

Table S5. The intervention measures for respective target populations.

Target population	Interventions
COPD high-risk population I	<p>(1) Brief introduction of COPD, including definition, risk factors, commonly seen symptoms, and development of the disease, etc.;</p> <p>(2) Avoiding exposure to high risk factors, e.g. smoking/second-hand smoking, air pollution, cooking fuels, and respiratory infection, etc.;</p> <p>(3) Monitoring of respiratory symptoms, e.g. cough, sputum, and dyspnea, etc.;</p> <p>(4) Taking a pulmonary function test each year;</p> <p>(5) Taking a physical examination each year;</p> <p>(6) Suggesting a balanced diet;</p> <p>(7) Taking moderate physical exercise insistently;</p> <p>(8) Keeping mentally healthy;</p> <p>(9) Getting vaccinated against influenza and streptococcus pneumoniae, etc.</p>
COPD high-risk population II	<p>(1) Brief introduction of COPD, including definition, risk factors, commonly seen symptoms, and development of the disease, etc.;</p> <p>(2) Avoiding exposure to high risk factors, e.g. smoking/second-hand smoking, air pollution, cooking fuels, and respiratory infection, etc.;</p> <p>(3) Avoiding exposure to allergic factors, e.g. flowers, pets, cold air, and dust, etc.;</p> <p>(4) Monitoring of respiratory symptoms, e.g. cough, sputum, wheeze, and dyspnea, etc.;</p> <p>(5) Taking a pulmonary function test each year;</p> <p>(6) Taking a physical examination each year;</p> <p>(7) Suggesting a balanced diet;</p> <p>(8) Taking moderate physical exercise insistently;</p> <p>(9) Keeping mentally healthy;</p> <p>(10) Getting vaccinated against influenza and streptococcus pneumoniae, etc.</p>
Confirmed COPD patients	<p>(1) Brief introduction of COPD, including definition, risk factors, commonly seen symptoms, and development of the disease, etc.;</p> <p>(2) Avoiding exposure to high risk factors, e.g. smoking/second-hand smoking, air pollution, cooking fuels, and respiratory infection, etc.;</p> <p>(3) Monitoring of respiratory symptoms, e.g. cough, sputum, and dyspnea, etc.;</p> <p>(4) Taking pharmaceutical medicine according to the doctor's advice with good compliance;</p> <p>(5) Taking a pulmonary function test each year;</p> <p>(6) Taking a physical examination (especially for the comorbidities) each year;</p> <p>(7) Suggesting a balanced diet and taking nutrition supplements if needed;</p> <p>(8) Taking suitable respiratory rehabilitation;</p> <p>(9) Keeping mentally healthy;</p> <p>(10) Getting vaccinated against influenza and streptococcus pneumoniae, etc.</p>

The in-time and secondary intervention measures are basically the same for a specific population.

Abbreviations:

COPD: chronic obstructive pulmonary disease.