

# The comprehensive health tests program of Hungary 2010 – 2020

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## ABSTRACT - China Healthcare Investment Conference (CHIC)

摘要 - 中國醫療投資會議

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

匈牙利高等教育人口基礎研究

國家綜合衛生篩選

匈牙利方案

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

目的：今年匈牙利最大最全面的健康檢查方案繼續開展

**Design and methods:** establish 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.

設計和方法：與四十多個專業組織建立歐盟 - 保護人口健康，預防疾病和改善總體健康狀況  
考試 - 其中包括冠心病檢查 - 涵蓋了心臟病學和高血壓領域，他們發生在專門的卡車  
在計劃中，我們測量了血壓，脈率，計算心血管風險，血漿膽固醇，葡萄糖和尿酸水平  
全身分析開始於測量身高，體重，腹部屈光度和腰/臀比定義目標體重  
測量身體脂肪和肌肉含量後，我們確定了腹部脂肪的體積和體重指數

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匈牙利綜合健康檢測項目



sin 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 is Hungary, and travelled 134112km, 135879people have participated in comprehensive screening.In total 3 936325 examinationshave been performe, which required 10514 hours of work of 1661 healthcare professionals.

已經評估了參加2005年測試罪的人的考試參與者和結果 (n=23764  
在該計劃中, 在204個地點, 共測試了52.2%的女性和 (47.8%) 男性  
婦女平均年齡41.8歲, 男子平均年齡40.0歲過去五年來, 這輛貨車已經到了匈牙利1123個地方  
行進了134112公里, 據報有135879人患有高血壓 (1291名婦女和1263名男子)  
參加綜合篩查。共完成3 936325次檢查, 其中1661名醫護人員需要10514小時的工作

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 140/90Hgmm were 2 to 3 times more frequent for both sexes than without the presence of diabetes.

妇女平均收缩压在55岁以下的正常范围内, 仅从56岁开始转为病理范围  
两性男性舒张压水平均处于正常范围 (男性46-55岁, 超出正常范围上限的最小程度除外)  
男性1级高血压是所有年龄组最常见的状态;  
对来自18岁以上的受试者的39%的患者测量了140/90以上的血压  
随着年龄的增长, 这种分布没有显著差异。在同时存在糖尿病和高血压的情况下,  
超过140 / 90Hgmm的血压比没有糖尿病高两倍至三倍

**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.

結論：由於通過該計劃獲得的廣泛信息，不僅在區域或跨部門層面，而且在程序中描述了匈牙利目前的健康狀況

**Video file:** The comprehensive health tests program of Hungary 2010-2020

視頻文件：匈牙利綜合健康檢測項目

[http://www.egeszsegprogram.eu/index.php?page=video\\_20170401&video\\_date=20170401](http://www.egeszsegprogram.eu/index.php?page=video_20170401&video_date=20170401)

