



Dr. Junshi Chen

## National Center Director

Junshi Chen, M.D.

## Affiliation

Shanghai JS Life Sciences Institute (SJLSI)

## National Center Deputy Director

Wenhua Zhao, MD

## Affiliation

Chinese Centre for Disease Control and Prevention (China CDC)

## National Center Manager

Ying Meng

## Affiliation

Shanghai JS Life Sciences Institute (SJLSI)

## Host Institution – Shanghai JS Life Sciences Institute

The Shanghai JS Life Sciences Institute (SJLSI) is a non-profit, scientific and technological organization engaged in life sciences and population health. SJLSI focuses on health-centered strategic goals to promote food safety, nutrition and health, physical activity and health, scientific research, and the promotion of appropriate technologies in the sustainable development of food systems and other fields. The goals of SJLSI are to introduce Chinese practices to the world and bring world experience back to China, build platforms for exchange and cooperation between the government, academia, and enterprises, promote scientific research and academic exchanges, science and technology education and training, innovation and demonstration of science and technology enterprises, and promote scientific progress, technological innovation and industrial upgrading will promote the close integration of technology and economy in the fields of life sciences and population health, and coordinate the high-quality development of business and industry to contribute to the construction of a healthy China.



## EIM NC Advisory Board

## Affiliation

Junshi Chen, M.D.

- Director, Shanghai JS Life Sciences Institute (SJLSI)
- China National Center for Food Safety Risk Assessment
- Member, Chinese Academy of Engineering

Wenhua Zhao, M.D., Ph.D.

- National Institute for Nutrition and Health, Chinese CDC

Rongjin Ding, M.D., Ph.D.

- Cardiologist, Peking Union Medical College Hospital

Dayi Hu, M.D.

- Cardiologist and Professor, Peking University People's Hospital

Weiping Jia, M.D.

- Endocrinologist, Shanghai No.6 People's Hospital
- Member, Chinese Academy of Engineering

Yong Jiang, M.D., Ph.D.

- Associate Professor, Beijing Tiantan Hospital, Capital Medical University

Qi Liang, M.D., Ph.D.

- Cardiologist, The First Affiliated Hospital of Sun Yat-sen University
- Associate Director, Chinese Preventive Medicine Association

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|---------------------------|-----------------------------------------------------------------------------------------------------------------|
| Guoping Li, M.D.          | • General Administration of Sport of China (National Institute of Sports Medicine)                              |
| Keji Li, M.D.             | • Professor, School of Public Health, Peking University                                                         |
| Ying Meng                 | • Research Assistant, Shanghai JS Life Sciences Institute                                                       |
| Junqiang Qiu, Ph.D.       | • Professor, Beijing Sport University                                                                           |
| Weiping Shu, Ph.D.        | • Professor, Secretary of Party Committee, Chengdu Sports College                                               |
| Yongjun Wang, M.D., Ph.D. | • Cardiologist, Director General, Beijing Tiantan Hospital                                                      |
| Zhuoqun Wang, M.D., Ph.D. | • Professor, National Centre for Chronic and Non-Communicable Disease Control and Prevention, Chinese CDC       |
| Peng Yang, M.D.           | • Research Associate, COO, Shanghai JS Life Sciences Institute (SJLSI)                                          |
| Maigeng Zhou, M.D., Ph.D. | • Deputy Director, National Center for Chronic and Non-Communicable Disease Control and Prevention, Chinese CDC |

## 2025 Goals

- Continue cooperating with the Chengdu Sport University to support and promote the development of EIM physician training in the Southwest region
- Collaborate with additional institutions and organizations to support EIM training in other regions in China
- Continue to operate the WeChat official social media account and establish an official EIM China website
- Increase collaboration with professionals from different health-related areas to review and guide the scientific articles that we publish in their respective areas
- Merge the training material currently offered by EIM Singapore into the official Chinese training material (e.g. textbook)
- Pilot test exercise prescription through a collaboration with Multi-Disciplinary Teams (MDT) in hospitals, such as Tiantan Hospital. The project will encourage doctors to provide exercise prescriptions when patients are being seen by MDT
- Host the 2026 EIM Asia Regional Meeting as part of the Conference on Physical Activity and Health, which is led by SJLSI

## Accomplishments to Date

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- Established the EIM China National Center (2009)
- Designated a new host institution - the Shanghai JS Life Sciences Institute (SJLSI; 2022)
- Organized a 4-day, 40-hour EIM course for >80 people (in partnership with Chengdu Sports University) for the leaders of the Lanzhou Railway System to better guide the health management of their employees
- Signed an agreement with Chengdu Sports University to lead scientific research, training, and dissemination activities (2022)
- Developed an app (EIM 1.0) for a community-based hypertension management program, which is part of the China National Basic Public Health Service Project for use with high-risk individuals with diagnosed hypertension (2022)
- Served on the editorial board of the international journal “Sport Medicine and Health Science” (hosted by Chengdu Sports University) with a goal of publishing more papers in the future on EIM research (2022)
- Conducted four training workshops for >160 healthcare providers (2019)
- Assisted the National Health Commission conduct a national five-year preliminary project - researching policies on the integration of health and sports, including integrating exercise prescriptions into healthcare system
- Developed an App for clinicians to provide simple physical activity advice for patients based on questionnaire, risk assessment. The App is being piloted in Gu Yuan City (in 2020-21) with 10,000 patients with high blood pressure.
- Translated and published the 2018 U.S. Physical Activity Guidelines into Chinese.
- Gained recognition for their physical activity training workshop by the Chinese Preventive Medicine Association Helped the National Health Commission make policies on integrating exercise as a prescription in healthcare systems
- Participated in a project launched by the Chinese Academy of Engineering to provide strategic suggestions on the integration of medicine and sports for the country
- Posted 65 times on their WeChat account which were read >180,000 times (2020)
- Hosted an annual “Conference on Physical Activity and Health” that features EIM on Campus programs on university campuses across China
- Held a special forum on EIM at *The Belt & Road Forum for International Cooperation (BRF): Towards a Health Silk Road* (2017)