

The comprehensive health tests program of Hungary 2010 – 2020

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In order to improve the health of the citizens, there is an immense need to emphasize actions for prevention. Therefore the general objective of the Program is to strengthen prevention and support modern and high quality treatment of lifestyle related and largely preventable diseases.

The Program - running between 2010 and 2020 - supports the monitoring of the health status of the Hungarian population through bringing preventive health services closer to people and raising awareness and knowledge about the multidimensional nature of health protection. In addition to screening, the Program focuses on the prevention of life-style related health risks such as smoking, alcohol consumption, low level of physical activity, unhealthy nutrition and obesity that can be prevented with the help of health education. As part of health education and awareness raising – in co-operation with health professionals and civil organizations –, the Program provides information for people on many issues from first aid to healthy lifestyle choices. The Program puts special emphasis on disseminating information on major preventable diseases such as heart attack, high blood pressure, diabetes, high cholesterol, asthma and allergies, smoking related health issues and obesity; and their prevention by presenting information on healthy life-style choices, or on the role of recreation and wellness.

The Program therefore supports Hungarian citizens by providing information on the health status of people and the importance of prevention. The program is available and open to all people regardless of their age, locality, profession or social status.

We recommend the Program to all those who would like to have a comprehensive assessment of their health status and also to those who recognize the importance of prevention and would like to learn about healthy lifestyle. One of the unique features of the Program is that all this is provided at the same place and time together with on-site assessment in a mobile screening truck. The screening truck visits 125 locations yearly across the country during the period of 2010 and 2020.

You are warmly welcome on the locations of the Program!

Program organisers, the professional and coordinating committee

