



NATIONWIDE COMPREHENSIVE HEALTH SCREENING PROGRAM IN HUNGARY (NACOHESP-HU9)

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The year 2015 saw the continuation of Hungary's greatest and to date the most comprehensive health screening programme, what started in 2010.





- **Was established according to the directives of the European Union with the cooperation of more than forty professional organisations for health promotion.**
- **The Programme contributes to the prevention of coronary diseases by passing on knowledge concerning healthy nutrition and gives guidelines to help the establishment for health-conscious lifestyle**

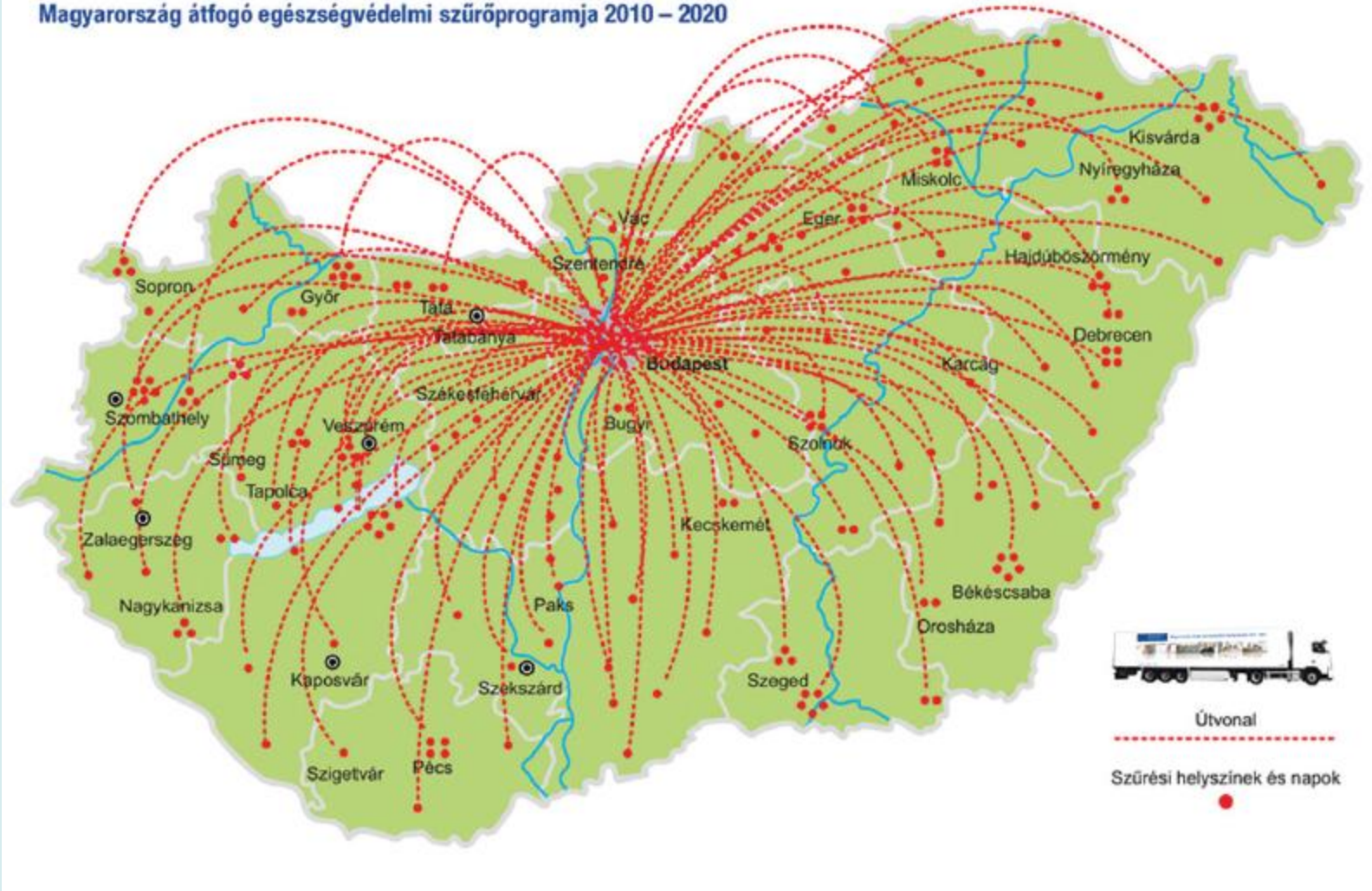


In the Comprehensive Health Tests Programme of Hungary, the examinations, involving coronary checking takes place in a specially furnished lorry.

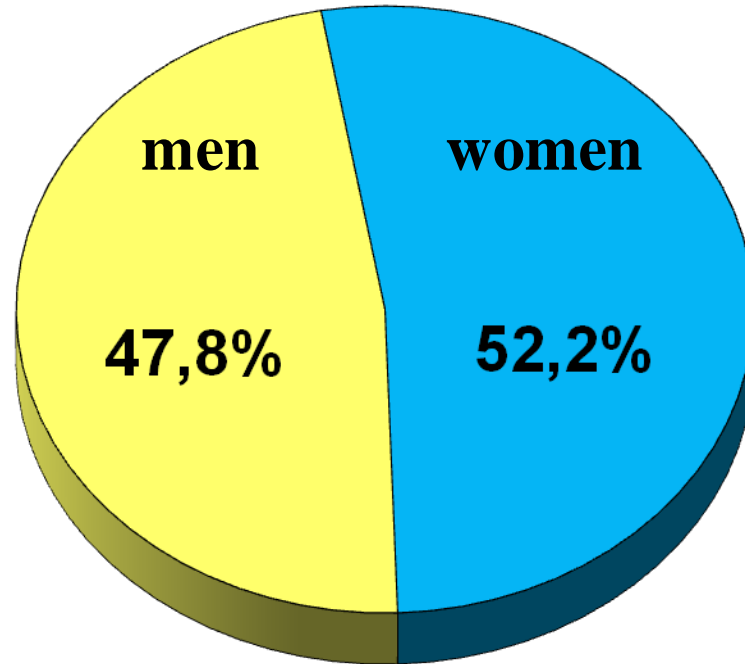




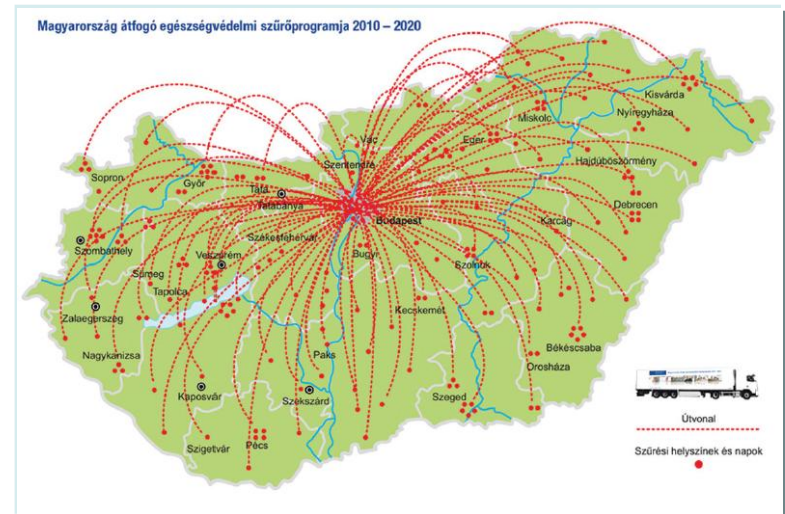
Magyarország átfogó egészségvédelmi szűrőprogramja 2010 – 2020



Number of participants up to 2015 (n=13205)

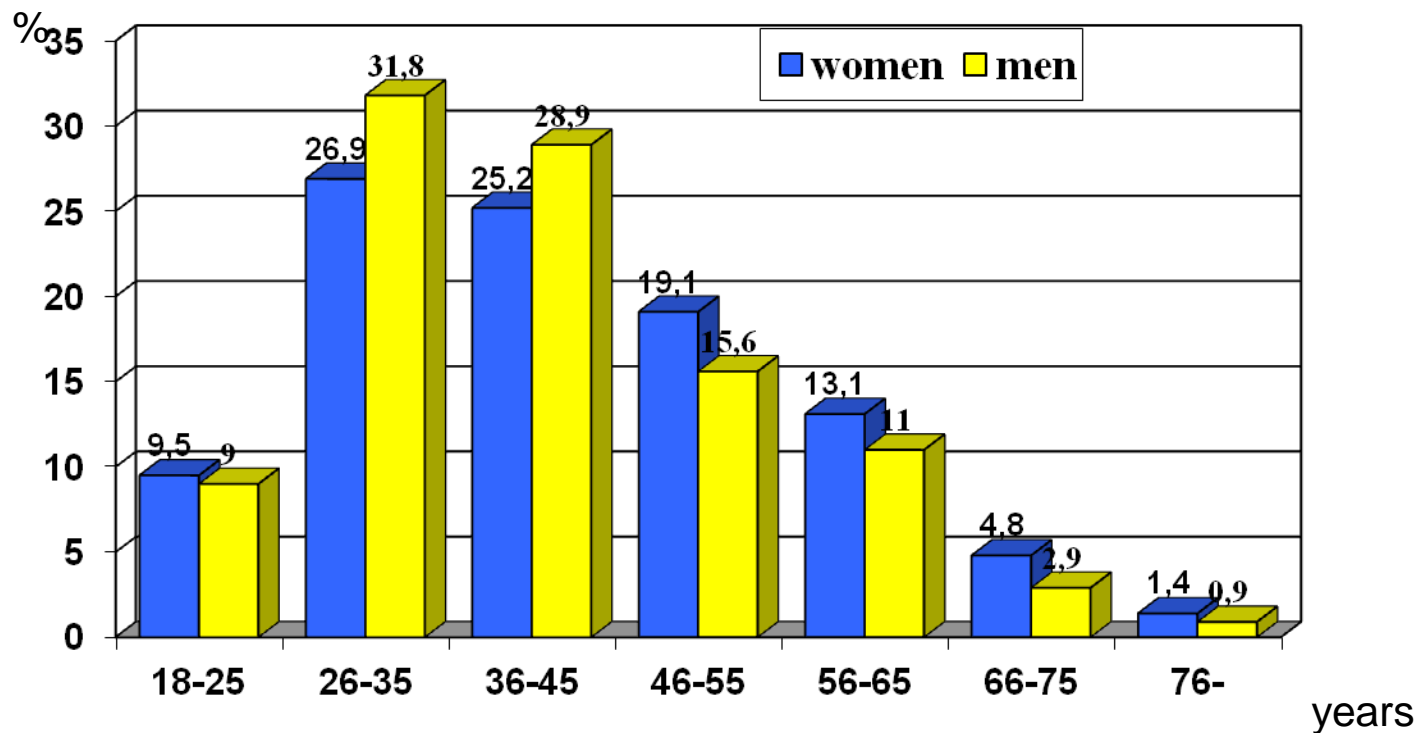


6896 women
6309 men

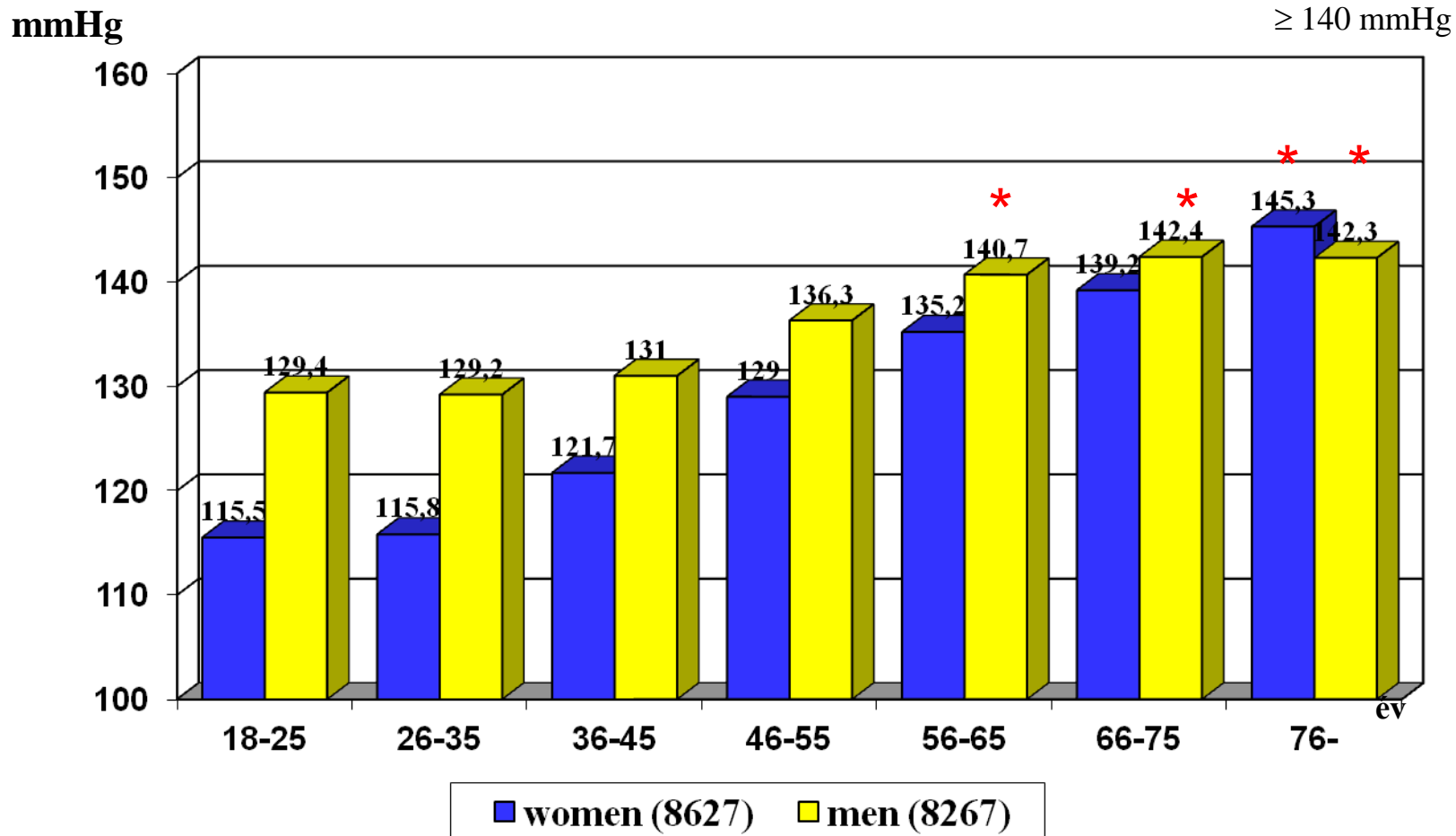




Age of participants: 26-55 y. 71% of women, 75% of men belongs to this age category, average age of women: 41,8 years , men 40 years



Systolic blood pressure 2015

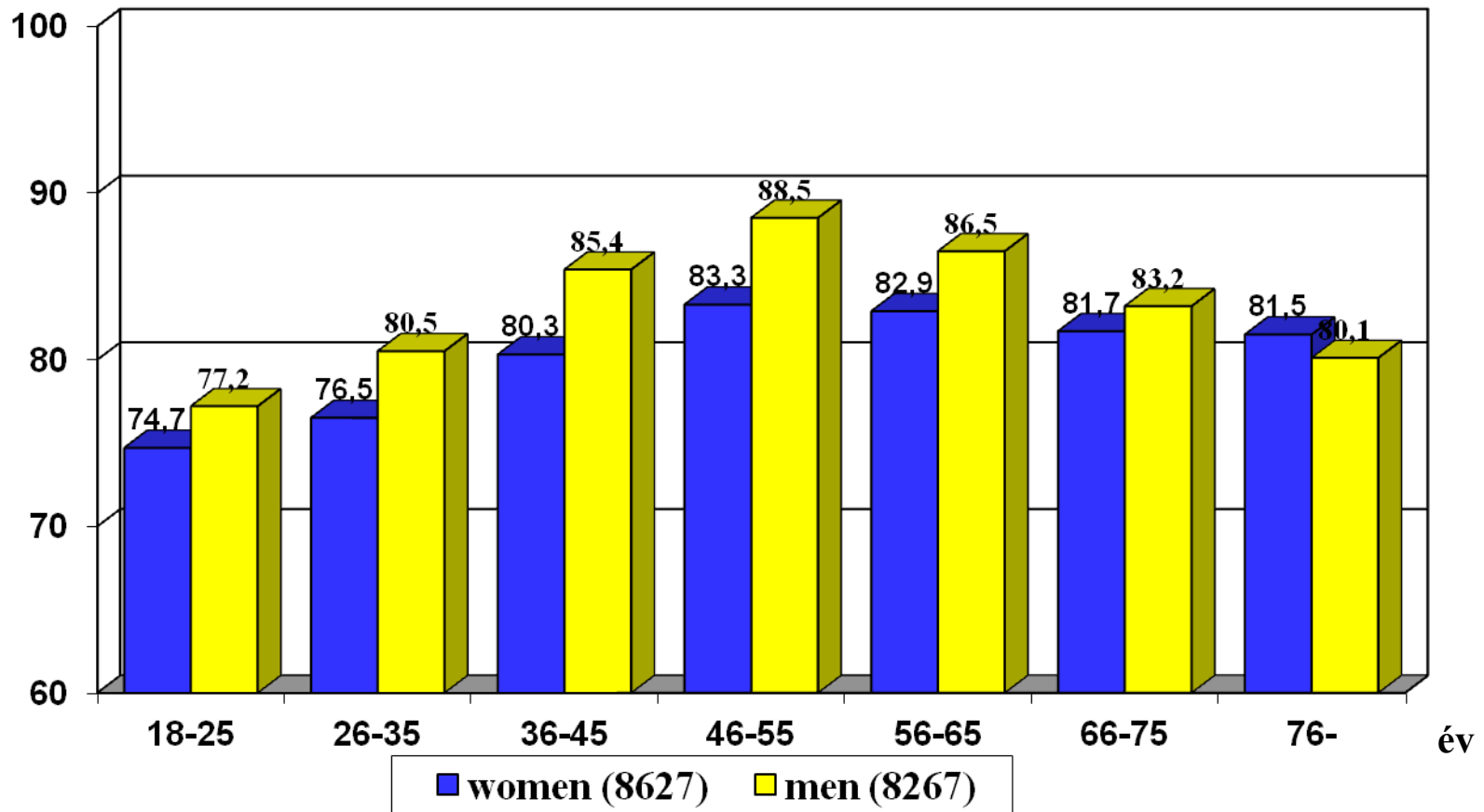


Diastolic blood pressure 2015



≥ 90 mmHg

Hgmm

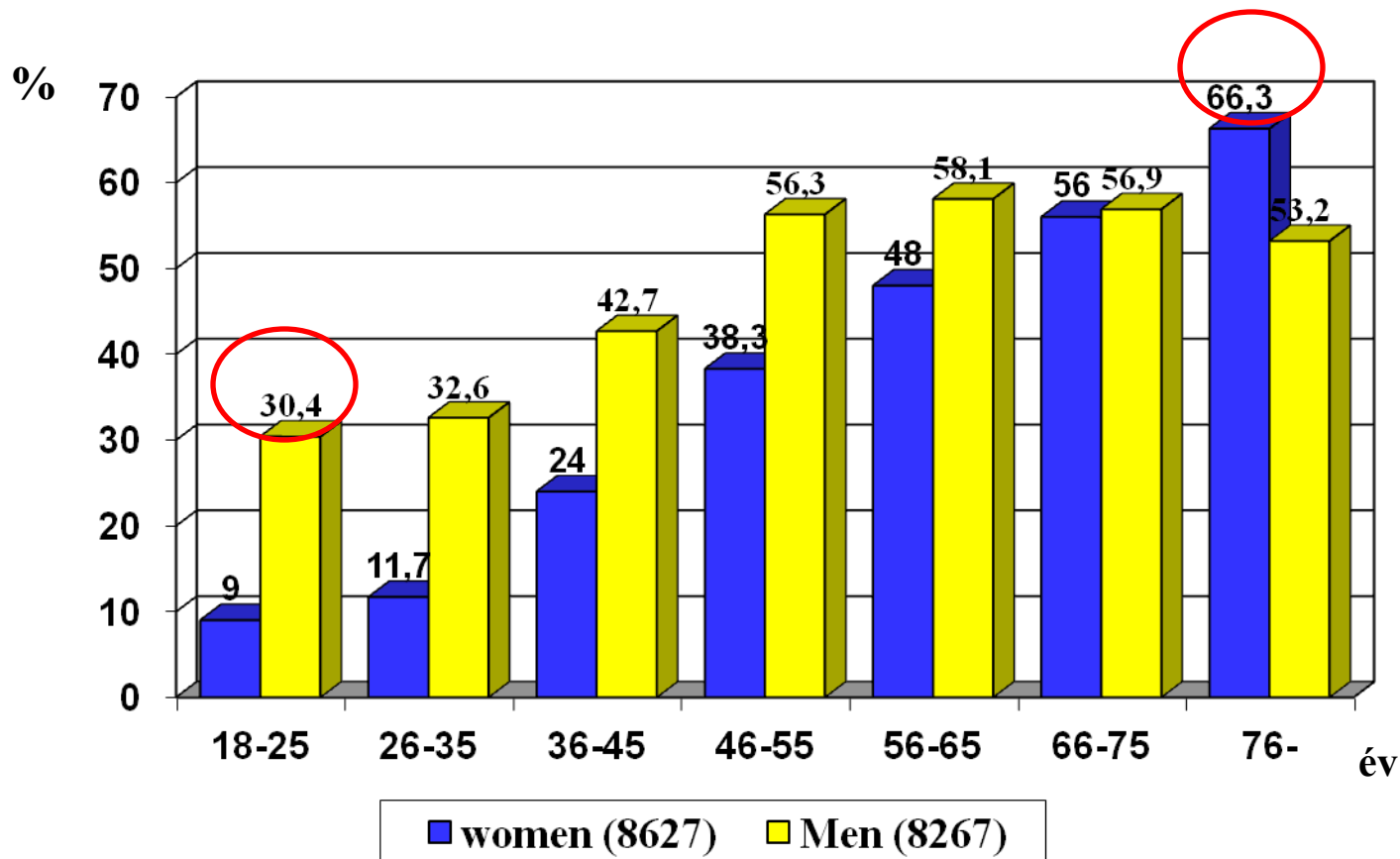




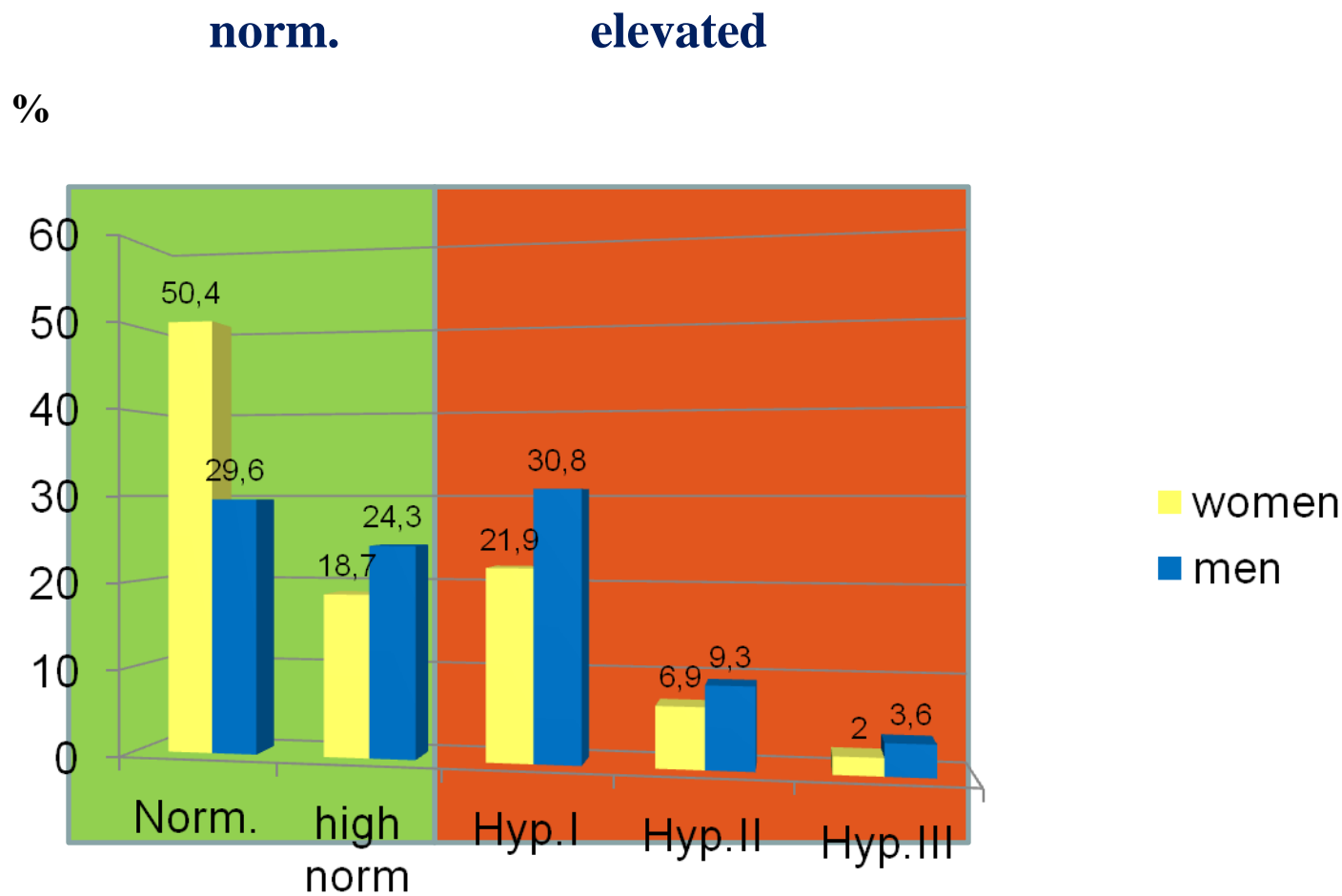
The average systolic blood pressure among women was in the normal range up to the age of 55 years and only moved to the pathological range from the age of 56 onwards. The diastolic blood pressure levels were in the normal range for both sexes (with the exception of the age group 46-55 of men where it exceeded the upper limit of the normal range by a minimal extent).



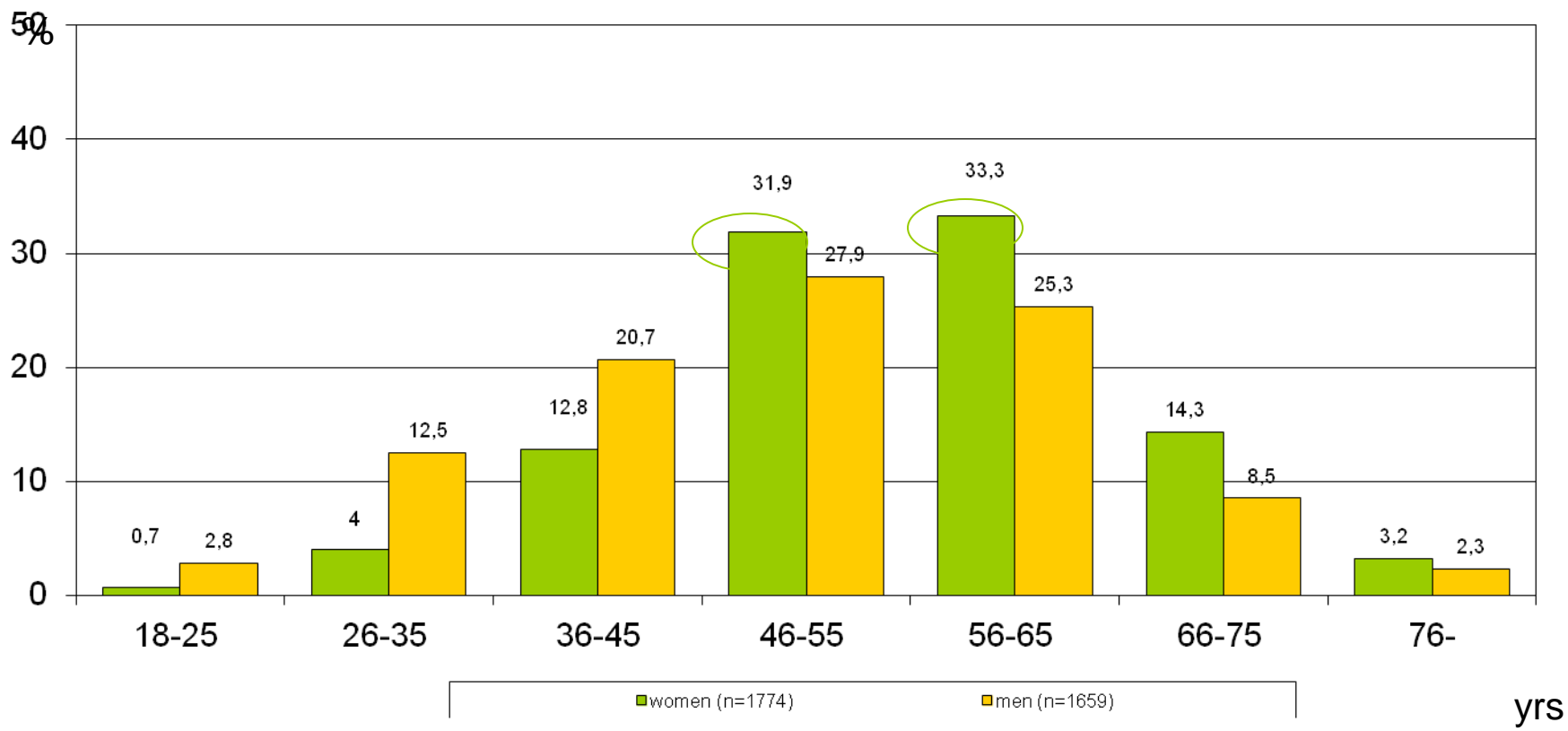
High blood pressure according to age and gender 2015



Statistics according blood pressure (2015)



Known hypertensive persons according age 2015

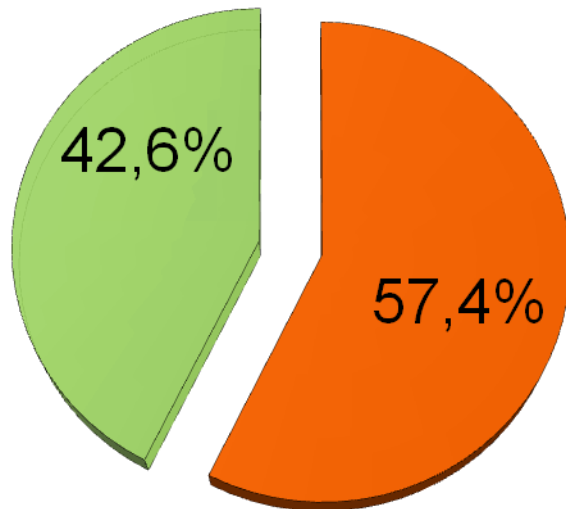




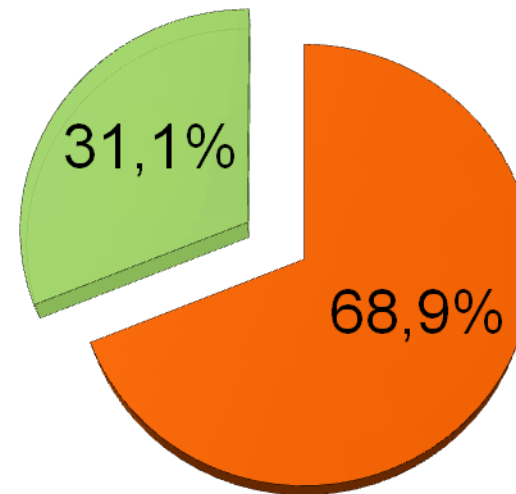
Known hypertensive persons according gender 2015

The blood pressure of hypertensive women were in 57%, in men 68,9% higher than 140/90 mmHg

women (1267)



Men (1251)



< 140/90 Hgmm



≥ 140 and/or ≥90 Hgmm



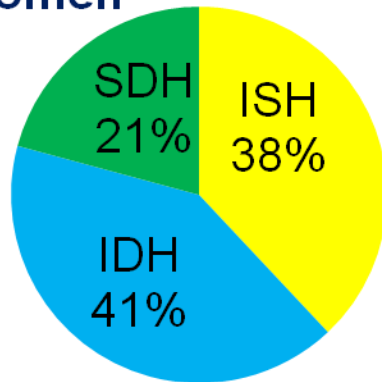
Frekvency of hypertension form in elevated BP volunteers



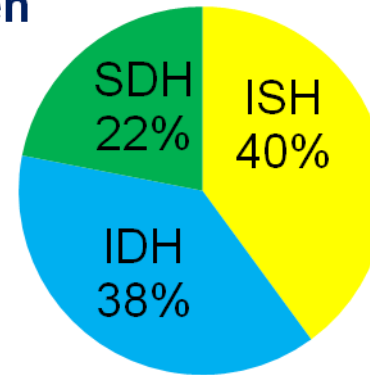
NO DIFFER in gender

ISH (SBP \geq 140 Hgmm), IDH (DBP \geq 90 Hgmm) SDH (both S and D)

Women



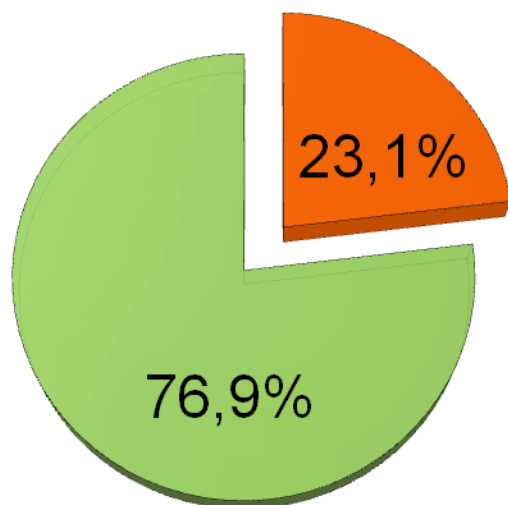
Men



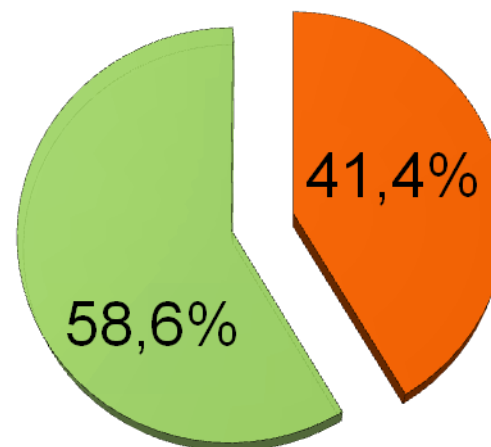
Not known hypertension, but elevated BP (2015)



women (4385)



men (3819)



< 140/90 mmHg



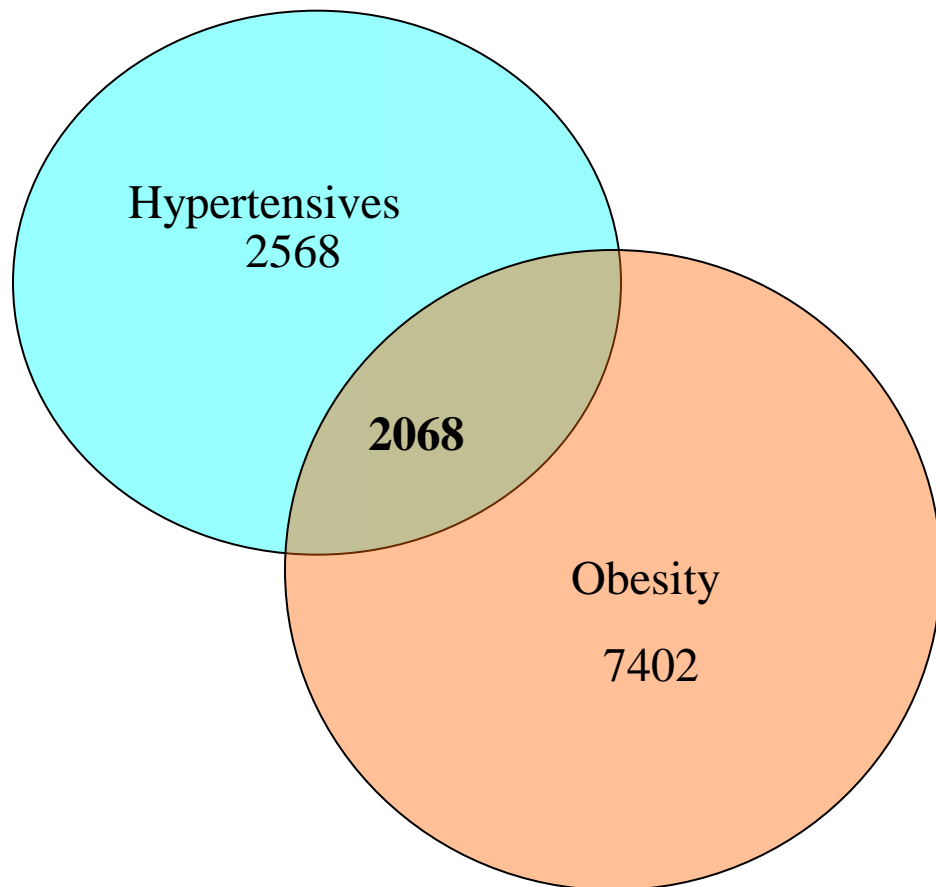
≥ 140 and/or 90 mmHg

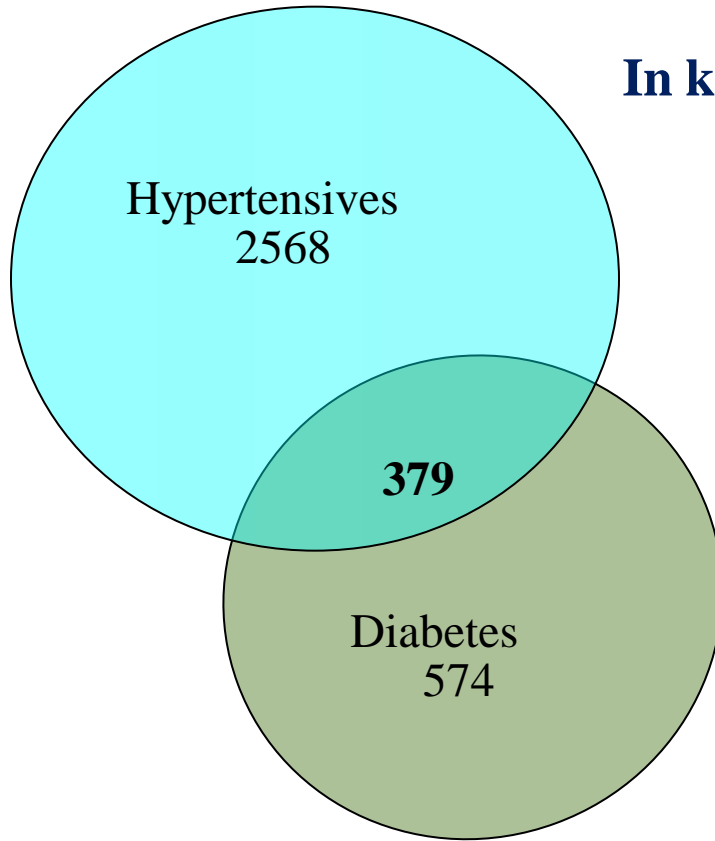


Known hypertension and obesity (BMI \geq 25)



In known hypertensives (n=2568) accompanied obesity in 80,5% (n=2068)





In known hypertensives, 14,8% were 2DM

In 2DM. the frekvency of hypertension were 66,0%



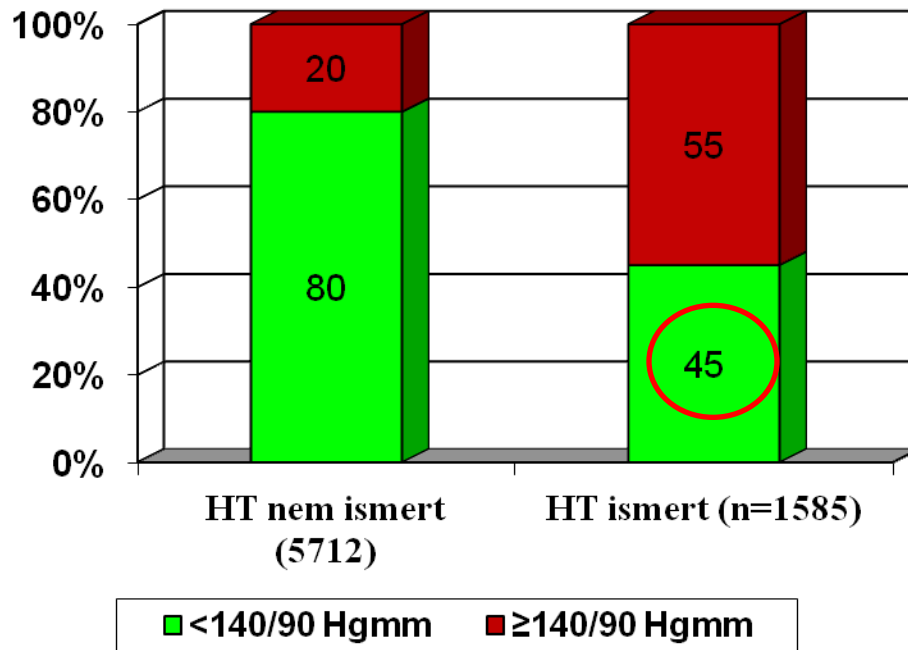
In case of simultaneous presence of diabetes and hypertension, blood pressures above 140/90Hgmm were 2 to 3 times more frequent for both sexes than without the presence of diabetes.



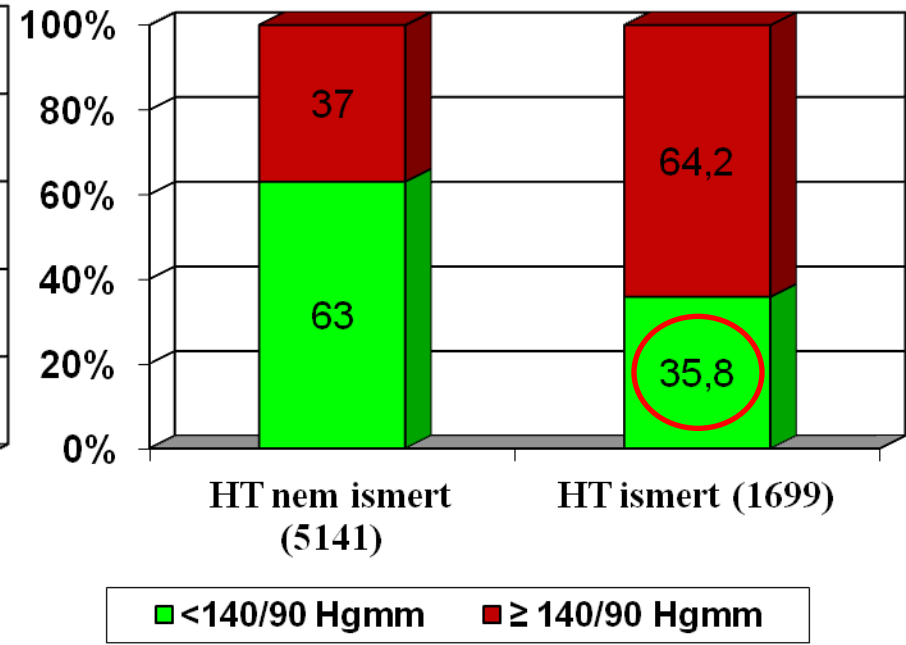
Known and treated hypertension and the measured blood pressure



Women



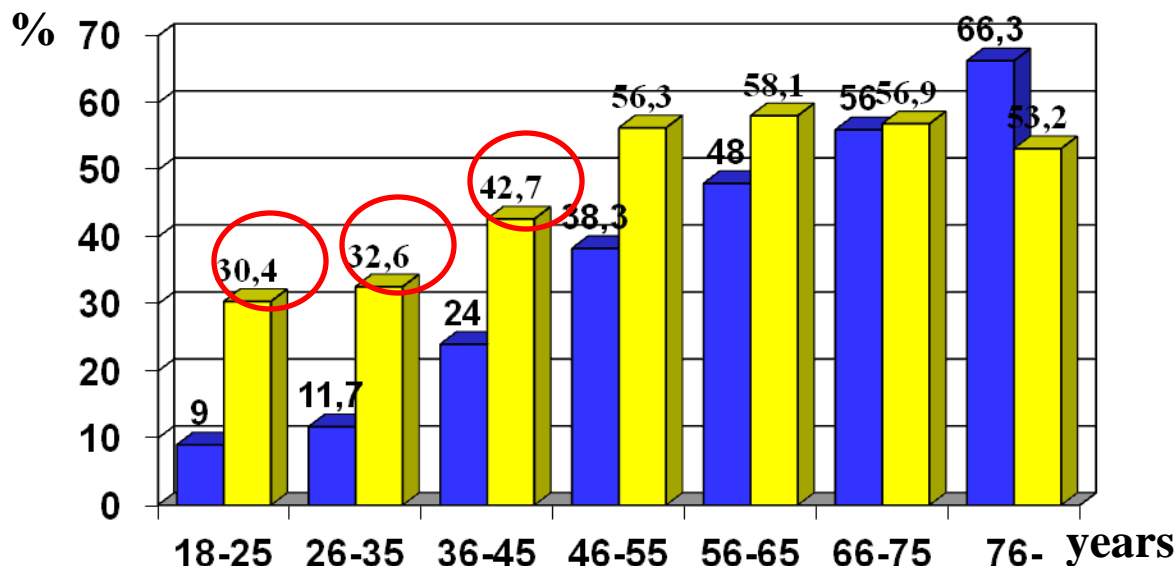
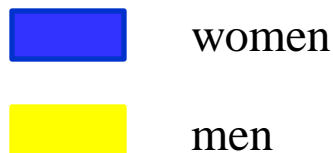
Men



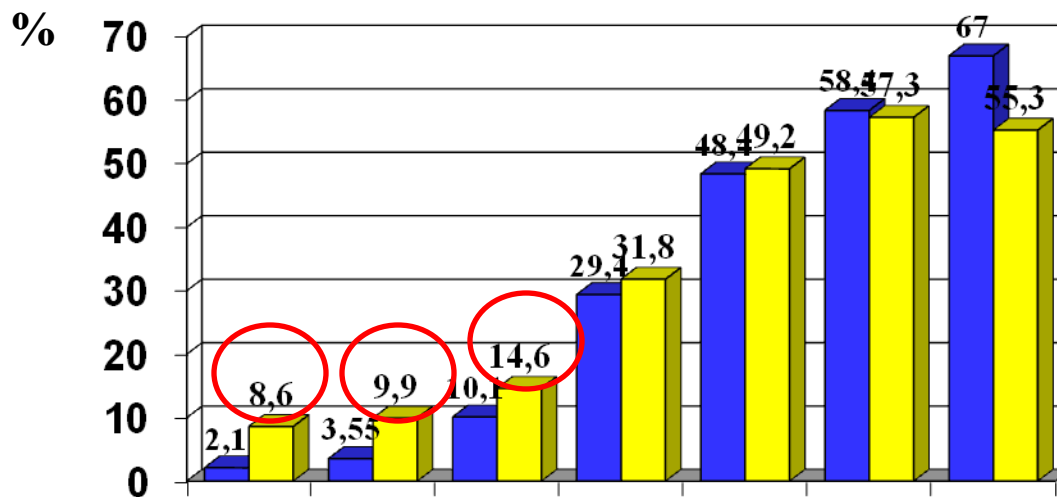
Under 45 years is not known elevated BP (men)



High BP



Known hypertensives





**In not known hypertensives in 2650 (31,8%)
cases were BP higher, than 140/90 mmHg**

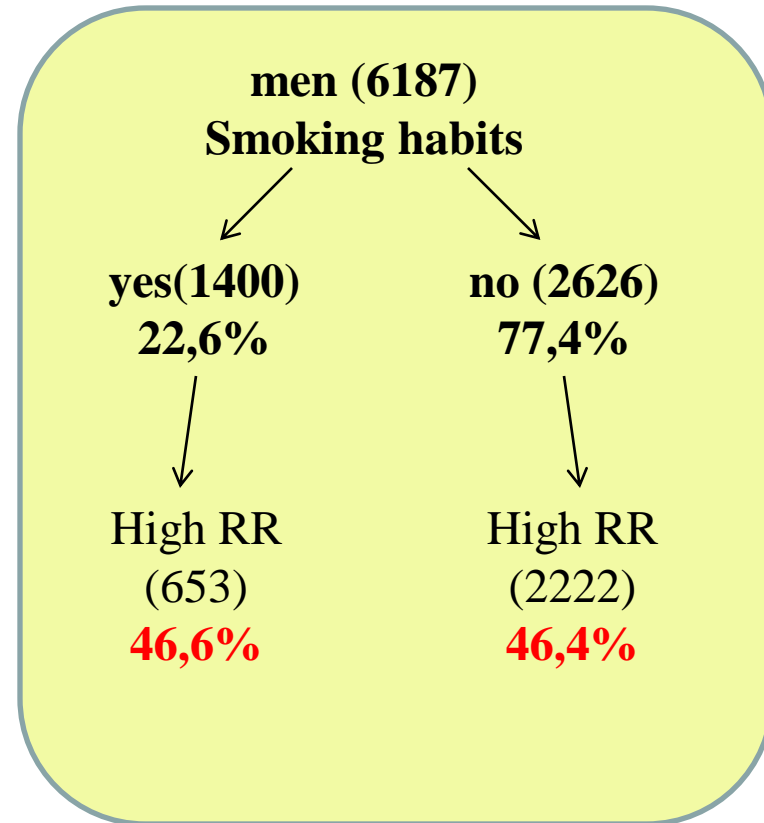
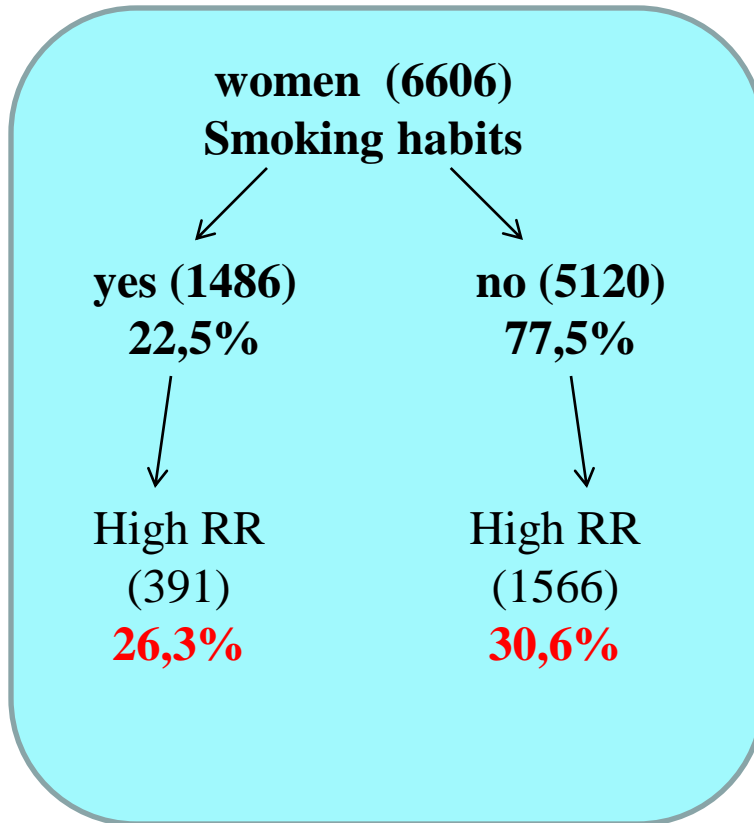
SCREENING!!!



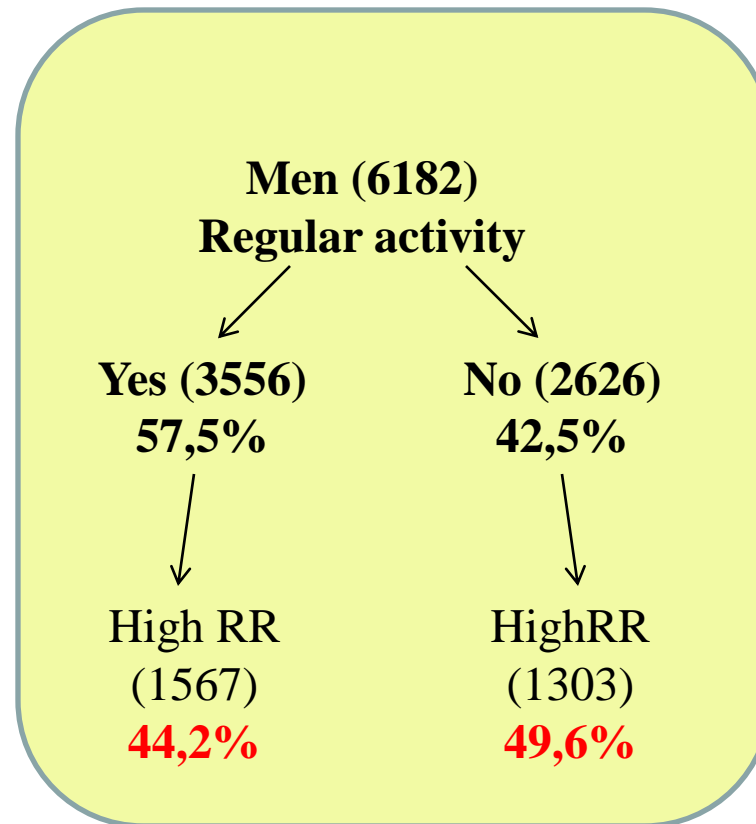
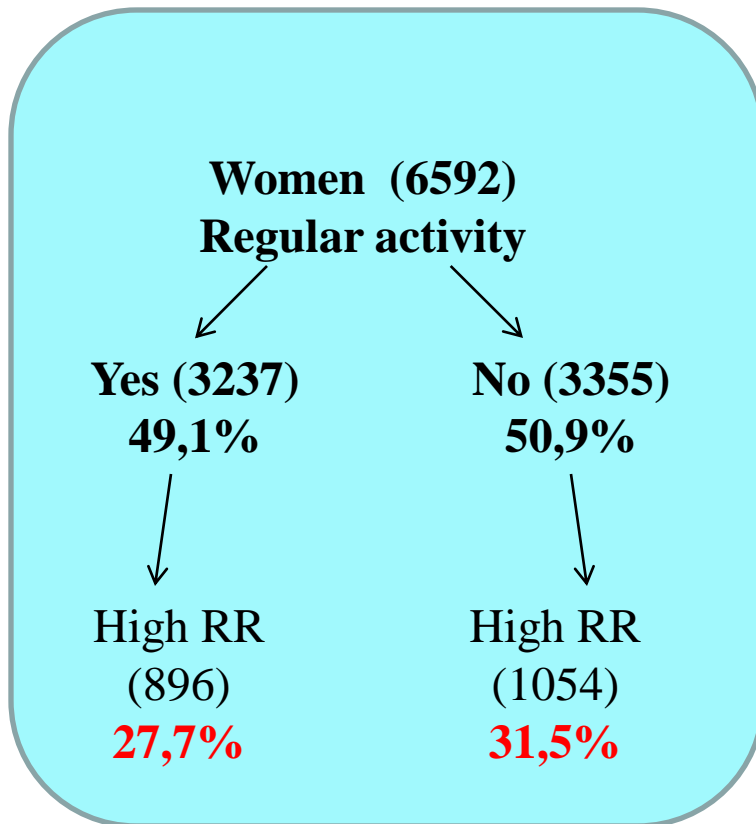
Elevated BP ($\geq 140/90$) and smoking



In women **22,5%**, in men **22,6%** were smokers.



Elevated BP ($\geq 140/90$) and regular physical activity



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.

