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# The Importance of Strengthening College Students' Cognition of Chronic Diseases and Intervening College Students' Daily Behaviors

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## Abstract

With the continuous improvement of people's quality of life and health care, chronic diseases are gradually characterized by high mortality. Chronic diseases are currently the leading cause of death worldwide, killing more than 36 million people each year, accounting for 63% of the total annual deaths, and 80% of chronic disease deaths occur in low- and middle-income countries. The deaths from chronic diseases in China accounted for 82.5% of the total deaths from 2004-2005 to 85.3% in 2010, and increased by 10% within 20 years. The control and prevention of chronic diseases has become the global focus. The World Health Organization has called for simple control measures around the world to control chronic disease risk factors, which can reduce abnormal deaths to two-thirds, and it is recommended to establish a special disease for chronic diseases. The health system required by people can be reduced by half in the remaining one-third.

## Keywords

Chronic disease, intervention control, college students.

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## 1. What is Chronic Disease?

### 1.1 The Concept of Chronic Disease

Chronic diseases, also known as non-communicable diseases, do not spread from person to person. These diseases have a long course of disease, and usually the disease progresses slowly, is difficult or almost incurable, and can only be treated with drugs. The four main types of chronic diseases are cardiovascular diseases (such as heart attack and stroke), cancer, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma), and diabetes.

### 1.2 The Harm of Chronic Diseases

Damage to the quality of life of patients. The harm of chronic diseases is mainly caused by damage to important organs such as brain, heart and kidney, which may cause disability, affect labor ability and quality of life, and various complications may also bring death threat. 1) has a serious impact on the patient's psychology. Chronic diseases impose restrictions on the patient's life, and the condition often repeats, which makes it easy for patients to give up treatment and produce pessimistic emotions. 2) Bringing a heavy financial burden to patients and families. Chronic diseases have a long course of disease and are slow to develop. It takes a long time to invest in treatment costs, so that patients and families pay a lot of human and financial resources. 3) To aggravate the tension of China's health resources. Due to the large population base, China's health resources have been in a scarce state. The treatment of chronic diseases occupies a large amount of health resources, hindering the development of China's health economy.

### 1.3 Status of Development of Chronic Diseases in China

The situation of chronic diseases among residents in China is not optimistic. 1) The prevalence of chronic diseases has increased year by year. "Report on Nutrition and Chronic Diseases of Chinese Residents (2015)" pointed out that with the rapid development of China's social economy, the quality of life of residents has been continuously improved, and the processes of urbanization, industrialization, and aging have been continuously promoted, with diabetes, cardiovascular and cerebrovascular diseases. The prevalence of chronic diseases, such as cancer and chronic respiratory diseases, has been increasing year by year, and has become the "public enemy of the number" threatening the health of our residents. Chronic diseases are not only an important public health problem in China, but also a major health threat facing the world due to its high incidence, high mortality, low awareness rate, low control rate and heavy economic burden. Although studies have shown that chronic diseases are preventable and controllable, so far, China's prevention and control measures for chronic diseases have not fundamentally solved the problem of the continued spread of chronic diseases. 2) The patient population of chronic diseases in China is gradually younger. The occurrence of chronic diseases is closely related to an unhealthy lifestyle. Smoking, excessive drinking, inadequate physical activity, high salt, high fat and other unhealthy diets are the main behavioral risk factors for the development of chronic diseases. With the development of China's economy and changes in people's lifestyle eating habits, the incidence of chronic diseases in China has increased with the trend of rejuvenation. The smoking rate of Chinese people over the age of 15 is 28.1%, and the annual alcohol intake of adults aged 18 and over is 3L. From 2002-2012 years of this decade, our country and the national cancer rates fall ill 18 years of age and older adult prevalence of hypertension is rising.

## 2. Prevention and Control of Chronic Diseases

### 2.1 Status of Prevention and Control of Chronic Diseases in China

Content chronic disease management organizations, including doctors and nurses specializing in chronic diseases, in order to achieve health promotion, chronic disease delay the process, reduce complications, reduce the rate of disability, prolong life and improve quality of life and reduce a scientific management of medical expenses. This model starts from the bio - psychological - social medical model and has four major risk factors for chronic diseases: taking tobacco, unhealthy lifestyle, lack of physical exercise, and harmful use of alcohol for active intervention to achieve all-round, multi-angle chronic patients. Provide the purpose of health services.

Through the database search of HowNet, Wanfang and other related documents, most of them are introductions to chronic disease management practices and specific cases. Through combing, we can find that the various chronic disease management models existing in China can be classified into three categories: the self-management model of chronic diseases based on individuals, that is, patients with individual intervention units, with the assistance of professionals, through relevant information, knowledge and skills. Learning, actively participate in the management of their own health; community-led community chronic disease health management model, that is, based on the community, through the "community orientation" management for chronic disease intervention; information system as the main chronic disease information monitoring model, that is, through chronic disease information Monitoring network, systematic and standardized collection of relevant disease information for management. However, there are not many researches on the theoretical model of chronic disease management in China. At present, there is no research to extract a systematic theoretical model for chronic disease management based on China's reality.

### **3. Universities Should Intervene in the Formation of Chronic Diseases**

#### **3.1 Current Situation of Colleges and Universities in the Prevention and Treatment of Chronic Diseases**

At present, China's health education is still mainly aimed at middle-aged or elderly patients with chronic diseases. Most of them are conducted in the form of health talks, while there are few health education for adolescents, especially in the prevention of chronic diseases. Due to the late prevention education for people with chronic disease prevention, many people are ignorant of the prevention of chronic diseases. Some scholars have suggested that the prevention of chronic diseases should be advanced to the secondary school stage, and even the relevant norms and education should be carried out from childhood. The occurrence and development of chronic diseases are generally from normal people – high-risk groups (subclinical status) – diseases – complications, and interventions at any one of them will produce significant health effects, and the more intervention Early, the better the effect. According to the existing literature, it is not optimistic that college students have mastered the knowledge of chronic disease prevention and treatment. College students are less concerned about chronic diseases and have risky behaviors related to chronic diseases. There are psychological education or mental health related courses in colleges and universities, but there are few teachers to think about and study the relationship between psychological imbalance and chronic diseases. Some schools with physical education departments also carry out some health-related public elective courses at the same time, but on the whole, the content of the courses is determined by the teachers themselves, and the prevention of chronic diseases is rare. Excluding the preventive health profession in medical colleges, no institution has systematically taught health knowledge to students. The data shows that college students have a strong sense of prevention for infectious diseases, which is related to health promotion and contagion in China in the last century. Relevant to disease prevention and publicity. However, there is little knowledge about the prevention of chronic diseases, and the knowledge of prevention and treatment of chronic diseases is weak. Coupled with bad habits, wrong health concepts, lack of exercise, etc., college students' health risk behaviors generally increase; on the other hand, the corresponding health education and behavior intervention work is obviously lagging behind, these people will lurk in the chronic disease crisis in the future. Therefore, it is extremely necessary to carry out the intervention work for chronic diseases of college students as soon as possible.

#### **3.2 The Necessity of Preventing and Controlling Chronic Diseases in Colleges and Universities**

Entering a university from a secondary school is a particularly rapid stage in the transformation of students' thinking. It is necessary to carry out prevention education on chronic diseases during this period. The key to the prevention of chronic diseases in colleges and universities is to strengthen the intensity and depth of health education and popularize the prevention and treatment of chronic diseases. The training of chronic disease knowledge and skills for college students is not only conducive to raising awareness and prevention of chronic diseases among young people, but more importantly, it is beneficial to popularize chronic disease knowledge among residents, and it can promote the treatment of chronic diseases in the family. effect. Once students acquire health knowledge, health values and behavioral skills, they will have a good influence on their parents, neighbors, relatives and friends, and society. Even in the future, the education of their children will be properly guided after the establishment of their own families. Colleges and universities will strengthen the prevention and treatment of chronic disease knowledge, not only improve the knowledge system of each educated person, but also obtain great economic benefits, because prevention is always better than treatment, and chronic diseases are also considered by most scholars to be preventable. Hard to cure.

### **3.3 Advantages of College Intervention in the Formation of Chronic Diseases**

The school is considered to be an ideal place for investing in small, effective chronic disease interventions. The Chilean Mirame project has adopted a chronic disease intervention for students, which has caused the level of risk factors of the affected population to decline to varying degrees, and achieved great success. They promote health promotion for a school-centered healthy lifestyle. The development of Chinese and foreign health education begins with schools and then extends to society. It is well known that school health education is an important part of school education. First, universities should integrate resources to create a supportive environment for students' chronic disease interventions. Physical education teachers, college medical staff, psychological counselors, student associations, college computer networks, college sports venues and many other resources, according to psychological characteristics, health status, physical quality and other aspects of student health management, the establishment of health records, targeted Different personality traits analyze some of the diseases that may develop, and the bad behavior habits may lead to the classification education and management of certain diseases. Secondly, incorporate chronic disease prevention education into college health education teaching, and at the same time contact other curriculum education, such as health psychology, sports health, health education and promotion to carry out a more comprehensive health education model. In recent years, college teachers have opened health-related public elective courses and some health talks to carry out health education for college students. These teachers can fully undertake the teaching of chronic disease health education.

### **4. Suggested Measures for the Prevention and Treatment of Chronic Diseases in Colleges and Universities.**

First of all, the school should set up a special leadership and work organization, and establish a health education leading group with the school leaders and other principals. The members are composed of the school hospital, the physical education department, the psychological counseling room, and the publicity department. Secondly, establish a health management file, cultivate reasonable eating habits, exercise habits, and healthy lifestyles; vigorously build a platform for colleges to prevent the advantages of chronic diseases (including government and school leaders personally hold certain positions), and train and improve students for chronic diseases. Awareness. Thirdly, we must actively study and explore new methods for college students' chronic disease risk behavior interventions, and improve the intervention effect. The effect of incorporating chronic disease prevention into the health education course of colleges and universities is to improve the health knowledge level of college students, to enable students to develop good behavior habits, to prevent diseases and improve their physical quality. Therefore, health education classes must Guarantee a good teaching effect. The teaching effect of prevention and treatment of chronic diseases as the core content of college health education courses can be evaluated in many aspects: it can be evaluated according to the test scores of health courses; the change of behavior habits after class can be selected through the comprehensive quality of students' health, the prevalence of diseases, A number of indicators such as the attendance rate are evaluated; the physical fitness data of the students can also be obtained through the physical test of each academic year, and the evaluation of the teaching effect of the health education curriculum is obtained through data analysis. Concluding remarks to improve college students' understanding of chronic diseases and preventive measures to curb the trend of chronic diseases and younger age will also produce huge social and economic benefits, greatly reduce the medical expenses and unnecessary medical expenses for people with chronic diseases, and improve the physical fitness of the whole people. Quality and the improvement of the quality of life in the elderly play an important role. The various resources of colleges and universities will provide good conditions for the prevention and treatment of chronic non-communicable diseases and health management.

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