

NATIONWIDE COMPREHENSIVE HEALTH SCREENING PROGRAM IN HUNGARY (NACOHESP-HU) 2010-2020-2030

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OBJECTIVE

From 2010 a new, complex screening program started in Hungary, named NATIONWIDE COMPREHENSIVE HEALTH PROTECTION SCREENING PROGRAM in HUNGARY 2010-2020-2030. The year 2019 saw the continuation of Hungary's greatest and to date the most comprehensive health screening program, what started in 2010.

AIM OF THE NACOHESP-HU PROGRAM

Was established according to the directives of the European Union with the cooperation of more than forty professional organizations for health promotion. The Program as part of the "Heart and Vascular National Program" works with the support of 76 professional-scientific societies and companies.

METHOD

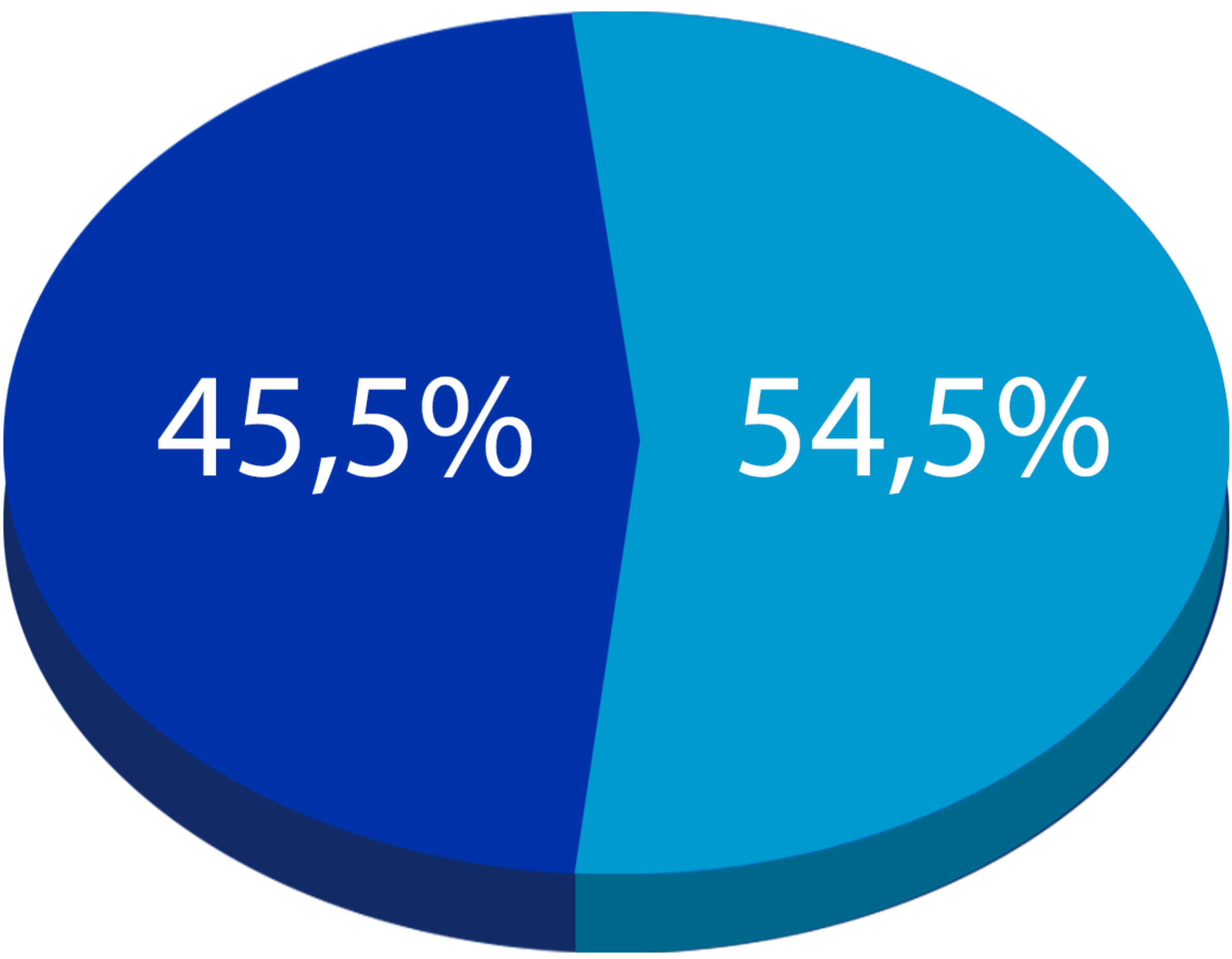
The screening was installed on a specially furnished lorry, which is able and will be able to get anywhere from big cities to the smallest villages. The screening program took place in a specially furnished lorry. The lorry has an easy access to the disabled, operation was performed with the quality control and permission of ÁNTSZ.



Near the lorry there were activities for the preservation of health and prevention of illnesses. Within the framework of the Program in the largest mobile diagnostics center in Hungary 37 comprehensive surveys in free form. This enormous special screening station lows 5,100 tests to be performed at each of the 200 screening stations nationwide. The screening program for over 20 years provides 15 million trials on 3,000 scenes and 1 million adult visitors in free humanitarian form.

RESULTS

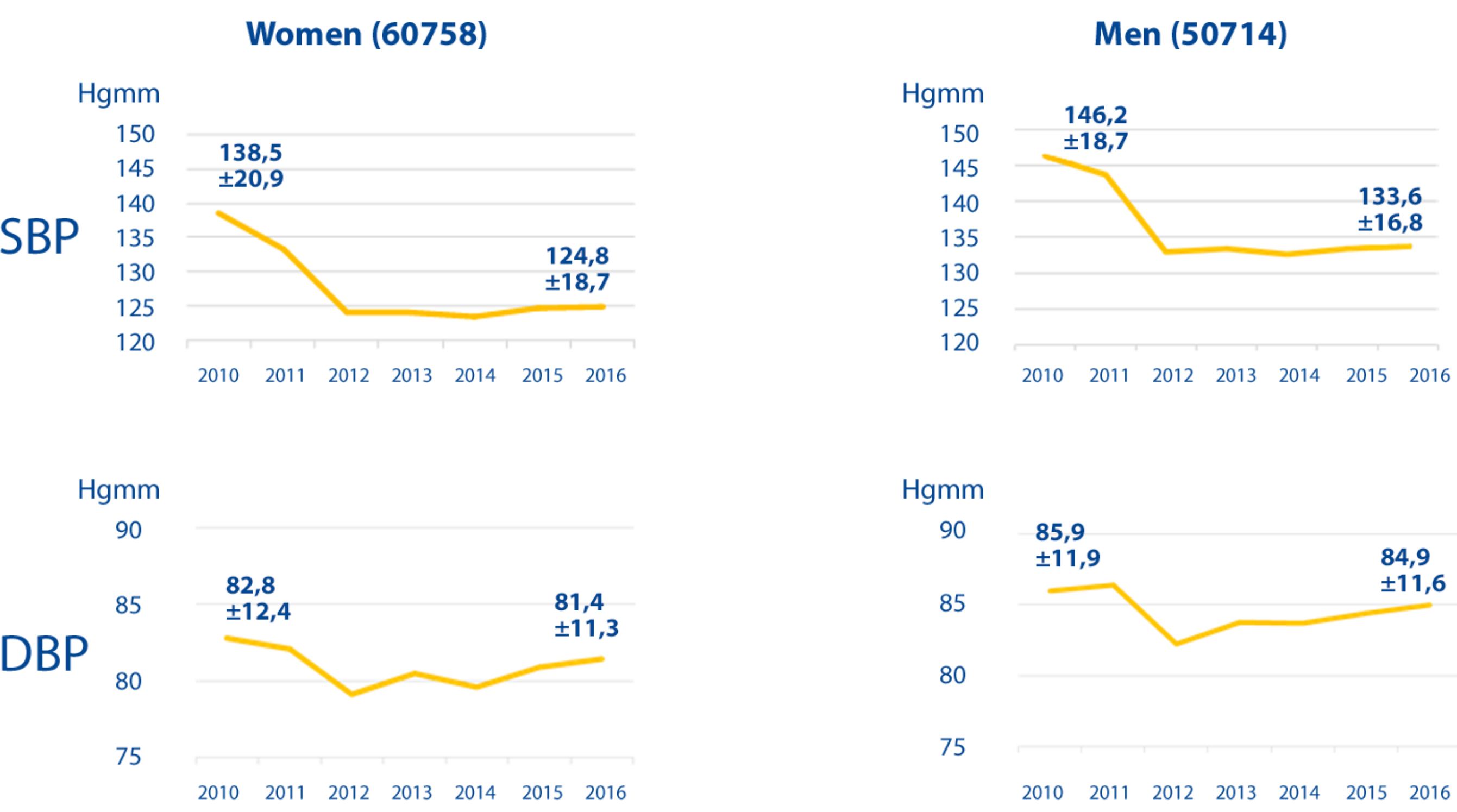
Number of participants up to 2010-2019 (n=206529)



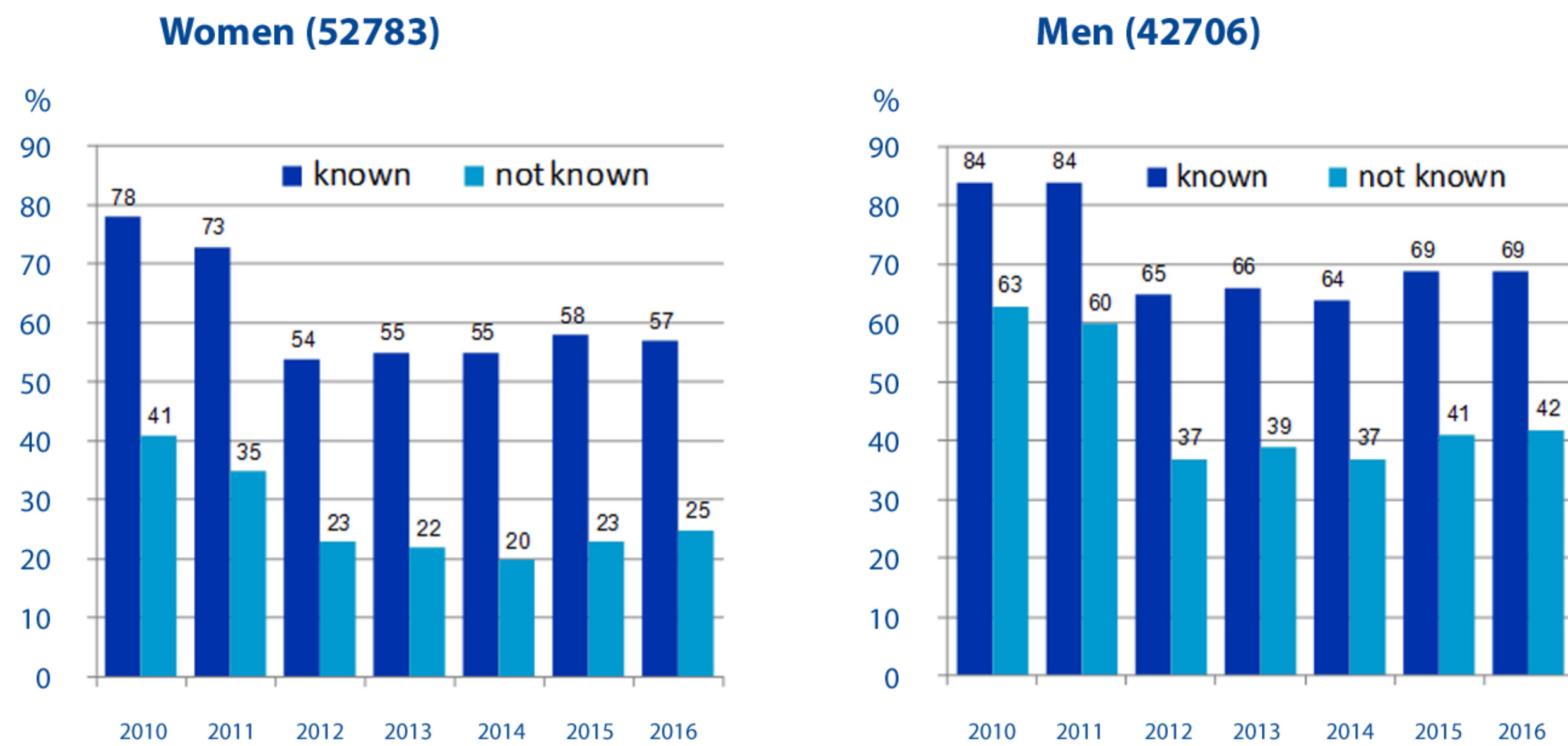
Age of participants: 26-55 y. 71% of women, 75% of men belongs to this age category, average age of women: 41,8 years , men 40 years

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).

The measured blood pressure values during the 2010-2016 period



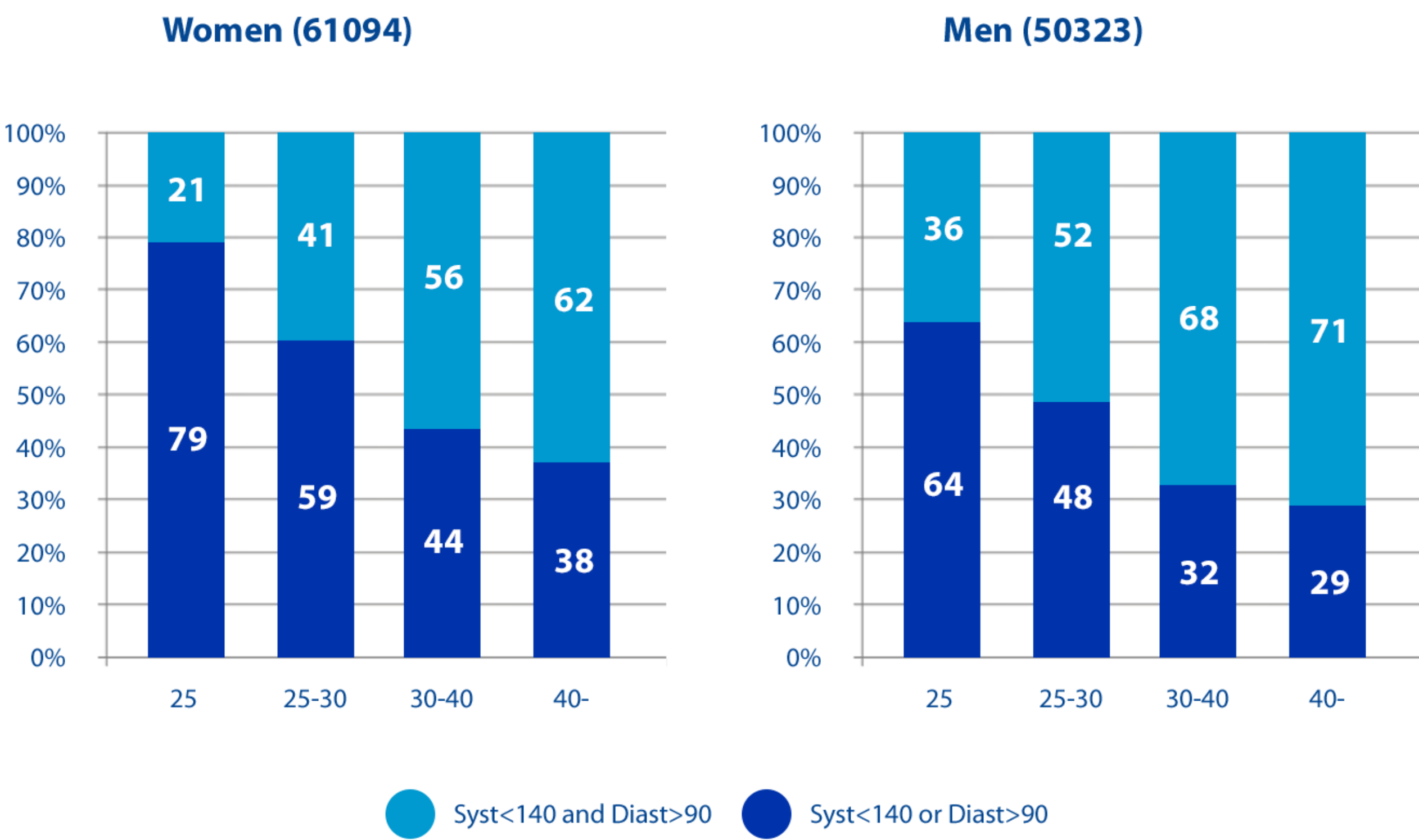
Patients with abnormal blood pressure ($\geq 140/90$ mmHg) over the past 7 years among known hypertensive and not known hypertensive patients



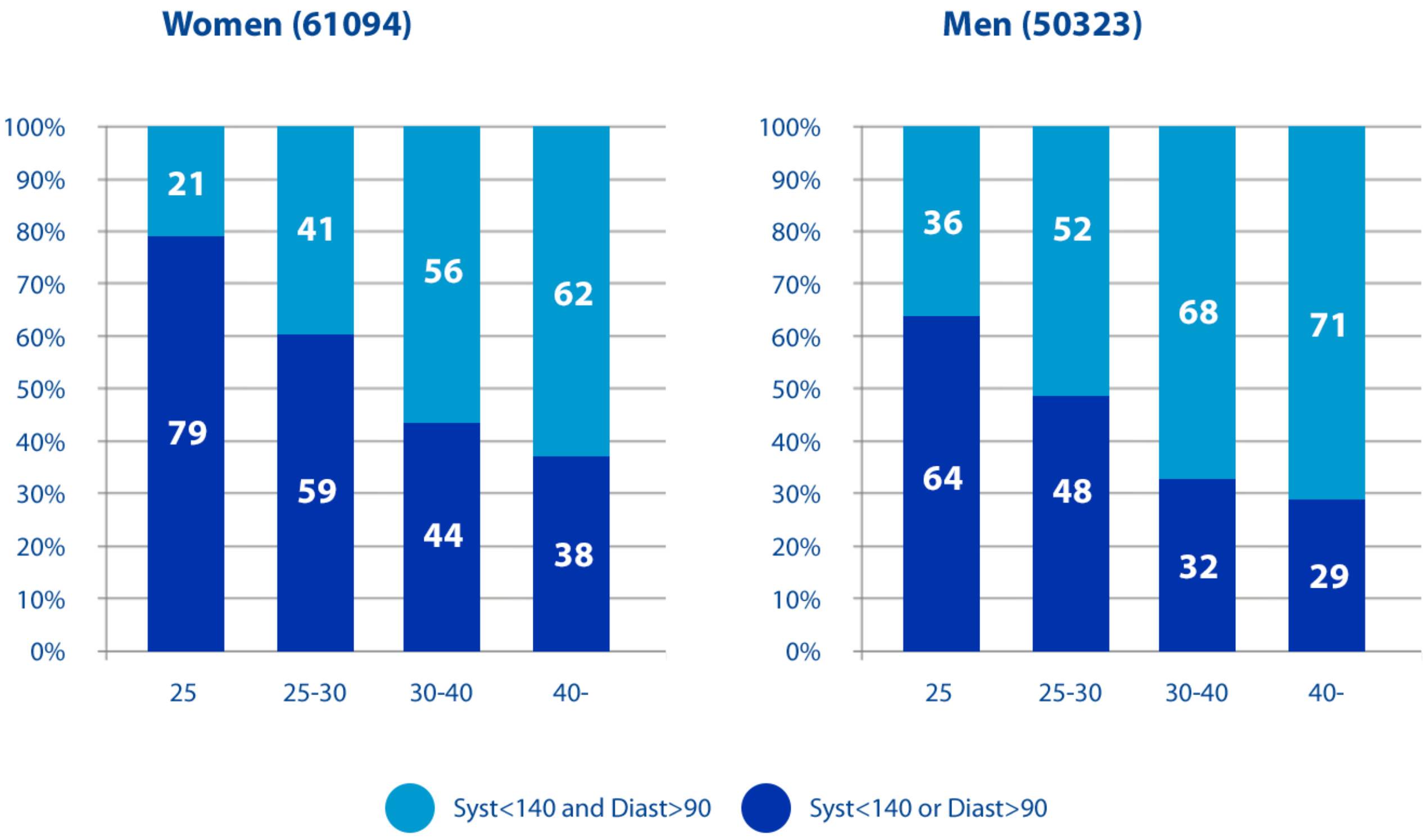
Blood pressure distribution of known hypertensive and not known hypertensive patient in the year 2016

	Syst<140 and Diast>90	Syst<140 or Diast>90
Women (6145)		
Known hypertensive (1336)	43%	57%
Not known hypertensive (4809)	75%	25%
Men (5198)		
Known hypertensive (1244)	31%	69%
Not known hypertensive (3954)	58%	42%

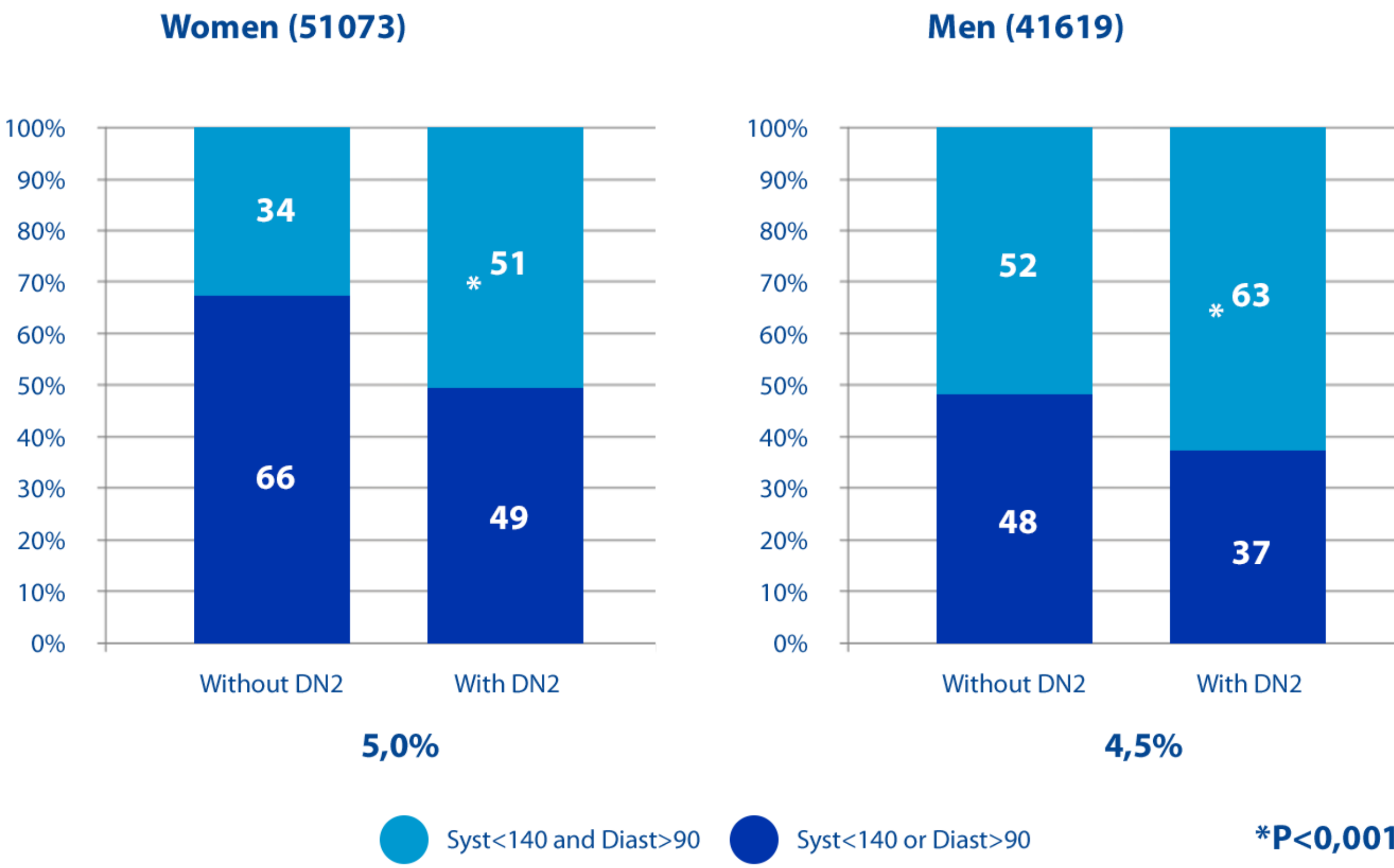
Blood pressure in categories of BMI



Hypertension and abdominal circumference



Hypertension and DM2



SUMMARY

PUBLIC DATAS BY YEARS	2010	2011	2012	2013	2014	2015	2016	2017	2018	SUMMING
NUMBERS OF VENUES AND DATES	144	191	193	197	194	204	192	190	191	1 696
NUMBER OF INDIVIDUALS WHO PARTICIPATED IN THE COMPREHENSIVE HEALTH TESTS	20 185	21 968	23 114	23 462	23 386	23 764	23 845	23 931	22 874	206 529
NUMBER OF ADULT INDIVIDUALS WHO PARTICIPATED IN LIFESTYLE GUIDANCE	39 568	44 932	48 464	59 684	59 714	61 822	61 695	60 637	63 879	500 395
YOUTH PREVENTION IN HUNGARY- ADVENTURE IN THE EMPIRE OF HEALTH	-	-	-	-	-	-	-	-	12 657	12 657
TOTAL NUMBERS OF TESTS	423 885	654 874	739 648	774 246	796 574	831 740	882 265	897 947	846 338	6 849 517
VIRTUAL 3D ANATOMY THEATRE LECTURES/VIEWERS	-	-	-	-	21 961	23 964	24 933	23 987	26 857	121 702
TRAVELED KILOMETERS BY THE CONVOY	14 356	21 557	22 894	24 890	24 650	25 765	24 875	24 348	25 847	209 182
TIME COMMITMENT FOR PREVENTION	1 361	1 689	1 747	1 914	1 865	1 938	1 937	1 825	1 883	16 159
TOTAL NUMBER OF THE CREW	1 400	1 910	2 123	2 167	2 328	2 448	2 688	2 660	2 784	20 548
NUMBER OF PROCESSED ANSWERS FOR THE CENTRAL RISK FACTOR TEST	1 049 620	1 142 336	1 525 524	1 622 412	1 519 432	2 372 436	2 385 144	2 488 824	2 310 274	16 416 002
NUMBERS OF INFORMATION AND PREVENTION PACK GAVE TO FAMILIES	-	42 823	49 648	49 769	49 650	49 863	49 857	49 587	50 748	391 945

Magyarország átfogó egészségvédelmi szűrőprogramja
2010 – 2020 – 2030

www.egeszsegprogram.eu

CONCLUSIONS

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.