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Health Is Wealth

In May, Hunan Province adopted a three-year action plan for cutting back on salt and oil in people's diets and formulating a new standard system for cooking Hunan cuisine, famous for its spicy taste. Previously, in March, the Ministry of Agriculture and Rural Affairs, the National Health Commission and the Ministry of Industry and Information Technology jointly released guidelines on food and nutrition development (2025-30). The guidelines propose capping the intake of salt, oil and sugar and popularizing portion control tools.

The transformation of food consumption to be more nutrition-oriented is one of the major features of the Healthy China Initiative launched by the Chinese Government with a focus on disease prevention and health promotion. In the past, people tended to focus more on whether food was delicious and filling but now many are realizing the importance of a science-based diet. As people are becoming better educated about health, they have come to recognize that unhealthy eating habits, such as long-term high intake of salt, fat and sugar, may lead to chronic diseases like obesity, cardiovascular diseases and diabetes. They are therefore beginning to actively seek healthier eating habits to prevent these diseases.

In addition, changes in the social environment and people's lifestyles have led to an increasing awareness of healthy eating. With faster pace of life and higher work pressure, many people sit for long periods at work, lack physical exercise and tend to have irregular diets. Not cooking at home has become a pitfall to good health because the food in a polystyrene box is likely to deliver a large dose of oil, salt and sugar. Urbanization may have brought people more diverse food choices, but at the same time, foods that are more processed or otherwise unhealthy are becoming more readily available.

Increasing access to information is also improving people's understanding of health. With the development of nutrition-related websites, online services and apps, and increasing number of nutritionists sharing information on social media, it has become easier for people to have a better understanding of healthy eating.

Caring about how to eat more healthily reflects changes in social trends and the values of health. With today's relatively abundant material wealth, sights are now firmly set on health, and people are willing to spend more time and energy learning healthy eating habits as part of pursuing a better life. **BR**



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HAPPY CHILDREN'S DAY!

Children show their artworks at a training school in Xiayi County of Shangqiu, Henan Province, on June 1, International Children's Day.



Almost Ready!

A visitor enjoys herself at the LEGOLAND Shanghai Resort in Shanghai on May 31. The resort began internal proof and trial operations the same day, and is set to officially open to the public on July 5.

HPV Vaccine

China's drug regulator has approved the country's first domestically developed 9-valent human papillomavirus (HPV) vaccine, ending over a decade of foreign dominance in the market.

The vaccine, Cecolin 9, has been included on a list of approved medical products that was made public by the National Medical Products Administration on June 4.

HPV vaccines are commonly used to prevent cervical cancer in women, as well as genital cancers and warts in both men and women.

Cecolin 9, which targets nine HPV strains, was developed by Xiamen University, the Xiang An Biomedicine Laboratory and Xiamen Inovax Biotech Co. Ltd., marking a breakthrough in China's ability to produce high-valency HPV vaccines independently.

China is now the second

country—after the United States—capable of supplying 9-valent HPV vaccines.

Statistics show that globally, approximately 700,000 cancer cases each year are associated with HPV, including an estimated 530,000 cases of cervical cancer. Vaccination is up to 94 percent effective in preventing HPV infection.

In 2020, the World Health Organization launched a global strategy to accelerate the elimination of cervical cancer, aiming for 90 percent of girls to be fully vaccinated against HPV by the age of 15 by 2030.

Tour of Sayram Lake

The 17th edition of the Tour of Sayram Lake cycling race concluded on June 4 in Bortala Mongol Autonomous Prefecture in Xinjiang Uygur Autonomous Region, with riders from Team BATTLE sweeping the podium.

The five-day race began on May 31 in Jinghe County and featured five stages that passed through Alashankou City, Bole City and Wenquan County before culminating in a scenic loop around Sayram Lake.

Covering a distance of 435 km, the tour drew more than 70 teams and over 380 cyclists from across China and abroad. The final stage took riders around Sayram Lake, one of China's most popular alpine scenic spots, spanning 86.77 km.

Russian cyclist Vladislav Gutovskii of Team BATTLE secured overall victory with a total time of nine hours, 56 minutes and 36 seconds. His teammates, Uladzislau Yarash of Belarus and Kirill Kapustin of Russia, finished second and third, respectively.

Travel Services

Beijing unveiled a comprehensive action plan to upgrade its inbound tourism services on June

3 at the Beijing Inbound Tourism Development Conference, as the city reported a 57.1-percent year-on-year surge in overseas visitors to 1.46 million from January to April.

The plan outlines 22 measures across four areas—products, promotion, services and support—aiming to enhance the city's appeal. Key product initiatives include boosting the "Beijing Central Axis" brand and diversifying offerings such as world heritage tours, *hutong* (alleyways) explorations and cycling experiences along the axis.

Service improvements focus on expanding and optimizing international flight networks, streamlining entry processes with dedicated zones for "temporary entry permits" for one-stop issuance, and enabling more foreign bank cards for tap-and-go subway access to elevate convenience.

Super-Earth

For centuries, the question of whether life exists beyond Earth has intrigued humanity, and now a joint discovery by Chinese and German scientists may offer a significant clue.

Based on the Transit Timing Variation technique for the first time, the super-Earth, Kepler-725c, with 10 times the mass of the Earth, has been detected within the habitable zone of the Sun-like star Kepler-725, which is a promising candidate for potential habitability, Xinhua News Agency reported on June 3.

"This newly discovered non-transiting planet and its host star are located at a place about 2,472 light-years from our solar system," said Gu Shenghong, team leader from the Yunnan Observatories of the Chinese Academy of Sciences.

“More crucially, this planet resides within the habitable zone of its host star, the region around a star where the temperature is suitable for liquid water to exist. It orbits around its host star with a period of 207.5 days, comparable to Earth’s one-year period,” Gu added.

Pediatric Care

At a press conference held by the National Administration of Traditional Chinese Medicine (TCM) on June 3, officials revealed that by the end of 2023, over 95 percent of tertiary-level and 72 percent of secondary-level public TCM hospitals nationwide had set up pediatric units.

China has a three-tier system to grade hospitals, with tertiary hospitals at the top of the system.

They also noted that TCM holds unique advantages in treating common childhood illnesses and delivering preventive health-care services.

The administration is carrying out pilot programs that apply TCM approaches to tackle pressing childhood health issues such as obesity, scoliosis and myopia.

By this November, authorities aim to achieve full pediatric department coverage in all tertiary public TCM hospitals and establish pediatric units in over 80

percent of secondary public TCM hospitals.

Destroying Drugs

Police in the southernmost Chinese province of Hainan on June 3 publicly destroyed about 1,590 kg of drugs, in a deterrent effect on drug crimes and in commemoration of the country’s fight against opium smuggling in the 19th century.

The drugs, including heroin, methamphetamine, ketamine and new types of drugs represented by etomidate, as well as unregulated addictive substances seized in drug cases concluded by courts in Hainan in recent years, were burned in an incinerator at a new-energy power generating plant.

The environmentally-friendly drug-burning move took place on the 186th anniversary of the famous Humen Opium Destruction, which took place on June 3, 1839, when Lin Zexu, a senior official of the Qing Dynasty (1644-1911), ordered the destruction of about 1,000 tons of smuggled opium confiscated from foreign dealers at Humen in Guangdong Province. His move was regarded as China’s first battle against opium.

According to the Hainan Provincial Public Security Department, the centralized drug destruction move showcased the province’s determination in step-



Tech Charm

A makeup robot in action during the World Robotics Carnival in Wuhan, Hubei Province, on June 2. The event, held from May 31 to June 2, featured nearly 100 robots.

ping up drug controls as well as crackdowns on drug crimes.

Air Force Training

The Chinese People’s Liberation Army (PLA) Air Force recently conducted specialized air-to-air refueling training at the Shijiazhuang Flight Academy in Shijiazhuang, Hebei Province, advancing the combat-oriented education of pilot cadets, Xinhua reported on May 30.

This is the first time such training has been carried out at a PLA Air Force academy. Previously, it was not possible for aviation

academies to provide such training due to aircraft limitations.

The training simulates real combat scenarios by coordinating with tanker units, according to Yu Hongliang, a pilot overseeing the program.

Air-to-air refueling extends aircraft endurance and operational range, and enhances long-range strike and control capacities.

The Shijiazhuang Flight Academy aims to align training with combat requirements and ensure targeted talent development for operational needs.



Mine to Paradise

The Qinglongshan Tourist Resort in Hetaoyuan Town, Heze City, Shandong Province, on June 4. The resort was created through the ecological restoration of closed mines and abandoned mine pits in the area.

Power Connectivity

A guideline recently issued by the National Development and Reform Commission and the National Energy Administration calls on energy authorities and grid operators nationwide to take concrete steps to further enhance electricity connectivity services, with the goal of establishing a modern, efficient business environment for electricity services across the country by 2029.

According to the guideline, the goal includes providing easy and convenient electricity connection services, ensuring a high-quality power supply, promoting green energy, offering inclusive services and conducting coordinated inspections to enhance overall service quality.

The document outlines measures across 14 key areas to improve electricity services, including the expansion of “zero-investment” low-voltage electricity connection services for private enterprises and

the introduction of strict time frames for completing connection procedures.

It also encourages innovative electricity services, such as establishing new access points to meet temporary power demand during spring irrigation and autumn harvest seasons, as well as supporting the needs of night market vendors. These efforts aim to boost rural revitalization and stimulate consumption.

China’s rural revitalization, a strategy introduced in 2017, aims to promote the economic prosperity and overall development of rural areas.

Consumer Goods Trade-In

China’s consumer goods trade-in program generated 1.1 trillion yuan (\$153 billion) in sales in the first five months of this year, the Ministry of Commerce said on June 1.

As of May 31, nationwide trade-ins had fueled a surge

in transactions, including 4.12 million vehicles, 77.62 million units of household appliances and 56.63 million units of digital products—such as mobile phones, among others, data from the ministry showed.

The program, part of China’s broader efforts to spur domestic demand, has boosted a sustained recovery in the country’s consumer spending, according to the ministry.

In the government work report released in March, boosting consumption was listed as a top priority among this year’s tasks.

Retail sales of consumer goods, a major indicator of the country’s consumption strength, rose 4.7 percent year on year in the first four months, accelerating from the 4.6-percent growth recorded in the first quarter of the year, official data revealed.

Cargo Throughput

Cargo throughput at ports in

China rose steadily during the first four months of 2025, signaling continued resilience in the world’s second largest economy despite external uncertainties.

The country’s cargo throughput at ports totaled 5.75 billion tons during the January-April period, up 3.7 percent year on year, data from the Ministry of Transport showed.

Container throughput, a leading gauge of trade health, increased 7.9 percent year on year during this period to reach 110 million twenty-foot equivalent units (TEUs), according to the ministry. A TEU is a unit of measurement used to quantify the capacity of container ships and ports.

In April alone, the country’s cargo throughput at ports climbed 4.8 percent from a year earlier to 1.53 billion tons—with the pace of growth slightly down from an increase of 4.9 percent registered in March.

NUMBERS



Investment Assets

China's external portfolio investment assets, excluding reserve assets, had climbed to \$1.42 trillion as of late 2024, official data showed on May 30.

Of the total, \$859.8 billion was in equity investment and \$557.5 billion was in bond investment, according to the State Administration of Foreign Exchange.

Non-bank financial institutions held \$795.5 billion of external portfolio investment assets, accounting for 56 percent of the total. Banks held \$422.1 billion, or 30 percent of the total.

The non-financial sector held \$199.8 billion of such assets, accounting for 14 percent of the total.

Data-Powered Development

China's data-driven development has gained steam since the implementation of a three-year action

plan aimed at promoting the use of data as a factor of production and enhancing its role in driving economic and social development.

The 2024-26 action plan has played an important role in promoting the integration of data into large-scale socialized production since it was released more than a year ago, with positive progress made in the market-oriented development of data, the National Data Administration said on May 29.

An increasing number of enterprises are engaging in the data market, Luan Jie, an official with the administration, told a news briefing. Nearly 500 digital technology companies have been established by state-owned enterprises directly under the Central Government, and about 66 percent of the leading enterprises across industries in China have purchased data, Luan added.

The application of data has delivered positive outcomes across industries, yielding substantial benefits for enterprises.

In agriculture, for instance, some planting companies have boosted crop yields by 5.5 percent by using data to optimize the fertilization process, according to the administration.

In the industrial sector, some leading enterprises have shortened their research and development (R&D), procurement and high-end product delivery cycles by over 30 percent through the integration of industrial chain data, including R&D, logistics, inventory and pricing information.

The administration said it will beef up efforts to pilot the program, address bottlenecks and challenges in applying data to key scenarios, and push for the implementation of the action plan.

Listed Companies

A total of 5,420 companies had been listed on the domestic stock market as of late April, according to the China Association for Public

Companies.

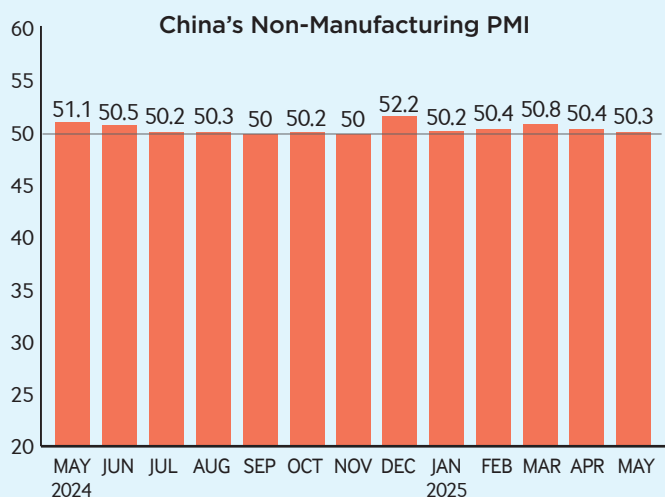
The Shanghai Stock Exchange had 2,284 listed companies by the end of April, the Shenzhen Stock Exchange had 2,871 and the Beijing Stock Exchange had 265.

State-owned holding companies accounted for 27 percent of all listed firms and non-state-owned holding companies for 73 percent.

Three provinces—Guangdong, Zhejiang and Jiangsu—contributed 42.58 percent of the total number of companies listed on the Chinese stock market.

In terms of market capitalization, there were 119 companies each with a market value exceeding 100 billion yuan (\$14 billion), and 1,398 companies each with a market value ranging from 10 billion (\$1.4 billion) to 100 billion yuan.

Ten companies made initial public offerings on the domestic stock market in April, raising a combined total of 8.27 billion yuan (\$1.2 billion), while four companies were delisted.



(Source: National Bureau of Statistics)



GERMANY

Players and head coach Luis Enrique (first right) of Paris Saint-Germain celebrate during the awards ceremony after the UEFA Champions League final match between the club and Inter Milan in Munich on May 31



UNITED STATES

A signing ceremony at the 2025 China-California Business Forum in Los Angeles, California, on June 2.

The forum drew nearly 500 entrepreneurs and officials from both sides to promote deeper economic, trade and cultural exchange



TAJIKISTAN

Vocational education students at the Luban Workshop in Dushanbe on May 31. The workshop was put into operation in November 2022, and has provided learning and training opportunities for more than 1,500 local undergraduate and graduate students





CANADA

A wildfire near Sherridon, Manitoba, on May 27. Approximately 931,000 hectares of forest had been consumed by the fire across both Saskatchewan and Manitoba as of June 5



REPUBLIC OF KOREA

Lee Jae-myung takes the oath of office in the National Assembly building in Seoul on June 4. Lee was sworn in as the country's new president after formally beginning his single five-year term earlier in the day



ITALY

A military band performs during the 79th Republic Day celebrations, marking the country's founding as a republic, in Rome on June 2



THIS WEEK PEOPLE & POINTS

↓ WINNER OF SCIENCE AWARD FOR WOMEN SCIENTISTS

Wang Xiaoyun has been named one of the five laureates of the 2025 L'Oréal-UNESCO for Women in Science International Awards, UNESCO and the L'Oréal Foundation announced on May 26.

Wang is recognized for her groundbreaking contributions to the field of cryptography and related mathematical problems. Her pioneering research led to the establishment of next-generation data integrity and security. These new standards are now widely implemented in bank cards, computer passwords and e-commerce systems.

Along with Wang, Priscilla Baker from South Africa, Claudia Felser from Germany, Maria Teresa Dova from Argentina and Barbara Finlayson-Pitts from the United States have been awarded for their contributions in their respective fields and the inspiration they have given girls and women.

The awards were established in 1998 to honor outstanding women in science around the world.



Back to the High Street

Beijing Evening News
May 30

After years of digital expansion, many small and mid-sized Chinese e-commerce businesses are closing their online storefronts and turning to brick-and-mortar retail. Even major brands are recalibrating their business strategies with the goal of scaling up their offline presence.

These moves reflect a broader shift in the marketplace, where online retail's early allure—low rent, minimal labor cost and massive customer flows—are gradually eclipsed by mounting platform fees and fierce competition.

Meanwhile, physical stores offer advantages that online platforms increasingly struggle to match. Unlike algorithm-driven e-commerce portals, brick-and-mortar shops allow shoppers to see, touch and try products, thereby offering a sense of authenticity and connectivity with customers and local neighborhoods that online stores cannot replicate.

This shift back to the street isn't just about the physical presence of a store; it should bring a renewed focus on attentive service, higher product quality and a more refined retail experience. Supportive policies, friendlier regulations and a more welcoming business environment will also be essential to helping these new stores take root and thrive.



Steel City Goes Furry

China Newsweek
May 12

Just a 10-minute drive from the high-speed rail station in Anshan, a city in northeast China's Liaoning Province, is one of China's largest pet trading hubs. On market days, thousands of pets flow from this market to homes across the country.

“Trade agreements to resolve existing tensions and lower or eliminate barriers should be accompanied by more efforts to enhance multilateral cooperation.”

Alvaro Pereira, chief economist of the Organization for Economic Cooperation and Development, on its latest Economic Outlook report released on June 3, which projected that global GDP growth will slow down from 3.3 percent in 2024 to 2.9 percent this and next year

“The goal is to bring together Myanmar-born Chinese and Myanmar artists to deepen cultural exchange and mutual learning.”

U Maw Li Shwe, Chairman of the Myanmar-China Calligraphy and Painting Association, on an art exhibition blending Chinese and Myanmar cultures in Yangon from May 31 to June 4, which was held to celebrate the 75th anniversary of China-Myanmar diplomatic relations

For a city renowned for its steel production, Anshan's rise as a center for pet breeding may seem like a surprising twist. Yet its origin stretches back to the 1980s, when well-paid steelworkers, with stable incomes and plenty of free time, began breeding dogs on the city's outskirts. This gave rise to a loose yet sizeable pet trading network.

Today, as old rustbelt cities seek industrial upgrades, Anshan is leaning into its age-old tradition of pet breeding. Unlike Harbin's recent fame for winter tourism, which many cities have tried—and failed—to copy, Anshan has chosen a different path by turning its pet breeding trade into a strategic growth engine. Currently, nearly 30,000 people work in the sector, and over a million dogs and cats are shipped nationwide each year.

However, challenges remain. Anshan's pet trade is still dominated by small, loosely organized operations, which has made it difficult to build a strong brand presence in the national pet market. For the sector to continue to thrive, expansion must be matched by higher standards, stronger oversight and greater investment in supporting infrastructure.

Less Is More

Gmw.cn
June 4

This year's Dragon Boat Festival holiday (May 31-June 2) put Longtan Grand Canyon, a tourist attraction in Luoyang, Henan Province, back in the spotlight—not for flashy attractions, but for its simple offering of popsicles at 1 yuan (roughly 14 cents). In 2017, it became the country's first 5A-rated scenic site to go bankrupt. Eight years later, it now serves as a telling example of how tourist attractions can survive the constantly shifting tides of domestic tourism.

Over the past few years, many scenic spots across China have been trapped in a vicious cycle of overdevelopment and

mounting debt. Instead of leveraging their natural appeal, some invested billions in shopping centers, senior housing and artificial attractions. At the same time, rising labor and maintenance costs have made the traditional model, which relies heavily on ticket sales, increasingly difficult to sustain.

The recent popularity of Longtan Grand Canyon presents a different business model, one that focuses on preserving a site's raw beauty and providing a simpler and more down-to-earth travel experience. In today's tourism scene, instead of copy-pasting swings, glass bridges and food markets, tourist sites should focus on finding their own core strengths and building a model that can endure beyond the next trend cycle.

↓ TABLE TENNIS PLAYER REFRESHES RECORD

Sun Yingsha continues to showcase her dominance with a record-high 11,900 points as the International Table Tennis Federation updated its world rankings on May 27.

Sun earned 2,000 points from her victory at the recently concluded World Table Tennis Championships in Doha, beating the previous mark of 11,300 points she set in February. In October 2024, she became the first paddler to exceed the 10,000-point mark.



Born in November 2000, Sun joined the national team in 2015 and has achieved remarkable success at a young age. The 2023 World Table Tennis (WTT) Singapore Smash was one of her career-defining moments. She made history at the tournament by becoming the first-ever player to win the Women's Singles, Women's Doubles and Mixed Doubles titles at the same WTT Grand Smash event. At the Tokyo 2020 and Paris 2024 Olympics, she won three gold medals.

"We believe traditional Chinese philosophies, including Confucianism, have played a vital role in shaping and sustaining Chinese civilization over millennia."

Han Fengju, an official of the cultural heritage bureau of Qufu in Shandong Province, where Confucius was born in 551 B.C., as the city recently staged a performance to commemorate the ancient Chinese philosopher and educator

"China has an incredible history of innovation, evolving across different periods and in diverse ways... Europe wants a vibrant China. We all want China to be growing, because that benefits everyone."

Francisco Veloso, Dean of INSEAD, one of the world's top business schools, in a recent interview with Xinhua News Agency



COVER STORY

FIT, FED & FASHIONABLE

From dumplings to dumbbells, young Chinese are pumping up their pursuit of physical health By Elsbeth van Paridon