

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

www.egeszsegprogram.eu

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 2020-2030 - 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 lifestyle 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 185 locations yearly across the country during the period of 2010 and 2030.

You are warmly welcome on the locations of the Program!

Program organisers, the professional and coordinating committee





Public Health Prevention in Hungary

FOCUS ON PREVENTION: CHILDREN - YOUTH - FAMILIES YEAR 2020-2022

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.

It was present Nationwide at 1886 locations, allowing for more than 560,000 citizens to participate for free. The program spent in this period 17 800 hours for prevention, issued 1.350.000 health books, and provided families with 442 000 preventive information packages. More than 20 000 professionals participated in implementation nationwide, and beside the nearly 7 million tests carried out, more than 16 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 2020-2022 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, 38 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 accentuated 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 dietitians, 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



SCREENING DATA SHEET 2021

Female ☐ Male ☐ Age: Residence, according ZIP Code:

Do you smoke? yes ☐ no ☐

If yes, do you want to help put down the cigarette within a month? yes ☐ no ☐

Do you being treated for high cholesterol? yes ☐ no ☐

Do you think, can cause illness by excessive salt consumption? yes ☐ no ☐

How often do you eat fruits and vegetables? Daily ☐ Weekly ☐ Monthly ☐

Do you experience regular tinnitus? yes ☐ no ☐

Do you have a driver's license? yes ☐ no ☐

Do you have one or more characteristics to your feet or hands, the following properties are?

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

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

Do you have any of chronic disease?

yes ☐ no ☐

1. Hypertension? yes ☐ no ☐ 2. Hypertension? yes ☐ no ☐

2. Diabetes? yes ☐ no ☐ 3. Stroke? yes ☐ no ☐

3. Heart disease? yes ☐ no ☐ 4. Cancer? yes ☐ no ☐

4. Kidney disease? yes ☐ no ☐ 5. Metabolic disease? (Elevated levels of sugar /

5. Asthma, allergy? yes ☐ no ☐ cholesterol / uric acid / fat) yes ☐ no ☐

6. Eye disease? yes ☐ no ☐

7. Hearing loss? yes ☐ no ☐

How often do you participating in screening?

Yearly ☐ 5 years ☐ Wasn't ☐

Family doctor ☐

Specialist ☐

Lab ☐

Comprehensive screening ☐

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 ☐

RISK ASSESSMENT SURVEY QUESTIONNAIRES

Lactose intolerance test ☐

Peripheral vascular disease risk test ☐

Colon cancer - ibs - reflux risk test ☐

Varicose disease risk test ☐

Incontinence and urine draining disorders ☐

Prostate disease risk test ☐

Physical activity level assessment ☐

EVALUATION

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CARDIOLOGY, HYPERTENSION

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 ☐

Doppler examination of venous insufficiency (sec) ☐

EVALUATION

CORRECT VALUE ☐

DIFFERENT VALUE ☐

CARDIOVASCULAR RISK You've been eating within 2 hours? yes ☐ no ☐

Blood glucose measurement (mmol/l) ☐

Uric acid level measurement (μmol/l) ☐

Cholesterol measurements (mmol/l) ☐

EVALUATION

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BODY FUNCTION TEST

Hearing test right (dB/Hz) 500: ☐ 1000: ☐ 2000: ☐ 4000: ☐

Hearing test left (dB/Hz) 500: ☐ 1000: ☐ 2000: ☐ 4000: ☐

Neuropathy test ☐

Intraocular pressure test (MERCURY millimetres) Right: Left:

Computer vision test (right) SPH CYL AXIS

Computer vision test (left) SPH CYL AXIS

Glasses diopter test (diopter) ☐

Dry eye test ☐

Color blindness screening ☐

Examination of skin hydration ☐

Examination of skin pigmentation ☐

Examination of skin sebum content ☐

Dynamometer test of hand clamping force (right) ☐

Dynamometer test of hand clamping force (left) ☐

EVALUATION

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☐

DENTAL TESTS

Dental decay ☐

Tooth loss ☐

Gingivitis ☐

Lesions on face, neck ☐

Lesion of oral mucosa ☐

Dental care is necessary ☐

EVALUATION

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PULMONOLOGY

Spirometry FVC(%): FEV1(%): PEF(%): MEF25-75 (%):

COPD questionnaire risk test ☐

Carbon monoxide measurement (ppm) ☐

Pulse oximetry (%) ☐

EVALUATION

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BODY COMPOSITION ASSESSMENT

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 (kg/m²) ☐

Waist - hip ratio ☐

Abdominal fat surface test ☐

Edema examination normal: ☐ mild: ☐ abnormal: ☐

Bone mineral content (kg) ☐

EVALUATION

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