

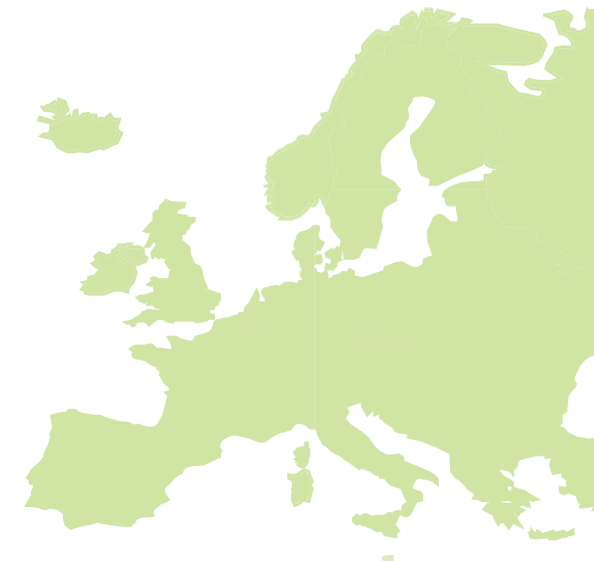
EHES is an activity of the Health Programme of the European Union. It is coordinated by the EHES Reference Centre, which is established jointly by the National Institute for Health and Welfare (THL) of Finland, Statistics Norway (SSB) and Istituto Superiore di Sanità (ISS) of Italy with support from the European Commission, DG Health and Consumers.



Project Leader	Project Manager
Kari Kuulasmaa	Hanna Tolonen
kari.kuulasmaa@thl.fi	hanna.tolonen@thl.fi
tel: +358 20 610 6839	tel: +358 20 610 8638

National Institute for Health and Welfare (THL)
Department of Chronic Disease Prevention
Chronic Disease Epidemiology and Prevention Unit
P.O. Box 30
00271 Helsinki
FINLAND

<http://www.ehes.info>



European Health Examination Survey

The European Health Examination Survey (EHES) is being established to collect comparable, high quality data on the health and health risks of the European adult population.

For many health indicators, a health examination survey (HES) of a random sample of the general population is most reliable data source. The physical measurements of the HES are needed to overcome the limitations of other data sources, such as health interview surveys (HIS) and administrative registers.

The EHES will provide reliable and comparable data for the national and Europe-wide planning and evaluation of health policies and health promotion activities, as well as for scientific research.

<http://www.ehes.info>

EHES - Measuring the Health of Europeans

Contents of the EHES

EHES collects data through questionnaires, physical measurements and analysis of blood samples.

A set of core questions and measurements will be included in all countries:

- Questionnaire items include basic background characteristics of the participants like age, sex, and socio-economic status, health behaviours, and health status. Where applicable, questions from the European Health Interview Survey (EHIS) will be used.
- Physical measurements include weight, height, waist circumference and blood pressure.
- Blood samples are collected for the measurement of total and HDL cholesterol as well as fasting glucose.

In addition, each country may include other measurements, such as physical function tests, dental examinations, bone density, mental health, various markers from the blood samples etc., and wider questionnaire.

To assure the comparability and high quality of the data, particular attention will be paid to standardization of the measurement protocols, training and quality control.



Preparatory and pilot phase of the EHES

A two-year planning and pilot phase of EHES started in 2009. During this period:

The EHES Reference Centre has been established, with the responsibility to

- preparing and publishing the EHES Manual
- preparing national manuals for all EU and EFTA/EEA countries together with national experts
- providing professional support to countries planning a national HES
- developing a training programme and training material
- coordinating external quality control
- establishing a data transfer, management and rapid reporting system
- evaluating the success of pilot surveys

To test the EHES procedures, a pilot HES will be conducted in 14 countries: Czech Republic, Finland, Germany, Greece, Hungary, Italy, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Spain and UK/England.

A sample of 200 adults in each piloting country will be examined during the pilot phase.

