



# Proposal to standardize chronic disease risk factor surveys in Europe

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for the European Health Risk Monitoring Project





# Availability of chronic disease risk factor data

## WHO MONICA Project

 Standardized protocol from early 1980's

 Finished

## CINDI

 Follows MONICA protocol

 Still going on

## National surveys

 Finland

 Germany

 Italy

 Norway

 The Netherlands

 UK

## Numerous small local studies

# Health Monitoring Programme (HMP)

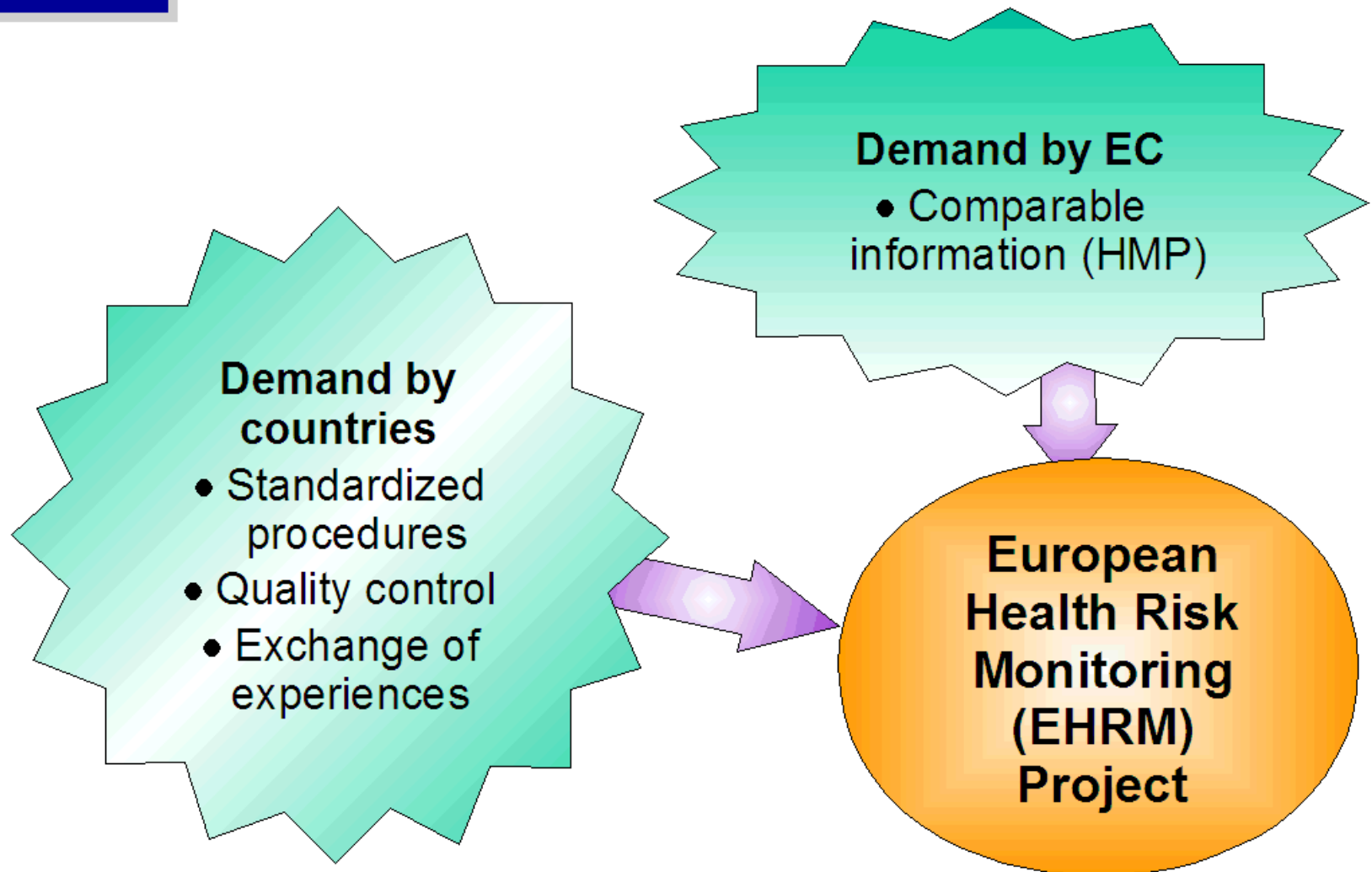


- ✦ **EU wants comparable information about health in Member States => Health Monitoring Programme (HMP)**
- ✦ **Objectives of HMP**
  - ✦ **Establishment of Community health indicators**
  - ✦ **Development of Community-wide network for sharing health data**
  - ✦ **Analyses and reporting**
- ✦ **32 projects on different health issues**



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# EHRM background





# Selection of risk factors for key indicators

- **Known, predictive risk factors for one or more major chronic diseases**
- **Modifiable**
- **Measurement protocol possible to standardize**
- **Measurable in population**
- **Relevant for the age range considered (age group 35-74 years)**



# Key survey measurements

- Physical measurements
  - Blood pressure
  - Total cholesterol
  - Weight
  - Height
  - Waist and hip circumferences

- Questionnaire items
  - Smoking
  - Awareness and treatment of hypertension and high cholesterol
  - Use of hormone replacement therapy
  - Use of aspirin



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## Other measurements

- ✦ **HDL cholesterol**
- ✦ **Triglycerides**
- ✦ **LDL cholesterol**
- ✦ **Glucose**
- ✦ **Physical activity**
- ✦ **Nutrition**
- ✦ **Alcohol**



- ✦ **2-year project to**
  - ✦ **propose key population indicators**
  - ✦ **propose guidelines for measurement procedures, based on**
    - ✦ **earlier experience**
    - ✦ **current knowledge**
  - ✦ **propose mechanisms for organizing surveys locally and for collaboration between countries**
  - ✦ **develop reporting of the results**



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# Target: data collection

## Comparability between surveys

- within a country
- between countries

Comparability with previous surveys within a country

Standardized methods

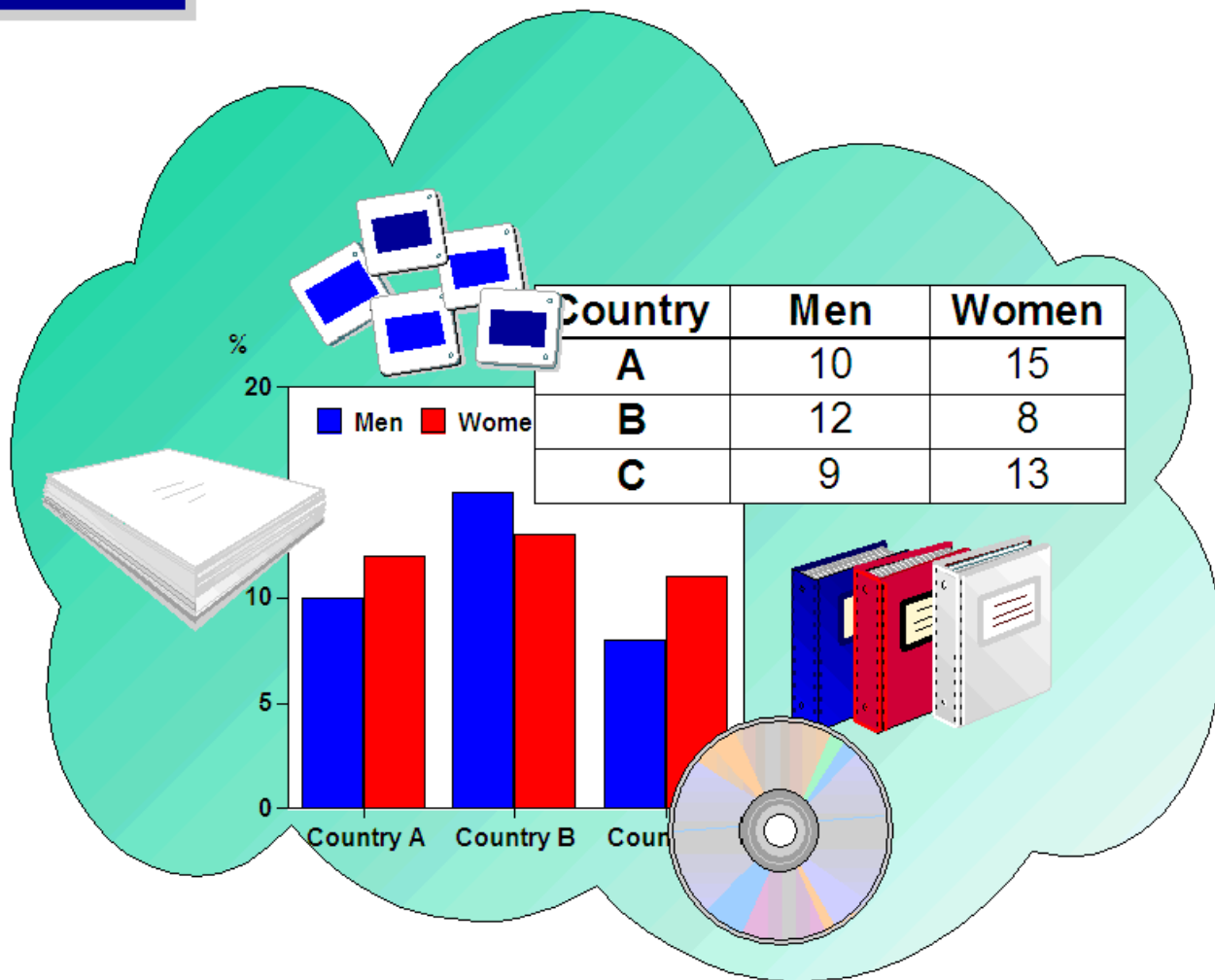
Training

Quality control of the measurements



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# Target: reporting



**Common key indicators**

**Results available in common database**



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# Breakdown indicators

## 🍃 Age group

🍃 35-74 years

🍃 25-34 years highly recommended

## 🍃 Gender

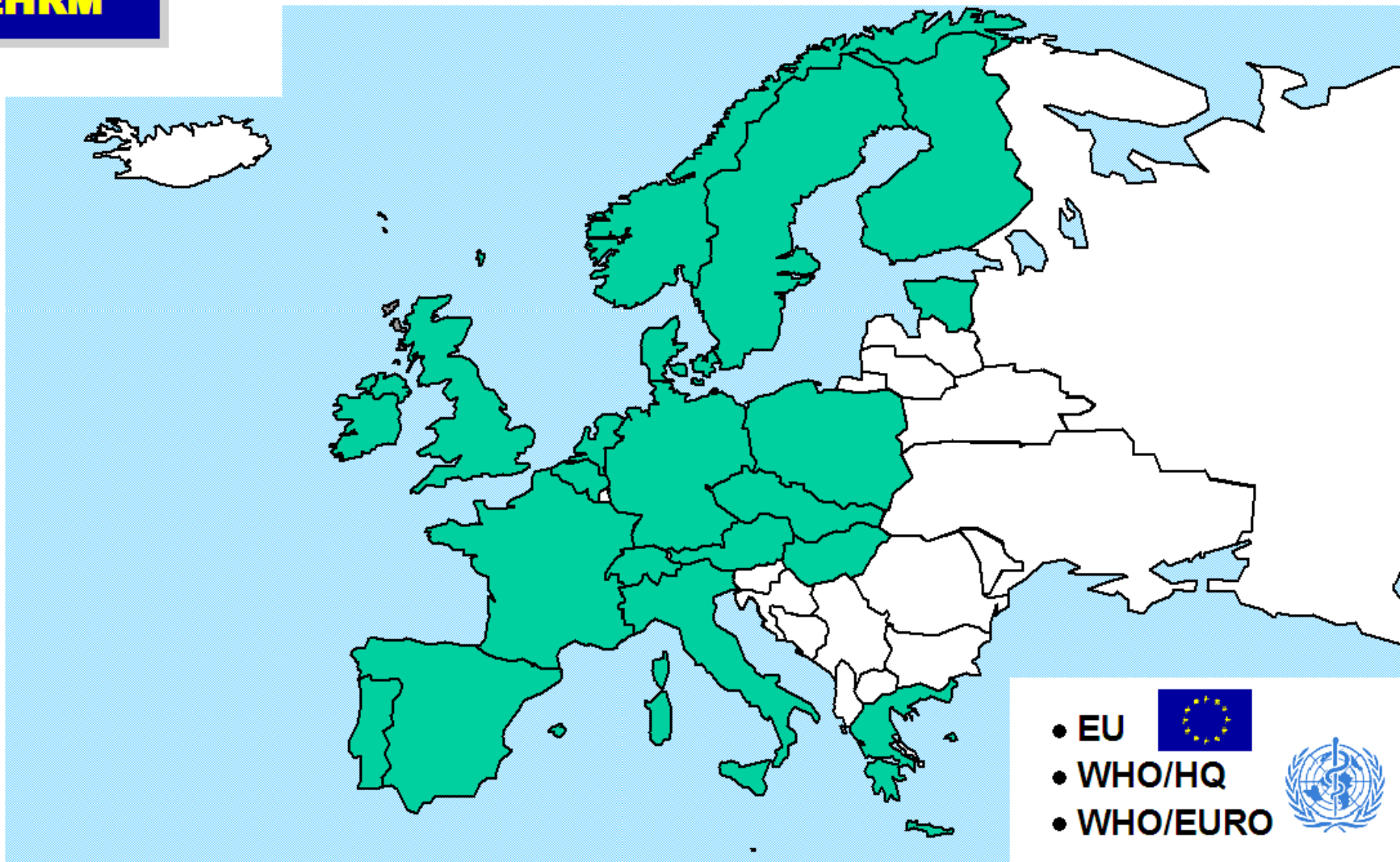
## 🍃 Geographical area

## 🍃 Socio-economic status

# Participating countries



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- EU 
- WHO/HQ 
- WHO/EURO



# Proposal for organizing international collaboration

- ✦ **Central facility for**
  - ✦ **training**
  - ✦ **quality control**
  - ✦ **quality assessment**
- ✦ **European laboratory reference centre**



# Implications

- ✎ **EHRM helps to facilitate the availability of standardized national information of major chronic disease risk factors in the EU and other countries.**
- ✎ **Establishment of a monitoring system in the countries?**



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# Acknowledgment

- ✦ **Team in the National Public Health Institute (KTL) in Helsinki, Finland**
- ✦ **Partners in all participating countries, WHO/HQ and WHO/EURO**
- ✦ **EC**