

Research on the path of coordinated development of community sports and medical care under the national health environment

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Abstract: In the national health, it points out that sports is an important part of health promotion, and puts forward the idea of strengthening health intervention by non-medical means, forming a health service mode and disease management mode integrating sports and medical care. Residents began to pay more attention to their own health. However, the traditional medical treatment was mainly based on confrontation, which led to the current medical system under great pressure and did not fundamentally change the health status of residents. Therefore, building a community "integration of sports and medicine" service system is the only way to realize the development of sports and medical care in China, and to reduce the pressure of the medical system economically and efficiently, improve the health level of the whole people, and realize the health of the whole people.

1. Introduction

"Health" is an enduring theme and the most basic need for human survival. Therefore, the Outline of National Health 2030 Program points out that we should optimize the health service system, ensure the basic level, strengthen the grassroots level, and build a mechanism to better meet people's health needs, mobilize the whole society to participate, and put health in a strategic position of priority development, and put forward measures such as "strengthening the integration of physical medicine and non-medical health intervention". National health has become an important strategy to promote residents' health in China[1-2].

The integration of community sports and medical services is an important measure and way to promote the national health construction. The integration of the two meets the urgent needs of people for health services[3]. "Integration of sports and medicine" is simply the combination of sports and medicine, which refers to the collection of knowledge of sports medicine, health care, rehabilitation medicine, medical nutrition, health assessment, sports prescription and other disciplines. "Combination of sports and medicine" can make sports scientific and rational through medical knowledge, and prevent diseases through scientific and reasonable physical exercise; Through the mutual supplement and penetration of sports and medicine, sports can play a more active role[4]. The purpose of the integration of community sports and medical services is to better solve the problems of different service systems and service focuses of sports and health and medical departments[5-6].

2. Current situation of community sports and medical treatment

2.1. Community sports and medical treatment

As an important part of community public service, community sports and community medical care must keep pace with the times to meet the needs of community residents in sports and medical care. However, relying solely on sports can not achieve the effect of disease prevention and treatment, and public service intervention in health care can alleviate related problems and improve community public services[7].

As an important way of non-medical health intervention, sports can effectively improve residents' health quality and improve their health problems. Therefore, we should promote the establishment of a health service system that benefits the whole people and reduce the health risks of residents. However, the lack of exercise has become an important reason for the decline of the current national physique, which leads to the worrying national physique and the reduction of labor productivity, and to some extent hinders the sustainable development of China's economy. At present, the means of health intervention rely too much on doctors. In the whole health maintenance system, front-end work is not "up to standard", economic development brings more workload and living burden, residents' exercise time is reduced, psychological pressure and physical pressure are increasing, and the harm of chronic diseases is increasing[8].

2.2. Universal health coverage

Universal health coverage is to ensure that all people have access to health promotion, disease prevention, treatment and rehabilitation services, and the services must be high-quality and effective. For "health", people have long defined it from different levels, and it is constantly developing. From the traditional point of view, health simply means that the body has no disease and the human body functions can operate normally, that is, "no disease is health". In modern society, this definition is somewhat narrow. In 1948, the World Health Organization defined "health" as "health is not only the elimination of disease or infirmity, but also the complete state of physique, spirit and society". It is a relatively authoritative definition with relatively scientific and complete interpretation and widely cited by the public. In 2014, national fitness rose to the national strategic level, and the national health construction focused on the whole population and the whole life cycle[9].

As a national strategy, national health is an important foundation for building a well-off society in an all-round way and basically realizing socialist modernization. It is also an important national strategy for realizing people's health and coordinated economic and social development. People's health is above all else, which is not only the essence of the national health strategy, but also the fundamental purpose of the national health strategy. The meaning of national health mainly has three levels. The first is a development goal to raise the health level of Chinese residents to the level of developed countries, so that people can live a long and healthy life. The second is to develop a healthier lifestyle, popularize a healthier way of eating, exercise and life philosophy to the people, and improve the health care model; Third, in the longer term, national health has become a development model of our country, putting people's health in a strategic position of priority development, and striving to realize a national development model that guarantees people's health in an all-round and full-cycle way.

2.3. Medical integration

Community integration of sports and medicine mainly includes two aspects: community medical and health services and community sports guidance and rehabilitation services. It is different from sports medicine in management, service and management, which is not conducive to the development of "integration of sports and medicine" and leads to the lack of scientific guidance for the development of community sports. "Combination of body and medicine" is still in the exploratory stage. This interdisciplinary integration and knowledge transfer lacks the corresponding empirical research, so it is necessary to promote the transformation and innovative development of sports methods and medical knowledge in practice. At present, the "combination of body and medicine" in China is mostly limited to the traditional health care campaign. The actual promotion system of "combination of body and medicine" in practice is not perfect, and its professionalism is low[10].

"Integration of sports and medicine" should promote the combination and mutual supplement between sports departments and medical and health departments in medical physical examination, physical health assessment, sports fitness and health care rehabilitation, so as to achieve the goal of preventing and treating diseases and promoting people's physical and mental health. In a broad sense, the integration of sports and medicine refers to the combination of all medical and sports fitness methods and hands; In a narrow sense, it aims at building a strong health country and

improving the health level of the whole people. It combines physical exercise habits with medical care knowledge. It combines health monitoring and evaluation, sports medicine, sports health knowledge, sports risk assessment and other relevant medical knowledge.

The health service model of "integration of medicine and body" is a new model to promote human health, which realizes the organic combination of medicine, health care and kinesiology. At the same time, it also includes the popularization of the concept of healthy living, mainly to realize the sports medical service system of Healthy China 2030 Plan.

3. The Construction Concept of Community "Integration of Body and Medicine" Service System

3.1. The construction of community sports and medical integration service system

The integrated service system of community sports and medicine refers to a systematic and complete service system integrating prevention, treatment, rehabilitation and health care, with the community as the basic service unit, the family as the basic unit and relying on the urban service force. Under the background of "combination of sports and medicine", the coordinated development of community sports public and medical care needs to rely on grass-roots administrative organizations to coordinate and help sports activities and medical and health work, so as to better promote the development of related work. Community grass-roots organizations are the most basic and key link in the coordinated development of sports and medical care in the "integration of sports and medical care", which is related to the actual promotion and improvement of the coordinated development of community sports and medical care. The community sports medical integration service system should include two cores: sports and medicine as the main core.

As for the community "integration of sports and medicine" service system, the community integration of sports and medicine service system represented by the two cores is built with the national health as the main framework, so as to effectively promote the health level of community residents. The specific structure is shown in Fig. 1.

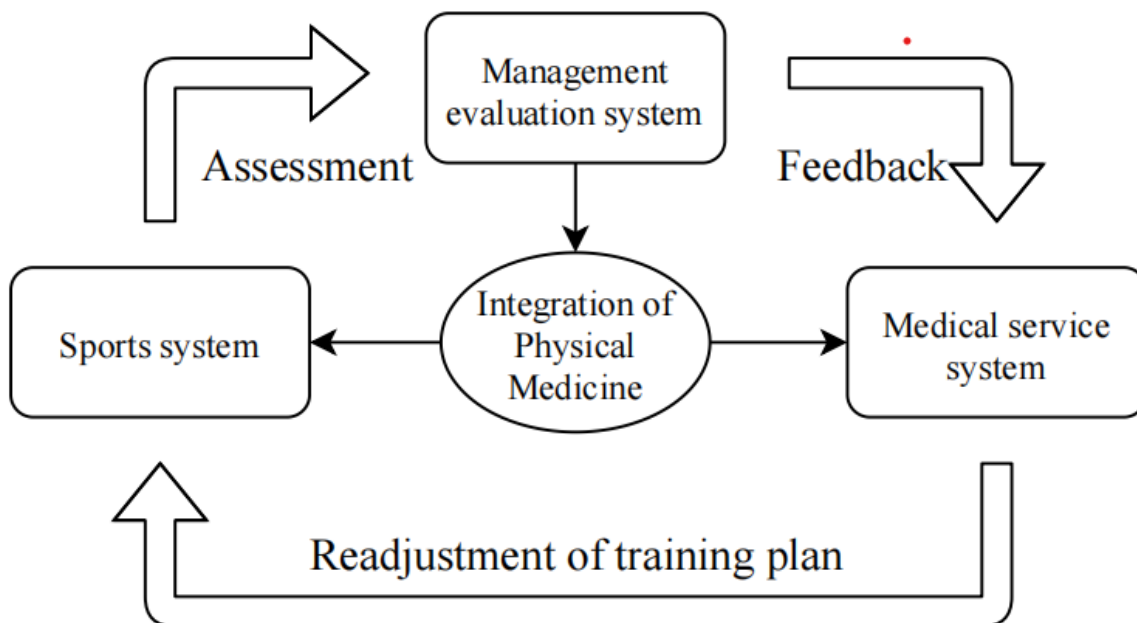


Figure 1 Basic framework of community "integration of body and medicine" service system

3.2. Evaluation organization

The construction of "integration of sports and medicine" in community can't be separated from

the participation of relevant supervision and evaluation institutions. Although the community neighborhood committee is the leading institution, there must be a supervision institution with both sports and medical knowledge. Although the neighborhood committee has good management ability, it is not good at professional aspects, especially after the implementation of the sports plan, it needs a professional and independent evaluation institution to evaluate the implementation effect of the residents' fitness plan, and then feed back the results to the medical system, and the medical institutions will adjust the follow-up plan to achieve the purpose of being more personal and targeted. Construct the basic service flow of supervision and evaluation of the integration service system of body and medicine, and its structure is shown in Figure 2.

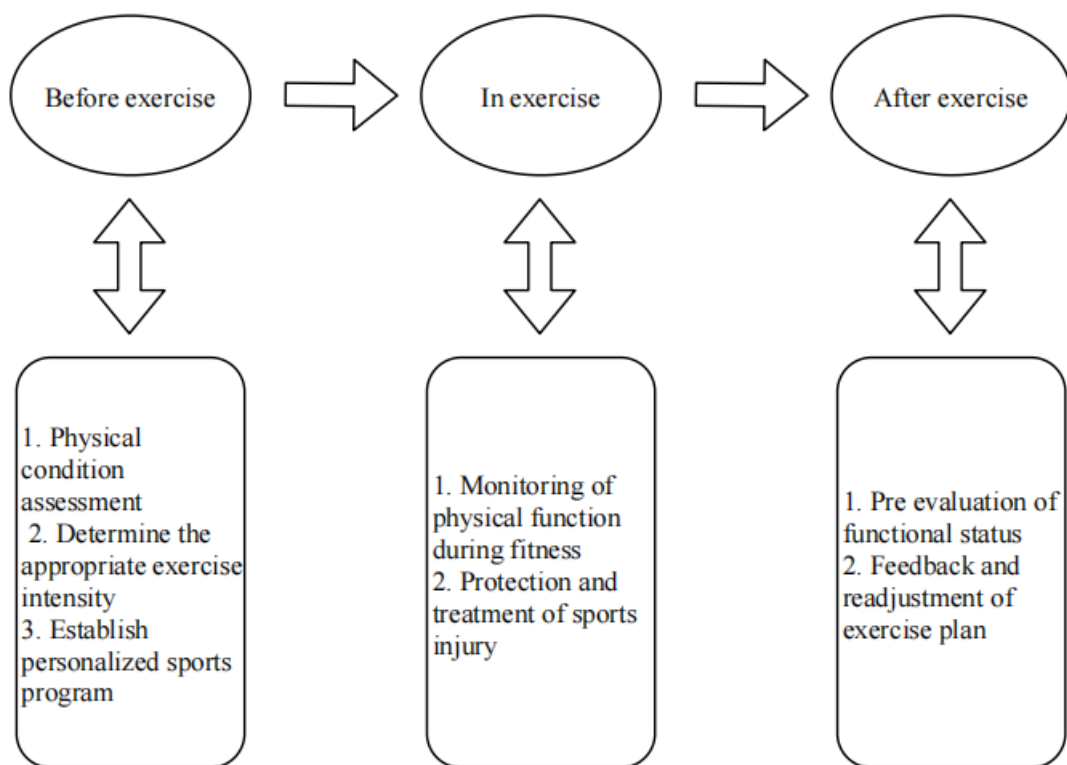


Figure 2 Basic service process of community "integration of body and medicine" service system

As shown in Figure 2, in combination with the different functional characteristics of the constituent units of the community "integration of sports and medicine" service system, in general, the smooth operation of the system mainly requires the following links to play a role: first, the construction of health files; Secondly, the fitness program is designated according to the diagnosis and treatment results; Thirdly, we should carry out guided sports training; Thirdly, recovery and rehabilitation after exercise; Then carry out health evaluation, and finally conduct diagnostic tests again, feedback information, and formulate a new sports program: the first step is to establish health files for residents. The second step is to formulate a scientific and reasonable fitness guidance program. The third step is to guide the residents to carry out physical exercise in combination with the designated plan. The fourth step is physical recovery and rehabilitation after fitness. Step 5: evaluate the fitness process.

4. Conclusions

Under the framework of promoting the integration of sports and medical services, the local practice service mode of integrating community sports and medical services can meet people's demand for health services. The collaborative development mode of community sports and community medical care under the concept of "integration of sports and medicine" is still in the

initial exploration stage. Under the promotion of national fitness activities, community sports services have developed rapidly. To carry out "integration of sports and medicine" is conducive to the organic integration of fitness and medical and health services, and truly play its role in community services. Under the mode of "integration of sports and medicine", there are still many places to improve the community sports public service. In the context of healthy China, the service system of "integration of sports and medicine" in the community is a management institution with the theme of sports system, medical service system, management evaluation system, and supervision and evaluation institution as the main body. This paper focuses on the construction of the community "integration of sports and medicine" service system. Through the investigation and analysis of the current situation of public sports and medical health in China, it further draws the theoretical basis and practical significance of the community "integration of sports and medicine" service system in China, and provides a certain guiding significance for the construction of the community "integration of sports and medicine" service system in China.

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