

WeChat groups to help smokers quit

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By Chen Huizhi

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A program designed to help company employees stop smoking is launched in Shanghai on Wednesday.

A free program for people wanting to quit smoking was launched on Wednesday by Shanghai Pilot Health Promotion Center, a Shanghai-based non-governmental organization focused on cancer prevention.

The organization will offer 5,000 places in WeChat groups next year where doctors and psychiatrists will give advice. Participants will mostly be recruited through companies.

The WeChat groups, online 24/7 workshops for smokers who want to quit, will be coupled with medicine, lung cancer screening, real workshops and other free services as a “package.”

Jiang Yuan, vice president of the Chinese Association on Tobacco Control, said the program is innovative in that it stresses the role of companies in encouraging and mobilizing employees to combat smoking and also engages technical support from other parties.

Shi Zhaowen, a doctor who has been dealing with smokers on a daily basis, said the WeChat groups represent a different idea to help people quit smoking.

“Most smokers when they seek doctors are either talked into quitting by their families or only when their health has been affected by smoking, while through such online groups, smokers could be more motivated to quit and also be more likely to quit eventually,” she said.

Last year, the percentage of people in Shanghai over 15 years old who were smoking dropped under 20 percent for the first time.

Source: SHINE Editor: Cai Wenjun



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The expo flower, the peony is widely planted around China and has a history of more than 4,000 years.

The expo theme song is “Blossom with Chinese Dream,” which features four chapters — “Blossom with Chinese Dream,” “Ode to Peony,” “Magnolia Flowers in Blossom” and “Sounds of Flowers Blossom.”

The expo will have three areas, one core, one axis, six pavilions and six gardens. The three areas are the expo garden, the Dongping Town service area and a southern service area. The core area is a paradise of butterflies and Chinese peony while the axis is the main flower avenue. Six pavilions will be in the structure of five subsidiary ones surrounding a main one. Six gardens will feature magnolia, plum, chrysanthemum, orchid, lotus and bamboo.



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An artist's depiction of the core area of the expo.

The core area is a peony-shaped flower field with plum blossom, orchid, lotus and chrysanthemum. The 666-meter-long by 60-meter-wide axis, connecting the south and north parts of the pavilion area, will feature flower bridges to celebrate the 100th anniversary of the Communist Party of China.

Three of the six pavilions will be permanently open to the public — Fuxing Pavilion, Century Pavilion and Bamboo Pavilion. They will show the history of flowers in every province and autonomous regions and bamboo art crafts. The other three pavilions will feature species of flowers from around the world. A flower industry forum, floriculture performances and speeches will be held.

Fuxing Pavilion will be in a classic Chinese style with sloping roofs and colonnades. The pavilion will be mainly used for the indoor exhibitions of provinces and cities, Shenzhen Flower Association and the Hong Kong, Macau and Taiwan regions.

Century Pavilion will be a flower-covered building, outlined in the form of flowers, green plants and gardens. The pavilion will be shaped like a butterfly on a peony flower.

Located in a bamboo garden, the Bamboo Pavilion will be built with modern bamboo and rattan. It will use bamboo construction materials, rare bamboo species and the latest technology of the bamboo products industry.

During the expo, visitors will be encouraged to take public transport with all buses new-energy vehicles. It takes around two and half hours to go from People's Square to the Flower Expo.



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The expo logo.

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How the core area of the expo will look.

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The core area of the expo.

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An artist's depiction of the Century Pavilion.

Source: SHINE Editor: Shen Ke



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