

The comprehensive health tests program of Hungary 2010 – 2020

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ABSTRACT

POPULATION BASED STUDY OF HYPERTENSION IN HUNGARY - 2015. NATIONWIDE COMPREHENSIVE HEALTH SCREENING PROGRAM IN HUNGARY 2010-2015

Objective: The year 2015 saw the continuation of Hungary's greatest and to date most comprehensive health screening program started in 2010.

Design and methods: established according to the directives of the European Union with the cooperation of more than forty professional organisations - is the preservation of health of the population, prevention of illnesses and improvement of the general health status. The examinations - among them coronary examinations - covered the fields of cardiology and hypertension, they took place in a specially furnished lorry. In the Program we measured blood pressure, pulse rate, calculated cardiovascular risk, plasma cholesterol, glucose and uric acid levels. Whole body analysis started with measuring height, weight, abdominal circumference and waist/hip ratio defining target body weight. Following the measurement of body fat and muscle content we decided the surface volume of the abdominal fat and calculated body mass index.

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Participants and results of the examinations of the people who have presented themselves for the test since 2015 (n=23764) have been evaluated. In the Program a total (52.2%) women and (47.8%) men were tested at 204 locations. The average age of women was 41,8 years and that of the men was 40,0 years. Upon data processing with the help of a query 19,3% of the participants reported suffering from hypertension (1291 women and 1263 men). In the past five years the screening truck has been to 1123 places in Hungary, and travelled 134112km, 135879 people have participated in comprehensive screening. In total 3 936325 examinations have been performed, which required 10514 hours of work of 1661 healthcare professionals.

The average systolic blood pressure among women was in the normal range up to the age of 55 years and only moved to the pathological range from the age of 56 onwards. The diastolic blood pressure levels were in the normal range for both sexes (with the exception of the age group 46-55 of men where it exceeded the upper limit of the normal range by a minimal extent). Among men stage 1 hypertension was the most frequent status for all age groups; blood pressures above 140/90 were measured for 39% of subjects from age 18 onwards. The distribution of this did not vary significantly with the increase of age. In case of simultaneous presence of diabetes and hypertension, blood pressures above 140/90 Hgmm were 2 to 3 times more frequent for both sexes than without the presence of diabetes.

Conclusion: Thanks to the vast information obtained through the program a comprehensive picture has been drawn about Hungary's present health status not only on a regional or cross sectional level but as it was described in the program, too.

