

Exploration on the Construction Model of Medical Care for the Aged Promoted by the Combination of Sports and Medical Care under the Strategic Background of “Healthy China”

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Abstract: With the acceleration of the pace of life and the increase of work pressure, the number of sub-healthy people keeps increasing. Chronic diseases and their complications have become the primary killer threatening the national health. The implementation of the healthy China strategy has pushed the integration of sports and medical services to a fever. It is imperative to accelerate the integration of sports and medical services. The construction of a healthy China is to build a well-off society in an all-round way and meet people's growing good health needs. However, at present, there is an imbalance between the supply and demand of public health services in our country and an insufficient contradiction. National fitness is an important way and means to achieve the health of the whole people, and it is the basic guarantee for all people to enhance their physical and happy life. Since the implementation of sports and medical integration requires the collaboration of multiple departments and agencies, this puts higher demands on government leadership. From the perspective of population aging, this study explores the practical needs of sports and medical integration in the community of elderly people in our community, and analyzes the problems faced by sports and medical integration in the community.

1. Introduction

After the founding of New China, especially since the reform and opening up, China's medical and health undertakings have continued to progress, the national fitness campaign has developed vigorously, the national health level has improved as a whole, and people's pursuit of health has also deepened [1]. With the acceleration of the pace of life and the increase of work pressure, the sub-health population keeps increasing, and chronic diseases and their complications become the primary killer threatening the national health [2]. Exploring the basic path of building a healthy China has put forward objective requirements for the interactive integration of sports, medical care and elderly services and elderly health. Integrating sports and medical care into the meaning of healthy China is the whole process of serving the health of all people. The construction of a healthy China is to build a well-off society in an all-round way and meet the growing health needs of the people. However, there are contradictions between supply and demand in China's public health services [3]. With the national fitness program rising to the national strategy, relevant policy guidance has provided us with a theoretical framework for sports docking healthy China, but there are still many practical problems to be solved.

The health level of the whole nation is an important manifestation of the country's comprehensive strength and an important indicator of economic and social development and progress [4]. At present, it is widely recognized that the scientific movement is an indispensable part of improving the quality of life, delaying aging, and preventing chronic diseases. It is an effective low-cost intervention method [5]. National fitness is an important way and means to achieve the health of the whole people, and it is the basic guarantee for all people to enhance their physical and happy life [6]. Under the background of deepening medical and health reform, focusing on the establishment of general practitioners and grading diagnosis and treatment systems, and building a healthy health care system in China, the social and economic benefits of community

sports and medical integration are discussed [7]. The combination of sports and medical treatment emerged at the historic moment, but the combination had little effect and did not substantially improve the current situation of physical decline and frequent occurrence of chronic diseases in China [8]. From the perspective of population aging, this study explores the practical needs of the integration of sports and medical care in the elderly community in China, analyzes the problems faced by the integration of sports and medical care in the community, and puts forward the idea of development path.

2. Benefits of Community Sports and Medical Care Combination

2.1. Promoting the construction of a healthy china

The connotation of a healthy China is that the national health policy system is perfect, the health skills and knowledge of the whole people are popularized, the health service is fair, accessible and good, the whole society consciously promotes and maintains health, and achieves the general health of the population and a higher level of healthy development. With the development of social economy in our country, health has been paid more and more attention. It is the trend to promote the reform of medical system and sports system. The essence of the combination of sports and medical care is to provide methods and means for sports disciplines, medical science to provide ideas and paths, and medical thinking methods and knowledge systems to prescribe physical exercises so as to make them more scientific, targeted and practical [9]. The health problems of urban residents in China today cannot be solved fundamentally by medical means or physical fitness methods, because a single medical treatment and technology only solves the problem of healing patients. The improvement of sports technology and the acquisition of sports achievements are inseparable from the guarantee of sports scientific research. The improvement of medical and health level and the breakthrough of medical technology are also inseparable from medical research guarantee.

2.2. Promoting the development of health service industry

The integration of sports and medical care must first realize the integration of scientific research achievements of various systems. The establishment of sports and medical research institutes aims at strengthening the integration of scientific research results of the two systems. Sports fitness can improve the body function through sports, improve the body shape and structure and physiological function, and achieve the aims of strengthening body constitution, regulating body and mind, and reducing diseases. Due to the weak body resistance of the elderly and the increase in urban pollution, the incidence of diseases and the demand for medical services have increased, exacerbating the shortage of medical resources in our country. The combination of sports and medical care mainly emphasizes the specific application of sports medicine in the field of national fitness. Its consumption structure is mainly concentrated on sports and fitness consumption. The service synergy is mainly concentrated in the field of national fitness and medical and health. By incorporating the scientific exercise method of sports into medical treatment, it not only promotes the recovery of the disease, but also fully restores the body functions of all aspects of the patient and helps them cultivate a healthy lifestyle.

The effective integration of sports and medical care is an urgent need for the incumbent General Secretary Ping Ping's important instructions on sports work and healthy China construction. It is an urgent need to promote the health revolution and is an urgent need to respond to the masses' concerns. During the transition period of Chinese society, due to the government's high regard for competitive sports, China can adjust through government agencies. The reform of the competitive sports management system has rapidly promoted the professionalization of some sports. Social sports behavior is the end point or action result in the social sports model, and it is the cause of change in the research. The ultimate goal of social sports behavior is to give individuals positive health outcomes. Figure 1 shows the selection process for all participants in the team sports.

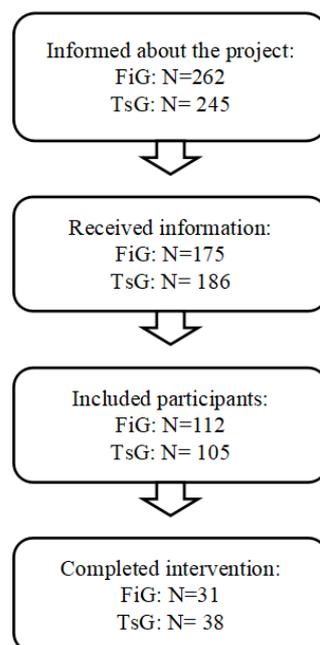


Fig.1. The selection process for all participants in the team campaign

3. Promoting the Deep Combination of Sports and Medical Care

At present, the service coordination of sports and medical combination in China is mainly concentrated in the national fitness field and the medical and health field. This is of course of positive significance for improving the scientific level of physical fitness for the elderly. For the elderly, the control of exercise time and intensity is particularly important. Only reasonable exercise can promote the recovery of disease. Because the medical field usually adopts drug intervention to control the disease condition, the therapeutic effect on chronic diseases is limited, and some elderly people are excessively dependent on drugs, which has adverse effects on physical and mental health. The combination of sports and medical treatment can solve the problem of sudden death caused by the lack of scientific fitness methods and necessary medical supervision measures in the process of exercise when some fitness groups lack medical supervision, and diseases or even life-threatening situations are caused by fitness exercises [10]. Aiming at health problems such as chronic diseases, sub-health and population aging, building a health promotion system integrating community medical care, health care, fitness and old-age care is an inevitable requirement for the transformation and upgrading of urban community health public services and sports public services, and building a well-off society in an all-round way.

The sports and medical system should transform the previous talent training mode and change the professional talent training into a compound talent training. With the guidance and organizational skills needed in sports activities, it is necessary to pay attention to both specialist studies and engineering courses in order to develop in an all-round way. The number of social sports instructors has increased rapidly. The current lack of market demand and quantity of social sports instructors is still a prominent contradiction. Table 1 is a survey of the desired rate of social sports guidance.

Table 1 Survey of the expected rate of children's social sports guidance

Option	Frequency	Ordinal position
Establishment of Community Sports Facilities	67.2	1
Open the stadium as much as possible and charge reasonably	45.8	2
Special Personnel Should Guide Physical Exercise	43.6	3
Strengthen the propaganda and report of sports knowledge and exercise methods	34.9	4

In response to the long-term challenges of chronic diseases in the elderly, the medical model has gradually shifted to focusing on long-term care and disease prevention. Nowadays, many sports training bases in provinces, cities and even districts have their own athlete rehabilitation centers. When there is no reception team task, the facilities in the center are idle, resulting in waste of resources. A harmonious economic environment in which the urban community's physical fitness and health care are connected, coordinated and developed together. The promotion and implementation functions of the aged service organizations in the service provision of sports health care combined with the intervention of the elderly health have not been widely used. More and more medical services are beginning to recognize the positive effects of exercise prescriptions on the health of the elderly and the prevention of chronic diseases. Scientific research shows that designing matching exercise items, time and intensity according to the actual situation of patients can effectively delay the aging speed of the body. Sports fitness should cooperate with medical care in all aspects, such as service mode, industrial cooperation and mechanism operation, to extend the industrial chain under the environment of sharing social public resources. We should promote the development of new forms of business such as sports medical treatment, health care and rehabilitation, old-age care, nutrition conditioning and health tourism.

4. Conclusions

As one of the important means to implement the healthy China strategy, the combination of sports and medical care, which integrates scientific physical exercise with a comprehensive medical service system of prevention, treatment and rehabilitation, is of great significance to the overall improvement of the health status of the elderly in urban communities. The combination of community sports and medical care in the construction of a healthy China is not only of great practical significance in accelerating the transformation of the development mode of community public health services, but also has significant development benefits in improving the level of health promotion economy and promoting the emergence of new formats of health service industry. As the implementation of the combination of sports and medical care requires the joint cooperation of many departments and agencies, it puts forward higher requirements for the government's leadership. It is necessary to coordinate and coordinate the relationship among various departments, strengthen the cooperation between the sports department and the health department, and promote the national health as the main goal, and fully mobilize the enthusiasm of grassroots organizations to participate in management. The combination of sports and medical care is imperative, but the implementation and promotion of mass sports in China is still in its infancy. While the relevant policies and theories are constantly improving, it is more important to act. Through active promotion and publicity, the concept of health care combined with sports and medical care will be passed, and the transformation of the masses' ideological concepts will be promoted to better integrate sports and medical care into the lives of the masses.

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