

China to curb student obesity



People do exercise at a gym. [File Photo]

China plans to slow the growing rate of obesity among its citizens, especially students, according to a national nutrition plan released Thursday.

The national nutrition plan for 2017 to 2030, was published by the general office of the State Council, China's cabinet, to improve the country's health condition.

It paid special attention to various at risk groups, including students, patients, pregnant women, infants, and the elderly.

According to the plan, the growing rate of obesity among Chinese students needs to be slowed down by 2020, and to be under "effective" control by 2030, and the rate of overweight and obese Chinese needs to drop significantly by 2030.

Thirty percent of Chinese adults are overweight, and 11.9 percent are obese, the Chinese Center for Disease Control and Prevention said in May.

Among Chinese children aged six to 17, 9.6 percent are overweight and 6.4 percent are obese.

The plan urged the schools nationwide to structure meal plans based on the age of students and the school's location, and to launch an educational campaign on nutrition to students.

It also called for schools to add more sport activities into the curriculum.

Other than the state of obesity in developed area of the country, the plan highlighted the need to take care of malnourished people as well.

It required local governments and schools in poorer areas to improve the nutritional content of meal plans and monitor food safety more strictly.

Local authorities in underdeveloped areas should strengthen the supervision and prevention of foodborne illnesses, according to the plan.

It also proposed the combination of traditional Chinese medicine with Western nutrition and physical training to better serve the people.