



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:



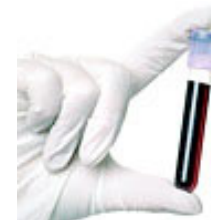
- ✓ The purpose of the study.
- ✓ Who are the collaborators of the study.
- ✓ How was the selection made.
- ✓ Voluntary participation.
- ✓ Strictly confidential data.
- ✓ Motivations.



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

**NO TELEPHONE NUMBER OR
WRONG NUMBER**

WRONG ADDRESS

DEATH (participant/relative)

LIVING ABROAD

HANG UP

BLOCKED BY 3RD PERSON

**PROBLEMS /
RESTRICTIONS**

HEALTH ISSUE

**BUSY SCHEDULE
(job, children, pregnancy..)**

STUDENT

**DISAPPOINTED
(by authorities of the country)**

NOT INTERESTED