

WEBVTT

NOTE duration:"00:12:11"

NOTE recognizability:0.923

NOTE language:en-us

NOTE Confidence: 0.92149615

00:00:00.000 --> 00:00:02.284 Good afternoon everybody again.

NOTE Confidence: 0.92149615

00:00:02.284 --> 00:00:05.970 I'm Robert to our audience online and

NOTE Confidence: 0.92149615

00:00:05.970 --> 00:00:08.050 I'd like to first thank Dr Kush nude

NOTE Confidence: 0.92149615

00:00:08.050 --> 00:00:10.181 and Doctor Leon who really helped

NOTE Confidence: 0.92149615

00:00:10.181 --> 00:00:12.351 make this project possible both here

NOTE Confidence: 0.92149615

00:00:12.351 --> 00:00:14.163 and planning it and then executing

NOTE Confidence: 0.92149615

00:00:14.163 --> 00:00:16.130 it while we were in or in China.

NOTE Confidence: 0.92149615

00:00:16.130 --> 00:00:18.620 The team that was there.

NOTE Confidence: 0.92149615

00:00:18.620 --> 00:00:20.510 The focus today is on the idea

NOTE Confidence: 0.92149615

00:00:20.510 --> 00:00:22.239 of healthy aging in early China,

NOTE Confidence: 0.92149615

00:00:22.240 --> 00:00:23.829 and I'm just going to walk you

NOTE Confidence: 0.92149615

00:00:23.829 --> 00:00:25.308 through kind of the big picture

NOTE Confidence: 0.92149615

00:00:25.308 --> 00:00:27.272 of what that means, what we did,

NOTE Confidence: 0.92149615

00:00:27.272 --> 00:00:29.540 and kind of why that matters and  
NOTE Confidence: 0.92149615

00:00:29.616 --> 00:00:31.849 why it would matter to us here.  
NOTE Confidence: 0.92149615

00:00:31.850 --> 00:00:33.570 So by the year 2050,  
NOTE Confidence: 0.92149615

00:00:33.570 --> 00:00:35.278 at least 20% of the world's going  
NOTE Confidence: 0.92149615

00:00:35.278 --> 00:00:36.848 to be over the age of 60.  
NOTE Confidence: 0.92149615

00:00:36.850 --> 00:00:39.703 So everyone in this room will be over 60.  
NOTE Confidence: 0.92149615

00:00:39.710 --> 00:00:40.892 By that point,  
NOTE Confidence: 0.92149615

00:00:40.892 --> 00:00:42.862 it challenges us because there's  
NOTE Confidence: 0.92149615

00:00:42.862 --> 00:00:44.292 logistical questions and social  
NOTE Confidence: 0.92149615

00:00:44.292 --> 00:00:46.032 questions about what are we going  
NOTE Confidence: 0.92149615

00:00:46.032 --> 00:00:48.265 to do when more people need support  
NOTE Confidence: 0.92149615

00:00:48.265 --> 00:00:50.378 in different ways than in the past.  
NOTE Confidence: 0.92149615

00:00:50.378 --> 00:00:52.191 And we talked about this idea of  
NOTE Confidence: 0.92149615

00:00:52.191 --> 00:00:54.065 healthy aging and and what that means.  
NOTE Confidence: 0.92149615

00:00:54.070 --> 00:00:55.610 And when you look at the literature,  
NOTE Confidence: 0.92149615

00:00:55.610 --> 00:00:57.370 it doesn't really tell you

NOTE Confidence: 0.92149615

00:00:57.370 --> 00:00:58.426 a strict definition.

NOTE Confidence: 0.92149615

00:00:58.430 --> 00:01:00.170 There's a lot of conflicting views,

NOTE Confidence: 0.92149615

00:01:00.170 --> 00:01:01.550 whether that's physical.

NOTE Confidence: 0.92149615

00:01:01.550 --> 00:01:04.062 Health, social health, psychological health.

NOTE Confidence: 0.92149615

00:01:04.062 --> 00:01:06.621 Some combination of that so

NOTE Confidence: 0.92149615

00:01:06.621 --> 00:01:08.076 we don't have something that

NOTE Confidence: 0.92149615

00:01:08.076 --> 00:01:09.910 strictly says this is what it is.

NOTE Confidence: 0.92149615

00:01:09.910 --> 00:01:11.510 And at the same time,

NOTE Confidence: 0.92149615

00:01:11.510 --> 00:01:13.232 a study that was conducted at through

NOTE Confidence: 0.92149615

00:01:13.232 --> 00:01:14.855 Yale last year looked through the

NOTE Confidence: 0.92149615

00:01:14.855 --> 00:01:16.529 literature and said there's this kind

NOTE Confidence: 0.92149615

00:01:16.529 --> 00:01:18.615 of pervasive ages in both in the

NOTE Confidence: 0.92149615

00:01:18.615 --> 00:01:20.121 literature and across continents that's

NOTE Confidence: 0.92149615

00:01:20.121 --> 00:01:22.438 affecting the health care of older adults.

NOTE Confidence: 0.92149615

00:01:22.440 --> 00:01:24.108 And what does that mean as

NOTE Confidence: 0.92149615

00:01:24.108 --> 00:01:25.980 clinicians if we know that's true,  
NOTE Confidence: 0.92149615

00:01:25.980 --> 00:01:27.168 what can we do about it?  
NOTE Confidence: 0.92149615

00:01:27.170 --> 00:01:29.168 How can we make things better?  
NOTE Confidence: 0.92149615

00:01:29.170 --> 00:01:30.146 But you might ask,  
NOTE Confidence: 0.92149615

00:01:30.146 --> 00:01:32.159 why did we decide to focus in China?  
NOTE Confidence: 0.92149615

00:01:32.160 --> 00:01:34.120 And there were a couple of reasons.  
NOTE Confidence: 0.92149615

00:01:34.120 --> 00:01:34.372 One,  
NOTE Confidence: 0.92149615

00:01:34.372 --> 00:01:35.632 China still has the largest  
NOTE Confidence: 0.92149615

00:01:35.632 --> 00:01:36.640 population in the world,  
NOTE Confidence: 0.92149615

00:01:36.640 --> 00:01:38.600 so this problem is more present to  
NOTE Confidence: 0.92149615

00:01:38.600 --> 00:01:40.644 them in thinking how do we support  
NOTE Confidence: 0.92149615

00:01:40.644 --> 00:01:42.360 our population as they grow older?  
NOTE Confidence: 0.92149615

00:01:42.360 --> 00:01:43.250 And second,  
NOTE Confidence: 0.92149615

00:01:43.250 --> 00:01:45.030 there's been this distinct  
NOTE Confidence: 0.92149615

00:01:45.030 --> 00:01:47.241 environment of younger people moving  
NOTE Confidence: 0.92149615

00:01:47.241 --> 00:01:49.425 from rural areas to urban areas.

NOTE Confidence: 0.92149615

00:01:49.430 --> 00:01:51.092 That shows us that they don't

NOTE Confidence: 0.92149615

00:01:51.092 --> 00:01:52.595 have the support or family

NOTE Confidence: 0.92149615

00:01:52.595 --> 00:01:54.245 networks that they once had,

NOTE Confidence: 0.92149615

00:01:54.250 --> 00:01:57.274 so they've had to create different forms of

NOTE Confidence: 0.92149615

00:01:57.274 --> 00:01:59.378 establishing their selves or sustaining.

NOTE Confidence: 0.92149615

00:01:59.380 --> 00:02:02.288 Themselves despite those changes.

NOTE Confidence: 0.92149615

00:02:02.290 --> 00:02:03.338 There have been different

NOTE Confidence: 0.92149615

00:02:03.338 --> 00:02:04.386 efforts by groups there.

NOTE Confidence: 0.92149615

00:02:04.390 --> 00:02:05.814 Things like insurance programs,

NOTE Confidence: 0.92149615

00:02:05.814 --> 00:02:08.309 but there have been mixed results by

NOTE Confidence: 0.92149615

00:02:08.309 --> 00:02:10.115 that so historically in China there

NOTE Confidence: 0.92149615

00:02:10.115 --> 00:02:12.457 are these things called kind of red

NOTE Confidence: 0.92149615

00:02:12.457 --> 00:02:14.182 envelopes or backdoor payments to

NOTE Confidence: 0.92149615

00:02:14.182 --> 00:02:16.000 physicians to help get better care.

NOTE Confidence: 0.92149615

00:02:16.000 --> 00:02:16.244 Well,

NOTE Confidence: 0.92149615

00:02:16.244 --> 00:02:17.464 they subsidized the healthcare and  
NOTE Confidence: 0.92149615

00:02:17.464 --> 00:02:19.258 said you don't have to do that anymore.  
NOTE Confidence: 0.92149615

00:02:19.260 --> 00:02:19.545 Well,  
NOTE Confidence: 0.92149615

00:02:19.545 --> 00:02:20.970 it actually increased the number  
NOTE Confidence: 0.92149615

00:02:20.970 --> 00:02:22.590 of red envelopes that went out,  
NOTE Confidence: 0.92149615

00:02:22.590 --> 00:02:24.042 and there was a large discussion  
NOTE Confidence: 0.92149615

00:02:24.042 --> 00:02:25.857 about why that would happen if we're  
NOTE Confidence: 0.92149615

00:02:25.857 --> 00:02:27.182 actually helping people by saying  
NOTE Confidence: 0.92149615

00:02:27.182 --> 00:02:28.768 that you no longer have to pay.  
NOTE Confidence: 0.92149615

00:02:28.770 --> 00:02:29.965 So there have been different  
NOTE Confidence: 0.92149615

00:02:29.965 --> 00:02:31.160 challenges to even the things  
NOTE Confidence: 0.92149615

00:02:31.209 --> 00:02:32.490 that we've tried to do to help.  
NOTE Confidence: 0.92149615

00:02:32.490 --> 00:02:33.044 This situation,  
NOTE Confidence: 0.92149615

00:02:33.044 --> 00:02:35.260 in terms of what we might think of  
NOTE Confidence: 0.955902523076923

00:02:35.317 --> 00:02:36.370 as physical health.  
NOTE Confidence: 0.955902523076923

00:02:36.370 --> 00:02:38.225 And the last piece I think that's

NOTE Confidence: 0.955902523076923

00:02:38.225 --> 00:02:39.650 important to consider here is that

NOTE Confidence: 0.955902523076923

00:02:39.650 --> 00:02:42.065 across the board there's this idea of

NOTE Confidence: 0.955902523076923

00:02:42.065 --> 00:02:44.212 when you study China that everything

NOTE Confidence: 0.955902523076923

00:02:44.212 --> 00:02:46.504 is applicable to everyone in China.

NOTE Confidence: 0.955902523076923

00:02:46.510 --> 00:02:48.602 As I said, China has 1.3 billion

NOTE Confidence: 0.955902523076923

00:02:48.602 --> 00:02:50.779 people and you would think that there

NOTE Confidence: 0.955902523076923

00:02:50.779 --> 00:02:53.013 would be some diversity and experience

NOTE Confidence: 0.955902523076923

00:02:53.013 --> 00:02:54.878 there simply because of geography

NOTE Confidence: 0.955902523076923

00:02:54.938 --> 00:02:56.877 or your own experience as to what

NOTE Confidence: 0.955902523076923

00:02:56.877 --> 00:02:58.834 healthy age you might mean to you.

NOTE Confidence: 0.955902523076923

00:02:58.834 --> 00:03:01.200 So we tried to make this study very

NOTE Confidence: 0.955902523076923

00:03:01.200 --> 00:03:03.335 broad and what we tried to ask.

NOTE Confidence: 0.955902523076923

00:03:03.340 --> 00:03:05.770 So we try to answer two basic questions here.

NOTE Confidence: 0.955902523076923

00:03:05.770 --> 00:03:07.294 Among this population that we went

NOTE Confidence: 0.955902523076923

00:03:07.294 --> 00:03:08.577 and visited that I'll introduce

NOTE Confidence: 0.955902523076923

00:03:08.577 --> 00:03:09.897 you to in just a second.  
NOTE Confidence: 0.955902523076923

00:03:09.900 --> 00:03:12.452 One is what do older men and women  
NOTE Confidence: 0.955902523076923

00:03:12.452 --> 00:03:14.579 in rural Guangdong province?  
NOTE Confidence: 0.955902523076923

00:03:14.580 --> 00:03:15.844 This is southern China.  
NOTE Confidence: 0.955902523076923

00:03:15.844 --> 00:03:17.740 Think healthy aging means let them  
NOTE Confidence: 0.955902523076923

00:03:17.800 --> 00:03:19.816 define it for themselves and tell us.  
NOTE Confidence: 0.955902523076923

00:03:19.820 --> 00:03:22.039 And the second is what are the  
NOTE Confidence: 0.955902523076923

00:03:22.039 --> 00:03:23.894 obstacles to achieving that and how  
NOTE Confidence: 0.955902523076923

00:03:23.894 --> 00:03:25.861 does that intersect or how is that  
NOTE Confidence: 0.955902523076923

00:03:25.922 --> 00:03:27.594 different from what individuals  
NOTE Confidence: 0.955902523076923

00:03:27.594 --> 00:03:29.679 that are involved with healthcare?  
NOTE Confidence: 0.955902523076923

00:03:29.680 --> 00:03:31.012 Think there so.  
NOTE Confidence: 0.955902523076923

00:03:31.012 --> 00:03:33.232 How do you investigate these  
NOTE Confidence: 0.955902523076923

00:03:33.232 --> 00:03:34.120 questions though?  
NOTE Confidence: 0.955902523076923

00:03:34.120 --> 00:03:35.384 If we just go and say we're just  
NOTE Confidence: 0.955902523076923

00:03:35.384 --> 00:03:36.520 going to ask these questions,



NOTE Confidence: 0.955902523076923  
00:03:36.520 --> 00:03:38.662 we probably won't quite get the  
NOTE Confidence: 0.955902523076923  
00:03:38.662 --> 00:03:40.430 results we were hoping for.  
NOTE Confidence: 0.955902523076923  
00:03:40.430 --> 00:03:43.076 So our design was essentially exploratory,  
NOTE Confidence: 0.955902523076923  
00:03:43.080 --> 00:03:45.852 where we let every we allow our  
NOTE Confidence: 0.955902523076923  
00:03:45.852 --> 00:03:48.149 participants to direct us in a sense.  
NOTE Confidence: 0.955902523076923  
00:03:48.150 --> 00:03:50.726 We had an outline where we did interviews,  
NOTE Confidence: 0.955902523076923  
00:03:50.730 --> 00:03:53.646 but we also had our research  
NOTE Confidence: 0.955902523076923  
00:03:53.646 --> 00:03:55.104 team essentially participate.  
NOTE Confidence: 0.955902523076923  
00:03:55.110 --> 00:03:57.575 I had two research assistants who  
NOTE Confidence: 0.955902523076923  
00:03:57.575 --> 00:03:59.350 we trained before they started.  
NOTE Confidence: 0.955902523076923  
00:03:59.350 --> 00:04:01.054 We did about 10 training sessions  
NOTE Confidence: 0.955902523076923  
00:04:01.054 --> 00:04:02.512 where they did interviews where  
NOTE Confidence: 0.955902523076923  
00:04:02.512 --> 00:04:04.156 we sent them out into their  
NOTE Confidence: 0.955902523076923  
00:04:04.156 --> 00:04:05.720 communities before they went there  
NOTE Confidence: 0.955902523076923  
00:04:05.720 --> 00:04:07.100 and they practiced interviewing.  
NOTE Confidence: 0.955902523076923

00:04:07.100 --> 00:04:08.300 They practiced drawing maps,  
NOTE Confidence: 0.955902523076923

00:04:08.300 --> 00:04:10.100 they took photographs and did all  
NOTE Confidence: 0.955902523076923

00:04:10.151 --> 00:04:11.573 these things and then they went  
NOTE Confidence: 0.955902523076923

00:04:11.573 --> 00:04:13.104 and they lived in this village  
NOTE Confidence: 0.955902523076923

00:04:13.104 --> 00:04:15.223 for about two months and it was  
NOTE Confidence: 0.955902523076923

00:04:15.223 --> 00:04:16.627 very challenging for anyone.  
NOTE Confidence: 0.955902523076923

00:04:16.630 --> 00:04:17.989 I think if I had been there I was.  
NOTE Confidence: 0.955902523076923

00:04:17.990 --> 00:04:19.013 Anticipating culture shock,  
NOTE Confidence: 0.955902523076923

00:04:19.013 --> 00:04:21.747 but I think my students who are used  
NOTE Confidence: 0.955902523076923

00:04:21.747 --> 00:04:23.728 to living in a 15 million person  
NOTE Confidence: 0.955902523076923

00:04:23.728 --> 00:04:25.573 city moving to a town that has  
NOTE Confidence: 0.955902523076923

00:04:25.573 --> 00:04:27.170 about 3000 people was a surprise  
NOTE Confidence: 0.955902523076923

00:04:27.170 --> 00:04:29.450 'cause I saw on social media.  
NOTE Confidence: 0.955902523076923

00:04:29.450 --> 00:04:30.836 They would say everything is going  
NOTE Confidence: 0.955902523076923

00:04:30.836 --> 00:04:32.606 great but then we would go on social  
NOTE Confidence: 0.955902523076923

00:04:32.606 --> 00:04:34.068 media and I would see what was

NOTE Confidence: 0.955902523076923  
00:04:34.068 --> 00:04:35.587 actually going on and I would say  
NOTE Confidence: 0.955902523076923  
00:04:35.587 --> 00:04:37.146 well what's happening and they would  
NOTE Confidence: 0.955902523076923  
00:04:37.146 --> 00:04:39.329 say there's nothing to do here at night.  
NOTE Confidence: 0.955902523076923  
00:04:39.330 --> 00:04:41.052 There's and then I would say and  
NOTE Confidence: 0.955902523076923  
00:04:41.052 --> 00:04:42.303 there's this other problem that  
NOTE Confidence: 0.955902523076923  
00:04:42.303 --> 00:04:43.920 you have to use a special device  
NOTE Confidence: 0.955902523076923  
00:04:43.920 --> 00:04:45.559 to warm up the water here to take  
NOTE Confidence: 0.955902523076923  
00:04:45.559 --> 00:04:47.952 a bath in the evening and things.  
NOTE Confidence: 0.955902523076923  
00:04:47.952 --> 00:04:49.764 That they weren't anticipating,  
NOTE Confidence: 0.955902523076923  
00:04:49.770 --> 00:04:51.325 but are important to understanding  
NOTE Confidence: 0.955902523076923  
00:04:51.325 --> 00:04:52.880 to experience what people are  
NOTE Confidence: 0.955902523076923  
00:04:52.929 --> 00:04:54.289 going through in their life,  
NOTE Confidence: 0.955902523076923  
00:04:54.290 --> 00:04:55.830 rather than just asking the  
NOTE Confidence: 0.955902523076923  
00:04:55.830 --> 00:04:57.600 question of what the problem is.  
NOTE Confidence: 0.955902523076923  
00:04:57.600 --> 00:04:59.560 And I think that last part of  
NOTE Confidence: 0.955902523076923

00:04:59.560 --> 00:05:01.040 participant observation is also very  
NOTE Confidence: 0.955902523076923

00:05:01.040 --> 00:05:02.810 important because what people say and  
NOTE Confidence: 0.955902523076923

00:05:02.810 --> 00:05:04.750 what people do or sometimes different.  
NOTE Confidence: 0.955902523076923

00:05:04.750 --> 00:05:06.170 And sometimes it's your ideal.  
NOTE Confidence: 0.955902523076923

00:05:06.170 --> 00:05:07.570 What you tell someone,  
NOTE Confidence: 0.955902523076923

00:05:07.570 --> 00:05:08.970 what they actually do  
NOTE Confidence: 0.928898473157895

00:05:08.970 --> 00:05:10.746 could be different from that and  
NOTE Confidence: 0.928898473157895

00:05:10.746 --> 00:05:12.178 understanding that and recognizing that  
NOTE Confidence: 0.928898473157895

00:05:12.178 --> 00:05:13.786 is an important part of what we did.  
NOTE Confidence: 0.928898473157895

00:05:13.790 --> 00:05:15.638 So you can see the breakdown of  
NOTE Confidence: 0.928898473157895

00:05:15.638 --> 00:05:17.251 who we interviewed there or who  
NOTE Confidence: 0.928898473157895

00:05:17.251 --> 00:05:18.769 we met with my students again.  
NOTE Confidence: 0.928898473157895

00:05:18.770 --> 00:05:20.726 Were instrumental to making that happen.  
NOTE Confidence: 0.928898473157895

00:05:20.730 --> 00:05:23.746 The research assistance and then as a group.  
NOTE Confidence: 0.928898473157895

00:05:23.750 --> 00:05:25.376 The team we analyzed our interviews  
NOTE Confidence: 0.928898473157895

00:05:25.376 --> 00:05:27.129 going by through them line by line.

NOTE Confidence: 0.928898473157895  
00:05:27.130 --> 00:05:28.003 We debated, we.  
NOTE Confidence: 0.928898473157895  
00:05:28.003 --> 00:05:30.710 I was told I was incorrect about something.  
NOTE Confidence: 0.928898473157895  
00:05:30.710 --> 00:05:32.306 They I told them they were incorrect  
NOTE Confidence: 0.928898473157895  
00:05:32.306 --> 00:05:34.084 and then we finally would come to  
NOTE Confidence: 0.928898473157895  
00:05:34.084 --> 00:05:35.650 some consensus about what the big  
NOTE Confidence: 0.928898473157895  
00:05:35.703 --> 00:05:37.096 picture was in terms of what we  
NOTE Confidence: 0.928898473157895  
00:05:37.096 --> 00:05:38.867 we got out of these interviews.  
NOTE Confidence: 0.928898473157895  
00:05:38.867 --> 00:05:41.201 So where there were three key  
NOTE Confidence: 0.928898473157895  
00:05:41.201 --> 00:05:43.299 themes that we got out of this?  
NOTE Confidence: 0.928898473157895  
00:05:43.300 --> 00:05:44.686 Oh, and one more map for you.  
NOTE Confidence: 0.928898473157895  
00:05:44.690 --> 00:05:46.818 Just so if you aren't oriented to China,  
NOTE Confidence: 0.928898473157895  
00:05:46.820 --> 00:05:47.910 we were in southern China.  
NOTE Confidence: 0.928898473157895  
00:05:47.910 --> 00:05:49.510 This province is called Guangdong  
NOTE Confidence: 0.928898473157895  
00:05:49.510 --> 00:05:51.684 and the students were from that red  
NOTE Confidence: 0.928898473157895  
00:05:51.684 --> 00:05:53.476 area in the middle of 15 million  
NOTE Confidence: 0.928898473157895

00:05:53.476 --> 00:05:55.287 people and we went to that village.  
NOTE Confidence: 0.928898473157895

00:05:55.290 --> 00:05:57.066 That's kind of circled up there.  
NOTE Confidence: 0.928898473157895

00:05:57.070 --> 00:05:58.705 That general vicinity was this  
NOTE Confidence: 0.928898473157895

00:05:58.705 --> 00:06:00.671 small village of about 3000 people  
NOTE Confidence: 0.928898473157895

00:06:00.671 --> 00:06:02.267 and I say a Hakka village.  
NOTE Confidence: 0.928898473157895

00:06:02.270 --> 00:06:03.957 This is kind of a sub category  
NOTE Confidence: 0.928898473157895

00:06:03.957 --> 00:06:05.813 of the main ethnicity that most  
NOTE Confidence: 0.928898473157895

00:06:05.813 --> 00:06:07.603 people identify with in China,  
NOTE Confidence: 0.928898473157895

00:06:07.610 --> 00:06:09.602 so we wanted to try to find some  
NOTE Confidence: 0.928898473157895

00:06:09.602 --> 00:06:11.160 diversity in perspective there.  
NOTE Confidence: 0.928898473157895

00:06:11.160 --> 00:06:12.987 So with regard to what we learn,  
NOTE Confidence: 0.928898473157895

00:06:12.990 --> 00:06:14.395 some of these things will  
NOTE Confidence: 0.928898473157895

00:06:14.395 --> 00:06:15.519 seem familiar to you.  
NOTE Confidence: 0.928898473157895

00:06:15.520 --> 00:06:18.088 Chronic disease in discussing healthy aging  
NOTE Confidence: 0.928898473157895

00:06:18.088 --> 00:06:21.207 came up again and again in some form.  
NOTE Confidence: 0.928898473157895

00:06:21.210 --> 00:06:22.730 It was about mobility,

NOTE Confidence: 0.928898473157895

00:06:22.730 --> 00:06:24.630 psychological health in some form,

NOTE Confidence: 0.928898473157895

00:06:24.630 --> 00:06:25.918 and high blood pressure,

NOTE Confidence: 0.928898473157895

00:06:25.918 --> 00:06:27.850 but it was also about participating,

NOTE Confidence: 0.928898473157895

00:06:27.850 --> 00:06:28.850 which I'll explain to you

NOTE Confidence: 0.928898473157895

00:06:28.850 --> 00:06:29.850 in just a moment here.

NOTE Confidence: 0.928898473157895

00:06:29.850 --> 00:06:31.691 But you can see pictures from our

NOTE Confidence: 0.928898473157895

00:06:31.691 --> 00:06:33.231 site where on special activities

NOTE Confidence: 0.928898473157895

00:06:33.231 --> 00:06:35.313 the social workers tried to address

NOTE Confidence: 0.928898473157895

00:06:35.313 --> 00:06:37.628 this by saying we can do screenings.

NOTE Confidence: 0.928898473157895

00:06:37.630 --> 00:06:39.514 They had a canteen where we

NOTE Confidence: 0.928898473157895

00:06:39.514 --> 00:06:41.710 called it the elder rank canteen.

NOTE Confidence: 0.928898473157895

00:06:41.710 --> 00:06:43.502 Where older adults often met and they

NOTE Confidence: 0.928898473157895

00:06:43.502 --> 00:06:44.950 had activities that went together,

NOTE Confidence: 0.928898473157895

00:06:44.950 --> 00:06:47.075 so being able to participate

NOTE Confidence: 0.928898473157895

00:06:47.075 --> 00:06:49.200 despite your chronic disease was

NOTE Confidence: 0.928898473157895

00:06:49.276 --> 00:06:51.020 very important to people.  
NOTE Confidence: 0.928898473157895

00:06:51.020 --> 00:06:52.970 The second is relationships and  
NOTE Confidence: 0.928898473157895

00:06:52.970 --> 00:06:54.920 I think this was unexpected,  
NOTE Confidence: 0.928898473157895

00:06:54.920 --> 00:06:56.318 but in some ways for others,  
NOTE Confidence: 0.928898473157895

00:06:56.320 --> 00:06:58.366 not as not too surprising where  
NOTE Confidence: 0.928898473157895

00:06:58.366 --> 00:07:00.700 people didn't want to burden others,  
NOTE Confidence: 0.928898473157895

00:07:00.700 --> 00:07:02.856 no matter how bad their situation was.  
NOTE Confidence: 0.928898473157895

00:07:02.860 --> 00:07:04.680 People often would not ask for help  
NOTE Confidence: 0.928898473157895

00:07:04.680 --> 00:07:06.840 or they didn't want to even have a  
NOTE Confidence: 0.928898473157895

00:07:06.840 --> 00:07:08.470 family member because they felt that  
NOTE Confidence: 0.928898473157895

00:07:08.470 --> 00:07:10.462 it was wrong to put this pressure on  
NOTE Confidence: 0.928898473157895

00:07:10.462 --> 00:07:12.212 family members or community members.  
NOTE Confidence: 0.928898473157895

00:07:12.212 --> 00:07:12.958 So again,  
NOTE Confidence: 0.928898473157895

00:07:12.960 --> 00:07:14.520 there were these social avenues that  
NOTE Confidence: 0.928898473157895

00:07:14.520 --> 00:07:16.189 they tried to address this through.  
NOTE Confidence: 0.928898473157895

00:07:16.190 --> 00:07:17.690 The government had subsidized housing



NOTE Confidence: 0.928898473157895  
00:07:17.690 --> 00:07:19.854 that they tried to say this is  
NOTE Confidence: 0.928898473157895  
00:07:19.854 --> 00:07:21.389 available to you without burdening.  
NOTE Confidence: 0.928898473157895  
00:07:21.390 --> 00:07:22.056 Another person,  
NOTE Confidence: 0.928898473157895  
00:07:22.056 --> 00:07:24.054 social workers who are delivering meals  
NOTE Confidence: 0.928898473157895  
00:07:24.054 --> 00:07:26.488 that was built into the community efforts.  
NOTE Confidence: 0.86335195  
00:07:29.800 --> 00:07:30.950 And the final piece here.  
NOTE Confidence: 0.86335195  
00:07:30.950 --> 00:07:33.198 The third kind of result we had was  
NOTE Confidence: 0.86335195  
00:07:33.198 --> 00:07:35.433 or theme we found with this complex  
NOTE Confidence: 0.86335195  
00:07:35.433 --> 00:07:38.040 site set of ideas about where to seek  
NOTE Confidence: 0.86335195  
00:07:38.040 --> 00:07:40.231 your health care and what it means.  
NOTE Confidence: 0.86335195  
00:07:40.240 --> 00:07:43.022 I put this garden here of someone's home  
NOTE Confidence: 0.86335195  
00:07:43.022 --> 00:07:45.080 because a lot of participants use folk  
NOTE Confidence: 0.86335195  
00:07:45.135 --> 00:07:47.263 medicine in order to manage their health  
NOTE Confidence: 0.86335195  
00:07:47.263 --> 00:07:49.390 beyond the things that we had available.  
NOTE Confidence: 0.86335195  
00:07:49.390 --> 00:07:51.742 Like blood pressure medications,  
NOTE Confidence: 0.86335195

00:07:51.742 --> 00:07:53.715 diabetes medications, and so forth,  
NOTE Confidence: 0.86335195

00:07:53.715 --> 00:07:55.040 this was important to them,  
NOTE Confidence: 0.86335195

00:07:55.040 --> 00:07:56.570 but no one was really discussing  
NOTE Confidence: 0.86335195

00:07:56.570 --> 00:07:58.310 it outside of the participants.  
NOTE Confidence: 0.86335195

00:07:58.310 --> 00:08:00.490 The healthcare workers, for instance.  
NOTE Confidence: 0.86335195

00:08:00.490 --> 00:08:02.614 And the other was this was the local clinic.  
NOTE Confidence: 0.86335195

00:08:02.620 --> 00:08:06.060 There were two clinicians total in the town.  
NOTE Confidence: 0.86335195

00:08:06.060 --> 00:08:08.811 And essentially what their role was in  
NOTE Confidence: 0.86335195

00:08:08.811 --> 00:08:11.028 that conversation that we were having.  
NOTE Confidence: 0.86335195

00:08:11.030 --> 00:08:13.520 So before I transitioned to kind  
NOTE Confidence: 0.86335195

00:08:13.520 --> 00:08:16.419 of why any why this matters?  
NOTE Confidence: 0.86335195

00:08:16.420 --> 00:08:18.283 I'd just like to point out with all of  
NOTE Confidence: 0.86335195

00:08:18.283 --> 00:08:20.365 that what I think of the strengths and  
NOTE Confidence: 0.86335195

00:08:20.365 --> 00:08:21.839 limitations here are really connected  
NOTE Confidence: 0.86335195

00:08:21.839 --> 00:08:23.753 to this online collaboration we had.  
NOTE Confidence: 0.86335195

00:08:23.760 --> 00:08:25.405 I couldn't have done this without those

NOTE Confidence: 0.86335195

00:08:25.405 --> 00:08:26.978 students who were there on the ground,

NOTE Confidence: 0.86335195

00:08:26.980 --> 00:08:29.116 and the commitment to everyone on the team,

NOTE Confidence: 0.86335195

00:08:29.120 --> 00:08:30.880 and it was really unexplored

NOTE Confidence: 0.86335195

00:08:30.880 --> 00:08:32.288 territory in a sense,

NOTE Confidence: 0.86335195

00:08:32.290 --> 00:08:34.018 because we weren't planning for this.

NOTE Confidence: 0.86335195

00:08:34.020 --> 00:08:36.100 Everything we got to do the same thing,

NOTE Confidence: 0.86335195

00:08:36.100 --> 00:08:38.395 but we needed to build the team very strongly

NOTE Confidence: 0.86335195

00:08:38.395 --> 00:08:40.219 before we could go out into the field.

NOTE Confidence: 0.86335195

00:08:40.220 --> 00:08:42.218 So how do you foster relationships?

NOTE Confidence: 0.86335195

00:08:42.220 --> 00:08:44.236 You need more time than you perhaps

NOTE Confidence: 0.86335195

00:08:44.236 --> 00:08:46.660 would if you were there with the team.

NOTE Confidence: 0.86335195

00:08:46.660 --> 00:08:48.540 The second part is we made sure that

NOTE Confidence: 0.86335195

00:08:48.540 --> 00:08:50.667 we had a shared understanding of how we

NOTE Confidence: 0.86335195

00:08:50.667 --> 00:08:52.889 do this and what the literature says,

NOTE Confidence: 0.86335195

00:08:52.890 --> 00:08:55.050 so at least came in with the same

NOTE Confidence: 0.86335195

00:08:55.050 --> 00:08:57.116 framework in terms of what this means.  
NOTE Confidence: 0.86335195

00:08:57.120 --> 00:09:00.235 When we move forward into the field.  
NOTE Confidence: 0.86335195

00:09:00.240 --> 00:09:02.158 And I think the last piece here  
NOTE Confidence: 0.86335195

00:09:02.158 --> 00:09:03.630 is the geographical boundaries.  
NOTE Confidence: 0.86335195

00:09:03.630 --> 00:09:05.366 So we're saying we were in a  
NOTE Confidence: 0.86335195

00:09:05.366 --> 00:09:06.570 village of 3000 people,  
NOTE Confidence: 0.86335195

00:09:06.570 --> 00:09:08.010 which is helpful in the  
NOTE Confidence: 0.86335195

00:09:08.010 --> 00:09:09.760 sense of it closes this off.  
NOTE Confidence: 0.86335195

00:09:09.760 --> 00:09:12.252 It says these results are probably true  
NOTE Confidence: 0.86335195

00:09:12.252 --> 00:09:15.333 for this village for what we had in terms  
NOTE Confidence: 0.86335195

00:09:15.333 --> 00:09:17.400 of reaching saturation for interviews.  
NOTE Confidence: 0.86335195

00:09:17.400 --> 00:09:17.717 However,  
NOTE Confidence: 0.86335195

00:09:17.717 --> 00:09:20.253 can that apply to another part of China  
NOTE Confidence: 0.86335195

00:09:20.253 --> 00:09:22.559 or even another part of the world?  
NOTE Confidence: 0.86335195

00:09:22.560 --> 00:09:26.412 And we'll kind of answer that in terms of  
NOTE Confidence: 0.86335195

00:09:26.420 --> 00:09:28.526 the clinical significance or our conclusions.

NOTE Confidence: 0.86335195

00:09:28.530 --> 00:09:30.644 Here one is,

NOTE Confidence: 0.86335195

00:09:30.644 --> 00:09:32.804 there's a dynamic relationship between

NOTE Confidence: 0.86335195

00:09:32.804 --> 00:09:35.004 the biomedical model of medicine

NOTE Confidence: 0.86335195

00:09:35.004 --> 00:09:37.518 that we understand and those social

NOTE Confidence: 0.86335195

00:09:37.518 --> 00:09:39.533 expectations that were defined by

NOTE Confidence: 0.86335195

00:09:39.533 --> 00:09:41.383 people in the community there.

NOTE Confidence: 0.86335195

00:09:41.390 --> 00:09:43.082 And those three results are built

NOTE Confidence: 0.86335195

00:09:43.082 --> 00:09:44.530 into what I've said here.

NOTE Confidence: 0.86335195

00:09:44.530 --> 00:09:46.914 Community engagement was directly

NOTE Confidence: 0.86335195

00:09:46.914 --> 00:09:49.298 tide to chronic disease.

NOTE Confidence: 0.86335195

00:09:49.300 --> 00:09:51.110 You don't necessarily have to

NOTE Confidence: 0.86335195

00:09:51.110 --> 00:09:52.558 fix every chronic disease.

NOTE Confidence: 0.86335195

00:09:52.560 --> 00:09:54.276 But being able to participate in

NOTE Confidence: 0.86335195

00:09:54.276 --> 00:09:56.126 the community was very important to

NOTE Confidence: 0.86335195

00:09:56.126 --> 00:09:58.076 someone saying this is healthy aging.

NOTE Confidence: 0.86335195

00:09:58.080 --> 00:10:00.334 So how do you reach that point?  
NOTE Confidence: 0.86335195

00:10:00.340 --> 00:10:02.506 And I think that really relates  
NOTE Confidence: 0.86335195

00:10:02.506 --> 00:10:03.950 to problem number 2.  
NOTE Confidence: 0.86335195

00:10:03.950 --> 00:10:05.654 The medicine was available,  
NOTE Confidence: 0.86335195

00:10:05.654 --> 00:10:07.358 not everyone used it,  
NOTE Confidence: 0.86335195

00:10:07.360 --> 00:10:10.174 and expectations of it were very different.  
NOTE Confidence: 0.86335195

00:10:10.180 --> 00:10:11.750 There were many participants who  
NOTE Confidence: 0.86335195

00:10:11.750 --> 00:10:13.760 talked about having had a stroke,  
NOTE Confidence: 0.86335195

00:10:13.760 --> 00:10:16.430 having diabetes, high blood pressure,  
NOTE Confidence: 0.957004701333333

00:10:16.430 --> 00:10:17.880 and not using the medications  
NOTE Confidence: 0.957004701333333

00:10:17.880 --> 00:10:19.330 because they said they weren't  
NOTE Confidence: 0.957004701333333

00:10:19.386 --> 00:10:20.836 cured by the medicine setting.  
NOTE Confidence: 0.957004701333333

00:10:20.840 --> 00:10:22.324 Those expectations perhaps wasn't  
NOTE Confidence: 0.957004701333333

00:10:22.324 --> 00:10:24.550 there and what's going to happen  
NOTE Confidence: 0.957004701333333

00:10:24.610 --> 00:10:26.577 later on five years after a stroke,  
NOTE Confidence: 0.957004701333333

00:10:26.580 --> 00:10:27.860 they haven't had another stroke,

NOTE Confidence: 0.957004701333333  
00:10:27.860 --> 00:10:29.764 so they said I don't need to take  
NOTE Confidence: 0.957004701333333  
00:10:29.764 --> 00:10:31.738 any of these medicines anymore.  
NOTE Confidence: 0.957004701333333  
00:10:31.740 --> 00:10:32.944 And the third part is there were  
NOTE Confidence: 0.957004701333333  
00:10:32.944 --> 00:10:34.535 a lot of people trying to help  
NOTE Confidence: 0.957004701333333  
00:10:34.535 --> 00:10:35.820 this community in different ways.  
NOTE Confidence: 0.957004701333333  
00:10:35.820 --> 00:10:37.446 The social workers,  
NOTE Confidence: 0.957004701333333  
00:10:37.446 --> 00:10:38.530 government officials,  
NOTE Confidence: 0.957004701333333  
00:10:38.530 --> 00:10:39.606 the health care workers.  
NOTE Confidence: 0.957004701333333  
00:10:39.606 --> 00:10:41.870 But they were kind of working in parallel.  
NOTE Confidence: 0.957004701333333  
00:10:41.870 --> 00:10:42.494 There weren't.  
NOTE Confidence: 0.957004701333333  
00:10:42.494 --> 00:10:44.366 There wasn't a lot of communication  
NOTE Confidence: 0.957004701333333  
00:10:44.366 --> 00:10:46.174 between them and I think that there  
NOTE Confidence: 0.957004701333333  
00:10:46.174 --> 00:10:47.644 is an opportunity for a little  
NOTE Confidence: 0.957004701333333  
00:10:47.644 --> 00:10:49.306 more interaction to say who can  
NOTE Confidence: 0.957004701333333  
00:10:49.306 --> 00:10:50.934 deliver this kind of information.  
NOTE Confidence: 0.957004701333333

00:10:50.934 --> 00:10:52.919 You're you're getting these resources.  
NOTE Confidence: 0.957004701333333

00:10:52.920 --> 00:10:54.240 You have what you need,  
NOTE Confidence: 0.957004701333333

00:10:54.240 --> 00:10:56.400 but making sure that we're meeting  
NOTE Confidence: 0.957004701333333

00:10:56.400 --> 00:10:58.194 what participants want in that  
NOTE Confidence: 0.957004701333333

00:10:58.194 --> 00:10:59.958 community as well as we're doing  
NOTE Confidence: 0.957004701333333

00:10:59.958 --> 00:11:01.728 the best in terms of delivery  
NOTE Confidence: 0.957004701333333

00:11:01.728 --> 00:11:03.660 in the news that we need to.  
NOTE Confidence: 0.957004701333333

00:11:03.660 --> 00:11:06.412 And I think that question of is this  
NOTE Confidence: 0.957004701333333

00:11:06.412 --> 00:11:08.518 relevant to anyone else besides  
NOTE Confidence: 0.957004701333333

00:11:08.518 --> 00:11:10.758 this small community in China?  
NOTE Confidence: 0.957004701333333

00:11:10.760 --> 00:11:13.300 Our argument is that.  
NOTE Confidence: 0.957004701333333

00:11:13.300 --> 00:11:15.840 The individual results of.  
NOTE Confidence: 0.957004701333333

00:11:15.840 --> 00:11:17.724 Not wanting to burden the community  
NOTE Confidence: 0.957004701333333

00:11:17.724 --> 00:11:19.949 may not be relevant to someone here.  
NOTE Confidence: 0.957004701333333

00:11:19.950 --> 00:11:20.195 However,  
NOTE Confidence: 0.957004701333333

00:11:20.195 --> 00:11:22.400 if you are a clinician in any form of



NOTE Confidence: 0.957004701333333  
00:11:22.455 --> 00:11:24.639 clinic where you work with the Community,  
NOTE Confidence: 0.957004701333333  
00:11:24.640 --> 00:11:26.440 you can repeat this study very  
NOTE Confidence: 0.957004701333333  
00:11:26.440 --> 00:11:28.317 easily with just a few people  
NOTE Confidence: 0.957004701333333  
00:11:28.317 --> 00:11:29.847 to see what people want.  
NOTE Confidence: 0.957004701333333  
00:11:29.850 --> 00:11:30.650 And while you do that,  
NOTE Confidence: 0.957004701333333  
00:11:30.650 --> 00:11:32.990 perhaps in your individual meetings,  
NOTE Confidence: 0.957004701333333  
00:11:32.990 --> 00:11:34.430 when you meet with your patient,  
NOTE Confidence: 0.957004701333333  
00:11:34.430 --> 00:11:36.638 it's the idea that we can take one  
NOTE Confidence: 0.957004701333333  
00:11:36.638 --> 00:11:38.754 step further and say what do we  
NOTE Confidence: 0.957004701333333  
00:11:38.754 --> 00:11:40.490 think the broader community here is.  
NOTE Confidence: 0.957004701333333  
00:11:40.490 --> 00:11:42.618 What do we think we want to achieve  
NOTE Confidence: 0.957004701333333  
00:11:42.618 --> 00:11:44.769 and how can we kind of direct  
NOTE Confidence: 0.957004701333333  
00:11:44.769 --> 00:11:46.319 our resources in that sense?  
NOTE Confidence: 0.957004701333333  
00:11:46.320 --> 00:11:47.814 I think we do a lot of that here,  
NOTE Confidence: 0.957004701333333  
00:11:47.820 --> 00:11:49.660 but I think in terms of some of  
NOTE Confidence: 0.957004701333333

00:11:49.660 --> 00:11:51.077 those highlights that we have there,

NOTE Confidence: 0.957004701333333

00:11:51.080 --> 00:11:52.748 it's surprising if we never asked

NOTE Confidence: 0.957004701333333

00:11:52.748 --> 00:11:54.440 the question of our Community,

NOTE Confidence: 0.957004701333333

00:11:54.440 --> 00:11:56.104 what do they want?

NOTE Confidence: 0.957004701333333

00:11:56.104 --> 00:11:58.184 We'll never get the answer.

NOTE Confidence: 0.957004701333333

00:11:58.190 --> 00:11:58.444 Alright,

NOTE Confidence: 0.957004701333333

00:11:58.444 --> 00:11:59.206 thank you everyone,

NOTE Confidence: 0.957004701333333

00:11:59.206 --> 00:12:01.247 I appreciate it and it was a great

NOTE Confidence: 0.957004701333333

00:12:01.247 --> 00:12:02.633 joy taking part in this project

NOTE Confidence: 0.957004701333333

00:12:02.633 --> 00:12:03.944 in getting to share a little

NOTE Confidence: 0.957004701333333

00:12:03.944 --> 00:12:05.138 bit of it with you today.