

NEWSLETTER
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Chinese researchers help realize non-invasive insulin delivery through skin

Chinese researchers have achieved the world's first non-invasive insulin delivery through the skin, a breakthrough that could free diabetes patients from daily injections. The method uses a novel polymer to safely carry insulin across the skin barrier, achieving blood sugar control comparable to injections. This technology platform can also deliver other large-molecule drugs, such as certain weight-loss medicines. **(Xinhua)**

Weather data used for medical warnings

Shanghai's meteorological services are now providing precise health warnings by integrating weather data with healthcare. The system issues early alerts for conditions like heatstroke to high-risk groups, such as outdoor workers, via apps and community outreach. This summer, the initiative helped reduce heatstroke cases among outdoor workers by 40%. **(China Daily)**

Nation aims for AI-fueled healthcare

China has unveiled a five-year plan to deeply integrate artificial intelligence into healthcare system, focusing on enhancing grassroots care, diagnostics and patient services. The roadmap aims to establish specialized AI models and applications by 2027, achieving widespread use of AI-assisted primary care and clinical decision support. By 2030, AI tools will be fully integrated into primary facilities and routinely used in hospitals. **(China Daily)**

China boosts primary healthcare for chronic disease management

China has issued new guidelines to strengthen primary healthcare in managing chronic diseases. The policy mandates grassroots centers to provide systematic care and health monitoring for patients. It also promotes tighter integration between hospitals and local clinics for better resource sharing. The goal is to ensure comprehensive, continuous chronic disease management at the community level by 2030. **(China Daily)**

High sugar intake may worsen myopia, experts warn

Excessive sugar consumption can deplete vitamin B levels, weakening the eye's sclera and potentially accelerating myopia development, according to Chinese ophthalmologists. Experts recommend reducing sugar intake, especially for those with family history or rapidly worsening vision. China, where over 90% of college students are nearsighted, has intensified childhood myopia prevention efforts. **(China Daily)**