



### Facts about Czech Republic

Capital:	Prague
Official language:	Czech
Nationality:	Czechs 95%, Others 5%
Government:	Parliamentary republic
Area:	78 866 km <sup>2</sup>
Population (2011):	10,5 millions
EU member:	since May 2004



### EHES Pilot in Czech Republic

- Organized by National Institute of Public Health in Prague,
- October 2010 - April 2011,
- Cities Prague and Hradec Kralove,
- A sample size of 400 persons in total invited,
- 100 males and 100 females in each city,
- Target population aged 25-64 years,
- Response rate 52%.

### Why is HES needed

- The most reliable data source,
- To predict possible future trends,
- To validate of inaccurate self-reported results,
- To detect undiagnosed cases e.g. elevated blood pressure (often indicating hypertension), hyperlipidemia, etc.
- For health reports as a background for health policies and health prevention activities.

Full-size EHES in Czech Republic is planned for 2014 along with EHIS (European Health Interview Survey)

### EHES – European Health Examination Survey

- European level initiative
- Integrated sustainable national data collection system
- Effort to harmonize and standardize examinations
- International comparability and high quality of the data
- The Czech Republic, Finland, Germany, Greece, Italy, Malta, the Netherlands, Norway, Poland, Portugal, Slovakia, Spain and UK/England)

### Questionnaire

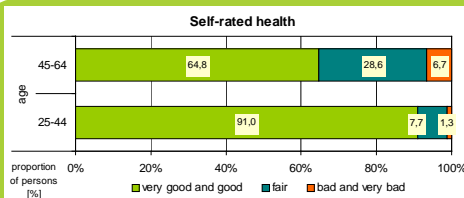
(EHIS version - „European Health interview survey“):

- Health status
- Lifestyle
- Socio-economic factors

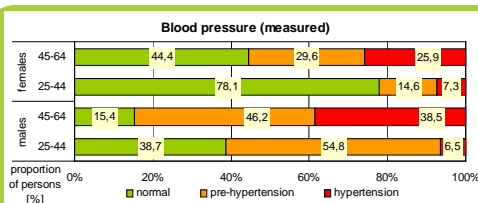
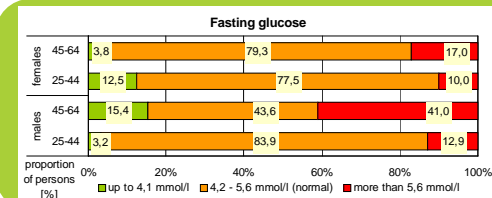
### Core measurements:

- Blood pressure,
- Height, weight, waist circumference,
- Total and HDL-cholesterol and fasting glucose .

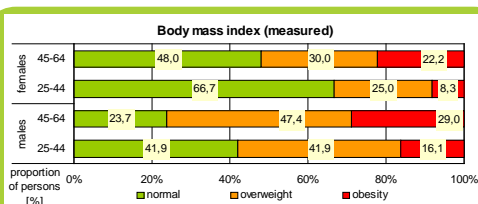
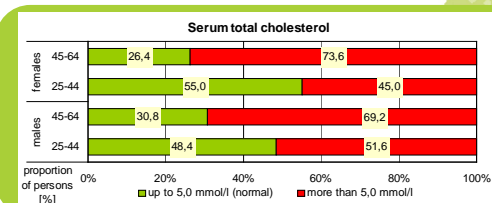
### The results from health examination survey



- 75 % of respondents evaluated their health as good or very good.
- The prevalence of **elevated blood pressure** (above 140/90 mmHg) was 29 % among males and 17 % among females. Hypertension awareness was only 46 % at males and 56 % at females.



- Among 20 % of respondents was found level of **fasting glucose** above 5,6 mmol/l, but only 12 % of them was diagnosed to have diabetes.
- 66 % of respondents had **elevated blood cholesterol** (more then 5mmol/l). Hypercholesterolemia awareness was only 24 %.



- Higher proportion of **overweight and obese** was found in male's population, among 45-64 years old males there were 75 % of such persons. On the other hand an **abdominal obesity** was more prevalent among females; 32 % of them were according waist circumferences in high CVD risk.

