

Research on the implementation path of physical medicine integration in disabled adolescents under the strategy of Healthy China

Weiwen Huang ^a, Rongrong Yu ^{b, *}

Physical Education Institute, Sichuan University of Science & Engineering, Zigong 643000, China

^a1723282264@qq.com, ^b3234736425@163.com

Abstract

With the improvement of China's scientific and technological development level, China has made remarkable achievements in health care. Medical and health levels are gradually improving. People's health is an important symbol of the prosperity of the Chinese nation and the strength of the country. Although disabled young people are defined as a special group, they are still an important part of our living groups, who need special attention and care. Currently, due to various physical defects, disabled young people tend to have a weaker sense of sports, and health issues remain a top priority. After the introduction of policies such as "Healthy China" and the integration of sports and medicine, the health of disabled young people has been guaranteed, but the refinement of implementation still needs urgent development. Therefore, through in-depth research, the author will clarify the current development status of the integration of sports and medicine in China under the strategic background of "Healthy China" by adopting methods such as literature review, field investigation, and interviews. It is understood that the implementation of the integration of sports and medicine among disabled young people has a strong positive effect. Based on the current situation, the author will propose effective implementation methods and paths to contribute a modest force to promoting the healthy development of disabled young people and ensure the smooth implementation of the integration of sports and medicine among special groups.

Keywords

Healthy China; Integration of Sports and Medicine; Disabled Youth; Positive Effects; Pathways.

1. Introduction

In September 2020, General Secretary Xi Jinping proposed to establish a new health promotion model that involves collaboration among sports, healthcare and other relevant departments to promote active participation of the whole society in various activities. A wide range of nationwide sports activities are being carried out across the country to enhance people's physical fitness and promote their health ^[1]. From February 21st to 23rd, 2023, the author served as a staff member for physical fitness testing for disabled youth and visited six special education schools in Zigong City (Zigong Da'an District Special Education School, Zigong Special Education School, Zigong Yantan District Special Education School, Fushun County Special Education School, Zigong Gongjing District Supplementary School, and Rongxian Special Education School) to assist in physical fitness monitoring. Through this process, the author gained insights into the physical development status of students in each school, assessed their athletic abilities, and familiarized themselves with the actual situation of each school through interviews, including the implementation of physical education courses, the strength of sports

teachers, equipment and facilities, students' interest in physical education, and other aspects. This provided theoretical and practical significance for the research of this topic. The aim is to effectively promote the physical and mental health development of disabled youth.

Due to the late start of the disabled sports industry, the sports rehabilitation activities for the disabled in China are still in the initial stage of germination and development. At present, the integration of sports and medical care has formed a favorable development environment throughout the country. On one hand, China has a solid mass base. In the fields of sports, health, and so on, preliminary discussions have been made on "how to integrate", and certain achievements have been made. "The integration of sports and medical care" involves the evaluation of non-medical health intervention methods such as physical activities, nutritional interventions, and psychological therapy, as well as their effects on disease prevention and rehabilitation, based on existing scientific evidence. At the same time, it aims to discover the role of sports and other non-medical health intervention methods in this field. Although the government has issued a series of policy documents, there are still many problems in actual operation and implementation, especially in the implementation among the disabled groups, where the difficulties and challenges are greater. It requires the collaboration of multiple subjects to better promote the development of the integration of sports and medical care.

2. Development history of medical integration policy in China

In October 2014, the "Several Opinions on Accelerating the Development of the Sports Industry and Promoting Sports Consumption" issued by the State Council mentioned that it was important to seize the opportunity to develop sports undertakings and industries, promote the improvement of the sports economy, and enhance the national physical fitness. It emphasized that physical exercise plays a positive role in preventing and treating daily diseases and promoting physical and mental health. At the same time, the national fitness program has been elevated to a national strategy. In October 2016, the "Outline of the 'Healthy China 2030' Plan" included the rehabilitation of the disabled into basic public services, emphasizing the implementation of the integration of sports and medical care among disabled youth, and further improving the service system of the integration of sports and medical care. In the same October, the country issued the "Guiding Opinions on Accelerating the Development of Fitness and Leisure Industry", emphasizing scientific fitness guidance for people, actively promoting the development of national fitness activities among all social strata, and promoting the development of the integration of sports and medical care. In February 2017, the "Medium and Long-term Plan for Prevention and Control of Chronic Diseases in China (2017-2025)" mentioned that health education and health promotion should be carried out throughout the life cycle, promoting everyone's participation, effort, and enjoyment. It also proposed to establish professional clinics, provide effective health services, ensure the service system for special groups, and promote the integration of sports and medical care. In the same year, in April, the "National Healthy Lifestyle Action Plan (2017-2025)" was issued to establish a "sports and medical integration" health service system and actively promote the construction of a professional system for "exercise prescriptions." In June, the "National Nutrition Plan (2017-2030)" established a model of sports and medical integration, enabling exercise interventions to play a positive role in the prevention and rehabilitation of nutrition-related chronic diseases, and significantly improving residents' nutrition and health awareness levels. In July 2019, the "Opinions of the State Council on Implementing the Healthy China Initiative" promoted the formation of a disease management and physical health service model integrating sports and medical care, comprehensively safeguarding people's health throughout their lives, and building a healthy China. In September, the "Opinions on Promoting National Fitness and Sports Consumption to Drive High-quality Development of the Sports Industry" focused on sports and

guided by health education, promoting the formation of a disease management and health service model combining sports and medical care [2].

3. Collaborative development of the integration of sports and medical care among disabled youth

3.1. National Level

In 2016, the "Outline" issued by the CPC Central Committee and the State Council officially included "sports medicine" in the "Planning Outline," and regarded the integration of sports and medical care as a significant measure for "Healthy China." In recent years, policy documents such as the "Several Opinions on Accelerating the Development of the Sports Industry and Promoting Sports Consumption" and the "Medium and Long-term Plan for Prevention and Control of Chronic Diseases in China (2017-2025)" have been issued consecutively. Under the leadership of the Central Committee and the National People's Congress, multiple departments including the State Council, the National Health Commission, and the General Administration of Sport have jointly promoted the formation of a new pattern centered on sports and medical care, focusing on sports and health, with multi-department collaboration to jointly promote sports and medical services. The "14th Five-Year Plan and the 2035 Long-Range Objectives" proposes to put "advancing the health frontier and deepening the integration of sports and health" in a prominent position in building a healthy China and a powerful sports nation [3]. With the issuance of a series of national policy documents, the physical health issues of special groups have also been given attention.

3.2. Local government level

In recent years, local governments have successively issued special policy systems to promote the integration of sports and medicine, and the content of local supporting policies and systems has gradually been refined and deepened. Supporting facilities have gradually been improved, continuously enhancing their pertinence and guidance, thus accelerating the implementation of the integration of sports and medicine among disabled youth. At the same time, detailed explanations have been given on the basic requirements, service content, and service quality management of sports and medical health services. Based on this, the management of these services has been strengthened, and funding for them has been increased. To further accelerate the integration of sports and medical care, and follow the principles of scientificity, safety, and sustainability of sports, the government has gradually implemented specific measures to promote the infrastructure guarantee for special groups of young people, while also receiving the care and attention of local governments.

3.3. Social dimension

Communities should not only strengthen the unity and cooperation between departments, but also appeal to more caring individuals to care for our special groups. They should gradually cultivate interdisciplinary talents, strengthen the promotion of sports rehabilitation, enhance the scientific sports awareness of disabled youth, and establish designated community rehabilitation sites, thus promoting the in-depth development of the integration of sports and medical care. At the same time, communities urgently need to organize some sports rehabilitation activities and encourage disabled youth to actively participate in them, integrate into the social atmosphere, and promote their adaptation to the external environment, so that they do not feel alienated from society due to their own disabilities.

3.4. Family Level

In terms of family, the role of parents is particularly important. Disabled youth have physical disabilities since childhood and cannot live a normal life, but their parents have not given up

and still accompany their children, hoping for their early recovery. With the improvement of scientific and technological levels, mobile phones now have sports apps that include relevant sports rehabilitation videos. Parents can use these videos to supplement their lack of knowledge about sports rehabilitation, thus assisting their children's sports rehabilitation exercises through this channel. At the same time, it makes them feel that their loved ones have not given up on their physical recovery and deep-level care, and continue to provide encouragement, strengthening disabled youth's understanding of sports. From the perspective of the family level, it is necessary to strengthen healthy and scientific sports guidance and create a healthy atmosphere for the "integration of sports and medical care." Secondly, parents also need to assist teachers in special schools to jointly promote the coordinated development of the "home-school" integration of sports and medical care.

3.5. Special education school level

Special education schools collaborate with sports and medical colleges of universities through a joint system. The main task of universities is to cultivate high-quality interdisciplinary talents in sports rehabilitation and provide excellent teachers to special education schools. At the same time, they ensure various subsidies such as teachers' salaries and benefits to avoid the loss of teachers. It is necessary to strengthen sports rehabilitation training for disabled youth and provide special education schools with dedicated staff and outpatient clinics to facilitate consultation and guidance for disabled youth. Additionally, there should be plans to regularly expand and supplement these resources, organize various sports activities, and better integrate disabled youth into group settings, thus ensuring their physical and mental health development.

4. The positive role of the integration of sports and medical care in the implementation among disabled youth.

4.1. The integration of sports and medical care has provided new momentum for promoting the physical health of disabled youth.

General Secretary Xi Jinping put forward that without national health, there would be no comprehensive well-being. In 2016, the CPC Central Committee and the State Council issued the "Outline of the Healthy China 2030" Plan, which focused on elevating national health to a new height and becoming the action program for promoting the construction of a healthy China in the future, and integrating health into all policies [4]. To truly achieve national health, in addition to improving the nation's sports scientific literacy, we must also work together to promote a multi-dimensional and deep integration of sports and medicine, that is, the integration of sports and medical care. Under the strategic background of Healthy China, the implementation of the integration of sports and medical care has been given more new content and undertaken more new tasks. The integration of sports and medical care covers a wide range of knowledge, including sports rehabilitation, sports healthcare, rehabilitation medicine, nutritional medicine, health assessment, exercise prescriptions, and more. There is a close relationship between sports and medicine, which can complement, penetrate, and promote each other. Therefore, we must be goal-oriented and problem-oriented, take practical measures for key links, design, pilot, and improve simultaneously, so that it can be fully implemented. This provides new momentum for disabled youth and promotes health protection. It ensures that everyone can gain health through sports, enjoy happiness in health, and illuminate life with happiness.

4.2. The integration of sports and medical care contributes to promoting the transformation of health concepts among disabled youth.

According to statistics from the China Disabled Persons' Federation, the total number of people with disabilities in China reached 85 million in 2022, with over 9 million disabled children. This

shows that the number of special groups is still increasing. After visiting six special education schools in Zigong City, the author learned that the main types of disabilities among special groups in these schools are: intellectual disability, physical disability, and language disorder, accounting for a large proportion. Due to these reasons, they have been unable to perform some normal sports since childhood and have a low awareness of health. They believe that physical exercise is of no help to them but instead causes troubles, leading to a gradual decline in their physical condition. A comprehensive analysis shows that the current health level of special groups is still disadvantaged. "Sports" and "medical care" are important forces to promote the construction of "Healthy China". Both medical care without sports and blind exercise can bring potential harm, which has become a consensus among the sports and medical communities. The "Outline" proposes that all industries should carry out deep integration, and future sports development should make changes in the way of promotion. It is necessary to strengthen the integration of sports and medical care and enhance non-medical health interventions. With the introduction of various details of the integration of sports and medical care, help will be provided to special groups in many aspects, cultivating their awareness and habits of physical exercise, and promoting their change in health concepts.

4.3. The integration of sports and medical care is conducive to providing personalized health services for disabled youth.

With the introduction of the policy of integrating sports and medical care, various localities have implemented it, and the effect has shown significant improvement. Currently, some places are focusing on establishing a sports rehabilitation security system and service system that meets the needs of special groups for rehabilitation, continuously improving professional sports rehabilitation service capabilities, and improving the quality of rehabilitation services for special groups. Under the guidance of the concept of integrating sports and medical care, rehabilitation therapists are equipped in special education schools and combined with the knowledge imparted by physical education teachers to ensure that they also have access to rehabilitation opportunities during their school days. Secondly, the development of sports rehabilitation APPs, combining online and offline approaches, makes full use of existing resources and technology to ensure the health of students with special needs. Lastly, through the health platform provided by the medical system, doctors can effectively formulate rehabilitation service standards tailored to the physical conditions of special groups.

4.4. The integration of sports and medical care is conducive to improving the rehabilitation effects of disabled youth.

In the past, many families could not afford timely rehabilitation treatment for their disabled children due to financial difficulties and the lack of specialized rehabilitation facilities and places for disabled children. Nowadays, under the guidance of local governments, the integration of sports and medical care has gradually invested manpower, material resources, and funds, and has continuously improved the service system, fully embodying the concept of "equality for all". At the same time, we will utilize existing resources to build the "largest rehabilitation center in the city's regional hospital", create the rehabilitation treatment characteristics of a "multi-disciplinary rehabilitation system integrating medical treatment, rehabilitation, and education", form a working pattern of "combining sports and medical care" to assist in the rehabilitation and rescue of disabled youth, promote the integration of sports and medical care, and help the rehabilitation and rescue cause for special groups to reach a new level.

5. A study on the implementation path of the integration of sports and medical care among disabled youth

5.1. Perfect policies and regulations, and establish an organization for health services for disabled youth integrating sports and medical care.

At present, although the development of "the integration of sports and medical care" in China is relatively slow, it has still achieved remarkable results. However, during the development of "the integration of sports and medical care", there are still issues such as unclear rights and obligations and the phenomenon of mutual evasion of responsibilities, which directly leads to the inability of the integration to reach a higher level. Therefore, improving policies and regulations is currently the primary task to ensure that the implementation of "the integration of sports and medical care" is carried out effectively, rather than just existing externally. First, accelerate the construction of a five-level sports and health service system covering urban and rural areas, with reasonable layout and complete functions, including municipalities, counties, townships, administrative villages, and special education schools, to ensure that disabled youth have access to rehabilitation exercise opportunities regardless of their location. Secondly, by integrating various medical institutions, physical fitness monitoring centers, sports research institutions, etc., we will establish sports-specialized hospitals or sports fitness centers. Each county-level city (district) will establish a "Sports Health Promotion Center" based on the national physical fitness monitoring center and physical fitness measurement and fitness guidance stations. In townships (streets), sports fitness stations will be established based on health centers, community health service centers, and physical fitness monitoring stations. Relying on village clinics and community health service stations, "national fitness promotion points" will be set up in urban and rural communities. Lastly, in public service facilities such as communities, large public sports venues, parks, and fitness trails, the government is encouraged to establish health stations and health huts that integrate sports and medical care. Encourage medical institutions of all levels to establish sports rehabilitation departments and carry out sports diagnosis and treatment; promote the integrated development of physical examination and health checkup. Establish a personal sports and health database to provide comprehensive data analysis for the development of relevant national sports, medical, and other departments, and provide a basis for the country to formulate policies.

5.2. Increase the promotion of "the integration of sports and medical care" to raise the health awareness of special groups.

First, at the local government level: promotion and publicity can be conducted among communities, townships, and groups to ensure that policies related to "the integration of sports and medical care" are well-known among many groups. Use available resources to promote a series of activities, such as national fitness events. We must always steer the "ship" of promotional orientation in the right direction, using correct methods to establish scientific fitness and health concepts among the broad masses of the people, and guide national health towards scientific development. Strongly promote the concept of "preventing illnesses through sports", develop scientific sports guidance and promotional materials, and popularize scientific fitness knowledge. Secondly, at the level of special education schools: Combine online and offline methods. Offline methods such as lectures and seminars can be used to enable students from special groups to better understand the benefits of "the integration of sports and medical care" for them. At the same time, demonstrations can be conducted at the scene in a simple and easy-to-understand manner to increase credibility. Online, special education schools can coordinate with families to jointly disseminate useful information and exercise methods related to "the integration of sports and medical care". This can effectively promote cooperation between schools and families, and enhance the health awareness of special groups. Finally,

actively carry out sports rehabilitation activities to allow special groups to experience them personally.

5.3. Cultivate composite rehabilitation talents in "the integration of sports and medical care" to provide protection for special groups.

As is known to all, compound sports rehabilitation talents are the foundation for promoting the development of "the integration of sports and medical care" to ensure the healthy growth of special groups. There is an urgent need to cultivate a group of professional talents. First, medical colleges and sports colleges should jointly offer "the integration of sports and medical care" programs (for both undergraduate and graduate students) to improve the comprehensive quality of combining medicine and sports. Second, strengthen the training and evaluation of sports rehabilitation professionals (rehabilitation therapists, health managers, elderly exercise instructors, physical education teachers, etc.), improve the certification system, and enhance the reward mechanism to enhance the comprehensive quality of professionals and enable them to better serve people's health. Third, under the medical insurance system, increase compensation for rehabilitation and prevention after patients are discharged from the hospital, so that more patients can adhere to maintaining long-term health during the implementation of "exercise prescriptions". Under the great goal of "people-oriented", medicine and sports should be integrated as early as possible.

5.4. Construct a health data information platform for "the integration of sports and medical care" to promote information exchange

The "integration of sports and medical care" combining sports and healthcare will become a trend and inevitable choice for various diseases and national health. In the future, some hospitals can collaborate with relevant local sports management centers and rehabilitation centers, uphold the concept of "big health", integrate traditional Chinese medicine, rehabilitation medicine, social sports, and qigong resources, explore effective ways for comprehensive intervention integrating "medical treatment, rehabilitation, prevention, and healthcare," and strive to build a health management system and health service platform integrating sports and medical care. With the improvement of technological level, information platforms are conducive to promoting the sharing of national medical and health information. On one hand, they enable people to better understand their own physical health status, laying a foundation for further sports rehabilitation. On the other hand, doctors and sports rehabilitation therapists can effectively provide corresponding exercise prescriptions based on people's health information, facilitating their sports rehabilitation and improving their health.

5.5. Collaborate with diversified departments in various forms to promote the smooth development of "the integration of sports and medical care"

The promotion and implementation of "the integration of sports and medical care" has a top-down characteristic. Local governments and institutions should design and propose a series of top-level design plans that are conducive to the smooth development of "the integration of sports and medical care" based on local conditions, and can learn from the experience of relevant successful cases. Actively coordinate cooperation with diverse departments, cooperate with each other, and jointly create new development methods. Gradually form a development pattern with the participation of diverse entities such as government administrative departments at all levels, medical system departments, research institutions, enterprises, social organizations, and special education schools. Among them, administrative departments play the most dominant role, coordinating with health departments to be responsible for the formulation of policies and plans, and jointly carrying out the cooperation mode of "the integration of sports and medical care" projects with other entities to promote the smooth implementation of the projects.

6. Conclusion

The "integration of sports and medical care" is one of the important paths to building a "Healthy China", improving national health literacy, and coordinating the development of people's health with the economy and society. With the development of social progress, health issues increasingly emerge in people's daily lives, and the particularly prominent health issues of special groups are currently in need of change. These health issues are not being taken seriously enough, and awareness is not high. Therefore, it is urgent to seek a deeper path for the integration of sports and medical care, further promoting the integration of sports and medicine, and fully utilizing the key role of physical exercise in disease prevention, rehabilitation, and treatment among disabled youth. We need to move the importance of health forward, shifting from passive to active health in our daily lives, thus contributing to the construction of a healthy China.

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