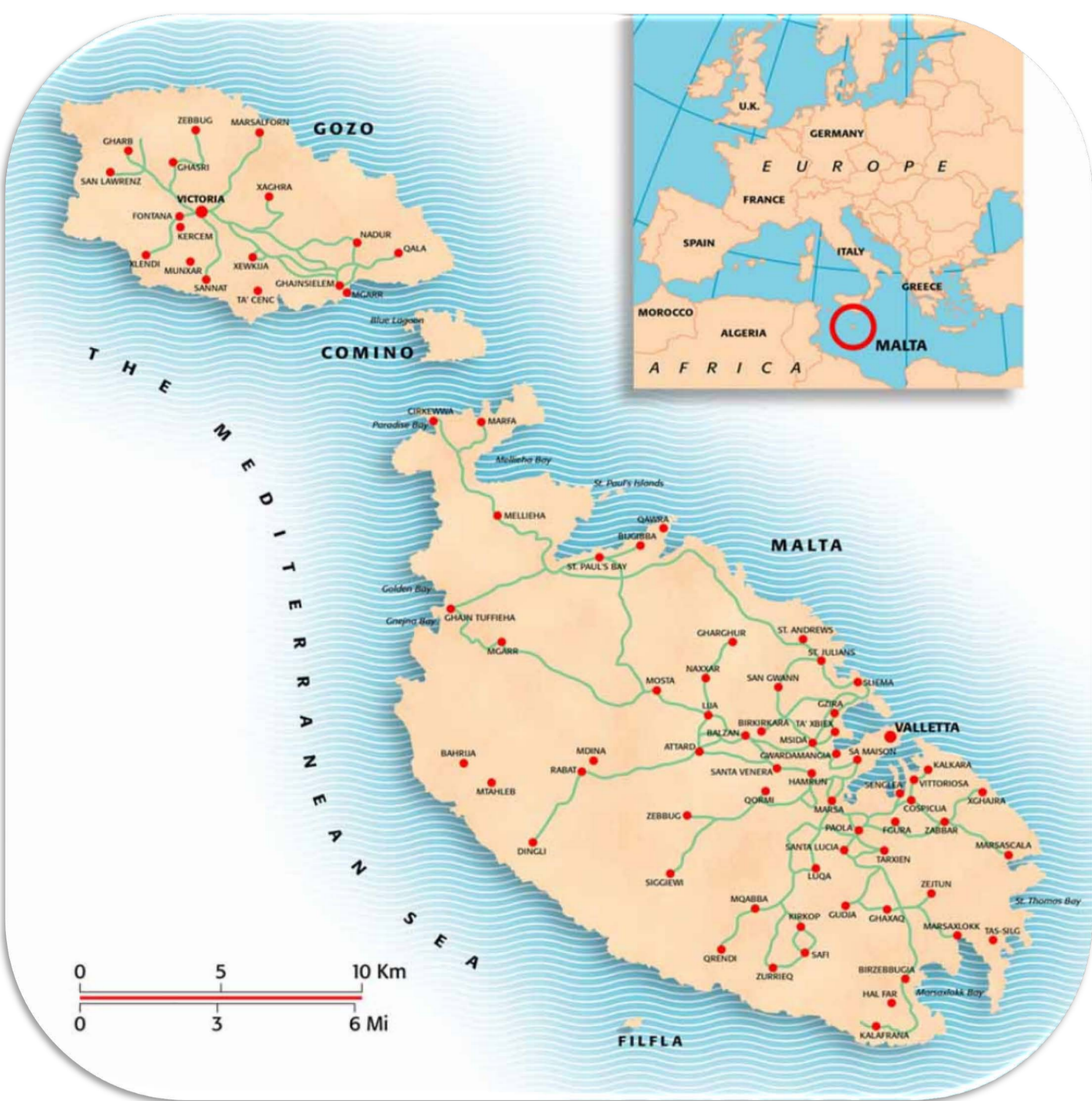


Facts about Malta

Capital:	Valletta
Official languages:	Maltese, English
Ethnic groups:	Maltese 95%, British 2 %, others 3%
Government:	Parliamentary Republic
Area:	316 km ²
Population (2009):	412 970
Independence:	21 September 1964
EU accession:	1 May 2004



HES in Malta

Malta has not had HESs conducted regularly in the past. A cross-sectional CVD risk factor survey was conducted in 1984 as part of the WHO MONICA Project.

The HES pilot was conducted in November-December 2010. The sample size was 400 persons aged 18 years and over.

Examinations were carried out in six localities in Malta and in one locality in Gozo.

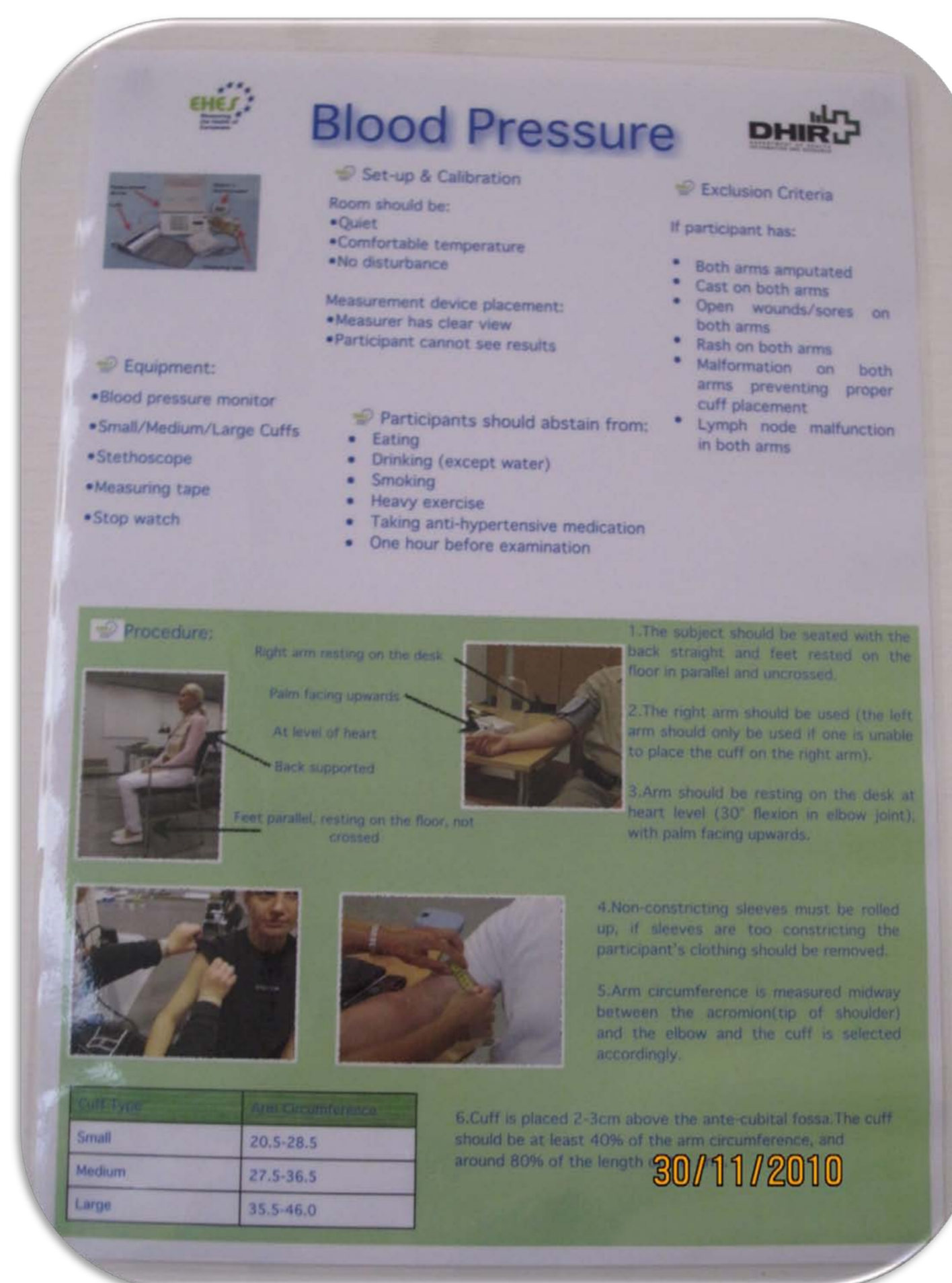
Additional to the EHES core measurements, lung function and vision tests were included. From blood samples taken, Hb1Ac and lead were also analysed.

An invitation letter was mailed to selected persons together with an information leaflet. About three days after sending the letter, a phone call was made to arrange time for the appointment for the examinations.

All the blood analysis was carried out from fresh samples in the biochemical laboratory of the public hospital Mater Dei in Msida .

Participants received measurement results at the end of the examination and they were explained to them by a doctor. When required a referral letter was given to the participant to seek further follow up from their doctor. A package of health promotion material was given after the examination. Results for blood analysis were sent later by post.

A full-size national HES is planned to be organized in 2014 and proposed to be conducted along with EHIS.



Measurement instructions on the wall of the examination room



Poster about the survey

Maltese HES team (Back from left) Maya Podesta, Louis Xuereb, Neville Calleja; (Front from left) Alexia Schembri, Dorothy Gauci, Diane Padley, Daniel Cauchi, Nathalie Pisani. Also part of the team but not in the picture: Audrey Galea, Arthur Camilleri, Amanda Bugeja and Antonella Grima



Package of health promotion material given to the participants

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