

**PERSONAL AND WORK PROFILE, LIFE STYLE, HEALTH STATUS AND
HEALTH NEEDS OF HIGH-END CUSTOMERS IN INTERNATIONAL
MEDICAL CENTER, CHINA**

Dissertation

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PROFILE, LIFE STYLE, HEALTH STATUS AND HEALTH NEEDS OF HIGH-END CUSTOMERS OF THE INTERNATIONAL MEDICAL CENTER, BEIJING CHINA

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ABSTRACT

This study aimed to determine personal data, work status, life style, health status and health needs of high-end clients of the International Medical Center, Beijing General Hospital of Chinese People's Liberation Army (PLA). The study also aimed to determine if there is significant relationship between the respondents' personal and work-related characteristics and their lifestyle, health care budget, most common health issues, health status and health needs .

The findings reveal that most of, the high-end individuals interviewed were 26-55 year old, have attained junior college or college education, were company executives or owners of private enterprises; with an annual income of more than 500,000 Yuan.

Most of them were not getting enough sleep, not exercising regularly, were drinking alcoholic beverages, not eating appropriate diet, and did not adhere to an annual medical examination. Most of them however, did not smoke.

Most of the respondents were not completely healthy. The highest proportion of the respondents was sub-healthy, which when combined with those who had a disease,

makes the majority of the respondents unhealthy.

The most common health issue/concerns faced by the respondents were cancer, cardiovascular system health problems (such as hypertension, coronary heart disease, etc.), and hormones and endocrine system of health problems (such as diabetes). Moreover, their health needs focused on: easy access to medical services, high-end health examination service, health value-added services and personalized private physician services.

Relational analysis revealed that except for a few, most of their personal and work-related characteristics were found to have no significant relationship with their lifestyle practices. Significant relationship was found between the following pairs of variables: age and sleeping habits; age and sex with smoking practices; sex and drinking habits; work pressure and sleeping habit; occupation and drinking practices; work place and physical fitness practices; age and their physical examination frequency; and annual income and their frequency of medical examination.

In relation to health status, health care budget, and health needs, a significant relationship was found between the following pairs of variables: age and health status; annual income and health care budget, occupation and adherence to an annual physical examination; and sleeping, smoking, drinking, exercise and dietary habits and health status..

The most common health issues or problems of the respondents were cancer, cardiovascular system health problems (such as hypertension, coronary heart disease,

etc.), and hormones and endocrine system of health problems (such as diabetes).

Between the various personal and work-related factors and health issues/concerns, health status and health needs, significant relationship was noted between the following pairs of variables: age and health issues/concerns; age and annual income and health needs; Health needs and health status; and annual health budget and health needs.

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The most common health issues or problems of the respondents were cancer, cardiovascular system health problems (such as hypertension, coronary heart disease, etc.), and hormones and endocrine system of health problems (such as diabetes). These health problems are common to people who hold positions with great and complex responsibilities and also among busy individuals.

The relationship analysis revealed that between the various personal and work-related factors and health issues/concerns, health status and health needs, significant relationship was noted between the following pairs of variables: age and health issues/concerns; age and annual income and health needs; Health needs and health status; and annual health budget and health needs.

Based on the major findings of the study, the following conclusions were drawn:

As high-end individuals grow older, they tend to sleep less, care less for physical exercise, and adherence to physical examination, and as a consequence, they become more prone to illnesses. Males were more likely than females to smoke and drink. Government workers and leaders were more likely to take alcohol than private entrepreneurs and investors. Moreover, the greater the work pressure experienced, the lesser sleep the respondents get. Since physical examination requires money, higher income tends to facilitate compliance to regular physical examination.