

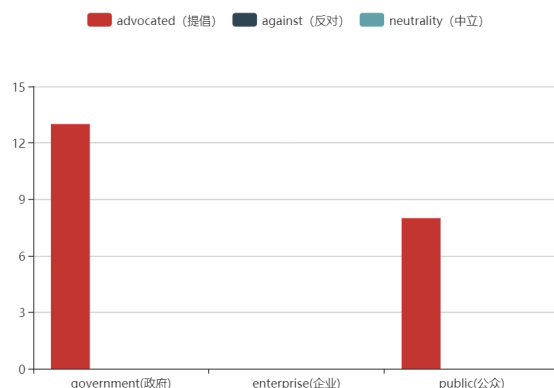
## 减盐-新闻

### Salt Reduction - News

今日 (2018-10-11) 共监测到21条资讯。请点击标题查看原文。

There are 21 articles monitored today 2018-10-11. Please click the title to view full information.

The original article is in Chinese only.



### 新闻主体分类

#### Classification of news subject

政府 Government				
1. <a href="#">总投资超千亿元这个地方成为“健康江苏先行试点示范区”</a> <a href="#">With a total investment of more than one hundred billion yuan!The place where the "health first pilot demonstration area in jiangsu"</a>	来源: 江苏网络广播电视台	类别: 健康中心 Category: health and wellness centers	态度: 提倡 Attitude: advocate	时间: 07:02:48 Time: 07:02:48
我苏网讯 10月10日, 2018“健康中国”发展大会在南京市溧水区开幕。来自清华大学、江苏省人民医院及企业的代表围绕“深入贯彻落实‘健康中国’战略, 发展康养产业, 共建美好生活”的主题进行了主题演讲。健康干货: 不容小觑的慢性病 慢性病已成为当前影响全民健康的头号威胁。有统计显示, 目前中国慢性病的人数超过3.2亿人, 糖尿病患者已达1.2亿。20岁以上的成年人, 有四分之三面临患上慢性病的风险				
In October 10th, the 2018 "healthy China" development conference opened in Lishui District, Nanjing. Representatives from Tsinghua University, Jiangsu Provincial People's Hospital and enterprises gave keynote speeches on the theme of "Deeply implementing the "Healthy China" strategy, developing health care industry and building a better life together". Healthy dry goods: chronic diseases not to be underestimated. Chronic diseases have become the number one threat affecting the health of the whole nation. Statistics show that at present, the number of chronic diseases in China is over 320 million, and the number of diabetic patients has reached 120 million. 3/4 of adults over the age of 20 are at risk of developing chronic diseases.				
2. <a href="#">您知晓自己的血压吗? 渭南市卫计委系统开展“全国高血压日”宣传活动</a> <a href="#">Do you know your blood pressure?Weinan who meter system to carry out the "national hypertension day" campaign</a>	来源: 西安区县新闻网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 07:02:48 Time: 07:02:48
市中心医院 (李子萌) 10月8日是第21个“全国高血压日”, 当日, 市中心医院在门诊大厅举行“控制H型高血压预防脑卒中渭南在行动”大型健康义诊宣传活动。此次活动按照市卫计委统一部署, 由市中心医院与渭南市现代心血管疾病防治研究中心联合开展, 活动形式包括发放宣传资料、健康咨询、义诊等。活动现场, 医护人员耐心地向群众讲解高血压的防控措施, 并测量血压, 筛查H型高血压, 对高血压患者进行诊疗和指导用药。市中心医院心血管内科相关负责人介绍, 高血压已经成为危害人类健康的最主要的慢性疾病, 涉及面广, 危害性大, 群众应随时了解自己的血压状况, 重视自己的血压水平, 形成主动测量并定期监测血压的健康理念。同时, 多食瓜果蔬菜, 保持心情舒畅等都能起到很好的预防作用				
Central Hospital(Li Zimeng) October 8 is the 21st National Hypertension Day. On that day, the city central hospital held a large-scale health free clinic propaganda activity of "controlling H-type hypertension and preventing stroke Weinan in action" in the outpatient lobby. According to the unified deployment of the Municipal Bureau of Health and Planning, the event was jointly carried out by the Municipal Central Hospital and Weinan Modern Cardiovascular Disease Prevention and Research Center. The activities included publicity materials, health counseling, free clinics and so on. At the event site, the medical staff patiently explained the prevention and control measures of hypertension to the masses, and measured blood pressure, screening H-type hypertension, diagnosis and treatment of hypertension patients and guidance of medication. Hypertension has become the most important chronic disease harming human health, involving a wide range of hazards, people should always know their own blood pressure, pay attention to their blood pressure level, and form a healthy concept of active measurement and regular monitoring of blood pressure. At the same time, eat more fruits and vegetables, and maintain a good mood can play a good preventive role.				
3. <a href="#">北京丰台疾控举办全国高血压日宣传活动</a> <a href="#">Beijing fengtai CDC hold national hypertension day campaign</a>	来源: 中华网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 11:03:06 Time: 11:03:06
10月9日, 北京市丰台区疾控中心举办全国高血压日主题宣传活动。图为活动现场。干龙网记者欧阳晓娟摄 干龙网北京10月11日讯 (记者欧阳晓娟) 高血压是一种常见病和多发病, 它不仅是健康医学问题, 也是社会问题				
In October 9th, Beijing Fengtai District CDC held a nationwide publicity campaign on Hypertension Day. The picture shows the scene of the event. Qianlong Network reporter Ouyang Xiaojuan photo. Beijing, Oct. 11 (Reporter Ouyang Xiaojuan) Hypertension is a common and frequently-occurring disease, it is not only a health medical problem, but also a social problem				
4. <a href="#">高血压患者每年可免费体检一次</a> <a href="#">Patients with high blood pressure free physical examination once a year</a>	来源: 合肥晚报	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 04:03:47 Time: 04:03:47
本报讯 昨日上午, 安徽省精神卫生防治中心、合肥市疾控中心联合举办了主题为“知晓您的血压”的2018年“全国高血压日”与“世界精神卫生日”宣传活动。合肥市疾控中心专家提醒市民, 高血压的发病人群近年来有年轻化的趋势, 年轻人一旦发现高血压类似症状, 需及时到医院检查治疗。据合肥市疾控中心慢病预防与健康教育科主管医师王茜介绍, 高血压是最常见的慢性病之一, 也是心脑血管疾病的主要危险因素。如果一个人非同日三次血压测量, 血压≥140/90mmHg, 即可诊断为高血压。正常成年人至少每2年测量1次血压, 高血压高危人群(如血压130~139/85~89mmHg、肥胖等)最好保持每半年测量1次血压的频率				
Yesterday morning, Anhui Mental Health Prevention and Control Center, Hefei City CDC jointly held the theme of "Know Your Blood Pressure" in 2018 "National Hypertension Day" and "World Mental Health Day" publicity activities. Experts from Hefei CDC warned the public that the incidence of hypertension in recent years has a trend of younger, young people once found similar symptoms of hypertension, need to go to the hospital in time for examination and treatment. According to Wang Qian, a chief physician in charge of chronic disease prevention and health education in Hefei CDC, hypertension is one of the most common chronic diseases and a major risk factor for heart, brain and kidney diseases. If a person's blood pressure is measured three times on the same day, the blood pressure is greater than 140/90mmHg, which can be diagnosed as hypertension. Normal adults take blood pressure at least once every two years, and high-risk groups (such as 130-139/85-89mmHg, obesity, etc.) should keep the frequency of measuring blood pressure once every six months.				
5. <a href="#">龙阳镇卫生院开展“全国高血压日”宣传活动 - 滕州市卫生和计划...</a> <a href="#">Place in Shanghai township health centers, to carry out the "national hypertension day" campaign, the su health and plan...</a>	来源: 中国滕州网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 16:28 Time: 16:28
高血压是最常见的慢性病,也是心脑血管病最主要的危险因素。10月8日上午开展了主题为“知晓您的血压”全国高血压日宣传活动。活动现场悬挂“全国高血压日宣传活动”的宣传横幅, 免费发放减盐控压知识手册和中医药知识宣传手册等形式多样的宣传活动。为使群众更多的了解高血压的中医药保健相关知识, 中医科工作人员现场进行了义务开展咨询, 对群众提出的中医药保健问题进				

行了详细的解答，为群众讲解相关防治知识，解答疑难问题，同时工作人员现场为群众免费测量血压。				
Hypertension is the most common chronic disease, and it is also the most important risk factor of cardiovascular and cerebrovascular diseases. In the morning of October 8th, the National Hypertension Day campaign was launched on the theme of "knowing your blood pressure".The activity site hangs "National Hypertension Day propaganda activities" banner, free distribution of salt control knowledge manual and Chinese medicine knowledge brochure and other forms of publicity activities. In order to make the masses know more about the knowledge of Chinese medicine and health care related to hypertension, the staff of Chinese Medicine carried out on-the-spot consultation, and gave detailed answers to the problems of Chinese medicine and health care raised by the masses, explained the relevant prevention and treatment knowledge for the masses, answered difficult questions, and at the same time, the staff measured blood free of charge for the masses on-the-spot. Pressure.				
6. <a href="#">临沂市:平邑县组织开展第21个“全国高血压日” 宣传活动</a>	来源：中国科学网	类别：高血压	态度：提倡	时间： 15:06
<a href="#">Linyi city: in pingyi county organized a 21 "national hypertension day" campaign</a>	来源：中国科学网	Category: hypertension	Attitude: advocate	Time: 15:06
10月8日，是第21个“全国高血压日”。为推进全县高血压防治工作，进一步提升居民健康素养水平，平邑县卫生计生局组织全县有关部门和单位开展了以“知晓您的血压”为主题的“全国高血压日”宣传活动。当日，平邑县疾控中心和县中医医院派出多名专业人员，在县城莲花山公园广场联合设立了“全国高血压日”宣传咨询站。活动现场，悬挂了主题宣传条幅，摆放了内容丰富的高血压防控知识及减盐技巧宣传展板。同时，向过往群众散发《高血压防治知识》、《知晓您的血压 共同参与防控》宣传传单，《盐与高血压》宣传知识手册，《远离高血压 从控盐开始》、《和谐生活 健康中国人》宣传折页等宣传资料				
In October 8th, it was the twenty-first National Hypertension Day. In order to promote the prevention and treatment of hypertension in Pingyi County and further improve the health literacy level of residents, Pingyi County Health and Family Planning Bureau organized the county-wide departments and units to carry out the "National Hypertension Day" publicity activities with the theme of "Know Your Blood Pressure".On the same day, Pingyi County CDC and the County Hospital of Traditional Chinese Medicine dispatched a number of professionals in the county seat Lianhuashan Park Plaza jointly set up a "National Hypertension Day" publicity consulting station. At the scene of the event, promotional banners were hung and publicity exhibitions of hypertension prevention and control knowledge and salt reduction techniques were displayed. Meanwhile, the propaganda materials such as "Knowledge of Hypertension Prevention and Treatment", "Knowing Your Blood Pressure to Participate in Prevention and Control", "Salt and Hypertension" propaganda brochure, "Beginning with Salt Control for Staying away from Hypertension", "Harmonious and Healthy Chinese" and so on were distributed to the people in the past.				
7. <a href="#">三减三健 健康同行  《合肥晚报》多媒体数字报平台</a>	来源：合肥晚报	类别：健康中心	态度：提倡	时间： 13:43
<a href="#">Three minus three nutritile health counterparts   the hefei evening of multimedia digital platform</a>	来源：合肥晚报	Category: health and wellness centers	Attitude: advocate	Time: 13:43
日前，朱岗社区卫办开展“三减三健 健康同行”主题宣传活动，旨在向社区常住、流动人口宣传“三减三健”核心信息，大力推广全民健康生活方式，创建健康卫生社区。热闹的大润发生活广场上，卫办工作人员向往来的居民发放“三减三健”宣传材料，宣传减油、减盐、减糖在日常生活中的操作指南，以及健康口腔、健康体重、健康骨骼对身体健康的重要影响和日常保健建议。除此之外，面向流动人口，工作人员还宣传流动人口健康教育核心信息，指导流动人口在居住地享受均等化卫生服务。此次宣传发放宣传材料180多份，营造了推广全民健康生活方式的社会氛围，让辖区居民在家门口也能获得全面的健康指导。				
A few days ago, Zhugang Community Health Office launched the theme of “Three Reductions and Three Health Healthy Peers” , aiming to promote the core information of “three reductions and three health” to the resident and floating population of the community, vigorously promote the healthy lifestyle of the whole people, and create a healthy and healthy community. . On the lively RT-Mart Life Square, the staff of the Health Office issued “three minus three health” propaganda materials to the residents, promoting the operation guidelines for oil reduction, salt reduction and sugar reduction in daily life, as well as healthy oral and healthy weight. The important impact of healthy bones on physical health and daily health advice. In addition, for the floating population, the staff also promotes the core information of the health education of the floating population, and guides the floating population to enjoy the equalization of the health service in the place of residence. More than 180 promotional materials were distributed and publicized to create a social atmosphere that promotes a healthy lifestyle for all, so that residents in the jurisdiction can get comprehensive health guidance at their doorstep.				
8. <a href="#">托里县开展“全国高血压日” 宣传活动</a>	来源：新浪新闻	类别：高血压	态度：提倡	时间： 17:49
<a href="#">In the county to carry out the "national hypertension day" campaign</a>	来源：新浪新闻	Category: hypertension	Attitude: advocate	Time: 17:49
亚心网讯（通讯员 宋甜甜 达尔汗）在第21个“全国高血压日”，托里县疾病预防控制中心深入农村开展了以“知晓您的血压”为主题的宣传活动。托里县疾病预防控制中心工作人员来到库南乡布依合斯台村和苏吾尔村，在村委会活动室为村民讲授了一堂关于“高血压”相关的知识讲座，村民们不仅认真聆听讲座，还时不时地提出自己想了解的相关知识，工作人员都耐心细致地做了解答。活动现场，托里县疾病预防控制中心工作人员还发放了宣传单，并免费为村民测量了血压，让村民知道自己的血压状况，提高群众的自我保健意识。库南乡苏吾尔村村民说，这次活动很好，讲了高血压患者在生活中要注意的事情，提醒我们在饮食、生活习惯等方面要多注意，我要把学到的知识宣传给家人和朋友。托里县疾病预防控制中心副主任表示，通过这样的活动让广大农民牧民知道自己的血压，改善自己的生活方式，控制食盐，控制食油，适当运动，保持心态平衡				
Yaxin News (correspondent Song Tianian Darhan) in the 21st "National Hypertension Day", Torry County Center for Disease Control and Prevention in rural areas to carry out a "know your blood pressure" as the theme of publicity activities.Torry County Center for Disease Control and Prevention staff came to Bulhesti and Suwuer villages in Kufu Township and gave a lecture on hypertension in the activity room of the village committee. The villagers not only listened carefully to the lecture, but also put forward the relevant knowledge they wanted to know from time to time. The staff members were patient. Detailed answers were made. At the event site, the staff of Torry County CDC also issued a leaflet, and free blood pressure measurements for the villagers, so that the villagers know their blood pressure status, improve the people's awareness of self-care.The villagers in Suwuer village of Kufu Township said that the activity was very good. They told us what should be paid attention to in the life of hypertension patients, reminded us to pay more attention to diet, living habits and other aspects. I would like to publicize the knowledge I have learned to my family and friends.Torry County CDC deputy director said that through such activities to let farmers and herdsmen know their blood pressure, improve their way of life, control salt, control cooking oil, appropriate exercise, maintain a balance of mind.				
9. <a href="#">连云港市卫计委</a>	来源：中国连云港政府门户网	类别：高血压	态度：提倡	时间： 15:50
<a href="#">Lianyungang city planning commission</a>	来源：中国连云港政府门户网	Category: hypertension	Attitude: advocate	Time: 15:50
海州区卫计局开展“知晓您的血压”主题宣传活动 10月8日是第21个“全国高血压日”，为推进高血压防治工作，提高公众主动防控高血压的意识，积极采取健康的生活方式，进一步提升全区居民健康素养水平，海州区疾病预防控制中心联合连云港市疾控中心、海州社区卫生服务中心围绕“知晓您的血压”主题在海州区鼓楼广场开展现场咨询活动。现场设置咨询台、摆放宣传展板、摆设有关主题横幅的拱门，工作人员为过往的市民和前来咨询的市民发放宣传折页、手册、控油壶、限盐勺、BMI、健康生活方式手提袋、计步器、腰围尺等健康支持工具，为前来咨询的市民讲解高血压预防的知识、免费测量血压，为高血压的高危人群进行生活方式的指导，对超标准血压测量者根据是否已确诊者给予规范治疗、社区管理、社区医院确诊及生活方式指导等建议。本次宣传活动，共发放宣传折页、手册500余份、控油壶、限盐勺100余套、BMI尺、计步器、腰围尺各100余个、手提袋50余个，免费测量血压200余人。通过宣传让更多的市民了解自己的血压、了解高血压的诊断、危害、不同人群测量血压的频率、高血压的预防、治疗及可控制性和高血压患者的社区免费管理服务、家庭测血压、自我管理的重要性。使更多的人去关注自己的血压，增强市民预防和 control 高血压的意识，活动受到社区居民的一致好评				
Haizhou District Health Bureau launched a publicity campaign to know your blood pressure.October 8 is the 21st National Hypertension Day. In order to promote the prevention and control of hypertension, raise the public's awareness of active prevention and control of hypertension, actively adopt a healthy lifestyle, and further enhance the health literacy level of residents in Haizhou District, the Center for Disease Control and Prevention of Haizhou District, in conjunction with Lianyungang CDC and Haizhou Community Health Service The center carries out on-site consultation activities around the theme of "knowing your blood pressure" in Gulou Plaza, Haizhou district.A consulting desk, a display board and an arch with a theme banner are set up on the spot. Workers provide health support tools such as pamphlets, handbooks, oil kettles, salt spoons, BMI, healthy lifestyle handbags, pedometers, waistband rulers and so on to the public and those coming to consult. Knowledge of hypertension prevention, free measurement of blood pressure, lifestyle guidance for high-risk groups of hypertension, standardized treatment, community management, community hospital diagnosis and lifestyle guidance for those who exceed the standard blood pressure measurements according to whether they have been diagnosed.More than 500 pamphlets, handbooks, oil control kettles, salt spoons, more than 100 sets of BMI rulers, pedometers, waist circumference rulers, more than 50 handbags, more than 200 people free of charge to measure blood pressure. Through propaganda, more and more citizens can understand their own blood pressure, the diagnosis and harm of hypertension, the frequency of blood pressure measurements in different groups, the prevention and treatment of hypertension, the controllability of hypertension and the importance of free community management services, home blood pressure measurements and self-management for hypertension patients. To make more people to pay attention to their blood pressure, enhance public awareness of prevention and control of hypertension, activities by community residents unanimously praised				
10. <a href="#">剑河县开展“全国高血压日” 宣传活动</a>	来源：贵州网	类别：高血压	态度：提倡	时间： 17:04
<a href="#">Jian river county to carry out the "national hypertension day" campaign</a>	来源：贵州网	Category: hypertension	Attitude: advocate	Time: 17:04
剑河县开展“全国高血压日” 宣传活动 2018年10月8日是第21个“全国高血压日”，今年活动日的主题是“知晓你的血压”以促进自我血压监测为重点，开展高血压防治健康教育和科普宣传，切实提高高血压知晓率、治疗率和控制率。 10月11日上午,剑河县卫计局组织县人民医院、民族医院、县疾控中心、县妇幼保健院、革东镇卫生院、仰阿莎街道社区卫生服务中心等单位在一小旁开展“全国高血压日” 宣传活动。 宣传活动通过义诊、悬挂横幅、发放宣传资料、宣传用品等形式开展，动员全民参与“知晓您的血压”，倡导群众从改变个人生活习惯做起，提高自我管理的知识和技能，积极预防慢性疾病。同时工作人员向广大居民提醒要定期测量血压，建议正常成年人每年至少测量1次、5岁以上的首诊患者应测量血压、高血压易患人群建议每半年测量1次血压、血压未达标且不稳定者则增加自测血压的次数、积极预防高血压(坚持运动、限制食盐摄入、多吃蔬菜和水果、少吃快餐、限制饮酒、戒烟)。活动现场共发放册子、折页、手提袋、围腰等宣传资料5000余份、免费测血糖310余人，测血压230人				
Jianhe County launched "National Hypertension Day" campaignOctober 8, 2018 is the 21st National Hypertension Day. The theme of this year's activity day is "Knowing Your Blood Pressure" to promote self-monitoring of blood pressure. Health education and scientific publicity on hypertension prevention and control should be carried out to effectively improve the awareness rate, treatment rate and control rate of hypertension.On the morning of October 11, Jianhe County Health and Planning Bureau organized the county people's hospital, County National hospital, County CDC, County Maternal and child health care hospital, Gedong Town Health Center, Yangasha Street Community Health Service Center and other units to carry out the "National Hypertension Day" publicity activities.Propaganda activities are carried out through free clinics, hanging banners, distributing propaganda materials and propaganda supplies, mobilizing the whole people to participate in "knowing your blood pressure", advocating the masses to start from changing personal habits, improve self-management knowledge and skills, and actively prevent chronic diseases. At the same time, the staff reminded the residents to measure their blood pressure regularly, and suggested that normal adults should measure their blood pressure at least once a year, and the first-visit patients over the age of 5 should measure their				

blood pressure. People susceptible to hypertension should measure their blood pressure once every six months. If the blood pressure is not up to the standard and unstable, they should increase the number of self-test blood pressure and actively prevent hypertension. Exercise, restrict salt intake, eat more vegetables and fruits, eat less fast food, limit alcohol consumption and quit smoking. More than 5000 copies of brochures, folders, handbags, waistlines and other propaganda materials were distributed at the event site. More than 310 people took free blood glucose measurements and 230 people took blood pressure measurements.

11. <a href="#">泗洪县城头卫计中心开展“高血压日”宣传活动</a>	来源：网上宿迁	类别：高血压	态度：提倡	时间：18:51
<a href="#">Sihong ChengTou health center to carry out the "hypertension day" campaign</a>	来源：网上宿迁	Category: hypertension	Attitude: advocate	Time: 18:51

今年10月8日是第21个“全国高血压日”，今年的活动主题是“知晓您的血压”。为了做好今年全国高血压日宣传活动，按照上级业务部门的要求，近日城头卫计中心组织相关人员在城头医院门口进行主题宣传咨询活动。本次宣传活动中，通过悬挂宣传横幅、设置宣传台，摆放宣传展板、发放高血压宣传资料等方式，指导群众如何减少盐的摄入。做到“戒烟，限酒，适当锻炼”的健康生活方式，加强对高血压非药物治疗的重视，从根本上减少高血压及并发症的发生。定期到医疗机构测量血压、血糖”等核心知识；同时免费测量血压，告知居民现在的身体状况，使其更好的做好高血压的预防

October 8 this year is the 21st National Hypertension Day. The theme of this year's event is "Know Your Blood Pressure". In order to do a good job of this year's National Hypertension Day propaganda activities, in accordance with the requirements of higher-level business departments, the Chengtou Sanitary Planning Center recently organized relevant personnel in the front door of Chengtou Hospital for thematic publicity and consultation activities.In this propaganda activity, through hanging propaganda banners, setting up propaganda tables, placing propaganda exhibition boards, issuing high blood pressure propaganda materials and other ways to guide the masses how to reduce salt intake. To achieve a "smoking cessation, alcohol restriction, appropriate exercise" healthy lifestyle, strengthen the attention of non-drug treatment of hypertension, fundamentally reduce the incidence of hypertension and complications. Regular to medical institutions to measure blood pressure, blood sugar and other core knowledge; at the same time, free measurement of blood pressure, to inform residents of the current physical condition, so that it better do a good job in preventing hypertension

12. <a href="#">吃芹菜能降血压吗?</a>	来源：人民网	类别：高血压	态度：提倡	时间：14:46
<a href="#">Celery can fall blood pressure?</a>	来源：人民网	Category: hypertension	Attitude: advocate	Time: 14:46

今年10月8日是我国第21个“全国高血压日”。据统计，目前，我国成人高血压患病率达25.2%，患者人数约2.7亿。很多人尝试通过食疗来控制血压，比如每天榨取芹菜汁饮用。那么，芹菜真的有降血压作用吗？问：芹菜有什么营养？答：芹菜富含膳食纤维以及钙、镁、钾等矿物质元素，每100克芹菜中含有膳食纤维1.2克。很多人吃芹菜时会把芹菜叶子丢掉，直接吃芹菜茎

October 8th this year is the twenty-first National Hypertension Day in China. According to statistics, at present, the prevalence rate of hypertension in China is 25.2%, and the number of patients is about 270 million. Many people try to control their blood pressure through diet therapy, such as daily consumption of celery juice. So, celery really has the effect of lowering blood pressure?Q: what is the nutrition of celery?Answer: Celery is rich in dietary fiber and calcium, magnesium, potassium and other mineral elements, every 100 grams of celery contains 1.2 grams of dietary fiber. Many people eat celery leaves and eat celery leaves directly.

13. <a href="#">高血压的预防</a>	来源：新浪网	类别：高血压	态度：提倡	时间：22:18:02
<a href="#">The prevention of high blood pressure</a>	来源：新浪网	Category: hypertension	Attitude: advocate	Time: 22:18:02

海口市琼山区创建全国健康促进区温馨提示您：1. 坚持运动:经常性的身体活动可预防和控制高血压,如快步走、太极拳、游泳、家务劳动、园艺劳动等。2. 限制食盐摄入:高盐饮食显著增加高血压患病风险,成人每天食盐摄入量应<6克。3. 多吃蔬菜和水果。4. 少吃快餐:尽量在家中就餐,可利于控制脂肪、盐和糖的摄入量。5. 限制饮酒:倡导成年人理性饮酒

Haikou City Qiongsan district creates the national health promotion zone.1. Exercise: Regular physical activity can prevent and control hypertension, such as fast walking, taijiquan, swimming, housework, gardening and so on.2. Restriction of salt intake: A high-salt diet significantly increases the risk of hypertension. Adults should eat less than 6 grams of salt per day.3. eat more vegetables and fruits.4. eat less fast food: try to eat at home, which helps control the intake of fat, salt and sugar.5. limiting alcohol consumption: advocating rational drinking for adults

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公众 Public				
1. <a href="#">高血压造成哪些危害?5个方法保护肾脏</a>	来源：人民网黑龙江站	类别：高血压	态度：提倡	时间：10:03:20
<a href="#">High blood pressure which damage?Five methods to protect the kidney</a>	来源：人民网黑龙江站	Category: hypertension	Attitude: advocate	Time: 10:03:20

原标题：高血压造成哪些危害？5个方法保护肾脏 高血压是一种常见的慢性疾病，很容易引发其他并发症，是一种很危险的心血管疾病。高血压会对肾脏造成很大的影响，是肾脏疾病的诱发的重要因素之一。下面就为大家详细介绍高血压和肾脏的关系已经会造成哪些危害，一起来了解下吧。 高血压和肾病的关系 1、血压异常为什么会影响肾脏 肾脏是人体重要的体液调节器官，体液的分泌和血压有关系。当肾脏出现问题时，血压会随着分泌的体液增加而升高，减少而降低，肾脏功能正常是，就通过分泌激素，调节人体血压情况

Original title: what harm does hypertension cause? The 5 way to protect the kidneys.Hypertension is a common chronic disease, easily lead to other complications, is a very dangerous cardiovascular disease. Hypertension can cause a great impact on kidney and is one of the important factors inducing kidney disease. Here is a detailed description of the relationship between hypertension and the kidney has caused what harm, together to understand it.Relationship between hypertension and nephropathy1. Why does abnormal blood pressure affect kidneys?The kidney is an important body fluid regulating organ, and the secretion of body fluid is related to blood pressure. When the kidney problems, blood pressure will increase with the secretion of the body fluid increased, decreased and decreased, normal kidney function is, through the secretion of hormones, regulate human blood pressure

2. <a href="#">血压高不高 心中要有“数”</a>	来源：海南日报	类别：高血压	态度：提倡	时间：08:03:49
<a href="#">High blood pressure is not high Heart to have "number"</a>	来源：海南日报	Category: hypertension	Attitude: advocate	Time: 08:03:49

10月8日是全国高血压日。据统计，中国现有高血压患者3亿余人，但高血压的知晓率仅为42.6%，治疗率34.1%，控制率9.3%，以上“三率”较低的原因之一就是患者不知道自己的血压水平，即使已知的高血压患者也仅凭感觉用药。海口市人民医院心内科主任陈漠水表示，血压高并不可怕，可怕的是不知道、不控制。因此，高血压的群防群治要从“知晓你的血压”开始。小心高血压悄悄找上门 究竟什么是高血压？高血压的标准又是什么呢？陈漠水解释，血压，是指血液在血管内流动，对血管壁产生的侧压力

October 8th is the national day of hypertension. According to statistics, there are more than 300 million patients with hypertension in China, but the awareness rate of hypertension is only 42.6%, the treatment rate is 34.1%, the control rate is 9.3%. One of the reasons for the lower "three rates" is that the patients do not know their blood pressure level, even the known patients with hypertension only rely on sensory medication.Chen Moshui, director of Cardiology at Haikou People's Hospital, said that high blood pressure is not terrible, terrible is unknown, uncontrolled. Therefore, the prevention and cure of hypertension should start with "knowing your blood pressure".Be careful of high blood pressure.What is hypertension? What is the standard of hypertension?Chen Moshui explained that blood pressure refers to the blood pressure in the blood vessels and the lateral pressure on the walls of blood vessels.

3. <a href="#">高血压知晓率不足五成 血压高不高心中要有“数”</a>	来源：中国新闻网海南站	类别：高血压	态度：提倡	时间：16:15
<a href="#">Hypertension awareness of less than fifty percent have high blood pressure is not high heart "number"</a>	来源：中国新闻网海南站	Category: hypertension	Attitude: advocate	Time: 16:15

高血压知晓率不足五成 血压高不高心中要有“数” 10月8日是全国高血压日。据统计，中国现有高血压患者3亿余人，但高血压的知晓率仅为42.6%，治疗率34.1%，控制率9.3%，以上“三率”较低的原因之一就是患者不知道自己的血压水平，即使已知的高血压患者也仅凭感觉用药。海口市人民医院心内科主任陈漠水表示，血压高并不可怕，可怕的是不知道、不控制。因此，高血压的群防群治要从“知晓你的血压”开始。小心高血压悄悄找上门 究竟什么是高血压？高血压的标准又是什么呢？陈漠水解释，血压，是指血液在血管内流动，对血管壁产生的侧压力

The awareness rate of hypertension is less than 50%, and the blood pressure is not high.October 8th is the national day of hypertension. According to statistics, there are more than 300 million patients with hypertension in China, but the awareness rate of hypertension is only 42.6%, the treatment rate is 34.1%, the control rate is 9.3%. One of the reasons for the lower "three rates" is that the patients do not know their blood pressure level, even the known patients with hypertension only rely on sensory medication.Chen Moshui, director of Cardiology at Haikou People's Hospital, said that high blood pressure is not terrible, terrible is unknown, uncontrolled. Therefore, the prevention and cure of hypertension should start with "knowing your blood pressure".Be careful of high blood pressure.What is hypertension? What is the standard of hypertension?Chen Moshui explained that blood pressure refers to the blood pressure in the blood vessels and the lateral pressure on the walls of blood vessels.

4. <a href="#">29岁小伙却有豆腐渣一样的血管?!他的这些习惯很多人都有</a>	来源：新浪新闻	类别：食物中的钠	态度：提倡	时间：17:30
<a href="#">29 years old guy, but have the blood vessels like the tofu?!A lot of people have those habits</a>	来源：新浪新闻	Category: sodium in food	Attitude: advocate	Time: 17:30

这个夏天，29岁的小宋(化名)经历了一场心脏历险记。七八年不感冒，自称身体一向很好的他，从4月开始，走路便感觉胸闷气急，但他并没有引起重视，直到9月的一天，眼看着走个三四百米就到了家，可他胸闷胸痛得厉害，这才意识到问题的严重。29岁却有豆腐渣一样的血管 经亲戚介绍，小宋来到了浙江医院三墩院区就诊。住院第二天，小宋便被推进了三墩院区导管室，医生为他实施了冠状动脉造影术。医院血管内科杜常青副主任医师说：“小宋的检查结果让我们十分吃惊，他前降支中段95%狭窄，回旋支远段100%闭塞，右冠近段100%闭塞.....也就是说，小宋的心脏三大主血管两根完全堵塞，一根严重狭窄，而他，才30岁不到



This summer, 29 year old Xiao Song (a pseudonym) experienced a heart adventure. He didn't have a cold for seven or eight years and claimed to be in good health. He felt stuffy and angry when he walked from April, but he didn't pay much attention to it. One day in September, he arrived home after walking three or four hundred meters. But his chest was stuffy and painful, which made him realize the problem was serious.At 29 years old, there are bean curd like blood vessels.By relatives, Xiao song came to the three hospital area of Zhejiang hospital for treatment. On the second day of hospitalization, Xiao Song was pushed into the catheter room of Sandun Hospital. Doctors performed coronary angiography for him.Du Changqing, deputy director of cardiovascular medicine in the hospital, said: "We were surprised by the results of Song's examination. He had 95% stenosis in the middle part of the anterior descending branch, 100% occlusion in the distal part of the circumflex branch and 100% occlusion in the proximal part of the right coronary artery. That is to say, Xiao Song's heart three main blood vessels two completely blocked, a serious stenosis, and he was just under 30 years old.

5. <a href="#">...高危人群免费筛查”试点工作推动“30岁及以上居民知血压”</a>	来源：深圳新闻网	类别：高血压	态度：提倡	时间：16:02
<a href="#">...People at high risk for free screening "pilot work to promote" 30 years and older residents know the blood pressure"</a>	来源：深圳新闻网	Category: hypertension	Attitude: advocate	Time: 16:02

深圳新闻网讯（记者 董非）10月8日是我国第21个全国高血压日，南山区在粤海街道蔚蓝海岸社区举行了“高血压日暨‘30岁知血压’试点项目启动仪式”。目前中国高血压患病人数为2.7亿，30岁以上的人群成为“高危一族”。专家表示，定时测量和知晓自己的血压、有效控制血压可避免很多疾病，尤其是脑卒中（俗称中风）的发生。据了解，脑卒中具有高发生率、高死亡率、高致残率和高复发率等特点，位于我国居民的死因前列，是威胁居民健康的重大公共卫生问题。研究表明，85%的脑卒中可以预防！其中，高血压及H型高血压（血浆同型半胱氨酸升高（≥10 μmol/L）的高血压）患者是脑卒中的重点高危人群，及时发现高血压，控制好血压及同型半胱氨酸水平可大大降低脑卒中的发生风险

Shenzhen News Network (Reporter Dong Fei) October 8 is China's 21st National Hypertension Day, Nanshan District in Yuehai Street Blue Coast Community held a "Hypertension Day and 30-year-old know blood pressure" pilot project launch ceremony. At present, the number of hypertensive patients in China is 270 million, and those aged over 30 become "high-risk group". Experts say measuring and knowing your own blood pressure regularly and controlling it effectively can avoid many diseases, especially stroke.It is understood that stroke has the characteristics of high incidence, high mortality, high disability rate and high recurrence rate. It is one of the leading causes of death in China and a major public health problem threatening the health of residents. Research shows that 85% of stroke can be prevented. Hypertension and H-type hypertension (elevated plasma homocysteine (> 10 micromol/L)) are the key high-risk groups for stroke. Early detection of hypertension, good control of blood pressure and homocysteine levels can greatly reduce the risk of stroke.

6. <a href="#">健康从控制血压开始</a>	来源：四川在线	类别：高血压	态度：提倡	时间：23:10:54
<a href="#">Healthy start control of blood pressure</a>	来源：四川在线	Category: hypertension	Attitude: advocate	Time: 23:10:54

2018年10月8日是我国的第21个“全国高血压日”，今年的宣传主题是“知晓您的血压”。高血压是最常见的慢性病之一，也是心脑血管疾病的主要危险因素。据最新临床统计数据显示，中国成人高血压患病率达25.2%，患者人数约2.7亿，因心脑血管病导致的死亡占国民总死亡的40%以上，约70%的脑卒中死亡和约50%心肌梗死与高血压密切相关。然而，与高患病率相比，高血压知晓率、治疗率、控制率仍相对较低。如何在早期发现高血压，真正做到科学控制血压呢?对此，记者采访了乐山市疾控中心慢性病防治所所长秦利平

October 8, 2018 is the 21st National Hypertension Day in China. This year's publicity theme is "Know Your Blood Pressure".Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. According to the latest clinical statistics, the prevalence of hypertension in Chinese adults is 25.2%, and the number of patients is about 270 million. Cardiovascular and cerebrovascular diseases account for more than 40% of the total national deaths. About 70% of stroke deaths and about 50% of myocardial infarction are closely related to hypertension.However, compared with the high prevalence rate, the awareness rate, treatment rate and control rate of hypertension are still relatively low. How to discover hypertension in the early stage and control blood pressure scientifically? In this regard, the reporter interviewed Qin Liping, director of the chronic disease prevention and treatment center of Leshan CDC.

7. <a href="#">世界关节炎日：患类风湿性关节炎,要忌口吗?</a>	来源：人民网	类别：食物中的钠	态度：提倡	时间：20:17:18
<a href="#">World day arthritis, rheumatoid arthritis, to avoid?</a>	来源：人民网	Category: sodium in food	Attitude: advocate	Time: 20:17:18

编者按：每年的10月12日是世界关节炎日，一听到关节疼痛，大家大多会关切地问：“关节炎啊？”关节痛是常见症状，引起它的疾病也很多，以关节炎为例，就有骨关节炎、类风湿性关节炎及大众常说的“风湿”等。那它们都有哪些特点呢？人民健康网《“健”识早知道》专栏，本期为您介绍关节炎的相关知识，同您一起将健康进行到底！教你鉴别三种关节炎 骨关节炎是一种关节退变性疾病，多发生在50岁以上人群，女性多于男性，年龄越大患病越多，常伴有骨质增生。全身各个关节都可能发病，但以膝关节、手指关节多见。患者早期多为上下楼梯、蹲起时感觉膝盖疼痛不适，早起或久坐后膝盖感觉发僵。随病情加重，患者可能会有平地走路疼痛，甚至关节变形（多为“罗圈腿”畸形）等症状

Editor's note: October 12 is World Arthritis Day every year. When people hear of joint pain, they mostly ask with concern: "Arthritis ah?" Arthropathy is a common symptom and causes a lot of diseases. Take arthritis for example, there are osteoarthritis, rheumatoid arthritis and so on. What are their characteristics? People's Health Network "health" know early column, this issue for you to introduce the relevant knowledge of arthritis, with you will be healthy to the end!! teach you to identify three kinds of arthritis.Osteoarthritis is a degenerative disease of joints, mostly occurring in people over 50 years old, more women than men, the older the more sick, often accompanied by bone hyperplasia. All joints of the body may develop, but the joints of the knee and fingers are common. Patients with early stairs, knee pain and discomfort when squatting up, get up early or sit for a long time after knee feeling stiff. As the disease progresses, the patient may have symptoms such as flat walking pain, or even joint deformities (mostly "hoop-legged" deformities).

8. <a href="#">海南人该如何“养好”肠胃？听专家怎么说</a>	来源：人民网	类别：食物中的钠	态度：提倡	时间：20:20:39
<a href="#">How do people in hainan "good care" intestines and stomach?Listen to the experts how to say</a>	来源：人民网	Category: sodium in food	Attitude: advocate	Time: 20:20:39

编者按：没有全民健康，就没有全面小康。为了做好健康海南的宣传工作，人民网海南频道近期将推出海南名医系列访谈，针对一些海南人常见病的预防和治疗知识进行讲解，推进健康海南工作。人民网海口10月11日电（符武平、樊欢迪、孟凡盛）现代社会，由于人们的生活、饮食常常不规律、不科学，加上普遍快节奏的生活方式以及各种强大的压力，很多人的胃肠都处于亚健康状态。世卫组织统计，胃病发病逐年呈年轻化趋势。那么，海南人该如何有针对性的预防肠胃疾病？得了肠胃疾病又该注意些什么？近日，人民网记者采访了海口市人民医院胃肠外科副主任医师张翌，听专家谈谈对这些问题的看法

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## 内容分类

### Classification of Content

食物中的钠 Sodium in food				
1. <a href="#">29岁小伙却有豆腐渣一样的血管?他的这些习惯很多人都有</a>	来源：新浪新闻	类别：食物中的钠	态度：提倡	时间：17:30
<a href="#">29 years old guy, but have the blood vessels like the tofu?A lot of people have those habits</a>	来源：新浪新闻	Category: sodium in food	Attitude: advocate	Time: 17:30

这个夏天，29岁的小宋(化名)经历了一场心脏历险记。七八年不感冒，自称身体一向很好的他，从4月开始，走路便感觉胸闷气急，但他并没有引起重视，直到9月的一天，眼看着走个三四百米就到家了，可他胸闷胸痛得厉害，这才意识到问题的严重。29岁却有豆腐渣一样的血管 经亲戚介绍，小宋来到了浙江医院三墩院区就诊。住院第二天，小宋便被推进了三墩院区导管室，医生为他实施了冠状动脉造影术。医院心血管内科杜常青副主任医师说：“小宋的检查结果让我们十分吃惊，他前降支中段95%狭窄，回旋支远段100%闭塞，右冠近段100%闭塞.....也就是说，小宋的心脏三大主血管两根完全堵塞，一根严重狭窄，而他，才30岁不到

This summer, 29 year old Xiao Song (a pseudonym) experienced a heart adventure. He didn't have a cold for seven or eight years and claimed to be in good health. He felt stuffy and angry when he walked from April, but he didn't pay much attention to it. One day in September, he arrived home after walking three or four hundred meters. But his chest was stuffy and painful, which made him realize the problem was serious.At 29 years old, there are bean curd like blood vessels.By relatives, Xiao song came to the three hospital area of Zhejiang hospital for treatment. On the second day of hospitalization, Xiao Song was pushed into the catheter room of Sandun Hospital. Doctors performed coronary angiography for him.Du Changqing, deputy director of cardiovascular medicine in the hospital, said: "We were surprised by the results of Song's examination. He had 95% stenosis in the middle part of the anterior descending branch, 100% occlusion in the distal part of the circumflex branch and 100% occlusion in the proximal part of the right coronary artery. That is to say, Xiao Song's heart three main blood vessels two completely blocked, a serious stenosis, and he was just under 30 years old.

2. <a href="#">世界关节炎日：患类风湿性关节炎,要忌口吗?</a>	来源：人民网	类别：食物中的钠	态度：提倡	时间：20:17:18
<a href="#">World day arthritis, rheumatoid arthritis, to avoid?</a>	来源：人民网	Category: sodium in food	Attitude: advocate	Time: 20:17:18

编者按：每年的10月12日是世界关节炎日，一听到关节疼痛，大家大多会关切地问：“关节炎啊？”关节痛是常见症状，引起它的疾病也很多，以关节炎为例，就有骨关节炎、类风湿性关节炎及大众常说的“风湿”等。那它们都有哪些特点呢？人民健康网《“健”识早知道》专栏，本期为您介绍关节炎的相关知识，同您一起将健康进行到底！教你鉴别三种关节炎 骨关节炎是一种关节退变性疾病，多发生在50岁以上人群，女性多于男性，年龄越大患病越多，常伴有骨质增生。全身各个关节都可能发病，但以膝关节、手指关节多见。患者早期多为上下楼梯、蹲起时感觉膝盖疼痛不适，早起或久坐后膝盖感觉发僵。随病情加重，患者可能会有平地走路疼痛，甚至关节变形（多为“罗圈腿”畸形）等症状

Editor's note: October 12 is World Arthritis Day every year. When people hear of joint pain, they mostly ask with concern: "Arthritis ah?" Arthropathy is a common symptom and

causes a lot of diseases. Take arthritis for example, there are osteoarthritis, rheumatoid arthritis and so on. What are their characteristics? People's Health Network "health" know early column, this issue for you to introduce the relevant knowledge of arthritis, with you will be healthy to the endI teach you to identify three kinds of arthritis.Osteoarthritis is a degenerative disease of joints, mostly occurring in people over 50 years old, more women than men, the older the more sick, often accompanied by bone hyperplasia. All joints of the body may develop, but the joints of the knee and fingers are common. Patients with early stairs, knee pain and discomfort when squatting up, get up early or sit for a long time after knee feeling stiff. As the disease progresses, the patient may have symptoms such as flat walking pain, or even joint deformities (mostly "hoop-legged" deformities).

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<b>高血压</b> <b>Hypertension</b>				
1. <a href="#">您知晓自己的血压吗？渭南市卫计系统开展“全国高血压日”宣传活动</a>	来源：西安区县新闻网	类别：高血压	态度：提倡	时间： 07:02:48
<a href="#">Do you know your blood pressure?Weinan who meter system to carry out the "national hypertension day" campaign</a>	来源：西安区县新闻网	Category: hypertension	Attitude: advocate	Time: 07:02:48

市中心医院（李子萌）10月8日是第21个“全国高血压日”，当日，市中心医院在门诊大厅举行“控制H型高血压预防脑卒中渭南在行动”大型健康义诊宣传活动。此次活动按照市卫计局统一部署，由市中心医院与渭南市现代心血管疾病防治研究中心联合开展，活动形式包括发放宣传资料、健康咨询、义诊等。活动现场，医护人员耐心地向群众讲解高血压的防控措施，并测量血压，筛查H型高血压，对高血压患者进行诊疗和指导用药。市中心医院心血管内科相关负责人介绍，高血压已经成为危害人类健康的最主要的慢性疾病，涉及面广，危害性大，群众应随时了解自己的血压状况，重视自己的血压水平，形成主动测量并定期监测血压的健康理念。同时，多食瓜果蔬菜，保持心情舒畅等都能起到很好的预防作用

Central Hospital(Li Zimeng) October 8 is the 21st National Hypertension Day. On that day, the city central hospital held a large-scale health free clinic propaganda activity of "controlling H-type hypertension and preventing stroke Weinan in action" in the outpatient lobby.According to the unified deployment of the Municipal Bureau of Health and Planning, the event was jointly carried out by the Municipal Central Hospital and Weinan Modern Cardiovascular Disease Prevention and Research Center. The activities included publicity materials, health counseling, free clinics and so on.At the event site, the medical staff patiently explained the prevention and control measures of hypertension to the masses, and measured blood pressure, screening H-type hypertension, diagnosis and treatment of hypertension patients and guidance of medication. Hypertension has become the most important chronic disease harming human health, involving a wide range of hazards, people should always know their own blood pressure, pay attention to their blood pressure level, and form a healthy concept of active measurement and regular monitoring of blood pressure. At the same time, eat more fruits and vegetables, and maintain a good mood can play a good preventive role.

2. <a href="#">北京丰台区疾控举办全国高血压日宣传活动</a>	来源：中华网	类别：高血压	态度：提倡	时间： 11:03:06
<a href="#">Beijing fengtai CDC hold national hypertension day campaign</a>	来源：中华网	Category: hypertension	Attitude: advocate	Time: 11:03:06
10月9日，北京市丰台区疾控中心举办全国高血压日主题宣传活动。图为活动现场。千龙网记者欧阳晓娟摄 千龙网北京10月11日讯（记者欧阳晓娟）高血压是一种常见病和多发病，它不仅是健康医学问题，也是社会问题				

In October 9th, Beijing Fengtai District CDC held a nationwide publicity campaign on Hypertension Day. The picture shows the scene of the event. Qianlong Network reporter Ouyang Xiaojuan photo. Beijing, Oct. 11 (Reporter Ouyang Xiaojuan) Hypertension is a common and frequently-occurring disease, it is not only a health medical problem, but also a social problem

3. <a href="#">高血压造成哪些危害？5个方法保护肾脏</a>	来源：人民网黑龙江站	类别：高血压	态度：提倡	时间： 10:03:20
<a href="#">High blood pressure which damage?Five methods to protect the kidney</a>	来源：人民网黑龙江站	Category: hypertension	Attitude: advocate	Time: 10:03:20
原标题：高血压造成哪些危害？5个方法保护肾脏 高血压是一种常见的慢性疾病，很容易引发其他并发症，是一种很危险的心血管疾病。高血压会对肾脏造成很大的影响，是肾脏疾病的诱发的重要因素之一。下面就为大家详细介绍高血压和肾脏的关系已经会造成哪些危害，一起来了解下吧。 高血压和肾病的关系 1、血压异常为什么会影响肾脏 肾脏是人体重要的体液调节器官，体液的分泌和血压有关系。当肾脏出现问题时，血压会随着分泌的体液增加而升高，减少而降低，肾脏功能正常是，就通过分泌激素，调节人体血压情况				

Original title: what harm does hypertension cause? The 5 way to protect the kidneys.Hypertension is a common chronic disease, easily lead to other complications, is a very dangerous cardiovascular disease. Hypertension can cause a great impact on kidney and is one of the important factors inducing kidney disease. Here is a detailed description of the relationship between hypertension and the kidney has caused what harm, together to understand it.Relationship between hypertension and nephropathy1. Why does abnormal blood pressure affect kidneys?The kidney is an important body fluid regulating organ, and the secretion of body fluid is related to blood pressure. When the kidney problems, blood pressure will increase with the secretion of the body fluid increased, decreased and decreased, normal kidney function is, through the secretion of hormones, regulate human blood pressure

4. <a href="#">高血压患者每年可免费体检一次</a>	来源：合肥晚报	类别：高血压	态度：提倡	时间： 04:03:47
<a href="#">Patients with high blood pressure free physical examination once a year</a>	来源：合肥晚报	Category: hypertension	Attitude: advocate	Time: 04:03:47
本报讯 昨日上午，安徽省精神卫生防治中心、合肥市疾控中心联合举办了主题为“知晓您的血压”的2018年“全国高血压日”与“世界精神卫生日”宣传活动。合肥市疾控中心专家提醒市民，高血压的发病人群近年来有年轻化的趋势，年轻人一旦发现高血压类似症状，需及时到医院检查治疗。 据合肥市疾控中心慢病预防与健康教育科主管医师王茜介绍，高血压是最常见的慢性病之一，也是心脑血管疾病的主要危险因素。如果一个人非同日三次血压测量，血压≥140/90mmHg，即可诊断为高血压。正常成年人至少每2年测量1次血压，高血压高危人群（如血压130~139/85~89mmHg、肥胖等）最好保持每半年测量1次血压的频率				

Yesterday morning, Anhui Mental Health Prevention and Control Center, Hefei City CDC jointly held the theme of "Know Your Blood Pressure" in 2018 "National Hypertension Day" and "World Mental Health Day" publicity activities. Experts from Hefei CDC warned the public that the incidence of hypertension in recent years has a trend of younger, young people once found similar symptoms of hypertension, need to go to the hospital in time for examination and treatment.According to Wang Qian, a chief physician in charge of chronic disease prevention and health education in Hefei CDC, hypertension is one of the most common chronic diseases and a major risk factor for heart, brain and kidney diseases. If a person's blood pressure is measured three times on the same day, the blood pressure is greater than 140/90mmHg, which can be diagnosed as hypertension. Normal adults take blood pressure at least once every two years, and high-risk groups (such as 130-139/85-89mmHg, obesity, etc.) should keep the frequency of measuring blood pressure once every six months.

5. <a href="#">血压高不高 心中要有“数”</a>	来源：海南日报	类别：高血压	态度：提倡	时间： 08:03:49
<a href="#">High blood pressure is not high Heart to have "number"</a>	来源：海南日报	Category: hypertension	Attitude: advocate	Time: 08:03:49
10月8日是全国高血压日。据统计，中国现有高血压患者3亿余人，但高血压的知晓率仅为42.6%，治疗率34.1%，控制率9.3%，以上“三率”较低的原因之一就是患者不知道自己的血压水平，即使已知的高血压患者也仅凭感觉用药。 海口市人民医院心内科主任陈漠水表示，血压高并不可怕，可怕的是不知道、不控制。因此，高血压的群防群治要从“知晓您的血压”开始。小心高血压悄悄找上门 究竟什么是高血压？高血压的标准又是什么呢？ 陈漠水解释，血压，是指血液在血管内流动，对血管壁产生的侧压力				

October 8th is the national day of hypertension. According to statistics, there are more than 300 million patients with hypertension in China, but the awareness rate of hypertension is only 42.6%, the treatment rate is 34.1%, the control rate is 9.3%. One of the reasons for the lower "three rates" is that the patients do not know their blood pressure level, even the known patients with hypertension only rely on sensory medication.Chen Moshui, director of Cardiology at Haikou People's Hospital, said that high blood pressure is not terrible, terrible is unknown, uncontrolled. Therefore, the prevention and cure of hypertension should start with "knowing your blood pressure".Be careful of high blood pressure.What is hypertension? What is the standard of hypertension?Chen Moshui explained that blood pressure refers to the blood pressure in the blood vessels and the lateral pressure on the walls of blood vessels.

6. <a href="#">龙阳镇卫生院开展“全国高血压日”宣传活动 - 滕州市卫生和计划...</a>	来源：中国滕州网	类别：高血压	态度：提倡	时间： 16:28
<a href="#">Place in Shanghai township health centers, to carry out the "national hypertension day" campaign, the su health and plan...</a>	来源：中国滕州网	Category: hypertension	Attitude: advocate	Time: 16:28

高血压是最常见的慢性病，也是心脑血管病最主要的危险因素。10月8日上午开展了主题为“知晓您的血压”全国高血压日宣传活动。 活动现场悬挂“全国高血压日宣传活动”的宣传横幅，免费发放减盐控油知识手册和中医药知识宣传手册等形式多样的宣传活动。为使群众更多的了解高血压的中医药保健相关知识，中医科工作人员现场进行了义务开展咨询，对群众提出的中医药保健问题进行了详细的解答，为群众讲解相关防治知识，解答疑难问题，同时工作人员现场为群众免费测量血压。

Hypertension is the most common chronic disease, and it is also the most important risk factor of cardiovascular and cerebrovascular diseases. In the morning of October 8th, the National Hypertension Day campaign was launched on the theme of "knowing your blood pressure".The activity site hangs "National Hypertension Day propaganda activities" banner, free distribution of salt control knowledge manual and Chinese medicine knowledge brochure and other forms of publicity activities. In order to make the masses know more about the knowledge of Chinese medicine and health care related to hypertension, the staff of Chinese Medicine carried out on-the-spot consultation, and gave detailed answers to the problems of Chinese medicine and health care raised by the masses, explained the relevant prevention and treatment knowledge for the masses, answered difficult questions, and at the same time, the staff measured blood free of charge for the masses on-the-spot. Pressure.

7. <a href="#">临沂市:平邑县组织开展第21个“全国高血压日” 宣传活动</a>	来源：中国科学网	类别：高血压	态度：提倡	时间： 15:06
<a href="#">Linyi city: in pingyi county organized a 21 "national hypertension day" campaign</a>	来源：中国科学网	Category: hypertension	Attitude: advocate	Time: 15:06

10月8日，是第21个“全国高血压日”。为推进全县高血压防治工作，进一步提升居民健康素养水平，平邑县卫生计生局组织全县有关部门和单位开展了以“知晓您的血压”为主题的“全国高血压日” 宣传活动。当日，平邑县疾控中心和县中医医院派出多名专业人员，在县城莲花山公园广场联合设立了“全国高血压日”宣传咨询站。活动现场，悬挂了主题宣传条幅，摆放了内容丰富的高血压防控知识及减盐技巧宣传展版。同时，向过往群众散发《高血压防治知识》、《知晓您的血压 共同参与防控》宣传单，《盐与高血压》宣传知识手册，《远离高血压 从控盐开始》、《和谐我生活 健康中国人》宣传折页等宣传资料

In October 8th, it was the twenty-first National Hypertension Day. In order to promote the prevention and treatment of hypertension in Pingyi County and further improve the health literacy level of residents, Pingyi County Health and Family Planning Bureau organized the county-wide departments and units to carry out the "National Hypertension Day" publicity activities with the theme of "Know Your Blood Pressure".On the same day, Pingyi County CDC and the County Hospital of Traditional Chinese Medicine dispatched a number of professionals in the county seat Lianhuashan Park Plaza jointly set up a "National Hypertension Day" publicity consulting station. At the scene of the event, promotional banners were hung and publicity exhibitions of hypertension prevention and control knowledge and salt reduction techniques were displayed. Meanwhile, the propaganda materials such as "Knowledge of Hypertension Prevention and Treatment", "Knowing Your Blood Pressure to Participate in Prevention and Control", "Salt and Hypertension" propaganda brochure, "Beginning with Salt Control for Staying away from Hypertension", "Harmonious and Healthy Chinese" and so on were distributed to the people in the past.

8. <a href="#">托里县开展“全国高血压日” 宣传活动</a>	来源：新浪新闻	类别：高血压	态度：提倡	时间： 17:49
<a href="#">In the county to carry out the "national hypertension day" campaign</a>	来源：新浪新闻	Category: hypertension	Attitude: advocate	Time: 17:49

亚心网讯（通讯员 宋甜甜 达尔汗）在第21个“全国高血压日”，托里县疾病预防控制中心深入农村开展了以“知晓您的血压”为主题的宣传活动。托里县疾病预防控制中心工作人员来到库南乡布尔合斯台村和苏吾尔村，在村委会活动室为村民讲授了一堂关于“高血压”相关的知识讲座，村民们不仅认真聆听讲座，还时不时地提出自己想了解的相关知识，工作人员都耐心细致地做了解答。活动现场，托里县疾病预防控制中心工作人员还发放了宣传单，并免费为村民测量了血压，让村民知道自己血压状况，提高群众的自我保健意识。库南乡苏吾尔村村民说，这次活动很好，讲了高血压患者在生活中要注意的事情，提醒我们在饮食、生活习惯等方面要多注意，我要把学到的知识宣传给家人和朋友。托里县疾病预防控制中心副主任表示，通过这样的活动让广大农民牧民知道自己的血压，改善自己的生活方式，控制食盐，控制食油，适当运动，保持心态平衡

Yaxin News (correspondent Song Tiantian Darhan) in the 21st "National Hypertension Day", Torry County Center for Disease Control and Prevention in rural areas to carry out a "know your blood pressure" as the theme of publicity activities.Torry County Center for Disease Control and Prevention staff came to Bulhesti and Suwuer villages in Kufu Township and gave a lecture on hypertension in the activity room of the village committee. The villagers not only listened carefully to the lecture, but also put forward the relevant knowledge they wanted to know from time to time. The staff members were patient. Detailed answers were made. At the event site, the staff of Torry County CDC also issued a leaflet, and free blood pressure measurements for the villagers, so that the villagers know their blood pressure status, improve the people's awareness of self-care.The villagers in Suwuer village of Kufu Township said that the activity was very good. They told us what should be paid attention to in the life of hypertension patients, reminded us to pay more attention to diet, living habits and other aspects. I would like to publicize the knowledge I have learned to my family and friends.Torry County CDC deputy director said that through such activities to let farmers and herdsman know their blood pressure, improve their way of life, control salt, control cooking oil, appropriate exercise, maintain a balance of mind.

9. <a href="#">连云港市卫计委</a>	来源：中国连云港政府门户网	类别：高血压	态度：提倡	时间： 15:50
<a href="#">Lianyungang city planning commission</a>	来源：中国连云港政府门户网	Category: hypertension	Attitude: advocate	Time: 15:50

海州区卫计局开展“知晓您的血压”主题宣传活动 10月8日是第21个“全国高血压日”，为推进高血压防治工作，提高公众主动防控高血压的意识，积极采取健康的生活方式，进一步提升全区居民健康素养水平，海州区疾病预防控制中心联合连云港市疾控中心、海州社区卫生服务中心围绕“知晓您的血压”主题在海州区鼓楼广场开展现场咨询活动。现场设置咨询台、摆放宣传展板、摆设主题横幅的拱门。工作人员为过往的市民和前来咨询的市民发放宣传折页、手册、控油壶、限盐勺、BMI、健康生活方式手提袋、计步器、腰围尺等健康支持工具，为前来咨询的市民讲解高血压预防的知识、免费测量血压，为高血压的高危人群进行生活方式的指导，对超标准血压测量者根据是否已确诊者给予规范治疗、社区管理、社区医院确诊及生活方式指导等建议。本次宣传活动，共发放宣传折页、手册500余份、控油壶、限盐勺100余套、BMI尺、计步器、腰围尺各100余个、手提袋50余个，免费测量血压200余人。通过宣传让更多的市民了解自己的血压、了解高血压的诊断、危害、不同人群测量血压的频率、高血压的预防、治疗及可控制性和高血压患者的社区免费管理服务、家庭测血压、自我管理的重要性。使更多的人去关注自己的血压，增强市民预防和控制高血压的意识，活动受到社区居民的一致好评

Haizhou District Health Bureau launched a publicity campaign to know your blood pressure.October 8 is the 21st National Hypertension Day. In order to promote the prevention and control of hypertension, raise the public's awareness of active prevention and control of hypertension, actively adopt a healthy lifestyle, and further enhance the health literacy level of residents in Haizhou District, the Center for Disease Control and Prevention of Haizhou District, in conjunction with Lianyungang CDC and Haizhou Community Health Service The center carries out on-site consultation activities around the theme of "knowing your blood pressure" in Gulou Plaza, Haizhou district.A consulting desk, a display board and an arch with a theme banner are set up on the spot. Workers provide health support tools such as pamphlets, handbooks, oil kettles, salt spoons, BMI, healthy lifestyle handbags, pedometers, waistband rulers and so on to the public and those coming to consult. Knowledge of hypertension prevention, free measurement of blood pressure, lifestyle guidance for high-risk groups of hypertension, standardized treatment, community management, community hospital diagnosis and lifestyle guidance for those who exceed the standard blood pressure measurements according to whether they have been diagnosed.More than 500 pamphlets, handbooks, oil control kettles, salt spoons, more than 100 sets of BMI rulers, pedometers, waist circumference rulers, more than 50 handbags, more than 200 people free of charge to measure blood pressure. Through propaganda, more and more citizens can understand their own blood pressure, the diagnosis and harm of hypertension, the frequency of blood pressure measurements in different groups, the prevention and treatment of hypertension, the controllability of hypertension and the importance of free community management services, home blood pressure measurements and self-management for hypertension patients. To make more people to pay attention to their blood pressure, enhance public awareness of prevention and control of hypertension, activities by community residents unanimously praised

10. <a href="#">高血压知晓率不足五成 血压高不高中要有“数”</a>	来源：中国新闻网海南站	类别：高血压	态度：提倡	时间： 16:15
<a href="#">Hypertension awareness of less than fifty percent have high blood pressure is not high heart "number"</a>	来源：中国新闻网海南站	Category: hypertension	Attitude: advocate	Time: 16:15

高血压知晓率不足五成 血压高不高中要有“数” 10月8日是全国高血压日。据统计，中国现有高血压患者3亿余人，但高血压的知晓率仅为42.6%，治疗率34.1%，控制率9.3%，以上“三率”较低的原因之一就是患者不知道自己的血压水平，即使已知的高血压患者也仅凭感觉用药。海口市人民医院内科主任陈漠水表示，血压高并不可怕，可怕的是不知道、不控制。因此，高血压的群防群治要从“知晓你的血压”开始。小心高血压悄悄找上门 究竟什么是高血压？高血压的标准又是什么呢？陈漠水解释，血压，是指血液在血管内流动，对血管壁产生的侧压力

The awareness rate of hypertension is less than 50%, and the blood pressure is not high.October 8th is the national day of hypertension. According to statistics, there are more than 300 million patients with hypertension in China, but the awareness rate of hypertension is only 42.6%, the treatment rate is 34.1%, the control rate is 9.3%. One of the reasons for the lower "three rates" is that the patients do not know their blood pressure level, even the known patients with hypertension only rely on sensory medication.Chen Moshui, director of Cardiology at Haikou People's Hospital, said that high blood pressure is not terrible, terrible is unknown, uncontrolled. Therefore, the prevention and cure of hypertension should start with "knowing your blood pressure".Be careful of high blood pressure.What is hypertension? What is the standard of hypertension?Chen Moshui explained that blood pressure refers to the blood pressure in the blood vessels and the lateral pressure on the walls of blood vessels.

11. <a href="#">剑河县开展“全国高血压日” 宣传活动</a>	来源：贵州网	类别：高血压	态度：提倡	时间： 17:04
<a href="#">Jian river county to carry out the "national hypertension day" campaign</a>	来源：贵州网	Category: hypertension	Attitude: advocate	Time: 17:04

剑河县开展“全国高血压日” 宣传活动 2018年10月8日是第21个“全国高血压日”，今年活动日的主题是“知晓你的血压”以促进自我血压监测为重点，开展高血压防治健康教育和科普宣传，切实提高高血压知晓率、治疗率和控制率。 10月11日上午,剑河县卫计局组织县人民医院、民族医院、县疾控中心、县妇幼保健院、革东镇卫生院、仰阿莎街道社区卫生服务中心等单位在一小旁开展“全国高血压日” 宣传活动。 宣传活动通过义诊、悬挂横幅、发放宣传资料、宣传用品等形式开展，动员全民参与“知晓您的血压”，倡导群众从改变个人生活习惯做起，提高自我管理的知识和技能，积极预防慢性疾病。同时工作人员向广大居民提醒要定期测量血压，建议正常成年人每年至少测量1次、5岁以上的首诊患者应测量血压、高血压易患人群建议每半年测量1次血压、血压未达标且不稳定者则增加自测血压的次数、积极预防高血压(坚持运动、限制食盐摄入、多吃蔬菜和水果、少吃快餐、限制饮酒、戒烟)。活动现场共发放册子、折页、手提袋、腰围等宣传资料5000余份、免费测血糖310余人，测血压230人

Jianhe County launched "National Hypertension Day" campaignOctober 8, 2018 is the 21st National Hypertension Day. The theme of this year's activity day is "Knowing Your Blood Pressure" to promote self-monitoring of blood pressure. Health education and scientific publicity on hypertension prevention and control should be carried out to effectively improve the awareness rate, treatment rate and control rate of hypertension.On the morning of October 11, Jianhe County Health and Planning Bureau organized the county people's hospital, County National hospital, County CDC, County Maternal and child health care hospital, Gedong Town Health Center, Yangasha Street Community Health Service Center and other units to carry out the "National Hypertension Day" publicity activities.Propaganda activities are carried out through free clinics, hanging banners, distributing propaganda materials and propaganda supplies, mobilizing the whole people to participate in "knowing your blood pressure", advocating the masses to start from changing personal habits, improve self-management knowledge and skills, and actively prevent chronic diseases. At the same time, the staff reminded the residents to measure their blood pressure regularly, and suggested that normal adults should measure their blood pressure at least once a year, and the first-visit patients over the age of 5 should measure their blood pressure. People susceptible to hypertension should measure their blood pressure once every six months. If the blood pressure is not up to the standard and unstable, they should increase the number of self-test blood pressure and actively prevent hypertension. Exercise, restrict salt intake, eat more vegetables and fruits, eat less fast food, limit alcohol consumption and quit smoking. More than 5000 copies of brochures, folders, handbags, waistlines and other propaganda materials were distributed at the event site. More than 310 people took free blood glucose measurements and 230 people took blood pressure measurements.



12. <a href="#">泗洪县城头卫计中心开展“高血压日”宣传活动</a> <a href="#">Sihong ChengTou health center to carry out the "hypertension day" campaign</a>	来源：网上宿迁	类别：高血压	态度：提倡	时间：18:51
	来源：网上宿迁	Category: hypertension	Attitude: advocate	Time: 18:51
<p>今年10月8日是第21个“全国高血压日”，今年的活动主题是“知晓您的血压”。为了做好今年全国高血压日宣传活动，按照上级业务部门的要求，近日城头卫计中心组织相关人员在城头医院门口进行主题宣传咨询活动。本次宣传活动中，通过悬挂宣传横幅、设置宣传台，摆放宣传展板、发放高血压宣传资料等方式，指导群众如何减少盐的摄入。做到“戒烟，限酒，适当锻炼”的健康生活方式，加强对高血压非药物治疗的重视，从根本上减少高血压及并发症的发生。定期到医疗机构测量血压、血糖”等核心知识；同时免费测量血压，告知居民现在的身体状况，使其更好的做好高血压的预防</p>				
<p>October 8 this year is the 21st National Hypertension Day. The theme of this year's event is "Know Your Blood Pressure". In order to do a good job of this year's National Hypertension Day propaganda activities, in accordance with the requirements of higher-level business departments, the Chengtou Sanitary Planning Center recently organized relevant personnel in the front door of Chengtou Hospital for thematic publicity and consultation activities.In this propaganda activity, through hanging propaganda banners, setting up propaganda tables, placing propaganda exhibition boards, issuing high blood pressure propaganda materials and other ways to guide the masses how to reduce salt intake. To achieve a "smoking cessation, alcohol restriction, appropriate exercise" healthy lifestyle, strengthen the attention of non-drug treatment of hypertension, fundamentally reduce the incidence of hypertension and complications. Regular to medical institutions to measure blood pressure, blood sugar and other core knowledge; at the same time, free measurement of blood pressure, to inform residents of the current physical condition, so that it better do a good job in preventing hypertension</p>				
13. <a href="#">吃芹菜能降血压吗?</a> <a href="#">Celery can fall blood pressure?</a>	来源：人民网	类别：高血压	态度：提倡	时间：14:46
	来源：人民网	Category: hypertension	Attitude: advocate	Time: 14:46
<p>今年10月8日是我国第21个“全国高血压日”。据统计，目前，我国成人高血压患病率达25.2%，患者人数约2.7亿。很多人尝试通过食疗来控制血压，比如每天榨取芹菜汁饮用。那么，芹菜真的有降血压作用吗？问：芹菜有什么营养？答：芹菜富含膳食纤维以及钙、镁、钾等矿物质元素，每100克芹菜中含有膳食纤维1.2克。很多人吃芹菜时会把芹菜叶子丢掉，直接吃芹菜茎</p>				
<p>October 8th this year is the twenty-first National Hypertension Day in China. According to statistics, at present, the prevalence rate of hypertension in China is 25.2%, and the number of patients is about 270 million. Many people try to control their blood pressure through diet therapy, such as daily consumption of celery juice. So, celery really has the effect of lowering blood pressure?Q: what is the nutrition of celery?Answer: Celery is rich in dietary fiber and calcium, magnesium, potassium and other mineral elements, every 100 grams of celery contains 1.2 grams of dietary fiber. Many people eat celery leaves and eat celery leaves directly.</p>				
14. <a href="#">„高危人群免费筛查”试点工作推动“30岁及以上居民知血压”</a> <a href="#">„People at high risk for free screening "pilot work to promote" 30 years and older residents know the blood pressure"</a>	来源：深圳新闻网	类别：高血压	态度：提倡	时间：16:02
	来源：深圳新闻网	Category: hypertension	Attitude: advocate	Time: 16:02
<p>深圳新闻网讯（记者 董非）10月8日是我国第21个全国高血压日，南山区在粤海街道蔚蓝海岸社区举行了“高血压日暨‘30岁知血压’试点项目启动仪式”。目前中国高血压患病人数为2.7亿，30岁以上的人群成为“高危一族”。专家表示，定时测量和知晓自己的血压、有效控制血压可避免很多疾病，尤其是脑卒中（俗称中风）的发生。据了解，脑卒中中具有高发生率、高死亡率、高致残率和高复发率等特点，位于我国居民的死因前列，是威胁居民健康的重大公共卫生问题。研究表明，85%的脑卒中可以预防！其中，高血压及H型高血压（血浆同型半胱氨酸升高（≥10 μmol/L）的高血压）患者是脑卒中的重点高危人群，及时发现高血压，控制好血压及同型半胱氨酸水平可大大降低脑卒中的发生风险</p>				
<p>Shenzhen News Network (Reporter Dong Fei) October 8 is China's 21st National Hypertension Day, Nanshan District in Yuehai Street Blue Coast Community held a "Hypertension Day and 30-year-old know blood pressure" pilot project launch ceremony. At present, the number of hypertensive patients in China is 270 million, and those aged over 30 become "high-risk group". Experts say measuring and knowing your own blood pressure regularly and controlling it effectively can avoid many diseases, especially stroke.It is understood that stroke has the characteristics of high incidence, high mortality, high disability rate and high recurrence rate. It is one of the leading causes of death in China and a major public health problem threatening the health of residents. Research shows that 85% of stroke can be prevented. Hypertension and H-type hypertension (elevated plasma homocysteine (&gt; 10 micromol/L)) are the key high-risk groups for stroke. Early detection of hypertension, good control of blood pressure and homocysteine levels can greatly reduce the risk of stroke.</p>				
15. <a href="#">健康从控制血压开始</a> <a href="#">Healthy start control of blood pressure</a>	来源：四川在线	类别：高血压	态度：提倡	时间：23:10:54
	来源：四川在线	Category: hypertension	Attitude: advocate	Time: 23:10:54
<p>2018年10月8日是我国的第21个“全国高血压日”，今年的宣传主题是“知晓您的血压”。高血压是最常见的慢性病之一，也是心脑血管疾病的主要危险因素。据最新临床统计数据显示，中国成人高血压患病率达25.2%，患者人数约2.7亿，因心脑血管病导致的死亡占国民总死亡的40%以上，约70%的脑卒中死亡和约50%心肌梗死与高血压密切相关。然而，与高患病率相比，高血压知晓率、治疗率、控制率仍相对较低。如何在早期发现高血压，真正做到科学控制血压呢?对此，记者采访了乐山市疾控中心慢性病防治所所长秦利平</p>				
<p>October 8, 2018 is the 21st National Hypertension Day in China. This year's publicity theme is "Know Your Blood Pressure".Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. According to the latest clinical statistics, the prevalence of hypertension in Chinese adults is 25.2%, and the number of patients is about 270 million. Cardiovascular and cerebrovascular diseases account for more than 40% of the total national deaths. About 70% of stroke deaths and about 50% of myocardial infarction are closely related to hypertension.However, compared with the high prevalence rate, the awareness rate, treatment rate and control rate of hypertension are still relatively low. How to discover hypertension in the early stage and control blood pressure scientifically? In this regard, the reporter interviewed Qin Liping, director of the chronic disease prevention and treatment center of Leshan CDC.</p>				
16. <a href="#">高血压的预防</a> <a href="#">The prevention of high blood pressure</a>	来源：新浪网	类别：高血压	态度：提倡	时间：22:18:02
	来源：新浪网	Category: hypertension	Attitude: advocate	Time: 22:18:02
<p>海口市琼山区创建全国健康促进区温馨提示您：1．坚持运动:经常性的身体活动可预防和控制高血压,如快步走、太极拳、游泳、家务劳动、园艺劳动等。2．限制食盐摄入:高盐饮食显著增加高血压患病风险,成人每天食盐摄入量应&lt;6克。3．多吃蔬菜和水果。4．少吃快餐:尽量在家中就餐,可利于控制脂肪、盐和糖的摄入量。5．限制饮酒:倡导成年人理性饮酒</p>				
<p>Haikou City Qionshan district creates the national health promotion zone.1. Exercise: Regular physical activity can prevent and control hypertension, such as fast walking, taijiquan, swimming, housework, gardening and so on.2. Restriction of salt intake: A high-salt diet significantly increases the risk of hypertension. Adults should eat less than 6 grams of salt per day.3. eat more vegetables and fruits.4. eat less fast food: try to eat at home, which helps control the intake of fat, salt and sugar.5. limiting alcohol consumption: advocating rational drinking for adults</p>				
<div>心血管健康 Cardiovascular health</div>				
没有相关文章！				
No such articles!				
<div>健康中心 Health and Wellness Centers</div>				
1. <a href="#">总投资超千亿元!这个地方成为“健康江苏先行试点示范区”</a> <a href="#">With a total investment of more than one hundred billion yuan!The place where the "health first pilot demonstration area in jiangsu"</a>	来源：江苏网络广播电视台	类别：健康中心	态度：提倡	时间：07:02:48
	来源：江苏网络广播电视台	Category: health and wellness centers	Attitude: advocate	Time: 07:02:48
<p>我苏网讯 10月10日，2018“健康中国”发展大会在南京市溧水区开幕。来自清华大学、江苏省人民医院及企业的代表围绕“深入贯彻落实‘健康中国’战略，发展康养产业，共建美好生活”的主题进行了主题演讲。健康干货：不容小觑的慢性病 慢性病已成为当前影响全民健康的头号威胁。有统计显示，目前中国慢性病的人数超过3.2亿人，糖尿病患者已达1.2亿。20岁以上的成年人，有四分之三面临患上慢性病的风险</p>				
<p>In October 10th, the 2018 "healthy China" development conference opened in Lishui District, Nanjing. Representatives from Tsinghua University, Jiangsu Provincial People's Hospital and enterprises gave keynote speeches on the theme of "Deeply implementing the 'Healthy China' strategy, developing health care industry and building a better life together".Healthy dry goods: chronic diseases not to be underestimated.Chronic diseases have become the number one threat affecting the health of the whole nation. Statistics show that at present, the number of chronic diseases in China is over 320 million, and the number of diabetic patients has reached 120 million. 3/4 of adults over the age of 20 are at risk of developing chronic diseases.</p>				
2. <a href="#">三减三健 健康同行   《合肥晚报》多媒体数字报平台</a> <a href="#">Three minus three nutrilitie health counterparts   the hefei evening of multimedie digital platform</a>	来源：合肥晚报	类别：健康中心	态度：提倡	时间：13:43
	来源：合肥晚报	Category: health and wellness centers	Attitude: advocate	Time: 13:43
<p>日前，朱岗社区卫计办开展“三减三健 健康同行”主题宣传活动，旨在向社区常住、流动人口宣传“三减三健”核心信息，大力推广全民健康生活方式，创建健康卫生社区。热闹的大润发生活广场上，卫计办工作人员向往来的居民发放“三减三健”宣传材料，宣传减油、减盐、减糖在日常生活中的操作指南，以及健康口腔、健康体重、健康骨骼对身体健康的重要影响和日常保健建议。除此之外，面向流动人口，工作人员还宣传流动人口健康教育核心信息，指导流动人口在居住地享受均等化卫计服务。此次宣传发放宣传材料180多份，营造了推广全民健康生活方式的社会氛围，让辖区居民在家门口也能获得全面的健康指导。</p>				
<p>A few days ago, Zhugang Community Health Office launched the theme of “Three Reductions and Three Health Healthy Peers”, aiming to promote the core information of “three reductions and three health” to the resident and floating population of the community, vigorously promote the healthy lifestyle of the whole people, and create a healthy and healthy community. . On the lively RT-Mart Life Square, the staff of the Health Office issued “three minus three health” propaganda materials to the residents, promoting the</p>				

operation guidelines for oil reduction, salt reduction and sugar reduction in daily life, as well as healthy oral and healthy weight. The important impact of healthy bones on physical health and daily health advice. In addition, for the floating population, the staff also promotes the core information of the health education of the floating population, and guides the floating population to enjoy the equalization of the health service in the place of residence. More than 180 promotional materials were distributed and publicized to create a social atmosphere that promotes a healthy lifestyle for all, so that residents in the jurisdiction can get comprehensive health guidance at their doorstep.

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!



## 减盐-微信 Salt Reduction - WeChat

2018-10-11, 共监测到574篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 574 WeChat public articles were monitored in 2018-10-11. This page shows the top five articles by repeat number today.

由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.



### 热门文章-前五 Popular Articles - Top 5

#### 1. [每五人就有一人高血压! 降压的四个锦囊, 值得收藏!](#)

重复数: 6

日期: 2018-10-11

[Every five people have hypertension! Four tips for reducing blood pressure are worth collecting.](#)

Repeat Number: 6

Data: 2018-10-11

国家心血管病中心发布的最新版国家基层高血压防治管理指南显示, 高血压患者每人每日食盐摄入量不超过6克并注意咸菜、鸡精、酱油等食物中“隐性盐”的摄入, 可以让收缩压下降2-8毫米汞柱; 体重超标的高血压患者每减重10千克可以让收缩压下降5-20毫米汞柱。

The Center for the prevention and control of hypertension at the grass-roots level, hypertensive patients should not consume more than 6 grams of salt per person per day and they should pay attention to the intake of "hidden salt" in pickles, chicken essence, soy sauce and other foods, which can reduce systolic blood pressure by 2-8 mm Hg pillars. The weight loss of 1.0 kg can reduce systolic pressure by 5-20mmHg for hypertensive patients with overweight.

#### 2. [想要健康长寿: 少吃三白, 多吃三黑](#)

重复数: 4

日期: 2018-10-11

[If you want healthy and longevity, you should eat three kinds of white foods less and three kinds of black foods more.](#)

Repeat Number: 4

Data: 2018-10-11

健康人通过饮食摄取的最佳盐量, 每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后, 平铺满一瓶盖的量。如果已经确诊高血压, 每天最好不要超过 3 克。

The best amount of salt a healthy person can eat through their diet is no more than 6 grams of salt a day, which is the equation of the capacity of an ordinary beer bottle. If you have been diagnosed with high blood pressure, the daily intake should not exceed 3 grams.

#### 3. [不咸≠没盐, 注意食物中的“隐形盐”](#)

重复数: 4

日期: 2018-10-11

[Not salty does not equal to without salt. Pay attention to "invisible salt" in food.](#)

Repeat Number: 4

Data: 2018-10-11

世界卫生组织建议, 每人每日食盐摄入量应少于5克, 我国营养学会组织修订、国家卫生计生委发布的《中国居民膳食指南(2016)》中明确: 成人每天食盐不应超过6克。而据调查显示, 我国居民盐摄入量远远高于推荐量, 平均量超过了10克。

The World Health Organization recommends that the daily salt intake per person should be less than 5 grams. The revised Dietary Guidelines for Chinese Residents (2016) issued by the National Institute of Nutrition and the National Health and Family Planning Commission clearly states that the daily salt intake for adults should not exceed 6 grams. According to the survey, the salt intake of residents in China is far higher than the recommended quantity, with an average of more than 10 grams.

#### 4. [每五人就有一人高血压! 吃惯了重口味 如何减盐、减油、减糖?](#)

重复数: 3

日期: 2018-10-11

[Every five people have hypertension! How to reduce salt, oil and sugar?](#)

Repeat Number: 3

Data: 2018-10-11

《中国居民膳食指南》健康成年人每人每天食盐摄入量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克, 65岁以上老年人不超过5克。为了防止吃太多盐, 建议使用定量盐勺, 使用2克定量盐勺时, 每一勺食盐量为2克。

The Dietary Guidelines for Chinese Residents recommends that the intake of salt should not exceed 6 grams a day for an adult, 2 grams a day for a child of 2-3 years old, 3 grams a day for a child 4-6 years old, 4 grams a day for a child of 7-10 years old and 5 grams a day for an old person over 65 years old. In order to avoid eating too much salt, a quantitative salt spoon is recommended to be used of which the capacity is 2 grams of salt.

#### 5. [【涨姿势】不咸≠没盐, 注意食物中的“隐形盐”](#)

重复数: 2

日期: 2018-10-11

[Not salty does not equal to without salt. Pay attention to "invisible salt" in food.](#)

Repeat Number: 2

Data: 2018-10-11

盐是生活中不可缺少的调味料,但是盐一旦摄取过多,对健康会产生影响。盐无处不在, 它藏在您喜欢的饭菜、添加的调料、购买的零食中。盐一旦摄取过多, 可能会招来骨质疏松、高血压, 甚至心血管疾病。

Salt is an indispensable condiment in life. Once salt is overtaken, it will have an impact on health. Salt is everywhere. It's hidden in your favorite meals, condiments and snacks. Excessive intake of salt may lead to osteoporosis, hypertension and even cardiovascular diseases.

## 减盐-微博

### Salt Reduction - Weibo

2018-10-11，共检测到2137条与“减盐”相关的微博。

本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

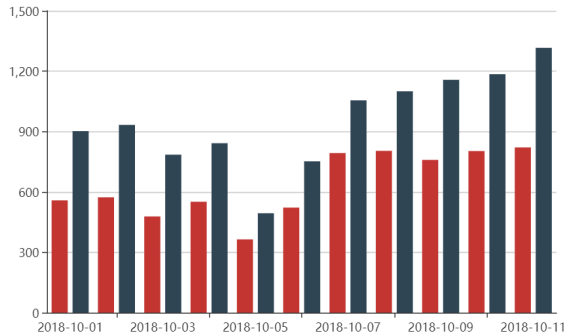
点击微博内容可查看微博原文。

There are 2137 weibos about salt reduction monitored on 2018-10-11.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

Click the content of each weibo, and you can see the detail information.

male 男性 female 女性



#### 最热原创微博-前10 Hottest original weibos - Top 10

- 昵称: 热点实用百科**      **性别: 男**      **地区: 福建**      **生日: 无**      **认证: 无**

**Nickname: 热点实用百科**      **Sex: male**      **Area: Fujian**      **Birthday: None**      **Identity: None**

时间: 2018-10-11 17:17      来自: 即刻笔记      转发数: 231      评论数: 229      点赞数: 63  
Time: 2018-10-11 17:17      Source: 即刻笔记      Repost: 231      Comment: 229      Like: 63

吃火锅健康提示: 1.火锅料如鱼饺、虾饺、各种丸子, 含有高量油脂, 高血压、高血脂的人要注意;2.火锅汤中有大量嘌呤, 痛风病人不要喝;3.火锅汤中钠离子, 肾脏病、高血压的人要小心;4.调味料如辣椒酱, 对于肠胃刺激大;5.吃火锅时注意肉类与蔬菜水果均衡。  
Eat hot pot health tips: 1. Hot pot ingredients such as fish dumplings, shrimp dumplings, all kinds of balls, containing high fat, hypertension, high blood fat people should pay attention to; 2. Hot pot soup in a large number of purine, gout patients do not drink; 3. Hot pot soup sodium ions, kidney disease, hypertension, people should be careful; 4. Seasoning such as chili sauce, for gastrointestinal irritation; 5. Eat In hot pot, pay attention to meat, vegetables and fruits.
- 昵称: 次坞镇**      **性别: 女**      **地区: 浙江**      **生日: 1990-01-01**      **认证: 政务**

**Nickname: 次坞镇**      **Sex: female**      **Area: Zhejiang**      **Birthday: 1990-01-01**      **Identity: Official**

时间: 2018-10-11 20:30      来自: 微博 weibo.com      转发数: 101      评论数: 0      点赞数: 51  
Time: 2018-10-11 20:30      Source: 微博 weibo.com      Repost: 101      Comment: 0      Like: 51

【@高血压患者, 对待高血压需要“细水长流”】@高血压患者, 对待高血压需要“细水长流”。目前, 心血管病死亡占城乡居民总死亡原因的首位。高血压患者要做好“慢病管理”, 不可存在“侥幸心理”。要保持健康的生活习惯, 坚持低盐、低脂、低胆固醇的健康饮食, 不抽烟, 少喝酒; 每周保证3天进行半小时有氧运动; 定期体检。  
[Hypertensive patients, treatment of hypertension needs "water long flow"] @Hypertensive patients, treatment of hypertension needs "water long flow". At present, cardiovascular death accounts for the leading cause of death among urban and rural residents. High blood pressure patients should do well in the management of chronic diseases. To maintain a healthy lifestyle, adhere to a low-salt, low-fat, low-cholesterol healthy diet, no smoking, drink less; 3 days a week to ensure half an hour aerobic exercise; regular physical examination.
- 昵称: 草塔镇政府**      **性别: 男**      **地区: 浙江**      **生日: 1975-05-25**      **认证: 政务**

**Nickname: 草塔镇政府**      **Sex: male**      **Area: Zhejiang**      **Birthday: 1975-05-25**      **Identity: Official**

时间: 2018-10-11 17:20      来自: 告别不快vivo V3Max      转发数: 100      评论数: 0      点赞数: 52  
Time: 2018-10-11 17:20      Source: 告别不快vivo V3Max      Repost: 100      Comment: 0      Like: 52

【@高血压患者, 对待高血压需要“细水长流”】目前, 心血管病死亡占城乡居民总死亡原因的首位。高血压患者要做好“慢病管理”, 不可存在“侥幸心理”。要保持健康的生活习惯, 坚持低盐、低脂、低胆固醇的健康饮食, 不抽烟, 少喝酒; 每周保证3天进行半小时有氧运动; 定期体检。  
[Hypertensive patients need a long flow of water to treat hypertension] At present, cardiovascular death accounts for the first cause of death in urban and rural residents. High blood pressure patients should do well in the management of chronic diseases. To maintain a healthy lifestyle, adhere to a low-salt, low-fat, low-cholesterol healthy diet, no smoking, drink less; 3 days a week to ensure half an hour aerobic exercise; regular physical examination.
- 昵称: 营养师王兴国**      **性别: 男**      **地区: 辽宁**      **生日: 1969-12-20**      **认证: 个人**

**Nickname: 营养师王兴国**      **Sex: male**      **Area: Liaoning**      **Birthday: 1969-12-20**      **Identity: Person**

时间: 2018-10-11 14:22      来自: 注册营养师超话      转发数: 26      评论数: 4      点赞数: 19  
Time: 2018-10-11 14:22      Source: 注册营养师超话      Repost: 26      Comment: 4      Like: 19

近年, 国家卫生健康委员会一直在推广“三减三健”专项行动, 旨在落实健康生活方式, 预防慢性疾病。“三减三健”是指减盐、减油、减糖、健康口腔、健康体重、健康骨骼。具体信息要点在下面表格中。(图文均来自国家卫生健康委员会官网)  
In recent years, the National Health Commission has promoted the "three reduce three health" special action to implement a healthy lifestyle and prevent chronic diseases. "Three minus and three health" refers to reducing salt, reducing oil, reducing sugar, healthy mouth, healthy weight and healthy bones. The specific information is in the following table. (both texts are from the official website of the national health and Health Council)
- 昵称: 德州环境**      **性别: 女**      **地区: 山东**      **生日: 无**      **认证: 政务**

**Nickname: 德州环境**      **Sex: female**      **Area: Shandong**      **Birthday: None**      **Identity: Official**

时间: 2018-10-11 16:00      来自: 微博 weibo.com      转发数: 10      评论数: 9      点赞数: 10  
Time: 2018-10-11 16:00      Source: 微博 weibo.com      Repost: 10      Comment: 9      Like: 10

#有所不知#【吃火锅健康提示】1.火锅料如鱼饺、虾饺、各种丸子, 含有高量油脂, 糖尿病、高血压、高血脂的人要注意;2.火锅汤中有大量嘌呤, 痛风病人不要喝;3.火锅汤中钠离子, 肾脏病、高血压的人要小心;4.调味料如辣椒酱, 对于肠胃刺激大;5.吃火锅时注意肉类与蔬菜水果均衡。  
Eat hot pot health tips: 1. Hot pot ingredients such as fish dumplings, shrimp dumplings, all kinds of balls, containing high fat, hypertension, high blood fat people should pay attention to; 2. Hot pot soup in a large number of purine, gout patients do not drink; 3. Hot pot soup sodium ions, kidney disease, hypertension, people should be careful; 4. Seasoning such as chili sauce, for gastrointestinal irritation; 5. Eat In hot pot, pay attention to meat and vegetables and fruits. Eat hot pot health tips: 1. Hot pot ingredients such as fish dumplings, shrimp dumplings, all kinds of balls, containing high fat, hypertension, high blood fat people should pay attention to; 2. Hot pot soup in a large

number of purine, gout patients do not drink; 3. Hot pot soup sodium ions, kidney disease, hypertension, people should be careful; 4. Seasoning such as chili sauce, for gastrointestinal irritation; 5. Eat In hot pot, pay attention to meat, vegetables and fruits.

6.	昵称: Stupiiid u	性别: 女	地区: 浙江	生日: 处女座	认证: 无
	Nickname: Stupiiid u	Sex: female	Area: Zhejiang	Birthday: Virgo	Identity: None
	时间: 2018-10-11 20:17 Time: 2018-10-11 20:17	来自: iPhone客户端 Source: iPhone客户端	转发数: 0 Repost: 0	评论数: 6 Comment: 6	点赞数: 3 Like: 3

立个flag从明天起不吃薯片零食等一切膨化食品,不吃麻辣烫烧烤等多油高热量食物,戒糖少油少盐,多吃水果蔬菜维他命,我要瘦,我要美,我要做一个精致的猪猪女孩。From tomorrow, I am going to stop eating potato chips snacks and all other puffed food, spicy hot barbecue and other high-fat and high-calorie food, give up sugar, with less oil and less salt, eat more fruits and vegetables vitamins, I want thin, I want beauty, I want to be a delicate piggy girl.

7.	昵称: 宜昌一医药学部	性别: 男	地区: 湖北	生日: 0001-00-00	认证: 政务
	Nickname: 宜昌一医药学部	Sex: male	Area: Hubei	Birthday: 0001-00-00	Identity: Official
	时间: 2018-10-11 16:20 Time: 2018-10-11 16:20	来自: 前置双摄vivo X9 Source: 前置双摄vivo X9	转发数: 5 Repost: 5	评论数: 4 Comment: 4	点赞数: 0 Like: 0

#药学科开课#高脂血症是一种与生活相关的疾病,@宜昌市第一人民医院药师提醒高脂血症患者在生活中应注意以下四项建议:控制体重;调整饮食;定期运动锻炼;戒烟、限酒、限盐,严格控制血压。@药葫芦娃@爱问医生科普@医生的一些事一些情@在乎健康@每日健康百科2宜昌·宜昌市第一人民医院L宜昌一医药学部的秒拍视频Hyperlipidemia is a life-related disease. @Pharmacists in Yichang First People's Hospital remind hyperlipidemia patients to pay attention to the following four recommendations in life: weight control, diet adjustment, regular exercise, smoking cessation, alcohol restriction, salt restriction, strict control of blood pressure. Medicine Huluwa @Ask Doctor Popular Science @Doctor Some Things @Care about Health @Daily Health Encyclopedia 2 Yichang Yichang First People's Hospital L Yichang Medical Department second shot video

8.	昵称: 昔晏	性别: 女	地区: 山东	生日: 1993-12-27	认证: 无
	Nickname: 昔晏	Sex: female	Area: Shandong	Birthday: 1993-12-27	Identity: None
	时间: 2018-10-11 20:25 Time: 2018-10-11 20:25	来自: 清晰拍畅玩 魅蓝E3 Source: 清晰拍畅玩 魅蓝E3	转发数: 0 Repost: 0	评论数: 6 Comment: 6	点赞数: 0 Like: 0

今天跌了四个点儿也是很厉害了,不知道啥时候才到底端,只能先观望了。 穷苦。最近流鼻血牙龈上火舌头长泡的,我这火得多大呀! 看样子只能吃少油少盐的青菜了。 :-(/母后也是熬夜追剧追的白眼变眼红,一想起来都心有余悸。无论哪个年纪都不能作践自个儿身体,身心健康是基础,其他想得到的东西以后再慢慢争取。人要知道把握更重要的东西,不要留下遗憾抱憾终身。Today felling four points is also very serious, do not know when to reach the bottom, can only wait and see. Recently, my nose is bleeding, my gums are burning and my tongue is long. How serious my problem is? You can only eat vegetables with less oil and less salt. (after the mother is also late to catch up with the drama to catch up with the whites of the eyes turn red, think of it all have a lingering fear. No matter what age cannot practice their own body, physical and mental health is the foundation, and other things you want to gradually strive for. People should know what is more important and do not leave any regrets for life.

9.	昵称: 形体雕塑师-张琨	性别: 男	地区: 江苏	生日: 1983-12-19	认证: 个人
	Nickname: 形体雕塑师-张琨	Sex: male	Area: Jiangsu	Birthday: 1983-12-19	Identity: Person
	时间: 2018-10-11 20:36 Time: 2018-10-11 20:36	来自: iPhone X Source: iPhone X	转发数: 4 Repost: 4	评论数: 0 Comment: 0	点赞数: 1 Like: 1

#运动教室#饮食控制好了,不吃燕麦也能瘦,饮食控制不好,吃燕麦也瘦不了。那问题来了如何控制饮食呢?你只要把握好四个原则可以随便吃:1、早上吃好、中午吃饱、晚上吃少。2、尽量少油、少盐、不要甜、不要油炸、尽量偏清淡。3、高蛋白、低碳水、多吃蔬菜 and 水果。4、尽量少吃多餐。主食的话必须要吃。早上中午吃一些控制好量,晚餐以蔬菜、水果、蛋白质为主,就尽量少吃或不吃主食了,每天感觉肚子会有点饿,但是还可以接受。这就是适合每一个人的减肥饮食的种类、方法和量,换句话说就是一日三餐正常吃,量控制一下,清淡一些就可以了。从一开始就让健身和饮食回归自然、回归家常、回归生活,当健身和饮食养成良好的习惯融入生活、接地气之后,那么身材和健康将不再是问题!吃燕麦能减肥吗?#Sports Classroom# Control your diet, and do not eat oats can also become thin. With poor diet control, eat oats cannot become thin. The problem is how to control diet. As long as you grasp the four principles, you can eat at random: 1, eat well in the morning, eat enough at noon, and eat less at night. 2, as little as possible oil, salt, not sweet, do not fry, as far as possible. 3, high protein, low carbon water, eat more vegetables and fruits. 4, try to eat less and eat more. If staple food must be eaten, eat some good control in the morning at noon, dinner to vegetables, fruits, protein-based, eat as little or no staple food as possible, feeling a little hungry every day, but also acceptable, this is suitable for everyone's weight loss diet types, methods and quantities, in other words, three days a day The meal is normal to eat, quantity control, a little light. Let fitness and diet return to nature from the beginning, return to home, return to life, when fitness and diet into a good habit of life, grounding air, then the body and health will no longer be a problem! Can oats reduce weight?

10.	昵称: 热门生活小百科	性别: 女	地区: 北京	生日: 无	认证: 个人
	Nickname: 热门生活小百科	Sex: female	Area: Beijing	Birthday: None	Identity: Person
	时间: 2018-10-11 13:00 Time: 2018-10-11 13:00	来自: 皮皮时光机 Source: 皮皮时光机	转发数: 0 Repost: 0	评论数: 0 Comment: 0	点赞数: 5 Like: 5

【吃火锅健康提示】1.火锅料如鱼饺、虾饺、各种丸子,含有高量油脂,糖尿病、高血压、高血脂的人要注意;2.火锅汤中有大量嘌呤,痛风病人不要喝;3.火锅汤中钠离子,肾脏病、高血压的人要小心;4.调味料如辣椒酱,对于肠胃刺激大;5.吃火锅时注意肉类与蔬菜水果均衡。Eat hot pot health tips: 1. Hot pot ingredients such as fish dumplings, shrimp dumplings, all kinds of balls, containing high fat, hypertension, high blood fat people should pay attention to; 2. Hot pot soup in a large number of purine, gout patients do not drink; 3. Hot pot soup sodium ions, kidney disease, hypertension, people should be careful; 4. Seasoning such as chili sauce, for gastrointestinal irritation; 5. Eat In hot pot, pay attention to meat and vegetables and fruits. Eat hot pot health tips: 1. Hot pot ingredients such as fish dumplings, shrimp dumplings, all kinds of balls, containing high fat, hypertension, high blood fat people should pay attention to; 2. Hot pot soup in a large number of purine, gout patients do not drink; 3. Hot pot soup sodium ions, kidney disease, hypertension, people should be careful; 4. Seasoning such as chili sauce, for gastrointestinal irritation; 5. Eat In hot pot, pay attention to meat, vegetables and fruits.

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近年,国家卫生健康委员会一直在推广“三减三健”专项行动,旨在落实健康生活方式,预防慢性疾病。“三减三健”是指减盐、减油、减糖、健康口腔、健康体重、健康骨骼。具体信息要点在下面表格中。(图文均来自国家卫生健康委员会官网)In recent years, the National Health Commission has been promoting the "three reduce three health" special action to implement a healthy lifestyle and prevent chronic diseases. "Three minus three health" refers to reducing salt, reducing oil, reducing sugar, healthy mouth, healthy weight and healthy bones. The specific information is in the following table. (both texts are from the official website of the national health and Health Council).

2.	昵称: 新民周刊	性别: 男	地区: 上海	生日: 0001-00-00	认证: 机构	今日被转发数: 1
	Nickname: 新民周刊	Sex: male	Area: Shanghai	Birthday: 0001-00-00	Identity: Institution	Repost Today: 1
	时间: 2018-10-09 10:40 Time: 2018-10-09 10:40	来自: 微博 weibo.com Source: 微博 weibo.com	转发数: 5 Repost: 5	评论数: 3 Comment: 3	点赞数: 4 Like: 4	

【敲响警钟!!上海每10个成年人有近3个高血压,患者知晓率仅过半】10月8日至14日,上海举行第21个“全国高血压日”暨第二十四届上海市心脑血管病防治宣传周活动,主题是“知晓您的血压”。根据上海市慢性病及其危险因素监测结果显示:本市常住居民≥18岁成人中高血压患病率高达28.4%,意味着每10个成年人中有近3个为高血压患者,更不容乐观的是,高血压患者的知晓率仅为56.1%,接近一半的高血压患者不知晓自己的血压。O网页链接Be aware! From October 8 to 14, the 21st National Hypertension Day and the 24th Shanghai Publicity Week for the Prevention and Treatment of Cardiovascular and Cerebrovascular Diseases were held in Shanghai with the theme of "Knowing Your Blood Pressure". According to the surveillance results of chronic diseases and their risk factors in Shanghai, the prevalence rate of hypertension in adults aged 18 or above is 28.4%, which means that nearly 3 out of 10 adults are hypertensive. What is more, the awareness rate of hypertensive patients is only 56.1%. Nearly half of the hypertensive patients do not know about themselves. Your blood pressure. O Web links

3.	昵称: 德州环境	性别: 女	地区: 山东	生日: 无	认证: 政务	今日被转发数: 1
	Nickname: 德州环境	Sex: female	Area: Shandong	Birthday: None	Identity: Official	Repost Today: 1
	时间: 2018-10-11 16:00	来自: 微博 weibo.com	转发数: 10	评论数: 9	点赞数: 10	



##有所不知#【吃火锅健康提示】1.火锅料如鱼饺、虾饺、各种丸子，含有高量油脂，糖尿病、高血压、高血脂的人要注意;2.火锅汤中有大量嘌呤，痛风病人不要喝;3.火锅汤中钠离子，肾脏病、高血压的人要小心;4.调味料如辣椒酱，对于肠胃刺激大;5.吃火锅时注意肉类与蔬菜水果均衡。  
Hot pot ingredients such as fish dumplings, shrimp dumplings, all kinds of pills, containing a high amount of fat, diabetes, hypertension, hyperlipidemia, people should pay attention to; 2. Hot pot soup in a large number of purine, gout patients do not drink; 3. Hot pot soup sodium ions, kidney disease, hypertension people should be careful; 4. Seasoning such as chili sauce For stomach and stomach irritation; 5., when eating hot pot, pay attention to meat and vegetables and fruits.

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- Nickname: 浙江发布 Sex: male Area: Zhejiang Birthday: None Identity: Official
- 时间: 2018-10-11 15:36 来自: 政务直通车 转发数: 0 评论数: 0 点赞数: 0  
Time: 2018-10-11 15:36 Source: 政务直通车 Repost: 0 Comment: 0 Like: 0

【@高血压患者，对待高血压需要“细水长流”】#民生视角#目前，心血管病死亡占城乡居民总死亡原因的首位。高血压患者要做好“慢病管理”，不可存在“侥幸心理”。要保持健康的生活习惯，坚持低盐、低脂、低胆固醇的健康饮食，不抽烟，少喝酒；每周保证3天进行半小时有氧运动；定期体检。@健康浙江  
[Hypertensive patients, treatment of hypertension needs "long flow of water"] People's livelihood perspective # At present, cardiovascular death accounts for the first cause of death in urban and rural residents. High blood pressure patients should do well in the management of chronic diseases. To maintain a healthy lifestyle, adhere to a low-salt, low-fat, low-cholesterol healthy diet, no smoking, drink less; 3 days a week to ensure half an hour aerobic exercise; regular physical examination. @ healthy Zhejiang

2. 昵称: 德州环境 性别: 女 地区: 山东 生日: 无 认证: 政务
- Nickname: 德州环境 Sex: female Area: Shandong Birthday: None Identity: Official
- 时间: 2018-10-11 16:00 来自: 微博 weibo.com 转发数: 9 评论数: 9 点赞数: 10  
Time: 2018-10-11 16:00 Source: 微博 weibo.com Repost: 10 Comment: 9 Like: 10

##有所不知#【吃火锅健康提示】1.火锅料如鱼饺、虾饺、各种丸子，含有高量油脂，糖尿病、高血压、高血脂的人要注意;2.火锅汤中有大量嘌呤，痛风病人不要喝;3.火锅汤中钠离子，肾脏病、高血压的人要小心;4.调味料如辣椒酱，对于肠胃刺激大;5.吃火锅时注意肉类与蔬菜水果均衡。  
Eat hot pot health tips: 1. Hot pot ingredients such as fish dumplings, shrimp dumplings, all kinds of balls, containing high fat, hypertension, high blood fat people should pay attention to; 2. Hot pot soup in a large number of purine, gout patients do not drink; 3. Hot pot soup sodium ions, kidney disease, hypertension, people should be careful; 4. Seasoning such as chili sauce, for gastrointestinal irritation; 5. Eat in hot pot, pay attention to meat and vegetables and fruits. Eat hot pot health tips: 1. Hot pot ingredients such as fish dumplings, shrimp dumplings, all kinds of balls, containing high fat, hypertension, high blood fat people should pay attention to; 2. Hot pot soup in a large number of purine, gout patients do not drink; 3. Hot pot soup sodium ions, kidney disease, hypertension, people should be careful; 4. Seasoning such as chili sauce, for gastrointestinal irritation; 5. Eat in hot pot, pay attention to meat, vegetables and fruits.

3. 昵称: 次坞镇 性别: 女 地区: 浙江 生日: 1990-01-01 认证: 政务
- Nickname: 次坞镇 Sex: female Area: Zhejiang Birthday: 1990-01-01 Identity: Official
- 时间: 2018-10-11 20:30 来自: 微博 weibo.com 转发数: 101 评论数: 0 点赞数: 51  
Time: 2018-10-11 20:30 Source: 微博 weibo.com Repost: 101 Comment: 0 Like: 51

【@高血压患者，对待高血压需要“细水长流”】@高血压患者，对待高血压需要“细水长流”。目前，心血管病死亡占城乡居民总死亡原因的首位。高血压患者要做好“慢病管理”，不可存在“侥幸心理”。要保持健康的生活习惯，坚持低盐、低脂、低胆固醇的健康饮食，不抽烟，少喝酒；每周保证3天进行半小时有氧运动；定期体检。  
[Hypertensive patients, treatment of hypertension needs "water long flow"] @Hypertensive patients, treatment of hypertension needs "water long flow". At present, cardiovascular death accounts for the leading cause of death among urban and rural residents. High blood pressure patients should do well in the management of chronic diseases. To maintain a healthy lifestyle, adhere to a low-salt, low-fat, low-cholesterol healthy diet, no smoking, drink less; 3 days a week to ensure half an hour aerobic exercise; regular physical examination.

4. 昵称: 草塔镇政务 性别: 男 地区: 浙江 生日: 1975-05-25 认证: 政务
- Nickname: 草塔镇政务 Sex: male Area: Zhejiang Birthday: 1975-05-25 Identity: Official
- 时间: 2018-10-11 17:20 来自: 告别不快 vivo V3Max 转发数: 100 评论数: 0 点赞数: 52  
Time: 2018-10-11 17:20 Source: 告别不快 vivo V3Max Repost: 100 Comment: 0 Like: 52

【@高血压患者，对待高血压需要“细水长流”】目前，心血管病死亡占城乡居民总死亡原因的首位。高血压患者要做好“慢病管理”，不可存在“侥幸心理”。要保持健康的生活习惯，坚持低盐、低脂、低胆固醇的健康饮食，不抽烟，少喝酒；每周保证3天进行半小时有氧运动；定期体检。  
[Hypertensive patients need a long flow of water to treat hypertension] At present, cardiovascular death accounts for the first cause of death in urban and rural residents. High blood pressure patients should do well in the management of chronic diseases. To maintain a healthy lifestyle, adhere to a low-salt, low-fat, low-cholesterol healthy diet, no smoking, drink less; 3 days a week to ensure half an hour aerobic exercise; regular physical examination.

5. 昵称: 北京大学国际医院 性别: 女 地区: 北京 生日: 无 认证: 政务
- Nickname: 北京大学国际医院 Sex: female Area: Beijing Birthday: None Identity: Official
- 时间: 2018-10-11 11:59 来自: 微博 weibo.com 转发数: 1 评论数: 0 点赞数: 1  
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【狼疮性肾炎患者饮食注意事项】给予低盐、低脂饮食，注意限制蛋白类食物的摄入量，建议给予鱼肉、瘦肉、牛奶等优质蛋白，少量食用植物性蛋白。继发激素性糖尿病或血糖升高的患者，要求严格低糖饮食。有严重水肿及少尿者，注意观察自己的每日尿量，如果伴有高血压者，因高血压常与肾功能衰竭程度一致，成为影响预后的重要因素，需要定时监测血压。同时感染往往是诱发和加重病情的因素，因此预防感染很重要，要做好口腔、皮肤的卫生洁净。  
[Dietary notes for patients with lupus nephritis] Give low-salt, low-fat diet, pay attention to limiting the intake of protein foods, recommended to give fish, lean meat, milk and other high-quality protein, a small amount of edible vegetable protein. Patients with secondary hormonal diabetes or elevated blood sugar require strict low sugar diet. People with severe edema and oliguria should pay attention to their daily urine volume. If accompanied by hypertension, hypertension is often the same as the degree of renal failure, which is an important factor affecting the prognosis, blood pressure should be monitored regularly. At the same time infection is often induced and aggravated disease factors, so the prevention of infection is very important, to do a good job of oral and skin hygiene clean.

6. 昵称: 健康宝安 性别: 男 地区: 广东 生日: 1986-04-11 认证: 政务
- Nickname: 健康宝安 Sex: male Area: Guangdong Birthday: 1986-04-11 Identity: Official
- 时间: 2018-10-11 17:08 来自: 微博 weibo.com 转发数: 0 评论数: 0 点赞数: 0  
Time: 2018-10-11 17:08 Source: 微博 weibo.com Repost: 0 Comment: 0 Like: 0

【学龄儿童合理选择零食】学龄儿童选择卫生、营养丰富的食物作为零食，比如水果和能生吃的新鲜蔬菜、奶制品、大豆及其制品或坚果。油炸、高盐或高糖的食物不要作为零食。少量多次饮水，每天800~1400毫升，首选白开水，一个小时左右喝一次，每次200毫升左右。千万不要感到口渴时再喝。建议不喝或少喝含糖饮料。（来源：中国疾控中心营养与健康所）  
[Reasonable Choice of Snacks for School-age Children] School-age children choose healthy and nutritious foods as snacks, such as fruits and raw vegetables, dairy products, soybeans and their products or nuts. Fried, high salt or high sugar foods should not be snack. Drink a small amount of water many times a day 800 ~ 1400 ml, preferred boiled water, one hour or so to drink, each time around 200 ml, do not feel thirsty when drinking again. It is recommended not to drink or drink less sugar drinks.

7. 昵称: 宜昌一医药学部 性别: 男 地区: 湖北 生日: 0001-00-00 认证: 政务
- Nickname: 宜昌一医药学部 Sex: male Area: Hubei Birthday: 0001-00-00 Identity: Official
- 时间: 2018-10-11 16:20 来自: 前置双摄 vivo X9 转发数: 5 评论数: 4 点赞数: 0  
Time: 2018-10-11 16:20 Source: 前置双摄 vivo X9 Repost: 5 Comment: 4 Like: 0

#药学公开课##高脂血症是一种与生活相关的疾病。@宜昌市第一人民医院药师提醒高脂血症患者在生活中应注意以下四项建议:控制体重;调整饮食;定期运动锻炼;戒烟、限酒、限盐,严格控制血脂。@药葫芦娃@爱问医生科普@医生的一些事一些情@在乎健康@每日健康百科2宜昌·宜昌市第一人民医院L宜昌一医药学部的秒拍视频  
Hyperlipidemia is a life-related disease. @Pharmacists in Yichang First People's Hospital remind hyperlipidemia patients to pay attention to the following four recommendations in life: weight control; diet adjustment; regular exercise; smoking cessation, alcohol restriction, salt restriction, strict control of blood pressure. Medicine Huluwa @Ask Doctor Popular Science @Doctor Some Things @Care about Health @Daily Health Encyclopedia 2 Yichang Yichang First People's Hospital L Yichang Medical Department second shot video

8. 昵称: 凤凰街道凤凰二村社区 性别: 女 地区: 江苏 生日: 01-01 认证: 政务
- Nickname: 凤凰街道凤凰二村社区 Sex: female Area: Jiangsu Birthday: 01-01 Identity: Official

时间: 2018-10-11 21:40  
Time: 2018-10-11 21:40

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Source: iPhone客户端

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评论数: 0  
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Like: 0

【学龄儿童合理选择零食】学龄儿童选择卫生、营养丰富的食物作为零食，比如水果和能生吃的新鲜蔬菜、奶制品、大豆及其制品或坚果。油炸、高盐或高糖的食物不要作为零食。少量多次饮水，每天800~1400毫升，首选白开水，一个小时左右喝一次，每次200毫升左右，千万不要感到口渴时再喝。建议不喝或少喝含糖饮料。  
[Reasonable Choice of Snacks for School-age Children] School-age children choose healthy and nutritious foods as snacks, such as fruits and raw vegetables, dairy products, soybeans and their products or nuts. Fried, high salt or high sugar foods should not be snack. Drink a small amount of water many times a day 800 ~ 1400 ml, preferred boiled water, one hour or so to drink, each time around 200 ml, do not feel thirsty when drinking again. It is recommended not to drink or drink less sugar.

9. 昵称: 鲁迅园社区

性别: 男

地区: 江苏

生日: 01-01

认证: 政务

Nickname: 鲁迅园社区

Sex: male

Area: Jiangsu

Birthday: 01-01

Identity: Official

时间: 2018-10-11 17:03  
Time: 2018-10-11 17:03

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Source: 微博 weibo.com

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#好好生活#【吃火锅健康提示】1.火锅料如鱼饺、虾饺、各种丸子，含有高量油脂，糖尿病、高血压、高血脂的人要注意;2.火锅汤中有大量嘌呤，痛风病人不要喝;3.火锅汤中钠离子，肾脏病、高血压的人要小心;4.调味料如辣椒酱，对于肠胃刺激大;5.吃火锅时注意肉类与蔬菜水果均衡。  
Hot pot ingredients such as fish dumplings, shrimp dumplings, all kinds of pills, containing high fat, diabetes, hypertension, hyperlipidemia people should pay attention to; 2. Hot pot soup has a lot of purine, gout patients do not drink; 3. Hot pot soup sodium ions, kidney disease, hypertension people should be careful; 4. Seasoning such as chili sauce For stomach and stomach irritation; 5., when eating hot pot, pay attention to meat, vegetables and fruits.

10. 昵称: 北仑新碶街道

性别: 女

地区: 浙江

生日: 1990-11-28

认证: 政务

Nickname: 北仑新碶街道

Sex: female

Area: Zhejiang

Birthday: 1990-11-28

Identity: Official

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Source: 专业版微博

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Comment: 0

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Like: 1

【百合社区：举办减盐预防高血压健康讲座】近日，百合社区邀请北仑中医院的医生为辖区居民、村民开展“减盐预防高血压健康讲座”，并为他们测量血压。  
Lily Community: A Health Lecture on Reducing Salt and Preventing Hypertension

# 反式脂肪酸-新闻

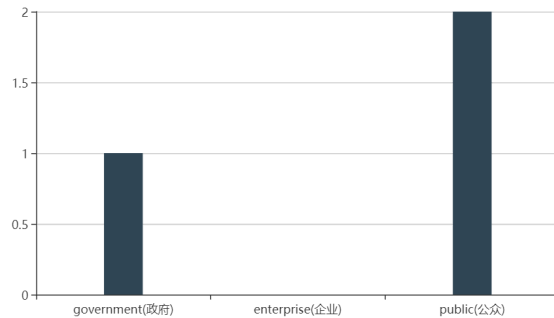
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There are 3 articles monitored today 2018-10-11. Please click the title to view full information.

The original article is in Chinese only.

advocated (提倡) against (反对) neutrality (中立)



### 新闻主体分类

#### Classification of news subject

政府 Government				
1. <a href="#">婴幼儿奶粉未检出不合格</a> <a href="#">Infant milk powder did not check out the unqualified</a>	来源: 光明网 来源: 光明网	类别: 反式脂肪酸 Category: trans fat	态度: 反对 Attitude: against	时间: 03:45:51 Time: 03:45:51
国家市场监督管理总局日前发公告称, 近期抽检了饼干、婴幼儿配方食品和食用农产品等3类食品554批次样品。其中抽检涉及109家企业的259批次婴幼儿配方食品产品, 合格率达到100%, 包括伊利、澳优、君乐宝、美赞臣、多美滋等在内的中外资婴幼儿奶粉全部过关。业界观点认为, 我国婴幼儿奶粉已经可以媲美药品, 成为食品界安全系数最高品类之一。高质量 严抽查 乳企牢守“命门” 安全 市场监督管理总局公告介绍, 此次抽检的婴幼儿配方食品主要包括婴幼儿配方奶粉以及其他种类婴幼儿配方食品。记者梳理发现, 此次抽检涵盖了圣元、飞鹤、明一国际、伊利、澳优、君乐宝等一众知名品牌奶粉				
The State Administration of Market Supervision and Administration announced recently that 554 batches of samples of three kinds of food, including biscuits, infant formula food and edible agricultural products, have been sampled recently. Among them, 259 batches of infant formula food products from 109 enterprises were sampled, and the qualified rate reached 100%. All the infant formula products, including Yili, Aoyou, Junle Bao, Meizhen and Dumeizi, passed the customs. The view of the industry is that infant milk powder in China has become one of the highest safety factor categories in the food industry.High quality, strict spot checks, dairy enterprises firmly guard "life gate" safetyThe General Administration of Market Supervision and Administration announced that the sampling of infant formula food mainly includes infant formula milk powder and other types of infant formula food. Reporters found that the sampling covers Shengyuan, Feihe, Minghui International, Yili, Aoyou, Junlebao and other well-known brands of milk powder				
企业 Industry				
没有相关文章!				
No such articles!				
公众 Public				
1. <a href="#">正确认识反式脂肪酸</a> <a href="#">The correct understanding of trans fatty acids</a>	来源: 中原网 来源: 中原网	类别: 反式脂肪酸 Category: trans fat	态度: 反对 Attitude: against	时间: 10:39:47 Time: 10:39:47
正确认识反式脂肪酸 反式脂肪酸 人们日常食用的油脂称为甘油三酯(脂肪), 分为两种: 饱和 与 不饱和 随着饱和脂肪酸与一些疾病, 如肥胖症、动脉粥样硬化等相关性的研究发现, 不饱和脂肪酸的作用日益受到重视。 向不饱和脂肪酸为主的植物油中引入氢分子, 液态的不饱和脂肪酸变成了凝固的饱和脂肪酸。 其中一部分不饱和脂肪酸从天然的“顺式结构”变成了“反式结构”, 这就是反式脂肪酸(Trans Fatty Acids; TFA)。 反式脂肪酸在天然脂肪中含量很少, 人工的氢化植物油, 也就是我们常说的人造奶油, 是反式脂肪酸的主要来源。 同时在烹饪中, 高温处理也会使反式脂肪酸含量增加, 例如将油加热到冒烟及反复煎炸食物				
Correct understanding of trans fatty acidsTrans fatty acidsPeople's daily edible oils and triglycerides (fat) are classified into two categories:Saturation and unsaturatedWith the development of saturated fatty acids and some diseases, such as obesity and atherosclerosis, the role of unsaturated fatty acids has been paid more and more attention.By introducing hydrogen molecules into vegetable oils, which are predominantly unsaturated fatty acids, liquid unsaturated fatty acids become coagulated saturated fatty acids.Some of these unsaturated fatty acids have changed from natural cis-structure to trans-structure, which is called trans-Fatty Acids (TFA).Trans fatty acids are rarely found in natural fats. Artificial hydrogenated vegetable oils, known as margarine, are the main source of trans fatty acids.In cooking, high temperatures also increase the content of trans fatty acids, such as heating oil to smoke and frying food repeatedly.				
2. <a href="#">奶茶真的正在“毁掉”年轻人健康吗? 言过其实</a> <a href="#">Milk tea is "destroy" the young man really healthy?exaggerated</a>	来源: 中国质量报 来源: 中国质量报	类别: 反式脂肪酸 Category: trans fat	态度: 反对 Attitude: against	时间: 23:45:37 Time: 23:45:37
9月初, 网上疯传一篇名为《奶茶, 正在毁掉中国年轻人的健康》的文章。文中不但提到奶茶的糖分含量、脂肪含量都远超正常单位, 还解释了不少人喝奶茶睡不着、心悸的原因在于超标的咖啡因等内容。那么, 奶茶是否真的会“毁掉”年轻人健康呢? 首先, 反式脂肪酸是奶茶被诟病的罪魁祸首。反式脂肪酸分为天然和人工两种, 从危害健康角度谈及的反式脂肪酸, 通常是指人工反式脂肪酸。国家食品安全风险评估中心博士钟凯解释道, 目前, 人们对反式脂肪酸有一定的误解, 反式脂肪酸并不属于人为非法添加, 也不是食品添加剂, 而是食品企业生产部分氢化脂肪时的一种衍生物, 当以氢化脂肪作为原料或辅料生产食品时, 产品中就会带有反式脂肪酸				
In early September, the Internet was crazy about an article entitled "milk tea, which is destroying the health of young people in China". The article not only mentions that the sugar content and fat content of milk tea far exceed the normal unit, but also explains that many people can not sleep and heart palpitations due to excessive caffeine content. Will milk tea really destroy young people's health?First of all, trans fatty acids are the main culprit of milk tea. Trans fatty acids are divided into natural and artificial, from the perspective of health hazards of trans fatty acids, usually referred to as artificial trans fatty acids. Dr. Zhong Kai, from the National Center for Food Safety Risk Assessment, explained that there is a certain misunderstanding about trans fatty acids. Trans fatty acids are not illegal additives or food additives, but derivatives of partially hydrogenated fats produced by food companies when hydrogenated fats are used as raw materials or excipients. When food is produced, trans fatty acids are found in the products.				

### 内容分类

#### Classification of Content

反式脂肪酸



Trans fat				
1. 正确认识反式脂肪酸 <a href="#">The correct understanding of trans fatty acids</a>	来源：中原网 来源：中原网	类别：反式脂肪酸 Category: trans fat	态度：反对 Attitude: against	时间： 10:39:47 Time: 10:39:47
<p>正确认识反式脂肪酸 反式脂肪酸 人们日常食用的油脂称为甘油三酯（脂肪），分为两种：饱和与不饱和。随着饱和脂肪酸与一些疾病，如肥胖症、动脉粥样硬化等相关性的研究发现，不饱和脂肪酸的作用日益受到重视。向不饱和脂肪酸为主的植物油中引入氢分子，液态的不饱和脂肪酸变成了凝固的饱和脂肪酸。其中一部分不饱和脂肪酸从天然的“顺式结构”变成了“反式结构”，这就是反式脂肪酸（Trans Fatty Acids; TFA）。反式脂肪酸在天然脂肪中含量很少，人工的氢化植物油，也就是我们常说的人造奶油，是反式脂肪酸的主要来源。同时在烹饪中，高温处理也会使反式脂肪酸含量增加，例如将油加热到冒烟及反复煎炸食物</p> <p>Correct understanding of trans fatty acids Trans fatty acids People's daily edible oils and triglycerides (fat) are classified into two categories: Saturation and unsaturated With the development of saturated fatty acids and some diseases, such as obesity and atherosclerosis, the role of unsaturated fatty acids has been paid more and more attention. By introducing hydrogen molecules into vegetable oils, which are predominantly unsaturated fatty acids, liquid unsaturated fatty acids become coagulated saturated fatty acids. Some of these unsaturated fatty acids have changed from natural cis-structure to trans-structure, which is called trans-Fatty Acids (TFA). Trans fatty acids are rarely found in natural fats. Artificial hydrogenated vegetable oils, known as margarine, are the main source of trans fatty acids. In cooking, high temperatures also increase the content of trans fatty acids, such as heating oil to smoke and frying food repeatedly.</p>				
2. 奶茶真的正在“毁掉”年轻人健康吗？言过其实 <a href="#">Milk tea is "destroy" the young man really healthy?exaggerated</a>	来源：中国质量报 来源：中国质量报	类别：反式脂肪酸 Category: trans fat	态度：反对 Attitude: against	时间： 23:45:37 Time: 23:45:37
<p>9月初，网上疯传一篇名为《奶茶，正在毁掉中国年轻人的健康》的文章。文中不但提到奶茶的糖分含量、脂肪含量都远超正常单位，还解释了不少人喝奶茶睡不着、心悸的原因在于超标的咖啡因等内容。那么，奶茶是否真的会“毁掉”年轻人健康呢？首先，反式脂肪酸是奶茶被诟病的罪魁祸首。反式脂肪酸分为天然和人工两种，从危害健康角度谈及的反式脂肪酸，通常是指人工反式脂肪酸。国家食品安全风险评估中心博士钟凯解释道，目前，人们对反式脂肪酸有一定的误解，反式脂肪酸并不属于人为非法添加，也不是食品添加剂，而是食品企业生产部分氢化脂肪时的一种衍生物，当以氢化脂肪作为原料或辅料生产食品时，产品中就会带有反式脂肪酸</p> <p>In early September, the Internet was crazy about an article entitled "milk tea, which is destroying the health of young people in China". The article not only mentions that the sugar content and fat content of milk tea far exceed the normal unit, but also explains that many people can not sleep and heart palpitations due to excessive caffeine content. Will milk tea really destroy young people's health? First of all, trans fatty acids are the main culprit of milk tea. Trans fatty acids are divided into natural and artificial, from the perspective of health hazards of trans fatty acids, usually referred to as artificial trans fatty acids. Dr. Zhong Kai, from the National Center for Food Safety Risk Assessment, explained that there is a certain misunderstanding about trans fatty acids. Trans fatty acids are not illegal additives or food additives, but derivatives of partially hydrogenated fats produced by food companies when hydrogenated fats are used as raw materials or excipients. When food is produced, trans fatty acids are found in the products.</p>				
3. 婴幼儿奶粉未检出不合格 <a href="#">Infant milk powder did not check out the unqualified</a>	来源：光明网 来源：光明网	类别：反式脂肪酸 Category: trans fat	态度：反对 Attitude: against	时间： 03:45:51 Time: 03:45:51
<p>国家市场监督管理总局日前发公告称，近期抽检了饼干、婴幼儿配方食品和食用农产品等3类食品554批次样品。其中抽检涉及109家企业的259批次婴幼儿配方食品产品，合格率达到100%，包括伊利、澳优、君乐宝、美赞臣、多美滋等在内的中外资婴幼儿奶粉全部过关。业界观点认为，我国婴幼儿奶粉已经可以媲美药品，成为食品界安全系数最高品类之一。高质量 严抽查 乳企牢守“命门” 安全 市场监督管理总局公告介绍，此次抽检的婴幼儿配方食品主要包括婴幼儿配方奶粉以及其他种类婴幼儿配方食品。记者梳理发现，此次抽检涵盖了圣元、飞鹤、明一国际、伊利、澳优、君乐宝等一众知名品牌奶粉</p> <p>The State Administration of Market Supervision and Administration announced recently that 554 batches of samples of three kinds of food, including biscuits, infant formula food and edible agricultural products, have been sampled recently. Among them, 259 batches of infant formula food products from 109 enterprises were sampled, and the qualified rate reached 100%. All the infant formula products, including Yili, Aoyou, Junle Bao, Meizhen and Dumeizi, passed the customs. The view of the industry is that infant milk powder in China has become one of the highest safety factor categories in the food industry. High quality, strict spot checks, dairy enterprises firmly guard "life gate" safety The General Administration of Market Supervision and Administration announced that the sampling of infant formula food mainly includes infant formula milk powder and other types of infant formula food. Reporters found that the sampling covers Shengyuan, Feihe, Minghui International, Yili, Aoyou, Junlebao and other well-known brands of milk powder</p>				
决心工程 Resolve To Save Lives				
没有相关文章！				
No such articles!				

## 反式脂肪酸-微信 Transfat - WeChat

2018-10-11, 共监测到283篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 283 WeChat public articles were monitored in 2018-10-11. This page shows the top five articles by repeat number today.

由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.



### 热门文章-前五 Popular Articles - Top 5

- [1. 49种病症应该遵守的忌口, 你有需要的吗?](#)  
[Are there any taboos that should be observed in 49 diseases?](#)

重复数: 14  
Repeat Number: 14

日期: 2018-10-11  
Data: 2018-10-11

忌暴饮暴食, 高胆固醇, 太咸食物。忌炸鱼, 经过高温加热后, 会产生大量“坏脂肪”(反式脂肪), 对心脏有害无益。

Avoid overeating, high cholesterol and salty food. Avoid fried fish which contains a large number of trans fat and is harmful to heart.
- [2. 这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!](#)  
[These 6 kinds of milk must not be given to children. You may buy the second kind of milk everyday.](#)

重复数: 7  
Repeat Number: 7

日期: 2018-10-11  
Data: 2018-10-11

仔细看配料表就会发现, 除了奶粉、白砂糖外, 还有最可怕的植脂末, 其中含有大量垃圾食品的标配——反式脂肪酸, 不仅不利于宝宝健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响宝宝的健康。

Looking closely at the ingredients list, you will find that in addition to milk powder and white sugar, there is the most terrible non-fat, which contains trans fatty acids that is not only harmful to your baby's health, but also affects mental development. Flavors are added to most of the milk tablets, and excessive consumption can affect your baby's health.
- [3. 早餐面包店的6个黑幕, 千万不要再吃这种面包了, 特别是孩子!](#)  
[Six shady scenes of breakfast bakery. Children should not eat this kind of bread any more.](#)

重复数: 4  
Repeat Number: 4

日期: 2018-10-11  
Data: 2018-10-11

植物奶油当幌子 奶油蛋糕不健康\n面包工坊推出的面包中配料注明: “植物奶油”或“精致奶油”成分的, 艾叔都不建议购买。因为植物奶油中含有“餐桌上的定时炸弹”——人造反式脂肪酸。人造反式脂肪酸的植物奶油对健康有害无益, 会导致肥胖、提高患心脏病、心脑血管疾病、阿尔茨海默氏症的几率。

Vegetable cream is deceptive. The cream cake is not healthy. It is not recommended to buy bread with the ingredients "plant cream" or "fine cream". Plant cream contains "time bombs on the table" - artificial trans fatty acids. Plant butter with artificial trans fatty acids is harmful to health and can lead to obesity and increase the risk of heart disease, cardiovascular and cerebrovascular diseases, and Alzheimer's disease.
- [4. 去超市买东西, 看清这个字再买!](#)  
[See this word clear before buying.](#)

重复数: 3  
Repeat Number: 3

日期: 2018-10-11  
Data: 2018-10-11

有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

Some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids. In addition, the food with the list of ingredients with hydrogenated oil, hydrogenated fat, shortening, margarine, vegetable fat and other words is more likely to contain trans fatty acids and it is not suitable for purchase .
- [5. 珍爱生命, 从远离奶茶开始!](#)  
[Cherish life and stay away from milk tea.](#)

重复数: 2  
Repeat Number: 2

日期: 2018-10-11  
Data: 2018-10-11

所谓的牛奶很可能只是用了奶精作为代替。奶茶中的各种香精、氢化植物油、大量的反式脂肪酸都在悄无声息的伤害你的健康。

The so-called milk may only be replaced by cream. Various flavors, hydrogenated vegetable oils and a large amount of trans fatty acids in milk tea are quietly damaging your health.

## 反式脂肪酸-微博 Transfat - Weibo

2018-10-11，共检测到58条与“反式脂肪酸”相关的微博。

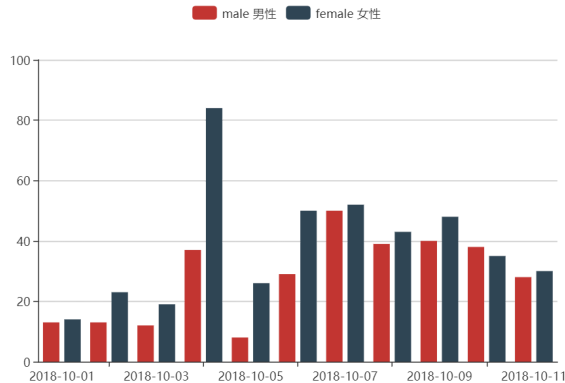
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 58 weibos about transfat reduction monitored on 2018-10-11.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

Click the content of each weibo, and you can see the detail imformation.



### 最热原创微博-前10 Hottest original weibos - Top 10

- 昵称:** 小丫头要早起 **性别:** 男 **地区:** 江苏 **生日:** 1995-06-09 **认证:** 个人

**Nickname:** 小丫头要早起 **Sex:** male **Area:** Jiangsu **Birthday:** 1995-06-09 **Identity:** Person

时间: 2018-10-11 17:04 来自: 微博 weibo.com 转发数: 0 评论数: 1 点赞数: 1  
Time: 2018-10-11 17:04 Source: 微博 weibo.com Repost: 0 Comment: 1 Like: 1

绿健园左旋肉碱黑咖啡, 券后【19元】无任何副作用不添加对人体有害的植脂末, 国家专利认证“蓝帽子”减肥功效国家批准, 不用节食正常均衡饮食即可  
Green Jianyuan L-carnitine black coffee, coupon [19 yuan] no side effects do not add harmful to human body fat, the state patent certification "blue hat" weight loss efficacy approved by the state, without normal balanced diet.
- 昵称:** 蜜桔不加糖 **性别:** 女 **地区:** 江苏 **生日:** 1979-06-03 **认证:** 个人

**Nickname:** 蜜桔不加糖 **Sex:** female **Area:** Jiangsu **Birthday:** 1979-06-03 **Identity:** Person

时间: 2018-10-11 17:04 来自: 微博 weibo.com 转发数: 0 评论数: 1 点赞数: 0  
Time: 2018-10-11 17:04 Source: 微博 weibo.com Repost: 0 Comment: 1 Like: 0

绿健园左旋肉碱黑咖啡, 券后【19元】无任何副作用不添加对人体有害的植脂末, 国家专利认证“蓝帽子”减肥功效国家批准, 不用节食正常均衡饮食即可  
Green Jianyuan L-carnitine black coffee, coupon [19 yuan] no side effects do not add harmful to human body fat, the state patent certification "blue hat" weight loss efficacy approved by the state, without normal balanced diet.
- 昵称:** 小兔兔不睡觉 **性别:** 男 **地区:** 江苏 **生日:** 2016-08-08 **认证:** 个人

**Nickname:** 小兔兔不睡觉 **Sex:** male **Area:** Jiangsu **Birthday:** 2016-08-08 **Identity:** Person

时间: 2018-10-11 17:04 来自: 微博 weibo.com 转发数: 0 评论数: 1 点赞数: 0  
Time: 2018-10-11 17:04 Source: 微博 weibo.com Repost: 0 Comment: 1 Like: 0

绿健园左旋肉碱黑咖啡, 券后【19元】无任何副作用不添加对人体有害的植脂末, 国家专利认证“蓝帽子”减肥功效国家批准, 不用节食正常均衡饮食即可  
Green Jianyuan L-carnitine black coffee, coupon [19 yuan] no side effects do not add harmful to human body fat, the state patent certification "blue hat" weight loss efficacy approved by the state, without normal balanced diet.
- 昵称:** 最棒的候成梦800 **性别:** 女 **地区:** 山东 **生日:** 1997-05-14 **认证:** 无

**Nickname:** 最棒的候成梦800 **Sex:** female **Area:** Shandong **Birthday:** 1997-05-14 **Identity:** None

时间: 2018-10-11 07:38 来自: OPPO R9s 转发数: 0 评论数: 0 点赞数: 0  
Time: 2018-10-11 07:38 Source: OPPO R9s Repost: 0 Comment: 0 Like: 0

蛋糕味美别馋嘴 五类蛋糕千万不能吃下面这5中蛋糕千万不要吃哦: 1、尽量不要买酥皮蛋糕, 2、尽量不要买加氢化植物油的蛋糕, 3、在蛋糕不必加白巧克力片或黑巧克力片, 4、蛋糕加水果不一定就降, 5、那些添加大量色素与香精的蛋糕尽量不要买。  
Don't eat these five cakes: 1. Try not to buy crisp cakes, 2. Try not to buy cakes with hydrogenated vegetable oil, 3. Don't add white chocolate or dark chocolate slices to the cake, 4. Cakes with fruit don't necessarily drop, 5. Not to but cakes with a lot of color and fragrance.
- 昵称:** 奢侈品高仿 **性别:** 女 **地区:** 其他 **生日:** 1982-04-01 **认证:** 无

**Nickname:** 奢侈品高仿 **Sex:** female **Area:** Other **Birthday:** 1982-04-01 **Identity:** None

时间: 2018-10-11 22:16 来自: 皮皮时光机 转发数: 0 评论数: 0 点赞数: 0  
Time: 2018-10-11 22:16 Source: 皮皮时光机 Repost: 0 Comment: 0 Like: 0

吃可含量高的巧克力: 可可粉中的多酚类是巧克力产生健康效应的源泉,可可粉能提供大量抗氧化成分,降低血液凝固性、降低血压、改善血管功能。糖和可可粉以外的脂肪成分会降低可可粉的这种效应,不含可可粉的巧克力产品和可口味饮料没有任何健康效应。普通的热巧克力饮料含不少氢化植物油和糖,不宜常食。  
Chocolate with high cocoa content: The polyphenols in cocoa powder are the source of chocolate's health effects. Cocoa powder can provide a large number of antioxidants, reduce blood coagulability, lower blood pressure, and improve vascular function. Fat ingredients other than sugar and cocoa powder reduce the effect of cocoa powder, and chocolate products and cocoa drinks without cocoa powder have no health effects. Ordinary hot chocolate drinks contain a lot of hydrogenated vegetable oil and sugar, not suitable for regular consumption.
- 昵称:** 米秀街购物助手 **性别:** 女 **地区:** 浙江 **生日:** 无 **认证:** 机构

**Nickname:** 米秀街购物助手 **Sex:** female **Area:** Zhejiang **Birthday:** None **Identity:** Institution

时间: 2018-10-11 19:35 来自: 魅世家园秒杀网 转发数: 0 评论数: 0 点赞数: 0



吃可含量高的巧克力: 可可粉中的多酚类是巧克力产生健康效应的源泉,可可粉能提供大量抗氧化成分,降低血液凝固性、降低血压、改善血管功能。糖和可可粉以外的脂肪成分会降低可可粉的这种效应,不含可可粉的巧克力产品和可可味饮料没有任何健康效应。普通的热巧克力饮料含不少氢化植物油和糖,不宜常食  
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7. 昵称: 用户6742330788 性别: 女 地区: 黑龙江 生日: 1995-08-04 认证: 无

Nickname: 用户6742330788 Sex: female Area: Heilongjiang Birthday: 1995-08-04 Identity: None

时间: 2018-10-11 01:38 来自: HUAWEI P10 Plus 转发数: 0 评论数: 0 点赞数: 0

Time: 2018-10-11 01:38 Source: HUAWEI P10 Plus Repost: 0 Comment: 0 Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定,可以使食品外观更好看,口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高,买食品前看配料表和营养标签,植物起酥油、代可可脂、氢化植物油这些名字,都是反式脂肪酸代名词。  
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutritional labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

8. 昵称: 体贴的香蕉31dd 性别: 女 地区: 北京 生日: 1988-11-10 认证: 无

Nickname: 体贴的香蕉31dd Sex: female Area: Beijing Birthday: 1988-11-10 Identity: None

时间: 2018-10-11 21:48 来自: 华为麦芒5 转发数: 0 评论数: 0 点赞数: 0

Time: 2018-10-11 21:48 Source: 华为麦芒5 Repost: 0 Comment: 0 Like: 0

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Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

9. 昵称: 琬曼利s 性别: 男 地区: 广东 生日: 无 认证: 无

Nickname: 琬曼利s Sex: male Area: Guangdong Birthday: None Identity: None

时间: 2018-10-11 21:41 来自: 皮皮时光机 转发数: 0 评论数: 0 点赞数: 0

Time: 2018-10-11 21:41 Source: 皮皮时光机 Repost: 0 Comment: 0 Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定,可以使食品外观更好看,口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高,买食品前看配料表和营养标签,植物起酥油、代可可脂、氢化植物油这些名字,都是反式脂肪酸代名词。  
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10. 昵称: 省钱白菜优惠券君 性别: 男 地区: 其他 生日: 无 认证: 个人

Nickname: 省钱白菜优惠券君 Sex: male Area: Other Birthday: None Identity: Person

时间: 2018-10-11 20:04 来自: 微博 weibo.com 转发数: 0 评论数: 0 点赞数: 0

Time: 2018-10-11 20:04 Source: 微博 weibo.com Repost: 0 Comment: 0 Like: 0

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