



PROPOSAL TO STANDARDIZE CHRONIC DISEASE RISK FACTOR SURVEYS IN EUROPE

Kari Kuulasmaa and Hanna Tolonen
for the European Health Risk Monitoring Project

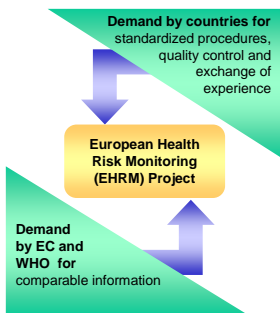
☞ Cardiovascular diseases, diabetes and cancer are major health problems in Europe.

☞ Smoking, blood pressure, cholesterol, overweight and blood glucose are major modifiable risk factors of these diseases.

☞ EC and WHO have indicated a need for a system which provides reliable and comparable data from all European countries.

☞ WHO MONICA Project coordinated standardized surveys in different countries in the 1980s and 1990s, but it is now over.

☞ National surveys have been conducted recently in Finland, Germany, Italy, the Netherlands, Norway and UK, and there is need for those in other countries, and for international standardization.



European Health Risk Monitoring (EHRM) Project

As part of the EC's Health Monitoring Programme (HMP), EHRM:

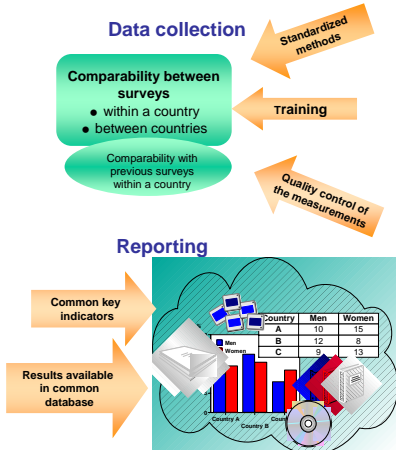
☞ defines population level indicators for adults (25-74 years) on

- ☞ blood pressure
- ☞ cholesterol
- ☞ smoking
- ☞ obesity
- ☞ awareness and treatment of hypertension and high cholesterol

☞ describes mechanisms for organizing surveys to collect data on the risk factors in the countries

☞ provides a survey protocol and operational guidelines for the risk factor measurements

Emphasis is placed on methods that facilitate stability of measurements and comparability with past surveys. Additional projects of HMP focus on nutrition, physical activity and the use of alcohol.



The objective is to facilitate the establishment of a system which provides standardized information for public health planning and evaluation of disease prevention and health promotion efforts, as well as for epidemiological and other health research.

The project received funding from the EC.

Proposal for collaboration between countries

EHRM makes a proposal to establish:

☞ a central facility for training, quality control and quality assessment

☞ to provide training material and procedures and to organize training seminars

☞ to co-ordinate external quality control and to prepare guidelines for and monitoring of internal quality control

☞ to assess the quality of the data from the national surveys

☞ to prepare data and information for international reporting in collaboration with the countries

☞ European laboratory reference centre to provide:

- ☞ secondary calibrators for the survey laboratories
- ☞ external quality control

Measurements considered

Physical measurements

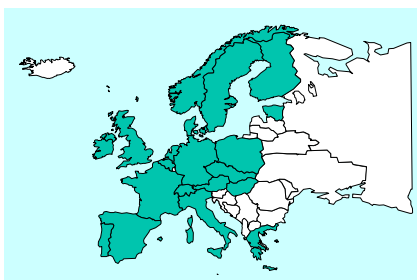
- ☞ Blood pressure
- ☞ Total, HDL and LDL cholesterol, triglycerides
- ☞ Glycated hemoglobin
- ☞ Fasting glucose
- ☞ Weight and height
- ☞ Waist and hip circumference

Questionnaire

- ☞ Smoking
- ☞ Awareness and treatment of hypertension, high cholesterol and diabetes
- ☞ Use of hormone replacement therapy
- ☞ Use of acetylsalicylic acid
- ☞ Socioeconomic status

Participants of the EHRM project

The proposals and recommendations were prepared in collaboration with experts from most European countries, WHO/HQ, WHO/EURO and the EC.



For more information, contact Hanna Tolonen (hanna.tolonen@ktl.fi) or Kari Kuulasmaa (kari.kuulasmaa@ktl.fi)

Address: National Public Health Institute, Department of Epidemiology and Health Promotion, Mannerheimintie 166, FIN-00300 Helsinki, Finland, fax: +358-9-4744 8338



Background
European Health Risk Monitoring Project
Proposal, Measurements
Participants