

YOUNG50

YOUNG50 #Stay Healthy – Cardiovascular Risk Prevention

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D5.1

Training manual for health professionals carrying out YOUNG50



Beneficiaries

Country	Name	Acronym
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Italy	Azienda ULSS 4 Veneto Orientale	ULSS4 V. Orient - ProMIS
Luxembourg	Ministère de la Santé	MOHLUX
Lithuania	Viesoji Istaiga Centro Poliklinika	Centro Poliklin
Romania	Asociata Aer Pur Romania	AER PUR ROMANIA
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Authors	Vitalija Gelzinyte, Centro poliklin Marius Ciurlionis, Centro poliklin Kasparas Aleknavicius, Centro poliklin

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1. Introduction

Cardiovascular diseases (CVD) are the leading cause of mortality in the European Union causing over 1.8 million deaths per year (EHN Cardiovascular Disease Statistics) as well as a great loss in potential years of life. Prevention is increasingly playing a key role in reducing mortality linked to CVD.

It is sufficient to consider how mortality rates due to coronary artery disease (CAD) have decreased compared to that of the '80s, especially in high-income countries. Thanks to preventive measures, such as effective tobacco control legislation and strategies, nowadays in many European countries CAD rates have more than halved compared to those of the '80s.

The project CARDIO 50: *Organized cardiovascular risk screening programme for active prevention in fifty-year-olds* ("Cardio 50") was developed and coordinated by the Centre for Disease Control and Prevention of the Veneto Region of Italy, involving 22 Local Health Authorities from 11 Italian regions.

The objectives of CARDIO 50 were to estimate cardiovascular risk among the 50-year-old population, identify persons with unhealthy lifestyles, new cases of hypertension, hyperglycemia and hypercholesterolemia, activate an integrated model of assistance to help modify or reduce risk factors among healthy subjects, promote interventions to change unhealthy lifestyles and to increase knowledge and perceptions of CVD risks among the general population.

The priorities of the Work Programme for 2018 of the 3rd Health Programme, in the specific area of promotion of good health and prevention of non-communicable diseases, included the transfer and/or scaling up of existing good and best practices. In this framework, the Steering Group on Promotion and Prevention selected "CARDIO 50" as the best practice to transfer to other participating Member States.

2. Specific objectives of the YOUNG50 Project

The first specific objective of the Project was to adapt and export the CARDIO50 screening model to the EU member countries participating in the project (Lithuania, Romania, and Luxembourg). For this objective, process and result indicators have been defined to verify that the actions performed have efficiently produced the expected results, linked to the transfer of the best practice. A further specific objective is to affect eight major cardiovascular risk factors, which fall into two groups:

- Behavioural risk factors (unhealthy diet, low physical activity, smoking, alcohol use, BMI);
- Medical risk factors (high systolic and/or diastolic blood pressure; high total blood cholesterol; high random, postprandial or fasting plasma glucose; not receiving treatment for latter mentioned conditions)

Despite the limited duration of the project, some initial results can be observed with respect to the target population in terms of people reached, percentages of adhesion to screening and follow-up, and in terms of outcomes.

Finally, through comparison across the other member countries participating in YOUNG50, the aim of the present project is to refine the screening model to obtain maximum performance, maximum sustainability, and maximum dissemination.

3. YOUNG50 procedure step by step

Introduction

This document is dedicated to healthcare professionals implementing the YOUNG50 project, but can also be referred to by project management teams or stakeholders. This training manual provides a coherent framework for each participating country to follow. Each partner is expected to have slight differences and deviations from the scheme, but the framework remains the same. The framework is constructed from the four key steps: invitation, information, healthy lifestyle survey and evaluation. These steps are conducted according to the resources that each partner has. The training manual is important to refine the screening model to obtain the maximum performance and maximum sustainability.

3.1. Recruitment procedure

The selection of target population is done by assessing the project criteria and using the information database that partner institution has for the participants. Keeping in mind the duration of the project it is crucial to target not only 50-year-olds, but also those aged 49 years and foresee them also becoming the target audience for the screening programme. Both 49- and 50-year-old groups will be contacted by the coordinators and informed about the ongoing YOUNG50 project's pilot programme and about the possibility to participate. There are other ways by which participants can be referred to the project other than directly through the database. These methods can vary from partner to partner. A couple of examples: a second way to be referred to the project is by direct contact with GPs, especially those who are true ambassadors of the YOUNG50 programme. The third way will be on target group initiative, after randomly finding information about the project on the internet and/or social media.

Recruitment procedure for the follow – up is conducted at least one month in advance after 6 months after the first visit date.

In those cases where participant does not respond to the first visit invitation or follow-up invitation, request is repeated two additional times – once every week.

All participants should be briefed about the screening, future engagement and follow-up. After verbal consent to participate in the project, participants are referred to the YOUNG50 screening programme with a specific time and date. Visit schedule changes should be managed according to each institution's routine work – the target population will communicate their inability to participate on a given date and their wish to reschedule the visit in any way that is convenient for them. Institutions should be ready and able to accept any feasible changes

3.2. Exclusion criteria

Members of the target population are excluded a priori from the invitation to take part in the screening programme (in Italy, for example, through “list filtering” by the Regional Technical Software Assistance Group or telephonically by the screening staff) in the presence of one of the following main disease groups:

- cardiocerebrovascular pathology,
- oncological pathology, diagnosed less than 5 years prior to the time of assessment,
- neuropsychiatric pathology,
- chronic kidney failure,
- diabetes mellitus and other dysmetabolic disorders,
- other severe conditions that adversely affect personal independence.

If a person with one of the above pathologies attends a cardiovascular screening session, the health professional shall in any case perform the assessment and classify the person as excluded. Persons declining to take part in the project, including verbally, are also considered as excluded.

The following are temporary exclusion criteria and the following steps should be taken:

- Temporary general unhealthy status that prevents the person from taking part in the screening programme - exclusion from the screening programme for six months.
- Incorrect address for the invited person - suspension for three months from the appointment date.

3.3. Information

During the scheduled participant visit to the YOUNG50 screening unit, the health care professional identifies the participant by his identity documents, then thoroughly describes the project structure, aims, and participant's role in it, future engagement and follow-up procedures. The health care professional also describes how the personal data will be gathered, stored and used, including the statistical data analysis for the project results. Once all the above information is clear for the participant and there are no further questions, the participant will give his/her written or oral consent. The type and the form of consent given will depend on the legislation in the region and/or country where the screening programme is held.

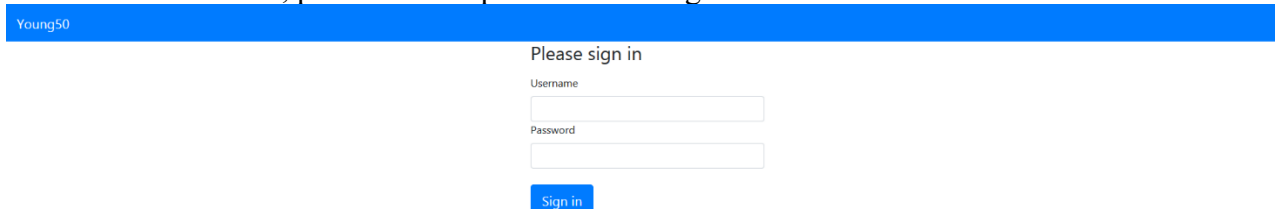
3.4. Healthy lifestyle survey

The healthy lifestyle survey is conducted by the healthcare professional to evaluate the needs and possible benefits for the participant. The main part of this survey is the Core Questionnaire which includes specific standardized lifestyle questions and can be expanded to include additional questions agreed on with the local stakeholders during the process of adapting the screening tool to the local setting. The health care professional enters the participant's answers to the survey and the data collected during the screening using the IT tool. Where appropriate the healthcare professional is also required to provide the participant with motivational counselling based on the general evaluation.

3.4.1. Core Questionnaire

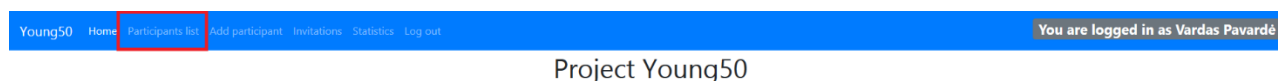
The health care professional should fill the Core Questionnaire and use the IT tool according to following instructions:

- Enter username, password and press button "Sign in".



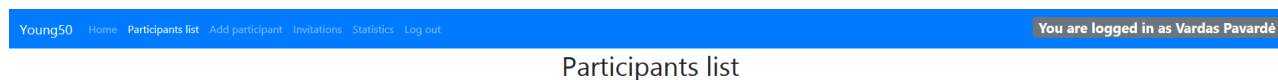
The screenshot shows a blue header bar with the text "Young50" on the left. Below the header, the text "Please sign in" is displayed. Underneath, there are two input fields: "Username" and "Password". A blue button labeled "Sign in" is positioned below the password field.

- To open list of participants, press button “Participant list”.



Project Young50

- Find the participant by entering the person’s ID into search field and press on participant in the table.



Participants list

Person ID:

First name	Last name	Sex	Person ID	Email	Phone number	Risk category	Risk category 2
Vardas17	Pavardė17	Male	12345678917	pavadinimas17@paštas.lt	812345617		
Vardas18	Pavardė18	Male	12345678918	pavadinimas18@paštas.lt	812345618		
Vardas19	Pavardė19	Male	12345678919	pavadinimas19@paštas.lt	812345619		
Vardas20	Pavardė20	Male	12345678920	pavadinimas20@paštas.lt	812345620		
Vardas21	Pavardė21	Male	12345678921	pavadinimas21@paštas.lt	812345621		
Vardas22	Pavardė22	Male	12345678922	pavadinimas22@paštas.lt	812345622		
Vardas23	Pavardė23	Male	12345678923	pavadinimas23@paštas.lt	812345623		
Vardas24	Pavardė24	Male	12345678924	pavadinimas24@paštas.lt	812345624		
Vardas25	Pavardė25	Male	12345678925	pavadinimas25@paštas.lt	812345625		
Vardas26	Pavardė26	Male	12345678926	pavadinimas26@paštas.lt	812345626		

Page Size: 10 | First | Prev | 2 | 3 | **4** | 5 | 6 | Next | Last

- Press button “Fill questionnaire”.



Participant data

First name	Last name	Sex	Identification number	Email	Phone number	Risk category	Risk category 2
Vardas18	Pavardė18	Male	12345678918	pavadinimas18@paštas.lt	812345618		

Enter additional information

Select risk category: Risk category A | Select questionnaire: First questionnaire |

- Answer all questions. Note bold questions – these are required to evaluate the participant. Grey fields are calculated automatically, based on values entered in other fields. At the bottom of the questionnaire, press the “Save” button.

56. Blood sugar current treatment
No

57. Total cholesterol (mmol/l)

58. Cholesterol HDL (mmol/l)

59. Cholesterol LDL (mmol/l)

60. Cholesterol current treatment
No

62. Weight (kg)

63. Height (cm)

64. BMI

65. Waist circumference (cm)

66. Did you participate in national cardiovascular diseases prevention program?
No

Save

➤ You now have the risk category. You can also enter additional information about the participant. Below additional information, you can manually assign risk category, for example “D”, if the participant cannot take part any further in the Young50 programme due to serious health issues (list of the exclusion criteria). Below you can find tables with the most important lifestyle and health parameters, evaluate results, and give the participant suggestions on what can be improved.

Questionnaire saved successfully Participant data

First name	Last name	Sex	Identification number	Email	Phone number	Risk category	Risk category 2
Vardas18	Pavardė18	Male	12345678918	pavadinimas18@paštas.lt	812345618	B2	

[Preview first questionnaire](#) [Fill second questionnaire](#)

Enter additional information

Enter additional information

Save information

Select risk category: Risk category A

Select questionnaire: First questionnaire

Assign category

Lifestyle parameters	Answer 1	Category 1	Answer 2	Category 2
5. Do you smoke?	Never smoked	A		

➤ If the participant comes back for a second visit after at least 6 months (see below which categories are invited back) and therefore takes further part in the Young50 programme, you will fill in a second questionnaire and be able to compare current results with the results of the previous year in the tables below. You will also be able to inform the participant about his/her progress and give suggestions for further improvements.



Questionnaire saved successfully

Participant data

First name	Last name	Sex	Identification number	Email	Phone number	Risk category	Risk category 2
Vardas18	Pavardė18	Male	12345678918	pavadinimas18@paistas.lt	812345618	B2	

Enter additional information

Enter additional information

Select risk category:
 Select questionnaire:

Lifestyle parameters	Answer 1	Category 1	Answer 2	Category 2
5. Do you smoke?	Never smoked	A		

3.5. Evaluation

3.5.1. Identifying healthy lifestyle

Lifestyle is considered healthy if all the following conditions are met:

- Nonsmoker or ex-smoker;
- Moderate or vigorous physical activity;
- Maximum alcohol consumption of ≤ 1 unit per day for women and ≤ 2 units per day for men;
- ≥ 5 portions of fruit and vegetables per day;
- BMI < 25 ;
- Waist circumference ≤ 80 for women, ≤ 94 for men.

3.5.2. Identifying parameters in the normal range

Parameters are considered to be in the normal range where:

- SYS BP < 140 mmHg, DIA BP < 90 mmHg;
- Random or fasting blood sugar < 110 mg/dl, post prandial blood sugar < 140 mg/dl;
- Blood cholesterol < 240 mg/dl*;
- The participant is not currently taking treatment for high blood pressure, diabetes or high blood cholesterol.

* Follow the test manufacturer's instructions.

3.5.3. Cardiovascular risk category table

All participants, according to their answers to the questionnaire, are assigned to one of the 6 following categories: A, B1, B2, C, C1 and D. Based on the participant's category, the health care professional will take the following steps:

Cardiovascular risk category table

RISK CATEGORY	LIFESTYLE CHARACTERISTICS	PARAMETERS
A	Healthy lifestyle	Parameters in normal range
B1	<ul style="list-style-type: none"> • Non smoker or ex smoker; • Moderate or vigorous physical activity; • Alcohol consumption ≤ 1 alcohol unit/day for women, ≤ 2 alcohol units/day for men; • 3-4 portions of fruit and vegetables per day; • BMI ≥ 25 and < 27; • Waist circumference > 80 and < 88 for women, > 94 and < 102 for men. 	Parameters in normal range
B2 <i>(follow up)</i>	<ul style="list-style-type: none"> • Smoker; • Physical activity light or absent; • Alcohol consumption > 1 alcohol unit/day for women, > 2 alcohol units/day for men; • ≤ 2 portions of fruit and vegetables per day; • BMI ≥ 27; • Waist circumference ≥ 88 for women, ≥ 102 for men. 	Parameters in normal range
C	<ul style="list-style-type: none"> • Smoker; • Physical activity light or absent; • Alcohol consumption > 1 alcohol unit/day for women, > 2 alcohol units/day for men; • ≤ 2 portions of fruit and vegetables per day; • BMI ≥ 27; • Waist circumference ≥ 88 for women, ≥ 102 for men. 	<ul style="list-style-type: none"> • SYS BP ≥ 140 mmHg, DIA BP ≥ 90 mmHg; • Random or fasting blood sugar ≥ 110 mg/dl, post-prandial blood sugar ≥ 140 mg/dl; • Blood cholesterol ≥ 240 mg/dl; • No current treatment for high blood pressure, diabetes or high blood sugar.
C1	Healthy lifestyle	<ul style="list-style-type: none"> • SYS BP ≥ 140 mmHg, DIA BP ≥ 90 mmHg; • Random or fasting blood sugar ≥ 110 mg/dl, post-prandial blood sugar ≥ 140 mg/dl; • Blood cholesterol ≥ 240 mg/dl; • No current treatment for high blood pressure, diabetes or high blood sugar.
D	Not eligible or excluded (<i>see exclusion criteria</i>)	

A – Inform the participant that his/her living habits are very good and will help bring the participant a long and healthy life. Encourage the participant to keep up their good lifestyle, and also ask him/her to share his/her healthy living methods with close friends and/or relatives.

B1 and B2 - During the consultation, according to the individual questionnaire answers, it is recommended to:

- *Increase the portions of fruit and vegetables and/or*
- *Increase physical activity and/or*
- *Reduce the consumption of alcoholic beverages and/or*
- *Stop smoking and/or*
- *Other (according to the answers to the questionnaire)*
- *The participant is informed about ongoing prevention actions at the institutions of the implementing partner's stakeholders (e.g. public health bureau) or in case there are no ongoing actions, the participant is referred to the same institutions for consultation.*

The health care professional also fills out the report notes field which will be included directly in the letter/report and will specify the items that the screened person has committed to. Participants allocated to risk category B2 (see below) are invited to come back for a follow-up visit after at least six months.

C or C1 – participant is referred to GP for further examination. Then the healthcare professional informs the participant about follow-up procedures and future visits.

D – informs the participant about the exclusion criteria.

3.5.4. Physical activity evaluation

The health care professional surveys the intensity of the physical activity (variation in the rate and depth of breathing, heart rate, sweat levels) performed by the Participant.

The YOUNG50 screening software algorithm identifies the level of physical activity that can be classified as:

- light, if it is <150 minutes/week
- moderate, if it is ≥ 150 minutes/week
- vigorous, if vigorous activity is carried out for ≥ 75 minutes/week.

In the case of light physical activity, the health care professional performing the counselling will stress the benefits of an active life and propose, according to individual preferences and what is available locally, physical activities that could be carried out. The health care professional will take note of the commitment made by the participant to engage in the chosen physical activity together with the timing and manner with which it will be conducted. If the participant does not already do muscle reinforcing exercises, the health care professional will also recommend doing 2/3 weekly sessions of at least 20 minutes each, alternating with at least one day's rest between sessions, in addition to interrupting extended periods of sitting with simple exercises.

The questionnaire on physical activity can be given to participants to fill out before the screening visit. This helps to save time.

Physical activity

During a typical week, how much time do you spend doing vigorous physical activity that makes you breathe harder and faster, such as running, aerobic physical activity or competitive sports?

- 0 minutes
- Less than 30 minutes (median 15')
- 30-60 minutes (median 45')
- 60-90 minutes (median 75')
- 90-120 minutes (median 105')
- More than 120 minutes (median 120')

Choose an alternative

- 0 minutes/No time (median 0)
- Less than 30 minutes (median 15)
- 30–60 minutes (0,5–1 hour) (median 45)
- 60–90 minutes (1–1,5 hours) (median 75)
- 90–120 minutes (1,5–2 hours) (median 105)
- More than 120 minutes (2 hours) (median 120)

During a typical week, how much time do you spend doing moderate physical activity that increases your heart rate and makes you breathe a little faster, such as walking briskly, cycling, gardening or exertion at work?

- 0 minutes
- Less than 30 minutes (median 15')
- 30-60 minutes (median 45')
- 60-90 minutes (median 75')
- 90-150 minutes (median 120')
- 150-300 minutes (median 225')
- More than 300 minutes (median 300')

Choose an alternative

- 0 minutes/No time (median 0)
- Less than 30 minutes (median 15)
- 30–60 minutes (0,5–1 hour) (median 45)
- 60–90 minutes (1–1,5 hours) (median 75)
- 90–120 minutes (1,5–2 hours) (median 105)
- More than 120 minutes (2 hours) (median 120)

Calculate the “minutes of activity” from the above responses (median) using the formula: “Vigorous Activity x 2 + “Moderate Activity”

SumEnter.....

Vigorous/Moderate activity ≥ 150 minutes is healthy; < 150 minutes is sedentary

How many days a week do you spend doing muscle-strengthening activities, using body weight resistance exercises, dumbbells or training equipment?

- 0 days
- 1 day
- 2 days
- More than 3 days

Choose an alternative

- 0 days
- 1 day
- 2 days
- More than 3 days

During a typical day how much time do you spend sitting, excluding sleeping?

- All day
- 13-15 hours
- 10-12 hours
- 7-9 hours
- 4-6 hours
- 1-3 hours
- Never

Choose an alternative

- Virtually all day
- 13-15 hours
- 10-12 hours
- 7-9 hours
- 4-6 hours
- 1-3 hours
- Never

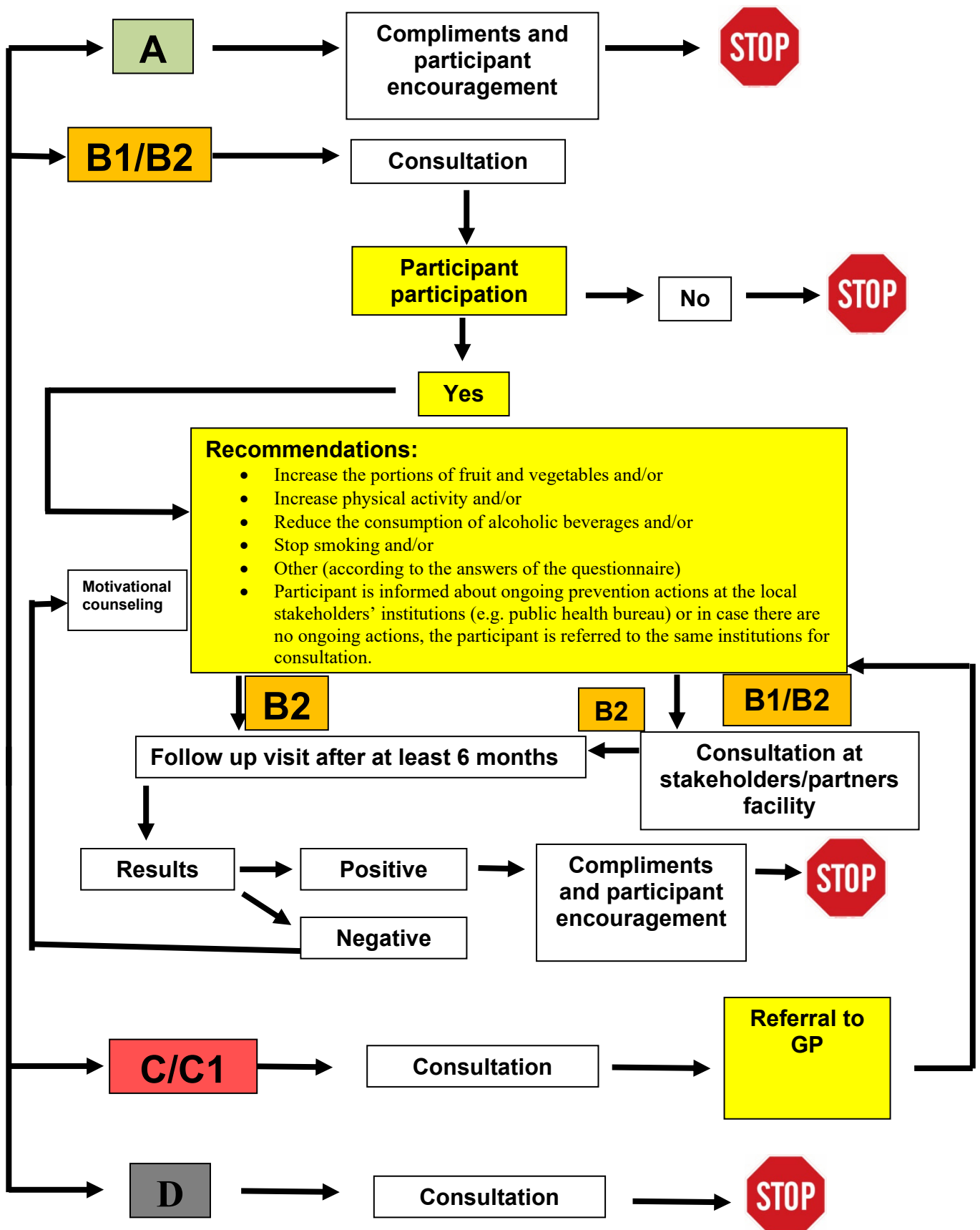
What is your preferred type of physical activity?

3.5.5. Follow-up healthy lifestyle survey

After at least 6 months, it is required to schedule the follow-up visit for participants in Category B2, again using a recruitment procedure. This should be done at least one month in advance to six months after the first visit date. Each institution selects the most comfortable method for the participant to receive follow-up visit invitation.

When the participant returns, the screening visit is repeated in the same manner as the first time. It is important to make sure that the responses to the questionnaire are saved as a separate visit and are not overwritten on the responses provided at the first visit. The health care professional compares the empirical data of the same participant between two visits and informs the participant about the changes and effects. Where no changes are evident, the health care professional again counsels the participant with regard to activities that could be undertaken in relation to nutrition, physical activity, smoking cessation and alcohol limitation.

4. Participant referral scheme:



5. Annex 1 – Algorithm of YOUNG50

1. Identifying healthy lifestyle

Lifestyle is considered healthy if all the following conditions are met:

- Non smoker or ex smoker;
- Moderate or vigorous physical activity;
- Maximum alcohol consumption of ≤ 1 unit per day for women and ≤ 2 units per day for men;
- ≥ 5 portions of fruit and vegetables per day;
- BMI < 25 ;
- Waist circumference ≤ 80 for women, ≤ 94 for men.

2. Identifying parameters in the normal range

Parameters are considered to be in the normal range where:

- SYS BP < 140 mmHg, DIA BP < 90 mmHg;
- Random or fasting blood sugar < 110 mg/dl, post prandial blood sugar < 140 mg/dl;
- Blood cholesterol < 240 mg/dl;
- No current treatment for high blood pressure, diabetes or high blood cholesterol.

3. Exclusion criteria

Members of the target population are excluded a priori from the invitation to take part in the screening programme (“list filtering” by the Regional Technical Software Assistance Group or telephonically by the Screening Staff) in the presence of one of the following main disease groups:

- CARDIOCEREBROVASCULAR PATHOLOGY,
- ONCOLOGICAL PATHOLOGY, diagnosed less than 5 years prior to the time of assessment,
- NEUROPSYCHIATRIC PATHOLOGY,
- CHRONIC KIDNEY FAILURE,
- DIABETES MELLITUS AND OTHER DYSMETABOLIC DISORDERS,
- OTHER SEVERE CONDITIONS that adversely affect personal independence.

If a person with one of the above pathologies attends a cardiovascular screening session, the health professional shall in any case perform the assessment and classify the person as excluded.

Persons declining to take part in the project, including verbally, are also considered as excluded.

The following are temporary exclusion criteria:

- Overall unhealthy status (exclusion from the programme for six months),
- Incorrect address for the invited person (suspension for three months from the appointment date).

Cardiovascular risk category table

RISK CATEGORY	LIFESTYLE CHARACTERISTICS	PARAMETERS
A	Healthy lifestyle	Parameters in normal range
B1	<ul style="list-style-type: none"> • Non smoker or ex smoker; • Moderate or vigorous physical activity; • Alcohol consumption ≤ 1 alcohol unit/day for women, ≤ 2 alcohol units/day for men; • 3-4 portions of fruit and vegetables per day; • BMI ≥ 25 and < 27; • Waist circumference > 80 and < 88 for women, > 94 and < 102 for men. 	Parameters in normal range
B2 <i>(follow up)</i>	<ul style="list-style-type: none"> • Smoker; • Physical activity light or absent; • Alcohol consumption > 1 alcohol unit/day for women, > 2 alcohol units/day for men; • ≤ 2 portions of fruit and vegetables per day; • BMI ≥ 27; • Waist circumference ≥ 88 for women, ≥ 102 for men. 	Parameters in normal range
C	<ul style="list-style-type: none"> • Smoker; • Physical activity light or absent; • Alcohol consumption > 1 alcohol unit/day for women, > 2 alcohol units/day for men; • ≤ 2 portions of fruit and vegetables per day; • BMI ≥ 27; • Waist circumference ≥ 88 for women, ≥ 102 for men. 	<ul style="list-style-type: none"> • SYS BP ≥ 140 mmHg, DIA BP ≥ 90 mmHg; • Random or fasting blood sugar ≥ 110 mg/dl, post-prandial blood sugar ≥ 140 mg/dl; • Blood cholesterol ≥ 240 mg/dl; • No current treatment for high blood pressure, diabetes or high blood sugar.
C1	Healthy lifestyle	<ul style="list-style-type: none"> • SYS BP ≥ 140 mmHg, DIA BP ≥ 90 mmHg; • Random or fasting blood sugar ≥ 110 mg/dl, post-prandial blood sugar ≥ 140 mg/dl; • Blood cholesterol ≥ 240 mg/dl; • No current treatment for high blood pressure, diabetes or high blood sugar.
D	Not eligible or excluded (<i>see exclusion criteria</i>)	

6. Annex 2 – Core questionnaire of Young50

Family name: _____ First name: _____ Sex: _____
 Date of birth: _____
 Health ID card no. _____ Regional code: _____
 Appointment date: _____ Screening centre: _____
 Recommendation (Risk category): _____

Educational level	Occupation:	Cohabitation
Primary	Business person	Do you live with anyone else?
Junior high school	Farmer	No-one, live alone
	Freelancer/Independent contractor	
Senior high school	Homemaker	Living with:
University	Labourer	Spouse/partner
	Manager	Children
	Office worker	Other
	
	Student	
	Unemployed	
	Other	

Smoking

Do you smoke?	NO	YES	
	Never smoked	No. cigarettes per day	
	Ex smoker for ____ mths and ____ yrs	No. cigarettes per week.....	
	Started smoking at age ____	Started smoking at age ____	
		Have you ever considered quitting?	Yes
			No
		If yes, have you made at least one attempt to quit in the last 12 months? [] NO [] YES	
Do you use electronic cigarettes or other devices?	[] NO	[] YES	
Are you exposed to passive smoking?	[] NO	[] YES	

Physical activity

During a typical week, how much time do you spend doing vigorous physical activity that makes you breathe harder and faster, such as running, aerobic physical activity or competitive sports?

- 0 minutes
- Less than 30 minutes (median 15')
- 30-60 minutes (median 45')
- 60-90 minutes (median 75')
- 90-120 minutes (median 105')
- More than 120 minutes (median 120')

During a typical week, how much time do you spend doing moderate physical activity that increases your heart rate and makes you breathe a little faster, such as walking briskly, cycling, gardening or exertion at work?

- 0 minutes
- Less than 30 minutes (median 15')
- 30-60 minutes (median 45')
- 60-90 minutes (median 75')
- 90-150 minutes (median 120')
- 150-300 minutes (median 225')
- More than 300 minutes (median 300')

Calculate the “minutes of activity” from the above responses (median) using the formula: “Vigorous Activity x 2 + “Moderate Activity”
Vigorous/Moderate activity ≥ 150 minutes is healthy; < 150 minutes is sedentary

How many days a week do you spend doing muscle-strengthening activities, using body weight resistance exercises, dumbbells or training equipment?

- 0 days
- 1 day
- 2 days
- More than 3 days

During a typical day how much time do you spend sitting, excluding sleeping?

- All day
- 13-15 hours
- 10-12 hours
- 7-9 hours
- 4-6 hours
- 1-3 hours
- Never

What is your preferred type of physical activity?

Choose an alternative

- 0 minutes/No time (median 0)
- Less than 30 minutes (median 15)
- 30–60 minutes (0,5–1 hour) (median 45)
- 60–90 minutes (1–1,5 hours) (median 75)
- 90–120 minutes (1,5–2 hours) (median 105)
- More than 120 minutes (2 hours) (median 120)

Choose an alternative

- 0 minutes/No time (median 0)
- Less than 30 minutes (median 15)
- 30–60 minutes (0,5–1 hour) (median 45)
- 60–90 minutes (1–1,5 hours) (median 75)
- 90–120 minutes (1,5–2 hours) (median 105)
- More than 120 minutes (2 hours) (median 120)

SumEnter.....

Choose an alternative

- 0 days
- 1 day
- 2 days
- More than 3 days

Choose an alternative

- Virtually all day
- 13-15 hours
- 10-12 hours
- 7-9 hours
- 4-6 hours
- 1-3 hours
- Never

Food and beverages

Fruit and vegetables - Frequency

Daily

Weekly

Monthly

(num frequency of fruit and vegetables)

Milk and yogurt - Frequency

Daily

Weekly

Monthly

(num frequency of milk and yogurt)

Cheese - Frequency

Daily

Weekly

Monthly

(num frequency of cheese)

Red meat and meat products - Frequency

Daily

Weekly

Monthly

(num frequency of red meat and meat products)

White meat - Frequency

Daily

Weekly

Monthly

(num frequency white meat)

Fish - Frequency

Daily

Weekly

Monthly

 _____ *Do not count shellfish*
(num frequency of fish)

Eggs - Frequency

Daily

Weekly

Monthly

(num frequency of eggs)

Pasta/Rice/Bread - Frequency

Daily

Weekly

Monthly

 _____ *Also include pizza and melba*
toast
(num frequency pasta/rice/bread)

Pulses - Frequency

Daily

Weekly

Monthly

(num frequency of pulses)

 Snacks/Confectionery/Sugary drinks -
 Frequency

Daily

(num frequency of snacks/confectionery/sugary drinks)

Weekly

Monthly

Do you have breakfast regularly?

NO

YES

Salt consumption

Low

Moderate

High

Do you add salt to prepared food?

NO

YES

Alcoholic beverages - Frequency

Daily

Weekly

Monthly

_____ Translate into units of alcohol
(num frequency)

Regular sleep (> 7 hours)?

NO

YES

PA (mm/Hg)

SYS (Ist reading): _____

*DIA (Ist reading.): _____

SYS (2nd reading): _____

*DIA (2nd reading): _____

SYS (recorded reading): _____

*DIA (recorded reading): _____

- *Current treatment

NO

YES

Blood sugar

*Blood sugar (mg/dl)	*Type	*Current treatment
•	Fasting	NO
•	Post prandial	YES
•	Random	

Cholesterol

Total cholesterol (mg/dl): _____
(mg/dl): _____

HDL (mg/dl): _____

LDL

- Current treatment
NO
YES

Female sex

- Currently in menopause?
NO
YES

Other

Weight (Kg): _____

*Height (cm): _____

BMI: _____

Waist circumference (cm): _____