

## China has been being Sick man of East Asia again in Recent Years

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### Abstract

**Objectives:** To find the facts of Chinese national health problems, so as to manage to treat or cure the national health problems. And as a lesson to be learnt by other countries.

**Study Design:** The ordinary Chinese and the officials have not known clearly how severe the Chinese national health problems have been. The research is to uncover the present situation of Chinese public health. And to speak out how heavier in scientific numbers the life threaten diseases of Chinese public health. And further point out that China has been being Sick man of East Asia again in recent years like the situation in 1890s. So as to arouse the Chinese administration paying attention to and enhance the public health as soon as possible.

**Methods:** Research and compare statistics of world average mortality and prevalence in life threaten diseases with Chinese data. The big differences can be found with China in heavy suffering than the globe.

**Results:** Research and find the scientific statistics numbers the life threaten diseases in China. Diabetes, China, with 1.39 billions population and 18.3% of global population (7.6billions), has more than 25% of global patients of diabetes. Cancer, China, has responsible for more than 25% of global deaths of cancers. Hypertension, the latest WHO estimates of the global average prevalence of hypertension among the all groups of age was 14.87%. But the latest estimates of China average prevalence of hypertension among the all groups of age was 23.38%. Cardiovascular diseases (CVDs), in China, more than 40% of total deaths is due to CVDs. Which is the first leading disease causing deaths. Hepatitis B, China, with 18.3% of global population, has 38.91% of global patients of Hepatitis B. And has near 33.33% of global patients of all types of Hepatitis. Chronic obstructive pulmonary disease, China has near 40% of global patients of COPD.

**Conclusions:** By speaking out the fact that China has been being Sick man of East Asia again in recent years. The aim is to call attention to and urge the related department and persons to be responsible. It is imperative to do something as quickly as possible to control the explosive growth of the life threaten diseases in China. And the life threaten diseases in China as a lesson to be learnt by other countries.

**Key Words:** Health care; Public Health; Diseases; Prevention; Administration

In 17 October 1896, a British writer on North China Daily News first called China Sick man of East Asia. Which had been unwillingly accepted at that time by Chinese politicians and Chinese kind and upright men. And had aroused controversial movements afterwards. At 1 October 1949, the People's Republic of China had been born. Now, just the economy of China has been grown up. The life threaten diseases have been suffered from more heavily by Chinese. In order to prevent and cure the life threaten diseases for Chinese and other countries, I think, I must comment on or speak out that China has been being Sick man of East Asia again in recent years.

### The life threaten diseases

At present, the life threaten diseases around the world are Diabetes, Cancer, Hypertension, Cardiovascular diseases (CVDs), Hepatitis B, Chronic obstructive pulmonary disease (COPD) and accidents. It is evidences robust to say China has been suffering from these life threaten diseases more heavily than other countries.

#### Diabetes

For Diabetes, the latest World Health Organization (WHO) estimates of the global prevalence of diabetes among adults over 18 years of age was 8.5% in 2014. And latest estimates of the global number of people with diabetes has been 422 million in 2014[1]. While the latest estimates of Chinese diabetes by Chinese health officials and scholars or specialists has been 114 million. And the WHO specialist, Chinese health officials and specialists have accepted that prevalence of diabetes in China has been in the model of explosive growth in last decades. So it is easy to calculate that China, with 1.39 billions population and 18.3% of global population (7.6billions), has more than 25% of global patients of diabetes. So it is clear that China has been suffering from more diabetes than other countries.

According to The International Diabetes Federation (IDF), estimate of the global number of people with diabetes, China has been the most large number in 2017, the world No. 1 [2].

#### Cancer

As for Cancer in China, the latest cancer statistics from China Cancer Center, released in March 2018, is that cancer was responsible for 2.296 million deaths in the latest statistics year. And latest estimates of the number of people with new diagnosed cancers has been 3.804 million in China. The latest estimates of cancers was responsible for 8.8 million deaths globally, published by WHO [3].

China, with more than 1.39 billions population and 18.3% of global population (7.6billions), has responsible for more than 25% of global deaths of cancers.

#### Hypertension

Hypertension in China should be paid more attention to. Because according to the report published on PLOS Medicine by Dongfeng Gu, et al. In 2015, high blood pressure (BP) is the leading risk factor for cardiovascular disease (CVD) in China, and uncontrolled high BP is responsible for more of total disease burden in China than any other single risk factor. Approximately 325 millions, or about 30%, of Chinese adults aged 18 y or older have hypertension [4]. Which nearly 25% Chinese people in China have suffered from hypertension.

The latest WHO estimates of raised blood pressure affects 1.13 billion people worldwide [5]. So the latest WHO estimates of the global average prevalence of hypertension among the all groups of age was 14.87%. But the latest estimates of China average prevalence of hypertension among the all groups of age was 23.38%.

#### Cardiovascular diseases

As for the CVDs, we can know the following facts. According to the report of Chinese Circulation Journal. The numbers of people with CVDs in China at 2015 were 290 millions. And the numbers are going to be growing year by year. Among them, the numbers of people with cerebrovascular diseases of strokes were 13 millions. The numbers of people with coronary heart disease were 11 millions. The numbers of people with pulmonary heart disease were 5 millions. The numbers of people with heart failure were 4.5 millions. The numbers of people with rheumatic heart disease were 2.5 millions. The numbers of people with congenital heart disease were 2 millions. And also included high blood pressure [6]. Since the classification of CVDs in WHO is different from China. So it is not right to compare. But in China, more than 40% of total deaths is due to CVDs. Which is the first leading disease causing deaths. The total disease burden of CVDs in China has been being more and more heavy [6].

#### Hepatitis B

According to the official report of Chinese information net of industry and production (www.chyxx.com), the numbers of people with Hepatitis in China in 2015, the latest estimate, were 121 millions [7]. And the numbers of people with Hepatitis B in China in 2014,

the latest estimate, were 100 millions. The overall prevalence of Hepatitis B in China was 8%-10% [8].

While the WHO latest estimated 257 million people are living with hepatitis B virus infection globally. And in 2015, hepatitis B resulted in 887000 deaths worldwide [9]. Also, WHO latest estimated 106 million people infected by hepatitis C, D and E. And the hepatitis A is with small number of infection, no data [10].

So we can calculate that China, with 18.3% of global population, has 38.91% of global patients of Hepatitis B. So it is clear that China has been suffering from much more Hepatitis B than other countries. Also we can calculate that China, with 18.3% of global population, has near 33.33% of global patients of all types of Hepatitis. So it is clear that China has been suffering from much more Hepatitis than other countries.

#### Chronic obstructive pulmonary disease

According to the China latest research on COPD, published on the Lancet recently by Wang Chen, et al. The overall prevalence of spirometry-defined COPD was 8.6% (95% CI 7.5–9.9). And the estimate of numbers of people with COPD has been near 100 million in China. The prevalence of COPD in people aged 40 years or older was 13.7% [11].

The WHO reported lately that the Global Burden of Disease Study reports a prevalence of 251 million cases of COPD globally. Globally, it is estimated that 3.17 million deaths were caused by the disease [12]. So it is easy to calculate that China, with 1.39 billions population and 18.3% of global population (7.6 billions), has near 40% of global patients of COPD. So it is clear that China has been suffering from much more COPD than other countries.

#### The injuries and accidents

According to the official STATISTICAL COMMUNIQUÉ OF THE PEOPLE'S REPUBLIC OF CHINA, the year 2017 saw 9.86 million deaths, or a crude death rate of 7.11 per thousand [13]. In China, about 3.2 million deaths from irregular or abnormal ways have been reported by searching on www.baidu.com, a great influence internet searching engine. So there must be more patients suffering from injuries at accidents and related diseases when the injury had not killed them.

#### Others

Apart from above mentioned facts, it is well known that China is also the heavy sufferer and bigger country of harmful use of alcohol, smoking, overweight and obesity and sub-health, et al. Which also have been contributing the life threaten diseases to Chinese.

#### Discussion

The facts of life threaten diseases to China have been identified. The reasons of causing the life threaten diseases to China must be found before China can prevent or cure them. Primarily, the following factors may be significantly related to the development of life threaten diseases. Which included environmental pollution, mental pressure, discovered or undiscovered food etiology, uncontrolled unhealthy lifestyle, et al. The etiology factors have been developed by the bad doings of professional specialists and administrative officers. Because many other countries, including the United States, have been doing well on those.

By spoken out the fact that China has been being Sick man of East Asia again in recent years. The aim is to call attention to and urge the related department and persons responsible. It is imperative to do something as quickly as possible to control the explosive growth of the life threaten diseases to China. Or, the life threaten diseases may become the mutation factors. And people in China and other countries will have been being evolved into heavier and heavier hereditary diseases. And the life threaten diseases in China as a lesson should be learnt by other countries.

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