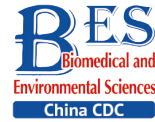


News



The First China Sports and Health Conference was Held in Beijing

On May 27, 2023, the first China Sports and Health Conference was successfully held in Beijing, which was hosted by the Chinese Preventive Medicine Association (CMPA) and organized by the Capital University of Physical Education and Sports (Beijing Institute for International Olympic Studies) and the Sports and Health Branch of the CMPA. With the theme of "Integration of Sports and Medicine, Healthy Sports", the conference aims to focus on scientific issues in the field of sports and health, exchange research results, share practical experience, explore optimization strategies, promote the combination of theory and practice of sports and health, and assist in the construction of a healthy China.

Li Bin, Deputy Minister of the National Health Commission and President of the CMPA, pointed out that as the largest scientific and technological community in the field of public health and preventive medicine in China, the CMPA should work with colleagues in the sports system to deepen cooperation and jointly explore the practical path of sports medicine integration. The China Sports and Health Conference, a brand academic conference established by the CMPA, will give full play to the advantages of expert resources and interdisciplinary integration, set up a platform to promote exchanges and cooperation between sports and medicine, build a bridge between scientific and technological workers, governments, enterprises and the public,

and effectively promote the combination of sports and medicine. Li Bin encouraged the CMPA to take this conference as a new start, continue to vigorously promote joint research, accumulate and form a big database of sports and medicine, and provide scientific basis for the development of sports prescriptions in China. We need to pilot innovative exploration of scientific fitness, sports nutrition, injury protection, psychological adjustment as a new model of sports to promote health, with a richer sports experience to promote a wider range of health sports. We should adhere to the principles of government leadership, social mobilization, individual participation, and joint construction and sharing, in order to promote the improvement of the deep coordination and linkage mechanism between national fitness and national health, actively expand scientific fitness, drive the continuous improvement of national scientific fitness literacy, strengthen sports guidance and talent training, and provide high-quality individualized scientific fitness programs and sports instruction for people with common health problems or special physical conditions. Li Bin proposed that the sports and medicine communities should work together to promote the prosperity and development of China's sports and health undertakings through practical actions, and make new and greater contributions to building a strong sports country and a healthy China.