EHES
Measuring the Health of Europeans

Current status of EHES-Greece

Procedures at the examination sites: questionnaire

Data collection instrument

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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*

Greek HES questionnaire. Demographic, health and lifestyle characteristics

Personal characteristics

Physical activity status

Health care
Health status

Health determinants

Core HES items	Standard EHIS National (HIS question)
Age	Date of birth (HH.2)
Sex	Sex (HH.2)
Marital status	Marital status (HH.5)
Education	Level of education (as it appears in the questionnaire of the Greek HIS that takes into account the country's educational system) (HH.7)
Occupation	Labour status (HH.8-HH.14)
Height (self reported)	Height without shoes (BMI.1)
Weight (self reported)	Weight without clothes and shoes (BMI.2)
General health	Perceived health in general (HS.1) Longstanding illnesses (HS.2) Limitation due to longstanding illness (HS.3)

Core HES items	Standard EHIS/National (HIS question)
Cardiovascular diseases	Diagnosed by a medical doctor (HS.5) Suffered during the past 12 months (HS.6)
Hypertension	Diagnosed by a medical doctor (HS.5) Suffered during the past 12 months (HS.6) Treatment for hypertension (MD.1, MD.2)
Hyper/dyslipidemia	Diagnosed by a medical doctor (HS.5) Suffered during the past 12 months (HS.6) Treatment for dyslipidemia (MD.1, MD.2)
Diabetes	Diagnosed by a medical doctor (HS.5) Suffered during the past 12 months (HS.6) Treatment for diabetes (MD.1, MD.2)
Smoking	Current smoker (SK.1-SK.3) Former smoker (SK.4, SK.5) Passive smoker (SK.6-SK.8)

Personal characteristics, Demographic, Education level, Occupation

EHES CORE /HIS Greece (14 questions)

- Sex
- Date of birth
- Number of household members
- Marital status
- Education level
- Labour status (7 questions)

HIS Greece (2 questions)

- Country of birth
- Citizenship

Physical activity status (11 questions)

Occupation (hours/day)
sitting, standing, manual, heavy manual

Household activities (hours/week)
light, moderate, heavy

Rest (hours/day)
midday and night sleep, sitting/lying awake

Transport to or from work (hours/day)
motorized vehicle, walking, cycling

Do-it-yourself activities (hours/week)

Gardening (hours/week)

Specific or general sports activities (hours/month, hours/week)
list of sports activities

Physical activity status

EPIC Physical Activity Questionnaire

- Repeatability and validity were tested and results were relatively good (Pols et al, 1997; Camões et al, 2010).
- Validity has also been tested in a Greek population sample (results to be published).

Health status and Health care

Health status

- **EHES core/HIS Greece (5 questions):** How is your health in general? Do you have any long-lasting illness or health problem, the last 6 months? To what extent have you been limited because of a health problem? Do you have any of the following diseases or conditions diagnosed by a doctor? Have you had any of the following diseases or conditions diagnosed by a doctor in the past 12 months?
- **HIS Greece (7 questions):** Have you had any of the following diseases or conditions ? Can you bite and chew hard food such as a firm apple? Using your arms, can you carry a shopping bag weighing 5 kilos for at least 10 meters without any aid? Do you usually have difficulty for preparing meals, and/or shopping? If yes for what reason? Do you usually have help? Do you have enough help? Would you need help?

Health status and Health care

Health care

- **EHES Core/HIS Greece (3 questions):** During the past two weeks have you used any medicines that were prescribed by a doctor? Were they medicines for...? Have you used other types of medicines prescribed by a doctor?
- **HIS Greece (6 questions):** Have you ever had blood pressure, cholesterol, blood glucose taken by a health professional? When was the last time that you have measured them?

Health determinants

EHES core/HIS Greece (10 questions)

- Height
- Weight
- Smoking status
- Type of tobacco product
- Number of tobacco product per day
- Regular smoking that had at least a duration of a year
- Total duration of systematic smoking
- Frequency of tobacco exposure indoors at home
- Frequency of tobacco exposure indoors at public places
- Frequency of tobacco exposure indoors at the workplace

References

- Pols MA, Peeters PH, Ocké MC, Bueno-de-Mesquita HB, Slimani N, Kemper HC, (1997). Relative validity and repeatability of a new questionnaire on physical activity. Prev Med 26:37-43

- Camões M, Severo M, Santos AC, Barros H, Lopes C, (2010). Testing an adaptation of the EPIC physical activity questionnaire in Portuguese adults: a validation study that assesses the seasonal bias of self-report. Ann Hum Biol 37:185-197