EHES
Measuring the Health of Europeans

Current status of EHES-Greece

Inviting the participants

Ioulia Goufa

1st Site visit
March, 30-31, 2011
Athens

OUTLINE

1. Introduction to the Greek pilot HES *by Valentini Konstantinidou*

2. Sampling procedures *by Philippos Orfanos*

3. Inviting the participants *by Ioulia Goufa*

4. Procedures at the examination sites: questionnaire *by Elisavet Valanou*

5. Procedures at the examination sites: examinations *by Dimosthenis Zilis*

6. Data management and security issues *by Pericles Karathanasis*

7. The manual of the Greek HES *by Androniki Naska*

INVITING THE PARTICIPANTS

A. **INVITATION LETTER**

B. **TELEPHONE CONTACT**
(one week after the letter is sent)

A. Invitation letter

PROCESS

- ✓ **DIRECTOR - HEALTH CENTER**
- ✓ **PREPARATION of the LETTERS**
- ✓ **POSTING the LETTERS**

B. Telephone contact

HOURS

✓MORNING
(09:00am- 02:00pm)

✓AFTERNOON
(05:00pm- 08:00pm

PARTICIPANT

RELATIVES

ANYONE ELSE (eg. Babysitter, household keeper)

Brief description of the telephone contact

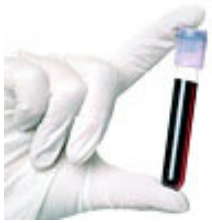
- ✓ INTRODUCE MYSELF & H.H.F.
- ✓ CONFIRMATION
  if they received the letter
- ✓ CONFIRMATION of the PARTICIPANT

Information about:

- ✓ The purpose of the study.
- ✓ Who are the collaborators of the study.
- ✓ How was the selection made.
- ✓ Voluntary participation.
- ✓ Strictly confidential data.
- ✓ Motivations.

Benefits

- ✓ MEASUREMENT OF BODY FAT MASS
- ✓ RESULTS ON BLOOD LEVELS OF: CHOLESTEROL, GLUCOSE, CALCIUM, CREATININE…
- ✓ DIETARY ADVICE
- ✓ OFFER TO THE WELFARE OF NEXT GENERATIONS



What they have to do:

1. Visit the Health Center or other Examination Center.
2. Reply to questionnaires.
3. Anthropometric measurements (height, weight..).
4. Blood pressure measurement.
5. Blood Sampling.

Notes for the appointment day:

- ✓ LIGHT CLOTHING
- ✓ ABSTINENCE FROM SMOKING
  (1 hour before)
- ✓ ABSTINENCE FROM PHYSICAL ACTIVITY
  (1 hour before)
- ✓ PERSONAL HEALTH BOOKLET/
  ID CARD/ MEDICINES
- ✓ ADVICE ON FASTING
  (at least: 8hrs- morning visit or 4hrs- afternoon visit)

PROBLEMS/ RESTRICTIONS

PROBLEMS / RESTRICTIONS

NO TELEPHONE NUMBER OR WRONG NUMBER

WRONG ADDRESS

DEATH (participant/relative)

LIVING ABROAD

HANG UP

BLOCKED BY 3RD PERSON

HEALTH ISSUE

BUSY SCHEDULE
(job, children, pregnancy..)

STUDENT

DISAPPOINTED
(by authorities of the country)

NOT INTERESTED