人类健康与时尚3.0宪章

HUMAN HEALTH & FASHION 3.0 CHARTER

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序言

PREAMBLE

我们，来自不同国家、地区、文化与专业领域，关注人类健康、生命质量、健康长寿、科学创新与现代生活方式的共同参与者，在人类医学、生命科学与社会

生活方式不断发展的时代，共同提出《人类健康与时尚3.0宪章》。

We, members of the global community from diverse countries, regions, cultures, and professional fields, united by a shared commitment to human health, quality of life, healthy longevity, scientific innovation, and modern lifestyles, hereby present the Human Health & Fashion 3.0 Charter at a time of profound development in medicine, life sciences, and human society.

世界卫生组织将健康定义为“身体、精神和社会福祉的完好状态，而不仅仅是没有疾病或虚弱”。健康因此不仅是医疗问题，也是个人生活质量、社会福祉与人类发展的重要组成部分。

The World Health Organization defines health as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Health is therefore not only a medical concern, but also an essential component of individual quality of life, social well-being, and human development.

随着医学、生命科学、人工智能、生物技术和健康管理不断发展，人类对于健康的认识正在发生深刻变化。健康的目标正在从单纯治疗疾病，逐步拓展至风

险识别、主动预防、健康管理、功能维护以及生命质量和健康寿命的提升。

As medicine, life sciences, artificial intelligence, biotechnology, and health management continue to advance, our understanding of health is undergoing profound change. The goal of health is expanding from the treatment of disease toward risk identification, proactive prevention, health management, preservation of function, and improvement of quality of life and healthspan.

我们倡导一种更加前瞻、个体化、系统性和负责任的健康理念。

我们同时倡导重新认识“时尚”的内涵：时尚不仅是服装、设计和审美，也是一个时代生活方式、文化精神、生命活力与价值选择的表达。

We advocate a more forward-looking, personalized, holistic, and responsible approach to health.

We also advocate a broader understanding of “fashion”: fashion is not limited to clothing, design, and aesthetics; it can also express the lifestyle, cultural spirit, vitality, and values of an era.

基于这一理念，我们提出“人类健康与时尚3.0”的开放性框架，倡导健康、长寿、科学、文化、时尚与现代生活方式之间更加积极的融合。

On this basis, we introduce Human Health & Fashion 3.0 as an open framework for dialogue and collaboration, promoting a more integrated relationship among health, longevity, science, culture, fashion, and modern lifestyles.

第一章　核心理念

CHAPTER I — CORE PRINCIPLES

第一条　整体长寿

Article 1 — Integral Longevity

健康长寿不仅意味着生命时间的延长，更应包括身体功能、认知能力、心理健康、社会关系、自主能力、尊严以及生命质量。

Healthy longevity should not be measured solely by additional years of life. It should also encompass physical function, cognitive capacity, mental well-being, social connection, autonomy, dignity, and quality of life.

长寿的意义，不只是为生命增加岁月，更是努力为岁月赋予生命。

The meaning of longevity is not merely to add years to life, but to add life, vitality, dignity, and meaning to those years.

我们倡导从“活得更久”进一步走向“活得更健康、更有活力、更有尊严、更有意义”。

We aspire to move beyond simply living longer toward living healthier, more actively, more meaningfully, and with greater dignity.

第二条　医学3.0：从被动治疗走向主动预防

Article 2 — Medicine 3.0: From Treatment to Prevention

我们倡导以长期健康为目标，通过科学方法识别健康风险，并在疾病发生之前积极采取预防和管理措施。

We advocate a long-term approach to health that identifies health risks and promotes evidence-informed prevention and management before disease becomes established.

“医学3.0”所强调的长期风险管理、个体化健康规划以及健康寿命理念，为人们重新思考疾病预防和生命质量提供了新的视角。

The Medicine 3.0 approach, with its emphasis on long-term risk management, personalized health planning, and healthspan, offers a perspective for rethinking disease prevention and quality of life.

因此，我们倡导：

从被动治疗走向主动预防；
从关注疾病走向关注健康；
从短期干预走向长期规划；
从单一指标走向整体生命质量。

We therefore advocate:

From reactive treatment to proactive prevention; from focusing solely on disease to promoting health; from short-term intervention to long-term planning; and from isolated indicators to overall quality of life.

第三条　时尚即健康——生命活力与生活美学的统一

Article 3 — Health as a Form of Fashion

我们倡导重新认识时尚。

运动、营养、睡眠、社交、文化艺术和积极生活方式，都可以成为新时代生活美学的重要组成部分。

We advocate a broader understanding of fashion.

Physical activity, nutrition, sleep, social connection, culture, the arts, and positive lifestyle choices can all become expressions of the aesthetics of contemporary life.

让健康成为时尚，让时尚表达生命活力。

Let health become fashionable, and let fashion express vitality.

我们倡导将健康理念融入日常生活、服装设计、文化艺术、城市空间和现代生活场景，使健康生活方式成为更加自然、积极和具有审美价值的生活选择。

We encourage the integration of health into everyday life, fashion design, culture and the arts, urban environments, and contemporary lifestyle experiences, so that healthy living becomes a natural, positive, and aesthetically meaningful choice.

第二章　个人责任与实践路径

CHAPTER II — PERSONAL RESPONSIBILITY AND PRACTICE

第四条　运动与身体功能

Article 4 — Physical Activity and Functional Capacity

规律运动是维护身体功能、心肺能力、肌肉力量、稳定性、灵活性和平衡能力的重要组成部分。

Regular physical activity is an important component of maintaining physical function, cardiovascular fitness, muscular strength, mobility, stability, flexibility, and balance.

我们倡导每个人根据自身年龄、身体状况、生活环境和专业建议，建立适合自己的长期运动计划。

We encourage individuals to develop sustainable physical-activity plans appropriate to their age, health status, circumstances, and professional guidance.

我们倡导“百岁运动员”理念——不是要求每个人成为竞技运动员，而是鼓励人们以更长的人生周期思考自己的身体能力，为未来保持独立生活和生命质量提前做好准备。

We advocate the concept of the “Centenarian Athlete” —not as a demand that everyone become a competitive athlete, but as an invitation to think across the full life course and prepare for sustained physical function, independence, and quality of life.

第五条　代谢健康

Article 5 — Metabolic Health

代谢健康是长期健康管理的重要组成部分。

Metabolic health is an important component of long-term health management.

我们倡导通过合理营养、规律运动、充足睡眠以及科学的健康管理，积极维护身体长期功能。

We encourage the promotion of metabolic health through appropriate nutrition, regular physical activity, adequate sleep, and evidence-informed health management.

个人健康管理应尊重年龄、遗传背景、生活环境和其他个体差异，并在必要时寻求专业医学指导。

Individual health management should respect differences in age, genetics, environment, and other

personal circumstances, with professional medical guidance sought when appropriate.

第六条　守护大脑健康

Article 6 — Protecting Brain Health

大脑健康是整体健康和生命质量的重要组成部分。

Brain health is an essential component of overall health and quality of life.

我们倡导关注认知能力、情绪健康、听力、口腔健康、睡眠质量以及社会连接，并鼓励终身学习和积极参与社会生活。

We encourage attention to cognitive function, emotional well-being, hearing, oral health, sleep quality, and social connection, together with lifelong learning and meaningful participation in society.

保护大脑，就是维护个人的自主能力、创造能力、社会参与能力与生命尊严。

Protecting brain health helps preserve autonomy, creativity, social participation, and human dignity.

第三章　社会承诺

CHAPTER III — SOCIAL COMMITMENTS

第七条　长寿民主化——让科学进步惠及更多人

Article 7 — Democratizing Longevity

生命科学和健康科技的发展成果，应努力让更多人公平受益。

The benefits of advances in life sciences and health technologies should become increasingly accessible to broader populations.

我们倡导推动健康教育、预防措施、适当筛查以及经过科学验证的健康技术更加公平、合理地惠及不同社会群体。

We support broader and more equitable access to health education, preventive measures, appropriate screening, and scientifically validated health technologies.

我们同时尊重科学证据、医学伦理、知情同意以及个人自主选择。

We affirm the importance of scientific evidence, medical ethics, informed consent, and individual autonomy.

第八条　建设健康与时尚交融的社会环境

Article 8 — Creating Health-Promoting and Fashion-Forward Environments

人的健康不仅取决于个人选择，也受到家庭、社区、城市环境、工作环境、文化环境和社会关系等因素影响。

Health is shaped not only by individual choices, but also by families, communities, urban environments, workplaces, culture, and social relationships.

我们倡导建设更加有利于健康生活的城市和社区，推动绿色空间、运动环境、文化艺术、社区连接与现代时尚生活方式相融合。

We encourage cities and communities that support healthy living by integrating green spaces, opportunities for physical activity, cultural participation, social connection, and contemporary lifestyle design.

让健康选择更加容易，让健康生活更加自然，让健康成为现代文明生活方式的重要组成部分。

We seek to make healthy choices easier, healthy living more natural, and health an integral part of modern civilized life.

第四章　科学与创新

CHAPTER IV — SCIENCE AND INNOVATION

第九条　推动精准医学与生命科学创新

Article 9 — Advancing Precision Medicine and Innovation in Life Sciences

我们支持在科学证据和医学伦理框架下，探索精准医学、人工智能、生物标志物、基因组学、再生医学以及相关生命科学领域的发展和合理应用。

We support the responsible exploration and application of precision medicine, artificial intelligence, biomarkers, genomics, regenerative medicine, and related areas of life science within appropriate scientific and ethical frameworks.

我们倡导通过更加个体化的科学方法，探索符合不同人群特点的健康管理路径。

We encourage scientifically grounded, increasingly personalized approaches to health management that recognize individual differences.

技术创新必须与安全、责任、人类尊严和社会公平同行。

Technological innovation should advance together with safety, responsibility, human dignity, and social equity.

第十条　弥合健康寿命与预期寿命之间的鸿沟

Article 10 — Bridging Healthspan and Lifespan

我们关注健康寿命与预期寿命之间可能存在的差距。

We recognize the importance of addressing the gap that may exist between lifespan and healthspan.

长寿的意义，不只是延长生命时间，更是努力延长健康、独立、有尊严和有参与能力的生命阶段。

The purpose of longevity is not merely to extend years of life, but to extend the years in which people can live

with health, independence, dignity, and meaningful participation.

我们倡导通过科学研究、预防医学、健康教育、生活方式管理、公共卫生、医疗创新和社会支持，共同推进健康老龄化。

Through scientific research, preventive medicine, health education, lifestyle management, public health, medical innovation, and social support, we seek to advance healthy aging.

结语

CONCLUSION

人类健康与时尚3.0不是一份终点文件，而是一场持续发展的文化、科学与生活方式探索。

Human Health & Fashion 3.0 is not an endpoint, but an ongoing exploration of culture, science, and lifestyle.

它倡导医学进一步关注健康促进与长期风险管理；

It calls for medicine to place greater emphasis on health promotion and long-term risk management;

倡导个人成为自己健康生活的积极参与者；

It calls upon individuals to become active participants in their own health and well-being;

倡导社会为健康生活创造更加公平、友善和可持续的环境；

It calls upon society to create environments that are more equitable, supportive, and sustainable for healthy living;

倡导科技进步服务于人的生命质量；

It calls for technological progress to serve human quality of life;

倡导时尚从单纯的外在审美进一步延伸到健康、活力、文化和生活方式。

And it calls for fashion to expand beyond external aesthetics to embrace health, vitality, culture, and lifestyle.

我们相信：

健康是生命的基础；
长寿是生命的延续；
尊严是生命的价值；
时尚是时代生活方式的表达。

We believe:

Health is the foundation of life.
Longevity is the continuation of life.
Dignity is a fundamental value of life.
Fashion is an expression of the lifestyle of an era.

让健康成为生活方式，
让长寿拥有生命质量，
让时尚体现生命活力，
让科技服务于人的尊严。

Let health become a way of life.
Let longevity be accompanied by quality of life.
Let fashion express vitality.
Let technology serve human dignity.

签署本宪章，即意味着我们愿意以开放、科学、负责任的态度，共同关注人类未来的健康与生命质量，推动跨文化、跨学科和跨领域的交流与合作。

By signing this Charter, we affirm our willingness to approach the future of human health and quality of life with openness, science, and responsibility, and to promote cross-cultural, interdisciplinary, and cross-sector collaboration.

发布与签署说明

OFFICIAL RELEASE AND SIGNATURE

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《人类健康与时尚3.0宪章》
Human Health & Fashion 3.0 Charter

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Chinese Celebration of the 250th Anniversary of the United States and the “Shangdu Fengyun · Chinese Light” Historical Commemoration Event

文件性质 / Nature of the Document

开放性国际倡议与交流文本

An Open International Charter for Dialogue, Exchange, and Collaboration

本宪章是在“人类健康与时尚3.0”相关倡议与理念基础上的进一步整理和发展，旨在促进健康、长寿、科学、时尚、文化及现代生活方式领域的交流、研究与合作。

This Charter represents a further development and articulation of the ideas and initiatives associated with Human Health & Fashion 3.0. It is intended to promote dialogue, research, exchange, and collaboration in health, longevity, science, fashion, culture, and modern lifestyles.

本宪章为开放性倡议文本，不构成医疗诊断、治疗建议或对任何医疗技术疗效的保证，也不构成具有法律约束力的国际条约或政府间协议。

This Charter is an open initiative. It does not constitute medical diagnosis, treatment advice, or a guarantee of the effectiveness of any medical technology. It does not constitute a legally binding international treaty or intergovernmental agreement.

共同签署机构与代表

CO-SIGNATORY ORGANIZATIONS AND REPRESENTATIVES

一、美国东方文艺复兴全球联盟

Global Alliance of Oriental Renaissance, USA

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二、美国旅美科技协会

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三、美国美中时装协会

US-China Fashion Association

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六、纽约制衣业总商会 / “华人之光”

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七、“尚都风云·华人之光”历史纪念活动

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八、中美商会 / “华人之光”

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九、江浙工商总会 / “华人之光”

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十、“尚都风云·华人之光”历史纪念活动组委会

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十一、美国亚裔教育联盟

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十二、美国再生医学有限公司

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十三、美国老子国际生命健康研究中心

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十四、纽约城市公益联盟

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十五、“尚都风云·华人之光”历史纪念活动组委会

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十六、东方文艺复兴联盟 / 人类健康与时尚研究会

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十七、健康中国工程管理委员会

Health China Project Management Committee

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后续共同签署

ADDITIONAL CO-SIGNATORY SECTION

机构名称 / Organization：

机构英文名称 / Official English Name：

签署人 / Signatory：

职务 / Title：

国家／地区 / Country or Region：

签署日期 / Date：

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宪章共同倡议

我们欢迎来自世界各地的个人、专家、学者、医疗与健康机构、大学与研究机构、企业、文化艺术机构、时尚机构、社会组织以及关注人类健康与生命质量的社会伙伴，在尊重科学、医学伦理、文化多样性和个人自主选择的基础上参与交流。

We welcome individuals, experts, scholars, medical and health institutions, universities and research organizations, enterprises, cultural and artistic organizations, fashion institutions, civil-society organizations, and partners around the world who share an interest in human health and quality of life to participate in dialogue and collaboration, with respect for science, medical ethics, cultural diversity, and individual autonomy.

我们期待以开放的视野连接东西方文化，以科学推动健康理念，以时尚传播积极生活方式，以合作探索人类健康与时尚3.0的未来。

We look forward to connecting cultures across East and West, advancing health through science, promoting positive lifestyles through fashion, and exploring the future of Human Health & Fashion 3.0 through collaboration.

正式落款

OFFICIAL CLOSING

《人类健康与时尚3.0宪章》

Human Health & Fashion 3.0 Charter

纽约大都会地区，美国
New York Metropolitan Area, United States

2026年9月9日
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共同见证 · 共同倡议 · 共同参与 · 共同未来

Shared Vision · Shared Commitment · Shared Participation · Shared Future

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