



## Public Health Prevention in Hungary

### FOCUS ON PREVENTION: CHILDREN - YOUTH - FAMILIES YEAR 2020-2025

Hungary's comprehensive health screening program 2010-2020-2030 (MÁESZ) is the largest humanitarian health protecting program in Hungary which provides free screenings for the general public with the latest technology keeping in mind the importance of prevention. To participate in the program, attendance health card is not required so that disadvantaged people can make use of the screening. The program is realized with the collaboration of 76 professional organizations, based on EU directives, with the support of the European Regional Development Fund, coordinated by the Hungarian Medical Societies and Associations (MOTESZ), and in consensus with the National Program for heart and vascular disease prevention and care. Hungary's Comprehensive Health Screening Program successfully fulfilled its objectives for the first ten years.

### The comprehensive health tests program of Hungary 2010 – 2020 – 2030

[www.egeszsegprogram.eu](http://www.egeszsegprogram.eu)

It was present Nationwide at 2212 locations, allowing for more than 643 000 citizens to participate for free. The program spent in this period 20 454 hours for prevention, issued 1 450 000 health books, and provided families with 524 528 preventive information packages. More than 20 000 professionals participated in implementation nationwide, and beside the nearly 8 million tests carried out, more than 18 million risk assessment questionnaires completed by the participating population was worked up in uniform data management system. Hungary's Comprehensive Health Screening Program in the period of 2020-2025 focuses on children, youth and families in the framework of "Focus on Prevention: Children - Young People - Families Year". The program is closely aligned to the directives of the European Union and to the world's days of WHO and the UN., and agrees with the government's National Cooperation Program and Family Protection Action Plan.

The program brought to life for the Hungarian society will help to get more Hungarian citizens to know their health status, regardless of age, place of residence and occupation and to recognize the importance of prevention in time. Citizens meet with this initiative annually nearly at 200 locations nationwide, during the total 20-years program period, approximately at 3000 locations, on family days, festivals, local events, professional conferences, major sporting events and at workplaces' lifestyle prevention days. Hungary's economically dominant employers also are engaged in the program, thus, thousands of active workers are involved in screening and lifestyle counseling. Because



of deterioration of health in the population, increasing emphasis should be placed on prevention in the European Union. Hungary's Comprehensive Health Screening Program will help in monitoring the health status of the population, at the intersection of the patient and the doctor, in the multidimensional understanding of health. In addition to the screenings, special attention is paid to public health threatening risk factors, as smoking, sedentary lifestyle, improper diet, obesity and excessive alcohol consumption, which may be prevented with lifestyle advice.

The program provides the population with appropriate knowledge of symptoms of cancer and cardiovascular diseases (heart attack, stroke, hypertension), and importance of prevention. The program pays special attention to eye diseases, hearing loss, asthma and allergies, smoking, varicose risk, neuropathy, skin protection, incontinence, prostate disease, dementia, lactose intolerance and last but not least the sports and health related interfaces. As part of the lifestyle counseling, the program in cooperation with professional organizations and civil societies presents techniques of the first aid including reanimation and home treatment of burns, and presents the human body structure with spectacular anatomical show.

Within the framework of the program, 40 kind of comprehensive testing is possible in Hungary's largest mobile diagnostic center. In the yearly renewed special health screening truck the latest investigation tools are used with the support of European Regional Development Fund. On each test point unique 3D technology films shows the area to be diagnosed, as well as using virtual reality goggles, so every visitor can get an insight into the functioning of the human body. From 2020, with the help of a new dental block, general dental health check and early detection of oral cancer is also possible for visitors. In addition to a comprehensive examination of the adult population, all of us has an accented importance the issue of our children's. health In Hungary the Government and the

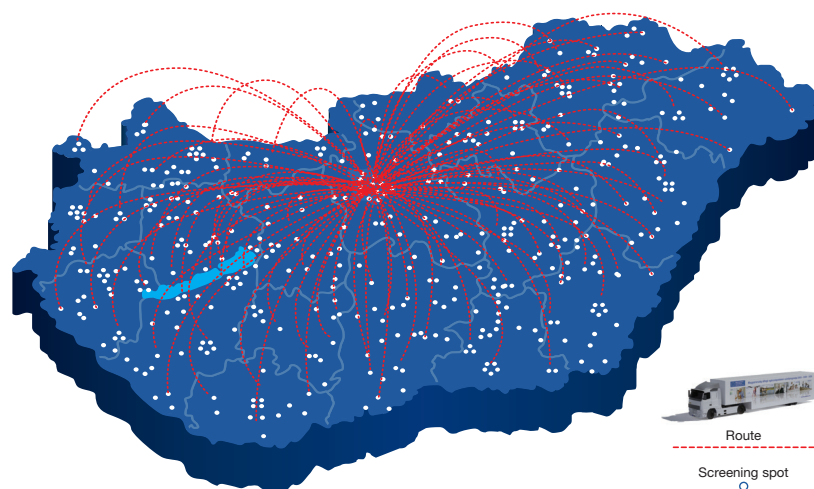




Parliament prescribed the institutionalized implementation of holistic health promotion (HHP) in all Hungarian educational institutions.

Taking this into consideration, from 2018/2019 school year Hungary's Comprehensive Health Screening Program launched officially the child prevention program named "Journey into the realm of health". The project has high priority, which shapes children's thinking of health by 2030, introducing them to the mysteries of prevention, with the cooperation of several professional organizations. The program's key message: "Healthy children - healthy adults". Hungary's Comprehensive Health Screening Program became a scene of active help for teachers in their daily health promoting tasks in HHP: in giving help to expand children's health knowledge and skills. Using attractive methods the Program ensures free participation of approximately 75 000 children every year. Within the framework of the program, students from the first class of primary school to university level may gain insight into activities related to the realm of health and prevention. The children and the young can participate in a spectacular anatomical show so they can learn about the structure and functioning of the human body. With the guidance of professionals, the anatomical models can be touched and handled, and insight can be gained into the interior of the human body.

In addition to the number of anatomical models, the virtual technology gives also exciting elements for children since in Hungary only here you will find the 5-metre high virtual 3D mini planetarium, so-called Anatomical Cinema Tent, where the students can view a 15-minute lecture series with unique sight and sound elements coloured. In the lifestyle tents using virtual reality glasses, 3D technology films presents the human body from the inside. With professionals help of dietetians, children can



learn about healthy nutrition options, and of courtesy of the National Police - Accident Prevention Committee, the police staff gives advices to the little ones and big ones about accidents and crime prevention skills.

With the help of nurses resuscitation and first aid training is also provided for the students. The Health Development Office staff will help both adults and children with exercise and lifestyle counseling skills as well. We offer the program to all who wish to obtain a comprehensive investigation of their own health status, and even for those who think prevention is important. Remember, screening can save lives. Everyone has a responsibility to themselves and to their loved ones.

We look forward to welcoming you to the program locations. We are confident that we have been an active part of your and your family's health.

*Professional and Coordination Committee of Hungary's comprehensive health screening program*



## TAJ (Hungarian social security number): .....

Do you smoke?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
If yes, do you want to help put down the cigarette within a month?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
Do you being treated for high cholesterol?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
Do you think, can cause illness by excessive salt consumption?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
How often do you eat fruits and vegetables?	Daily	<input type="checkbox"/>	Weekly	<input type="checkbox"/>
			Monthly	<input type="checkbox"/>
Do you experience regular tinnitus?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
Do you have a driver's license?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>

Burning feeling?      yes ☐      no ☐      Tingling?      yes ☐      no ☐

Numbness?      yes ☐      no ☐      Needle-like feeling?      yes ☐      no ☐

1. Hypertension?	yes <input type="checkbox"/>	no <input type="checkbox"/>	1. Heart attack?	yes <input type="checkbox"/>	no <input type="checkbox"/>
2. Diabetes?	yes <input type="checkbox"/>	no <input type="checkbox"/>	2. Hypertension?	yes <input type="checkbox"/>	no <input type="checkbox"/>
3. Heart disease?	yes <input type="checkbox"/>	no <input type="checkbox"/>	3. Stroke?	yes <input type="checkbox"/>	no <input type="checkbox"/>
4. Kidney disease?	yes <input type="checkbox"/>	no <input type="checkbox"/>	4. Cancer?	yes <input type="checkbox"/>	no <input type="checkbox"/>
5. Asthma, allergy?	yes <input type="checkbox"/>	no <input type="checkbox"/>	5. Metabolic disease?		
6. Eye disease?	yes <input type="checkbox"/>	no <input type="checkbox"/>	(Elevated levels of sugar /		
7. Hearing loss?	yes <input type="checkbox"/>	no <input type="checkbox"/>	cholesterol / uric acid / fat)	yes <input type="checkbox"/>	no <input type="checkbox"/>

	Yearly	5 years	Wasn't
Family doctor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Specialist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lab	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comprehensive screening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The results of this test will take / share with family doctor?                      yes ☐                      no ☐

What kind of job do you have?                      Manual labor ☐                      Intellectual work ☐                      Both ☐

What is your school qualifications?    Primary School ☐    High-School ☐    College ☐    University ☐

Lactose intolerance test .....		<input type="checkbox"/>	<input type="checkbox"/>
Peripheral vascular disease risk test.....		<input type="checkbox"/>	<input type="checkbox"/>
Colon cancer - ibs - reflux risk test .....		<input type="checkbox"/>	<input type="checkbox"/>
Varicose disease risk test	Female 0-11 Male 0-7    Female 12-22 Male 8-14    Female ≤23, Male ≤15	<input type="checkbox"/>	<input type="checkbox"/>
Incontinence and urine draining disorders	0-4 POINTS    5-20 POINTS	<input type="checkbox"/>	<input type="checkbox"/>
Prostate disease risk test .....		<input type="checkbox"/>	<input type="checkbox"/>
Physical activity level assessment	over 23    between14-22    under 13	<input type="checkbox"/>	<input type="checkbox"/>

Cardio-vascular and ECG tests .....

Atrial fibrillation - more than six extra atrial beats per minute .....

Tachycardia - more than six extra ventricular beats per minute .....

Blood pressure (MERCURY millimetres)      Sz:      D:      Pulzus: .....

Arterial elasticity test

9 m/s	9-11 m/s	11 m/s felett
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Doppler examination of venous insufficiency (sec)

20-40 sec	<20 - >40 sec
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Blood glucose measurement (mmol/l) .....

Uric acid level measurement ( $\mu$ mol/l) .....

Cholesterol measurements (mmol/l) .....

Hearing test right (dB/Hz)	500: <input type="text"/>	1000: <input type="text"/>	2000: <input type="text"/>	4000: <input type="text"/>
Hearing test left (dB/Hz)	500: <input type="text"/>	1000: <input type="text"/>	2000: <input type="text"/>	4000: <input type="text"/>
Neuropathy test	<div> <div>7-8 PONT</div> <div>6 PONT</div> <div>0-5 PONT</div> </div>			
Intraocular pressure test (MERCURY millimetres)	Right: .....		Left: .....	
Computer vision test (right)	..... SPH		..... CYL	..... AXI
Computer vision test (left)	..... SPH		..... CYL	..... AXI
Glasses diopter test (diopter)	.....			
Dry eye test	.....			
Color blindness screening	.....			
Examination of skin hydration	<div> <div>&gt;61 - appropriate</div> <div>31-60 - dry</div> <div>&lt;30 - very dry</div> </div>			
Examination of skin pigmentation	<div> <div>36-60 less at risk</div> <div>16-35 medium risk</div> <div>0-15 highly endangered</div> </div>			
Examination of skin sebum content	<div> <div>30-65 normal</div> <div>&gt;65 - liparous</div> </div>			
Dynamometer test of hand clamping force (right)	<div> <div>strong</div> <div>normal</div> <div>weak</div> </div>			
Dynamometer test of hand clamping force (left)	<div> <div>strong</div> <div>normal</div> <div>weak</div> </div>			

Dental decay .....

Tooth loss .....

Gingivitis .....

Lesions on face, neck .....

Lesion of oral mucosa .....

Dental care is necessary .....

Spirometry FVC(%): ..... FEV1(%): ..... PEF(%): ..... MEF25-75 (%): .....  
COPD questionnaire risk test .....  
Carbon monoxide measurement (ppm) .....  
Pulse oximetry (%) .....

Height (cm) ..... Abdominal circumference measurement (cm) ..... hip circumference measurement (cm) .....  
 Weight (kg) ..... Target weight to be achieved (kg) .....  
 Skeletal muscle mass measurement (kg) .....  
 Body fat mass measurement (kg) .....  
 Body mass index ( $\text{kg}/\text{m}^2$ ) .....  
 Waist - hip ratio .....  
 Abdominal fat surface test .....  
 Edema examination ..... normal: ☐ mild: ☐ abnormal: ☐  
 Bone mineral content (kg) .....