



Facts about Slovakia

Capital:	Bratislava
Official language:	Slovak
Ethnic groups:	Slovak 85,8%, Hungarian 9,7%, others 4,5%
Government:	Parliamentary republic
Area:	49 035 km ²
Population (2010):	5 429 763
EU accession:	1 May 2004

HES in Slovakia

Slovakia has not had a national HESs in the past. A cross-sectional CVD risk factor survey was conducted in 1993, 1998, 2003, and 2008 as part of the CINDI project.

250 residents of the district of Banská Bystrica, aged 18-64, was selected in random from the regional population register. The survey was carried out in the premises of the Department of Health Promotion, Regional Authority of Public Health.

In the pilot survey the invitations were sent one week before the scheduled examination. One day before the examination, a phone call was made to remind and confirm the participation.

Additional to the EHES core measurements, body fat was measured and from blood samples triglycerides were analysed

The questionnaire was mostly limited to the EHES core questions, which were appended with few questions on physical activity, diet and stress. The questionnaire was self-administered at the examination site in the presence of a staff member.

Participants received information about their measurement results at the end of the examination. Results were also mailed to the participants and their physician. Also a small thank you gift; a mug, healthy lifestyle booklet and a bag were given.

A full-size national HES is planned to be carried out in October-December 2011.



Thank you gift for participants: EHES mug and pen, shopping bag and a book about health life style



Members of the Slovakian EHES team: Mária Avdičová, Katarína Francisciová, Jana Kerlik, Silvia Kontrošová, Anna Puškárová, Ivana Zázrivcová, Ľubica Krišková, Marcela Šucháňová, Tatiana Zvalová, Darina Konečná.



A beautiful city of Banská Bystrica.



Instructions for anthropometric measurements

Contact information:

Mária Avdicová (maria.avdicova@vzbb.sk)
Regional Authority of Public Health
Cesta k nemocnici 1
974 11 Banská Bystrica
SLOVAKIA

The EHES Pilot project has received funding from the European Commission/DG Sanco. The views expressed here are those of the authors and they do not represent Commission's official position.