



Facts about Poland

Capital:	Warsaw
Official languages:	Polish
Ethnic groups:	Polish 97%, Others 3%
Government:	Parliamentary republic
Area:	312 683 km ²
Population (2010):	38 192 000
EU accession:	1 May 2004



HES in Poland

Poland has carried out national health examination surveys both in adult population in 2003-2005 (WOBASZ) and in elderly in 2006-2008 (WOBASZ Senior).

The HES pilot was conducted in January-April 2011 in Warsaw. The sample size was 490 persons aged 20-74 years.

The survey was conducted by the team of the Department of CVD Epidemiology & Prevention & Health Promotion in a Institute of Cardiology (IKARD). The examinations were carried out in the IKARD.

The fieldwork team included 14 persons from the IKARD, who had been trained for the survey measurements before fieldwork started.

Additional to the EHES core measurements, hip circumference and ECG were measured. Also nutrition interview and a self-administered psychosocial questionnaire were included.

An invitation letter was mailed to the persons selected to the survey sample. Invitation letter included information on the study (aim, short description, phone contact) and an appointment time for the examination. Participant could change given time if it was not feasible. For non-participants, two reminder letters were mailed.

The timing of next full-size HES is still open due to the lack of funding.

See <http://www.ehes.pl>



Checking of the weight scale with calibration weights



Members of the Polish team:

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Poster to guide to the examination site and calendar about the examinations

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