

Analysis of Academic Trends of College Students' Health Research under the "Healthy China" Policy

-- A Visual Econometric Analysis based on CiteSpace and Vosviewer

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ABSTRACT

This paper aims to explore the research status, trends and topics of the health problems of Chinese college students, as well as the development process in the context of the "healthy China" strategy. This paper first introduces the background and purpose of the research, followed by detailed data sources, research methods, overview of health research among Chinese college students, research trends and thematic analysis, and the development process of health research. Through bibliometric analysis and visualization tools, this paper reveals the change trend of college students health's research, the distribution of literature, authors and research institutions, as well as keyword Co-occurrence and cluster analysis. At last, puts forward the future research direction and policy suggestions.

KEYWORDS

College Students; Health Problems; Healthy China.

1. INTRODUCTION

Since 2010, the Chinese government has issued the Outline of the National Medium-and-Long-term Education Reform and Development Plan (2010-2020) that provides macro guidance for China's education reform which includes school physical education and students health into key reform areas.

In 2016, the Outline of the "Healthy China 2030" Plan was released, which clearly proposed that health education should be included in the national education system, emphasizing that health is the basis for the comprehensive development of teenagers. Strengthening health education in universities and improving students health literacy is an important measure to promote quality-oriented education and promote the comprehensive development of students.

For the implementation of the plan outline, released in 2017 "ordinary college health education guidelines" put forward specific implementation of the strategy, comprehensive, multiple, forms to carry out health education and health literacy in colleges and universities, which helps students set up health consciousness, master knowledge and skills of health, form a civilized, healthy way of life.

The "Healthy China" strategy is a national strategy proposed by the Chinese government to meet challenges such as an aging population, changing disease spectrum and diversification of health needs. The strategy is clearly stated in the Outline of the "Healthy China 2030" Plan to integrate health into

all policies, accelerate the transformation of the development mode in the field of health, strengthen communication and cooperation among various departments and industries, form a joint force to promote health, and maintain and safeguard people health in an all-round and all-cycle way. The background of this strategy includes the aging population, changes in the disease spectrum, diversification of health needs and the needs of economic and social development, and its importance is reflected in improving the national condition of health, promoting economic and social development, achieving sustainable development and enhancing national competitiveness.

In this strategy, college students are the future and hope of the country. The health status of college students directly affects the long-term development of the country, and their position and role in the national health strategy can not be ignored. As mentioned in the document, the size of college students has exceeded 40 million, and they are one of the most active and promising groups in society. However, the current health of college students is facing many challenges, not only obesity and chronic diseases such as hypertension blood fat prevalence is gradually rising, also covers academic and interpersonal stress caused by mental health problems, all kinds of bad habits and lack of physical exercise, let the problem further.

Therefore, the study of college students' health problems has significant academic value and practical significance. From an academic point of view, through the study of the health problems of college students, new theories of health could be explored which provides theoretical support for the development of health disciplines and promote the development of interdisciplinary research. From the practical point of view, the research results can provide the basis for the government to formulate health policies, and improve the pertinence and effectiveness of the policies. At the same time, research can help to find and solve the problems in health services, improve the coverage and quality of services, and can be used to guide health education for college students, and improve the effectiveness and coverage of education.

Although there are many studies on the health field of college students, literature that systematically integrates research results and makes review analysis is still relatively scarce. In order to more clearly present the hot issues of research and development trends in this field, this paper aims to fill this gap and provide a comprehensive research overview.

To sum up, college students play a vital role in the strategy of "healthy China". Their health status is not only related to their personal development, but also related to the health level of the country and the sustainable development of the economy and society. Therefore, the in-depth study of the health problems of college students can not only enrich the theoretical research in the field of health, but also provide guidance for solving practical problems, which has significant academic value and practical significance. We will promote the coordinated development of students ideological and moral qualities, scientific and cultural qualities, and physical and mental health qualities, and train new people who will shoulder the great responsibility of national rejuvenation.

Objective: The study aims to explore the health status of college students under the background of "healthy China" strategy, and reveal their position in the current system of health policy and the main health challenges faced. The "Healthy China" strategy is committed to improving the health level of the whole people. As the future builders and innovators of the country, their health status is directly related to the sustainable development of the society and the competitiveness of the country. The core purpose of the study is: First, Clarify the specific health needs and problems of college students so as to provide an accurate and realistic basis for policy making. Next, based on the results of the empirical studies, make practical policy recommendations with a view to optimizing and improving existing health policies so as to better meet the health needs of college students; once more, to promote exchanges and cooperation between different disciplines that including health, education, sports, etc. Through the interdisciplinary dialogue and collaboration, that develops more comprehensive strategies of health promotion; last, Through the research and educational activities, raising the awareness of a healthy lifestyle among college students, encouraging them to actively participate in

the practice of health behaviors, so as to enhance the overall awareness of health conditions. Through these comprehensive measures, this study expects to contribute to the implementation of the "Healthy China" strategy and ensure that the health rights and interests of college students are effectively protected which will improve the quality of the future labor force.

2. DATA SOURCES AND STUDY METHODS

2.1. Data Source and Retrieval Strategy

This study is expected to clarify the health needs of college students under the strategic framework of "Healthy China", put forward empirical based policy recommendations, strengthen interdisciplinary communication, and enhance health awareness of college students. Through the visual analysis of CiteSpace software, this study will reveal the academic trends of health research, provide data support for policy making, promote the integration of academic research and practice, and point out the direction for future research, and ultimately have a positive impact on improving the health level of college students and the quality of future labor force.

Research means: In order to analyze the academic trend of health research of college students under the policy of "Healthy China" policy, the advanced retrieval function of China National Knowledge Network (CNKI) will be used to search literature through a series of thematic keywords related to college students health. The selected literature search conditions were "Theme =" Healthy Chinese AND College Students "... " search. Due to the strategy of "Healthy China 2030" strategy, which was proposed in 2016, the literature search in this paper ranged from September 2016 to September 2024. In the stage of literature screening, comments, reports, conference materials and other documents that was not highly related to the theme were excluded, and finally X high-quality effective documents were obtained.

Centering on the theme of "college students health", this study selected six categories of keywords: "college students health behavior", "college health", "healthy lifestyle", "college students health problems", "balance between study and health", and "healthy China". Through the advanced keyword search in the relevant databases, the results are as follows:

SU% = (health behavior of college students) and SU%= (college students): A total of 106 related documents was retrieved;

SU% = (college health) and SU%= (college students): a total of 2347 related documents was retrieved;

SU% = (healthy lifestyle) and SU%= (college students): A total of 227 related documents was retrieved;

SU% = (health problems of college students) and SU%= (college students): A total of 57 related documents was retrieved;

SU% = (balance between study and health) and SU%= (college students): A total of 0 relevant documents were retrieved;

SU% = (healthy China) and SU%= (college students): A total of 514 related documents were retrieved.

In conclusion, a total of 3251 articles were retrieved. Subsequently, the initial screening of all retrieved literature using the PRISMA screening program, excluding duplicate literature, literature unrelated to the study topic, and invalid documents such as conference reports and news reports. Finally, 2,881 valid documents were selected. On this basis, the research team manually removed 71 articles that was not close enough to the research topic, and finally obtained 2810 articles as the analytical sample for this study.

2.2. Analysis Tools and Research Steps

In terms of analysis method, CiteSpace visualization software is used for bibliometric analysis: in the first stage of the study, through the preliminary analysis of literature data, including the dynamic trend of publications, literature involves all kinds of journals, subject distribution, and the distribution of the authors and institutions, to draw the outline of the whole picture of Chinese college students health research. In the second stage, we used keyword Co-occurrence analysis, cluster analysis and emergent analysis to deeply explore and summarize the research hotspots, themes and trends in the field of health research, aiming to provide data support and theoretical basis for future research direction and related policy formulation.

In this study, two visual analysis tools, CiteSpace 6.2 R6 and VOSviewer 1.6.20, will be used as the main research methods. CiteSpace Is a visualization tool for analysis of scientific literature. Through the analysis and visual display of keywords, literature, authors and their information of cooperation, a knowledge graph is generated which helps researchers intuitively identify the frontier hotspots and development trends in the research field. The software adopts many methods, such as Co-occurrence analysis and emergent word analysis, which can effectively reveal the connection between literature and the evolution of research topics.

VOSviewer 1.6.20 is also is also a powerful document network analysis and visualization software which is able to process a large amount of literature data and help researchers understand the research dynamics and knowledge structure of specific fields by building cooperative networks, citation networks and keyword Co-occurrence networks. Its user-friendly interface allows researchers to easily import data and visualize it, so as to quickly identify important authors, institutions and their influence in the field.

This study will combine the advantages of CiteSpace and VOSviewer software to conduct a more comprehensive and in-depth analysis. CiteSpace will focus on time series analysis and the identification of emergent keywords, while VOSviewer will focus on the visualization of network structure and the analysis of relationships among literature . Through the complementary use of the two, researchers can explore the hot spots, trends and evolution of data leakage and supply chain correlation research in more detail, so as to provide valuable reference and guidance for research in related fields.

3. OVERVIEW OF THE HEALTH RESEARCH OF CHINESE COLLEGE STUDENTS

3.1. Change Trend of the Number of Publications

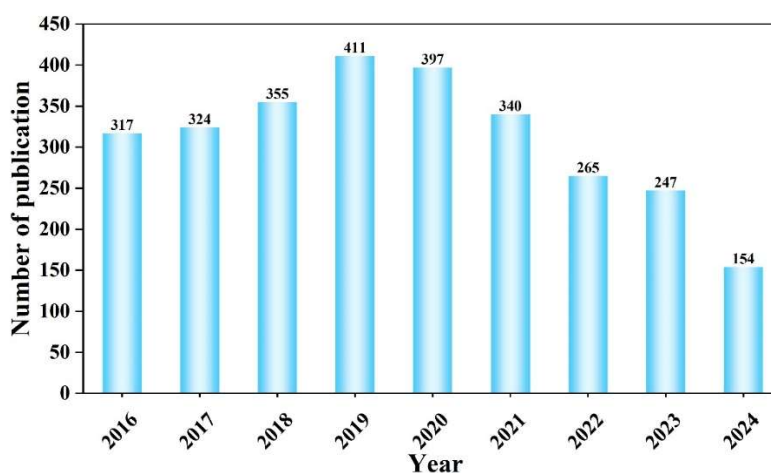


Figure 1. Trend of annual publication volume

With the release of the Healthy China 2030 Planning Outline, the number of published articles increased year by year from 2016 to 2019, from 317 to 411. It can be seen that multiple studies pay importance to topics related to college students health. With the number of 397 articles reaching the peak in 2020, the research activity remained high at this time. However, from 2021, the number of articles began to show a significant decline, from 340 to 154 in 2024.

In terms of results, the increasing number of documents in the first four years year by year shows that with the release of the "Healthy China 2030" plan, the policy drive has caused the increase of research, and the health issues of college students as an important part of social development have attracted the attention of more scholars and institutions. In 2020, heat of the research of the previous years was maintained, and with the emergence of the epidemic, the research focus was gradually shifted to the health problems of college students under the background of the epidemic, while in the subsequent period, due to the influence of new variables such as the epidemic, the academic research was shifted to a new hot spot. In addition, due to the continuous implementation of policies, the existence of hidden problems will be reduced, and quantitative research will be shifted to more specific forms of practical evaluation and strategies, thus leading to the reduction of publications. By 2023 the decline, may present a new development trend in the future, with the birth of new technology and application, college students health with research transformation, produce new research focus. In the future, these new issues, including the release of new national policies, will drive the growth of the number of articles published again, and continue to focus on the health issues of college students.

3.2. Distribution of Literature Documents and Periodicals

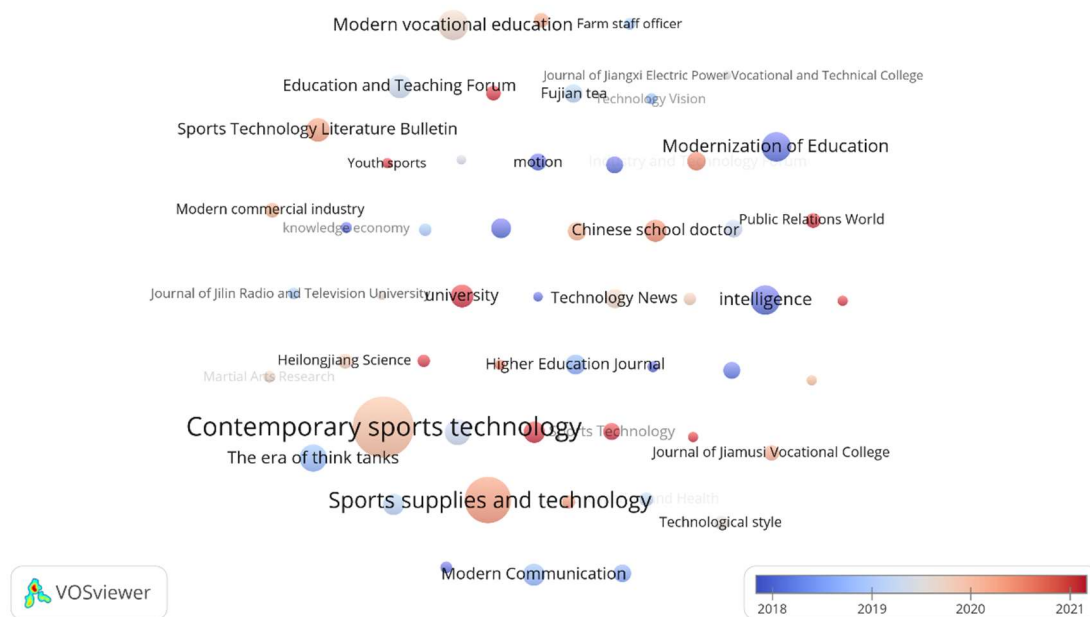


Figure 2. Co-occurrence graph of Journals

As can be seen from the figure 2, the research literature related to college students health is published in a number of journals in different fields, covering health education, sports technology, modern education and other related topics, and involving multiple disciplines such as medicine, teaching and learning, social science and technology, and so on, with obvious interdisciplinary characteristics. In the sports journal, ‘Contemporary sports technology’ is the journal with the largest number of publications, with 138 documents. Education journal ‘Modern vocational education’ published 50 documents. Health journal ‘Chinese School Health’ published 41 related journals. In addition, there were 92 ‘Sports supplies and technology’ published Sports supplies and technology, accounting for

4.91%, 1.78%, 1.46% and 3.27% respectively. As can be seen in the figure, the peak of publication is concentrated from 2018 to 2020, and the research focuses on the cross field of sports technology and education and health education.

In conclusion, the high number of documents in sports journals may mean that physical exercise and accompanying sports equipment and technology plays a significant role in improving the physical health of college students, and with the application of higher intelligent equipment and the continuous attention to sports, research in related fields will still increase. The high number of articles published in educational journals such as ‘Modern vocational education’ also means that teaching and health education for college students is the focus of attention, which has a great and long-term career development. From the perspective of the integrity of the journal, it shows obvious interdisciplinary characteristics, which is in line with the trend of college students' health research, it includes different disciplines such as sports technology, modern education, health technology, medicine and social science, which shows that college students' health problems are the result of various influences and have complexity and diversity. Therefore, in the future, we will see more collaborative research, integrating knowledge from different fields to provide more comprehensive solutions.. Therefore, in the future, we will see more collaborative research to integrate knowledge in different fields to provide more comprehensive solutions.

3.3. Distribution of Authors and Research Institutions

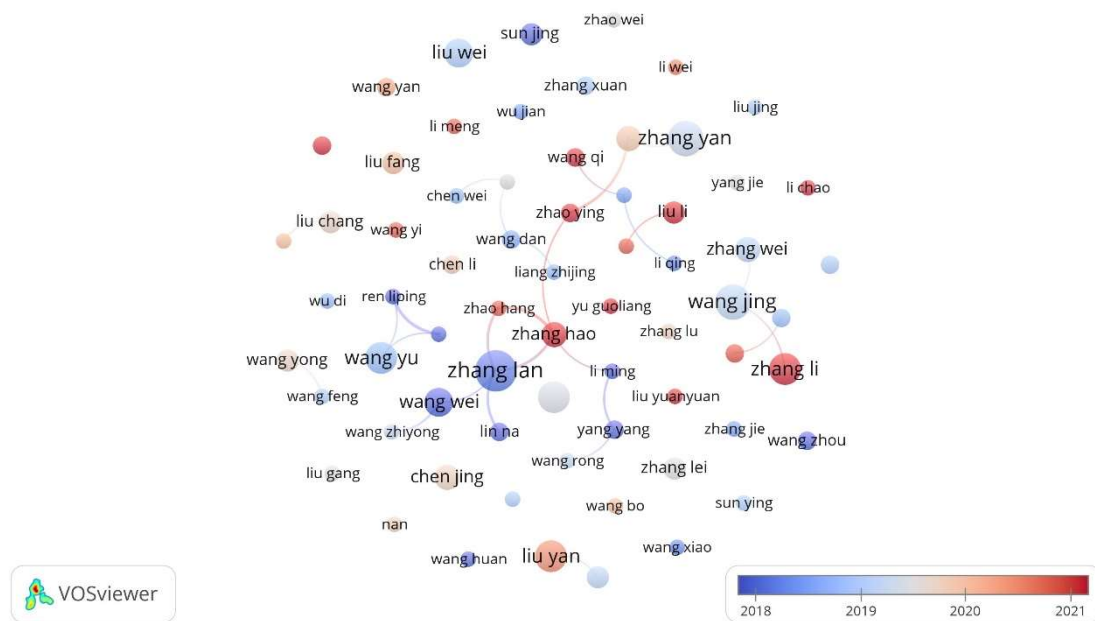


Figure 3. Co-occurrence graph of authors

According to the figure 3, it can be seen that the overall nodes are scattered, the connection strength between different nodes is different, and a large number of authors are in an isolated state. The top 10 authors were Zhang Lan (12), Wang Jing (10), Zhang Yan (10), Zhang Li (9), Liu Yan (9), Wang Yu (9), Liu Wei (8), Wang Wei (8), Zhang Hao (7), and LiLi (7). In the health research field of college students, there are two larger research teams with Zhang Lan as the core and Zhang Hao as the core, and the total strength of link is 10 and 9, respectively, indicating that they have certain influence in this research field. Although the cooperation in the central region is relatively intensive, other nodes are generally scattered. In the collaborative network, many authors and research teams conduct research independently, while there is relatively little collaboration across teams and disciplines. The color change in the figure shows that the cooperative network has gradually expanded in recent years,

more authors have participated in the cooperation, and new cooperative groups have gradually formed. In the future, multi-field and cross-region team cooperation will be an significant direction in this field.

3.4. Research Institution Analysis

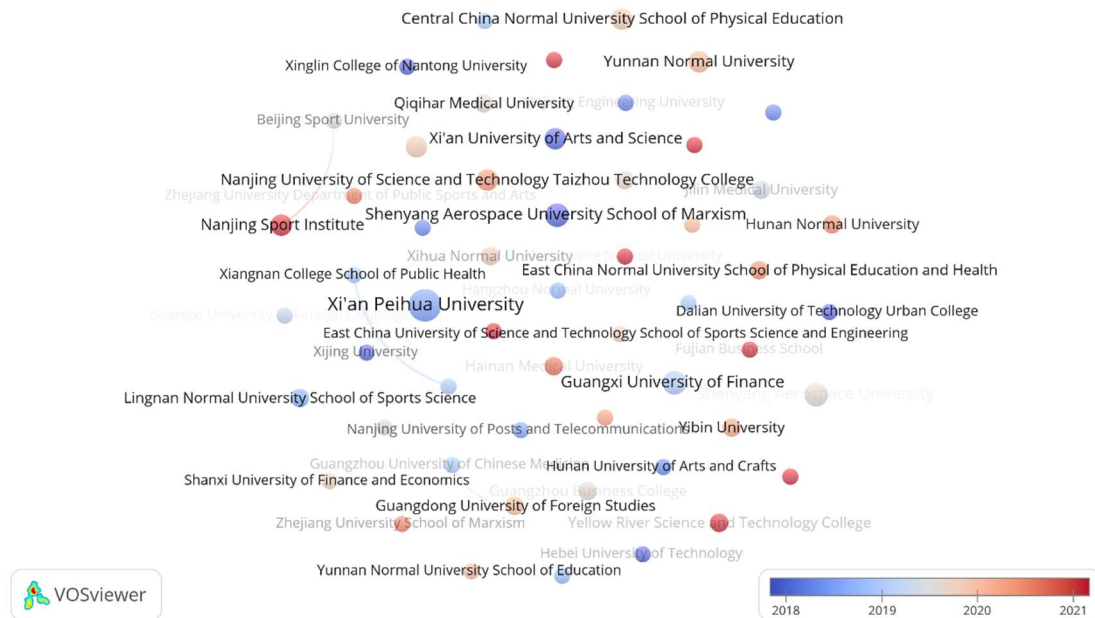


Figure 4. Co-occurrence network graph of the institution

As shown in the figure 4, the top 10 organizations were Shenyang Aerospace University School of Marxism (7), Shenyang Aerospace University (7), Guangxi University of Finance (7), and Central China Normal University School of Physical Education (6), Yunnan Normal University (6), Nanjing Sport Institute (6), Nanjing University of Science and Technology Taizhou Technology College (6), Xiangnan College School of Public Health (4), Xiangnan College School of Basic Medicine (4), Beijing Sport University (4). These institutions with a high number of publications fully demonstrate their attention and activity in the field of college students' health, as well as their excellent capacity for scientific research.

In terms of the average year of publication, the latest published institutions are Heze Medical College (2022.5) and Fujian Business School (2022), showing their closely following of the recent progress of scientific research hotspots in the medical field, and the content is more timely. In contrast, the average publication year of Shenyang Aerospace University School of Marxism was 2017.7143, indicating that it had a long accumulation of research in the field of vocational education.

In terms of the overall network connection, the link strength between institutions with a higher amount of articles is mostly 0, indicating that they are relatively independent in research and lack of cooperation. However, such as Nanjing Sport Institute (1 strength), Beijing Sport University (1 strength), Xiangnan College School of Public Health (4 strength) and other institutions have a small number of links to collaborative publishing that there is a certain cooperation of network.

According to the results of the distribution map of the authors and research institutions, Zhang Lan and Zhang Hao, as the main core nodes, relatively connects more scholars, representing that they have a strong influence in the field of college students' health research, while institutions with a high number of of publications such as Shenyang Aerospace University School of Marxism and Guangxi University of Finance, although active in research, they are relatively independent in terms of

cooperation intensity. In general, most scholars and institutions focus on independent research, with relatively little cooperation between teams and institutions. In terms of color, more scholars and institutions have begun to participate in cooperation in recent years, such as Heze Medical College (2022.5) and Fujian Business School (2022) updated on the average year of publication, indicating that these institutions focus on emerging topics in the field of college students' health research. In the future, as mentioned earlier, interdisciplinary cooperation is a trend and breakthrough direction, and more authors and research institutions will show cooperation, which will help solve more complex research problems.

4. RESEARCH TRENDS AND THEMATIC ANALYSIS OF HEALTH PROBLEMS AMONG CHINESE COLLEGE STUDENTS KEYWORD CO-OCCURRENCE MAP

4.1. Analysis of Keyword Co-occurrence and Research Hotspots

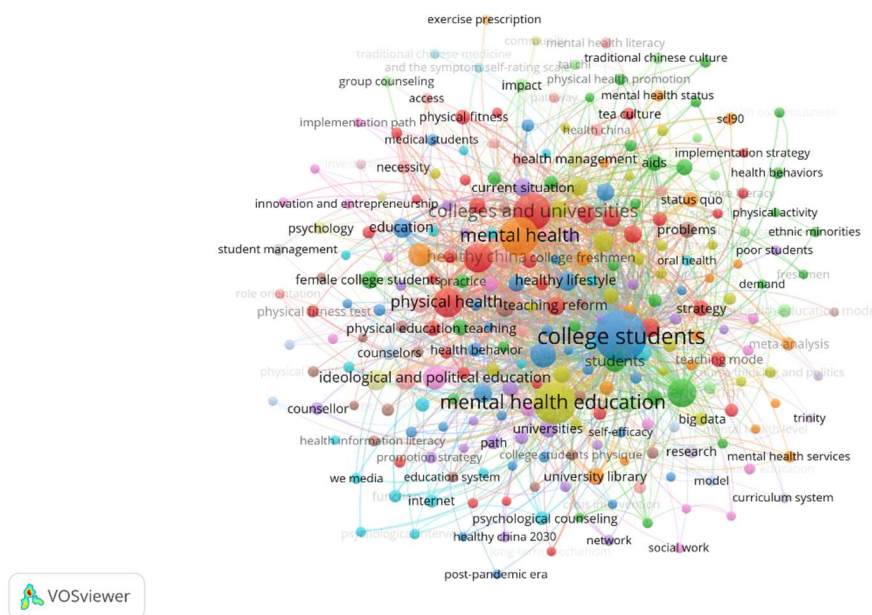


Figure 5. graph of Keyword Co-occurrence

As shown in the figure, in terms of the occurrence frequency of keywords, college students (1219 times) account for the highest proportion, and the intensity of link is 2116. As the main body of research, college students occupy the central position, and receive wide attention from all walks of life, with a large amount of research. However, the link strength of mental health education (614 times) is 1013, which reflects the great attention attached to the mental health problems of college students, and the research position is at a higher level, which plays a key role in reducing the probability of psychological problems and helping college students to face pressure. Moreover, the appropriate education has a very critical impact on health. And Physical health (180 times) link strength is 329, Physical education (40 times) link strength is 90. Also have a lot of attention, physical health as an important part of college students' quality of life, research usually explores sports, healthy diet and lifestyle for the influence of physical improvement. As a young group, the incidence of physical problems is relatively lower than that of psychological problems. In addition, the intensity of link 'Colleges and universities' (413 times), 'Healthy China' (185 times) and 'Counselor' (64 times) is 770,291 and 102 respectively, which can be seen that the value of university research for students' health problems, as well as the special significance of students' living and learning environment. For

important topic for discussion, and will still maintain a high research heat in the future. In recent years, the integration of intelligent technology and health management shows that under the background of healthy China strategy, with the gradual implementation of policy guidance research, the actual implementation of technologies such as artificial intelligence and smart sports has been promoted, and personalized and data-driven health management system has been promoted, and the means and methods of health education have become more abundant. From popularization to implementation, the research will promote the construction of a more comprehensive health support system. Future research will generally focus on the application of intelligent technology, and continue to pay attention to physical literacy and mental health.

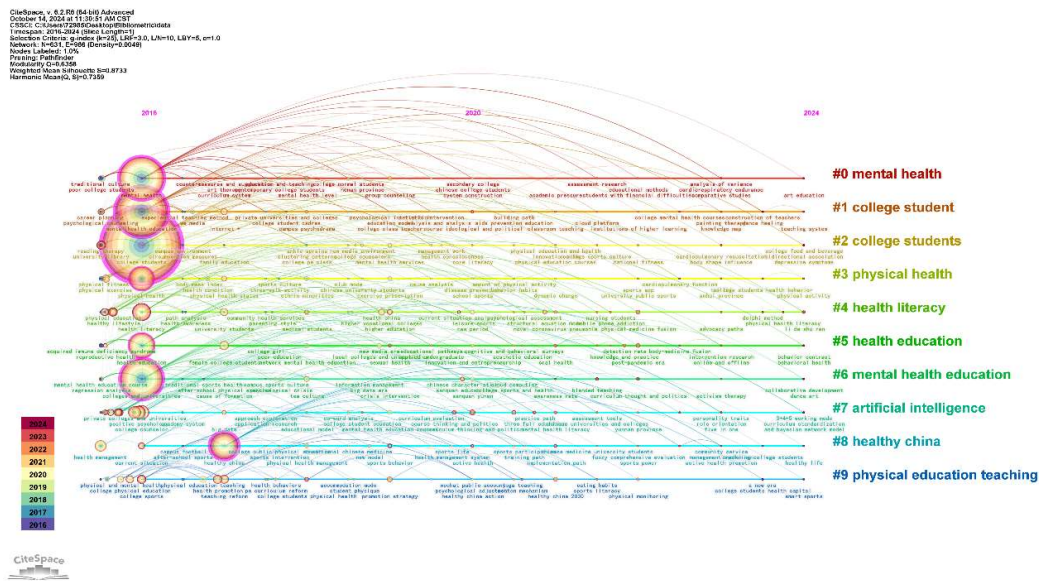


Figure 7. Graph of Keyword clustering timeline

5. THE DEVELOPMENT PROCESS OF HEALTH RESEARCH AMONG CHINESE COLLEGE STUDENTS

Top 25 Keywords with the Strongest Citation Bursts

Keywords	Year	Strength	Begin	End	2016 - 2024
mental health education course	2016	2.8	2016	2018	
young people	2016	2.37	2016	2017	
general colleges and universities	2016	1.89	2016	2017	
curriculum construction	2016	1.89	2016	2017	
physical education teaching	2017	3.48	2017	2019	
poor college students	2016	2.97	2017	2018	
health condition	2017	2.19	2017	2019	
health status	2018	2.53	2018	2019	
higher vocational colleges	2019	2.5	2019	2021	
mental health services	2019	1.94	2019	2021	
college students physical health	2018	2.46	2020	2024	
innovation and entrepreneurship	2020	2.13	2020	2021	
healthy china 2030	2021	2.8	2021	2022	
e-health literacy	2021	2.65	2021	2024	
promotion strategy	2019	2.34	2021	2022	
novel coronavirus pneumonia	2021	2.33	2021	2022	
oral health	2021	2.27	2021	2024	
mental health literacy	2021	2.27	2021	2024	
physical exercise	2016	2.17	2021	2022	
health promotion	2017	1.97	2021	2022	
curriculum thought and politics	2022	2.72	2022	2024	
regression analysis	2016	2.46	2022	2024	
curriculum thinking and politics	2020	2.22	2022	2024	
post-pandemic era	2022	2.02	2022	2024	
physical medicine fusion	2022	2.02	2022	2024	

Figure 8. Keyword emergence graph

5.1. An Emerging Word Analysis in the Health Research of Chinese College Students

By running the "keyword emergence" function of Vosviewer software, the top 25 emerging words in the field of college students' health research from 2016 to 2024 is ranked. This analysis helps us to grasp the evolution of the research trend and reveal the topics of special concern in different periods, so as to provide direction guidance for subsequent research.

From the perspective of emergence cycle, the keyword "college students physical health" has the longest emergence period, reaching 4 years, appearing from 2020 to 2024, which indicates that the physical health of college students has received continuous attention during this period, which may bring great health challenges due to the emergence of the epidemic. Therefore, after the epidemic, universities and institutions have strengthened the research and attention to the constitution, so as to improve the physical quality and health level of college students. Other keywords such as "e-health literacy", "oral health", and "mental health literacy" all appeared suddenly from 2021 to 2024, and the health problems of college students in different fields began to receive wide attention. This is influenced by policies such as the China Oral Health Action Plan (2021-2025) released in 2021, and is also related to the Healthy China 2030 policy that attaches great importance to different health literacy.

Look from the sudden strength, "physical education teaching" sudden strength is highest, the value is 3.48, followed by "poor college students", value is 2.97, shows that the sports education in 17 years received widespread attention, and released in 2017 "ordinary higher education health education guidelines" put forward specific implementation strategy, aimed at comprehensive, multiple ways, many forms of college health education and the purpose of health promotion. The high sudden intensity of poor college students shows that the academic community has paid deep attention to the impact of college students economic and social status on their health, which involves educational equity and social support system.

5.2. Evolution of Health Research Hotspots of Chinese College Students under the Background of Healthy China

According to the emergent word map of Chinese college student health research, the research process from 2016 to 2022 is divided into three stages.

① Starting stage: 2016-2017

Prior to this, courses of mental health education and physical education have become widely discussed issues in the society. With the release of the Healthy China 2030 strategy, the focus of college students' health has gradually expanded from the past problem-oriented imagination to the overall improvement of college students' health literacy, including how to effectively improve the level of mental health and physical health education paths. It reflects that colleges and policy makers pay increasing attention to the physical and mental development of college students, and the physical and mental health education is constantly included in the curriculum system and continuously reformed and optimized. At this stage, it was relatively basic and dominated by traditional health concepts. Driven by both policy and social consciousness, the health problems of college students were gradually put on the agenda, which laid a solid foundation for more extensive and in-depth research in the future.

② Development stage: 2018-2020

With the proposal and gradual implementation of the "Healthy China 2030" strategy, the research on the health of college students has entered a stage of rapid development in the past six years. Under the guidance of the policy, it not only inspires all sectors of society to pay attention to the health of college students, but also provides an effective framework for basic research. This period research

from pure mental and physical health extended to a wider range of health related areas, such as electronic health literacy and oral health present word, shows that research not only stays in the surface of health education, more began to think about how to digital and information intelligence means applied to health management and teaching, provide further support for college students health literacy. At the same time, the outbreak of COVID-19 has also greatly challenged college students health. Therefore, how to popularize health knowledge and respond to health emergencies under the background of epidemic prevention and control has also become an important research topic in this period, presented a variety of research characteristics.

③ Challenge phase: 2021-2022

With the outbreak and continuous impact of COVID-19, college students are facing great challenges to their physical and mental health, especially in the post-pandemic era. In 2022, researchers focused on the long-term impact of the pandemic on the health of college students, especially mental health problems. Psychological problems such as anxiety and depression continue to emerge due to the long-term isolation caused by the pandemic and online teaching. In this stage, how to deal with psychological problems and physical health problems caused by long-term lack of exercise become the core issues in this stage. In addition, in universities and other environments, response strategies to public health events such as epidemic prevention and control have also become an important research content.

④ Deepening stage: 2023-2024

Compared with the previous and mid-term studies, this period paid more attention to practical application, and gradually shifted the focus to the improvement of active health and health literacy. Under the guidance of "Healthy China 2030" and the background of the post-epidemic era, the research aims to cultivate a sustainable health support system for college students, and further apply the development of science and technology to educational practice. Like smart devices and online resources. The wide application of the concept of health promotion, as well as personal health management and psychological intervention has gradually become the mainstream. Multi-side collaboration, technology empowerment, and the development of personalized pathways has been emphasized, and efforts have been made to build a more perfect and intelligent health education system.

6. FUTURE EXPECTATIONS AND SUMMARY

Based on "in response to the call of the Chinese government on education and health planning, health education and promotion strategy in colleges and universities is put forward" research background, this study to "explore the influence of the future health, power" healthy China "strategy" for the purpose of using CNKI search literature, using CiteSpace and VOSviewer tools for literature analysis, including keywords Co-present, clustering and emergent analysis of a comprehensive overview of the college students' health research, and put forward the future research direction and policy suggestions so as to improve the quality of college students health and future labor force. According to the study overview, the literature volume increased from 2016 to 2019, and decreased after reaching the peak in 2020. It is expected to fall to 154 articles in 2024. Literature is widely distributed in physical education, education and health journals. Researchers and institutions are scattered, and there is little interdisciplinary cooperation. Research trends show that the keyword "College students" appear most frequently, and mental health education and physical health is the focus of research. Keyword clustering reveals the multidimensional nature of the study. This study points out, the development process of healthy China is divided into several stages, namely: the starting stage from 2016-2017, the rapid development of 2018-2020, the impact of the epidemic in 2021-2022, and the 2023-2024 research focuses more on practical application.

Based on the above studies, the author believes that the future research direction of the health problems of Chinese college students should focus on the following aspects:

First, mental health is an important area that needs to be addressed. The research should deeply explore the psychological distress of college students in the aspects of study pressure, interpersonal relationship and employment anxiety, and put forward effective intervention measures. The policy recommendations include establishing and improving the system of mental health education, strengthening the construction of mental health service facilities, training a team of professional psychological counselors, and carrying out regular mental health checking.

Secondly, physical health issues can not be ignored. The study should pay attention to college students' eating habits, physical exercise, sleep quality and other aspects, analyze their impact on health, and put forward improvement measures. Policy recommendations include strengthening the organization and management of physical education programs and extracurricular activities, provide a variety of sports facilities and resources, promoting healthy eating knowledge, and establishing student health records to monitor and evaluate students' physical health status on a regular basis.

Third, living habits and behaviors also have an important impact on college students' health. The study should pay attention to college students' work and rest regularity, Internet use, smoking and drinking, etc., explore their effects on physical and mental health, and put forward corresponding strategies of intervention. Policy recommendations include healthy lifestyle education, rules and regulations to limit bad behavior, and psychological and behavioral intervention services to help students develop good habits.

Finally, the social environment and campus culture also play an important role in the health of college students. The study should analyze the influence of campus culture, social support, family background and other factors on the health of college students, and make suggestions for optimization. The policy recommendations include creating a positive campus culture, strengthening communication and cooperation between families and schools, and establishing a multi-level social support system to provide all-round health care for college students.

To sum up, the future research direction of Chinese college students' health issues should cover mental health, physical health, living habits and behavior patterns, and social environment. The corresponding policy suggestions should form a comprehensive health promotion system from education, service, management and support, so as to comprehensively improve the physical and mental health level of college students.

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