

**Manuscript Number:** 73968

**Title:** Awareness of Initiative Practice For Health in the Chinese population: A questionnaire survey based on a network platform

### **Answer the comments**

Dear Editors,

First and foremost, we would like to extend our heart-felt thanks to you and reviewers for the constructive comments on our manuscript "Awareness of Initiative Practice For Health in the Chinese population: A questionnaire survey based on a network platform "(Manuscript Number: 73968). These, indeed, help us to improve the quality of our manuscript.

After revision according to all the comments raised by reviewers, we are now submitting the revised version of our manuscript. We have considered all the comments and the revision requirements and provided the corresponding answers in this revised manuscript. We hope that you will find the revised paper suitable for publication.

Thanks for your consideration.

Sincerely,

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**Reviewer #1:**

*This is an interesting study of the residents' awareness of "initiative practice for health" (IPFH) of Chinese population and explore the relevant influential factors. The study is well designed, and the results are interesting. After a minor language editing, it can be accepted for publication.*

**Response:** Thanks for your positive review. As your suggestion, we have performed a further language editing to comply with the publication requirement.

**Reviewer #2:**

*(1) The abstract and core tip should contain a line about the "initiative practice for health (IPFH)". Without this the subsequent parts are difficult to understand.*

**Response:** Thank you for raising this suggestion. As your suggestion, we added a line to explain "IPFH" briefly in Core Tip, as follows,

*"IPFH is a process that people take the initiative to improve health." (Page 4, Lines 65-66)*

*(2) To solve health challenges effectively, countries around the world have adopted different policies[7, 8],so as to China[9]. - This should be - "so has China" • There should perhaps be some mention of environmental and climatic changes as challenges*

**Response:** Thanks for this suggestion. We want to illustrate countries' proactive strategies for health there. And the focus of Initiative Practice For Health (IPFH) is to take the initiative to solve own health problems, however, the environment and climate change are difficult to change for individuals. So we did not mention climate and environmental challenges.

*(3) It encourages individuals to find personal ways and to acquire effective knowledge to promote modifiable health-related behaviors in terms of the diet, exercise, society, and mentality to enable healthier lives. Do you mean - mental health measures?*

**Response:** Thank you for raising this important suggestion. Mental health is an important aspect of "Health", individuals should take some measures to keep mentally

healthy actively in daily life to prevent serious mental illness. The measures could include releasing negative emotions and engaging in social activities, etc., which are of great importance for IPFH.

*(4) Questionnaire - include this as a supplement. Scoring of questions could be explained in this supplement and removed from the main text.*

**Response:** Thanks for your advice. we removed related contents you mentioned to the main text and the Supplement.

*(5) Online surveys have an inherent bias. Not all people have access, particularly those who need it most. This has been mentioned as a limitation, but the important implication is how to reach the disadvantaged population with poor awareness of IPFH. This needs to be discussed.*

**Response:** Many thanks for your suggestion. We felt apologized for the ignorance of this important limitation. According to your suggestion, we added contents in the Discussion accordingly, as follows:

*“We think that more attention should be paid to the people with poor IPFH awareness. Finding the reasons for their poor health awareness and improving the reasons individually will contribute to the development and improvement of the health of the whole population.” (Page 12, Lines 272-275)*

*“With the development of 5G and various applications in mobile devices, there should be more ways to promote IPFH and health monitoring, except for the traditional approaches such as Health Days, Media Publicity, etc.” (Page 15, Lines 351-353)*

*“A comprehensive, effective and low-cost health management network-platform maybe a good way.” (Page15, Lines 358-359)*

*“This reminds us that we have ignored the population who are disconnected from the internet and missed some people who really need to raise IPFH awareness, such as those in rural areas. There should be further surveys with*

comprehensive methods to assess the situation of the entire population.”

(Page15-16, Lines 374-377)

*(6) This bias is apparent from the socio-demographic characteristics of the sample. You have noted that your sample is predominantly female, urban-based, with college education and (possibly) high incomes. (Is more than five thousand Yuan per month a high level of income?) • You have to explain what this socio-demographic profile means for people who have little idea about China.*

**Response:** Thanks for your comments. Firstly, the monthly income of 5,000 yuan is currently in the middle and high income group among Chinese people. Besides, according to the multivariable binary logistic regression analysis, we would like to indicate a trend that with the age and monthly income increases, the IPFH awareness become stronger. However, it is so hard to avoid the disadvantage of network-platform survey to some extent, as well as the bias of participants, which is the real fact, and there should be further comprehensive surveys to investigate the IPFH awareness of the whole population, including the people we missed.

*(7) This is exactly the point I am trying to make - that the more disadvantaged people who could possibly benefit most from such initiatives often get excluded from such surveys. The other lesson is that this survey should be conducted in -person among the rural population. The differences in results will be useful in understanding how to expand the initiative to this population. Just expanding the Internet access, as you have mentioned, may not be enough to carry this initiative forward. More innovative ways have to be found. This aspect is a very important one. It should be discussed in far greater detail because this is the most important implication of this survey. Finally, this portion needs to be re-written to make it more comprehensible.*

**Response:** Thank you for raising this important point. According to your suggestion, we added some related contents in Discussion respectively. And according to the focus and direction of the discussion, we separated the contents into different paragraphs. As follows:

“We think that more attention should be paid to the people with poor IPFH awareness. Finding the reasons for their poor health awareness and improving the reasons individually will contribute to the development and improvement of the health of the whole population.” (Page 12, Lines 272-275)

“With the development of 5G and various applications in mobile devices, there should be more ways to promote IPFH and health monitoring, except for the traditional approaches such as Health Days, Media Publicity, etc.” (Page 15, Lines 351-353)

“A comprehensive, effective and low-cost health management network-platform maybe a good way.” (Page15, Lines 358-359)

(8) *The entire text needs careful language editing.*

**Response:** We have performed a further language editing to meet the publication requirement and submitted the certificate. And the language errors you mentioned have been corrected. We hope the language meet the publication requirements.

*Company editor-in-chief:*

(1) *Before final acceptance, uniform presentation should be used for figures showing the same or similar contents; for example, “Figure 1 Pathological changes of atrophic gastritis after treatment. A: ...; B: ...; C: ...; D: ...; E: ...; F: ...; G: ...”. Please provide the original figure documents. Please prepare and arrange the figures using PowerPoint to ensure that all graphs or arrows or text portions can be reprocessed by the editor. (2) Authors are required to provide standard three-line tables, that is, only the top line, bottom line, and column line are displayed, while other table lines are hidden. The contents of each cell in the table should conform to the editing specifications, and the lines of each row or column of the table should be aligned. Do not use carriage returns or spaces to replace lines or vertical lines and do not segment*

*cell content. (3) Please upload the approved grant application form(s) or funding agency copy of any approval document(s).*

**Response:** We have revised the related contents as your suggestion, as follows:

(1) According to the Results, the figures of this manuscript have revised as you mentioned. Besides, the original figure documents have been provided in this submission.

(2) We have revised the tables based on the requirement.

(3) We feel so sorry that we are not sure whether it is the proof document of funding agency. This manuscript is supported by the Ministry of Science and Technology of the Peoples' Republic of China. We have uploaded relevant documents for your evaluation.