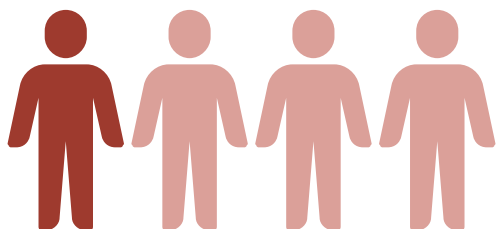




# China Rural Healthy Family Program

Improving Hypertension Control in Rural China

## Addressing Rural Health Problems Related to Hypertension



- Hypertension-induced cardiovascular diseases can place a significant health and economic burden on patients and their families, particularly in rural areas where medical resources are relatively scarce.
- The prevalence of hypertension among the Chinese population is concerning, with an average of 1 in every 4 adults affected.
- The hypertension control rate among Chinese residents is only 16.8%, and there is a significant disparity between urban and rural populations, with control rates of 17.4% vs. 10.6%.



### Join Us to Support Rural Family Health

Around RMB 56,000 yuan (\$8,000) can support a rural village to receive hypertension interventions and health educations for a year. Around RMB 2.24 million (\$320,000) could support the program expand to a new county, benefiting around 40 villages and about 2,000 rural households.

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**This initiative aims to establish a rural family health management model and improve hypertension control rates among rural residents through various intervention measures and providing health education. The ultimate goal is to reduce the incidence of cardiovascular diseases in rural communities.**



#### HOW IT WORKS

- A health management model will be established, which involves a team consisting of a family health instructor, a selected family member serving as the family health manager, and village doctors. Together, they will manage rural people's blood pressure.
- Provide regular training and guidance to family health instructors to help them better serve the local community.
- Distribute blood pressure monitors and weighing scales to rural families. The family health manager will regularly monitor and record family members' blood pressure.
- Distribute low-sodium salt to rural families.
- Conduct education on hypertension prevention and healthy lifestyle for rural residents leverage the educational resources from American College of Cardiology (ACC).



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## The Program Has:

- Launched the first pilot in Ruyang, Henan Province, in 2024.
- Benefited 2,000 rural families across 40 villages.

**After several months' intervention, the number of residents with above standard systolic and diastolic blood pressure decreased by 22% and 15%, respectively.**

#### WHY THIS PROGRAM?

- It is supported by key professional stakeholders: American College of Cardiology (ACC), Prof. Craig Anderson (President-elect of the World Stroke Organization), and Prof. Du Xin from Beijing Anzhen Hospital, to ensure the program's effectiveness and professionalism.
- G2A continuously monitors and engages in program activities.
- G2A performs risk control review regularly.

#### EXPECTED IMPACT:

- The incidence of cardiovascular diseases in program villages will decrease as the hypertension control rate among residents increases.
  - Rural families will adopt healthier lifestyles and improve their health awareness.
  - The economic burden on rural families will be reduced with the decreased incidence of cardiovascular diseases.
  - The program will be scalable, benefiting more rural communities.
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