan like snacks?

A: Young people like them. Old people like fruits and nuts.

Q: Do people often eat outside?

A: That depends. My family always eats outside, but some of collages don't. It's related to economic conditions, personal flavor and if you have enough free time.

Q: Do people take nutrient supplements?

A: Yes, middle-aged and old people mostly. Many companies come to communities to sell their products. But much less in rural areas.

Q: Do people like milk?

A: Yes, many people drink milk and yogurt.

Q: Did people's eating habits change?

A: Yes. When I was a child, it was hard to have meat in meals and all kinds of vegetable due to poor economic condition. Things began to get better since 1980s. Now we can eat whatever we want.

Q: What are the characters of your eating habits?

A: I eat fish once a week. I always cook vegetable and meat separately and concern about the nutrient balance.

Q: How's the situation of sports in Fangshan? What factors affect them? Are there any problems?

A: People in Fangshan like sports. They have all kinds of sports facilities. They always organize many kinds of sports activities in groups, like jogging and fast walking. There are large sports competitions every year in Fangshan. Young people don't do sports very often, perhaps they're tired after work. Students have their specific time to do sports in school. I think people should do more kinds of sports, like swim and tennis. And more sports facilities would be better.

Q: How's the smoking and drinking situation of people in Fangshan?

A: About 20% always drink. Some of them drink a lot, like 500ml of wines. People in urban areas drink more. They consider drinking as a way to communicate with each other. Now less people smoke than before, especially young people. People smoking at public places are hard to be seen now.

Q: Do people know the dangers of smoking and drinking?

A: Yes, but they don't care.

Q: What do you think of the hygienic habits of people in Fangshan?

A: Hygienic facilities has been improved a lot. Pollution-free toilets and garbage treatment are popular in rural areas. People's hygienic habits are better now.

Q: Do people concern about health?

A: Yes. We offer free medical exams to people over 60 and two cancer screening tests to women. CDC keeps working on screening of hypertension, stroke and diabetes. People in rural won't take exams if they need to pay by themselves.

Q: How do people see doctors?

A: We have lots of health service stations, which are very convenient to patients. Farmers participate in new rural cooperative medical system and health service stations offer some free medicines of coronary heart diseases, diabetes, hypertension and stroke to them. But people won't take medicines follow doctor's guidance.

Q: What do you think are effective ways to do health education?

A: Government's billboards, pages and posters. Some face-to-face education if it's possible.

Q: Are you satisfied with your body? What do you need to do?

A: Not with the overweight issue. I pay more attention to my diets, and go for a long walk after dinner. I like to ride bikes, which makes me feel more energy.

Q: Which chronic diseases are severe here?

A: Hypertension, high cholesterol, diabetes and stroke. It's hard to educate people to take less salt. We've done a lot of work.

Q: What do you think we can do more about health consciousness?

A: People already have enough knowledge, but they need guidance to transfer knowledge into behavior. We have instructors to teach people healthy lifestyle and sports in communities.

Q: Do you have any suggestions to our investigation?

A: Don't too long, 10 pages are enough. Be careful about charts. Former investigations showed that people were lack of sports.

3. May 24th, 2013 Records of personal interviews in Fangshan CDC

Interviewee: Chief of Fangshan CDC

Q: Is there any special eating habits in Fangshan?

A: Heavy flavor. It's related to the bad economic conditions at the old times. When I'm a child, there were always corn bread and pickles. In winter there were only carrots, Chinese cabbages and potatoes. Now it is different.

Q: Do you think people's intake of salt is reduced?