INSEF

Inquérito Nacional de Saúde
com Exame Físico – 2013/2016

ICELAND
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National Health Examination Survey
INSEF 2013-2016

GOVERNO DE PORTUGAL
MINISTÉRIO DA SAÚDE

Instituto Nacional de Saúde Doutor Ricardo Jorge

Summary

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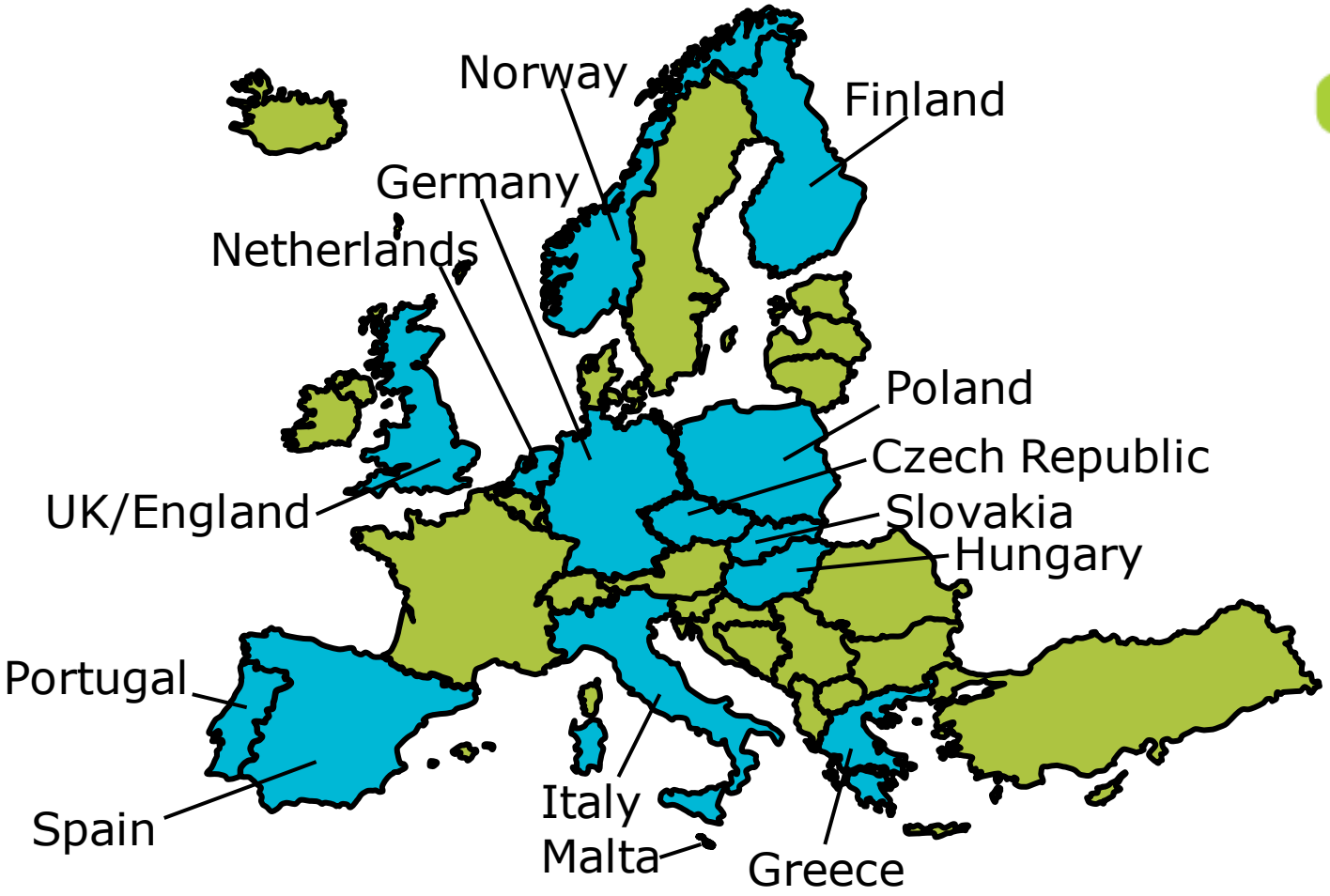
Background

- Need of valid population-based epidemiological health data for:
  - Health needs assessment for planning and evaluation
  - Public Health monitoring (National Health Plan and priority programmes)
  - Public Health Research
- Lack of nationwide integrated and population-based epidemiological data (No National – general - Health Interview and Examination Survey collection system in operation)
- Successful participation in EU funded FEHES, PREHES, EHES Pilot (2008-2011)

European Health Examination Survey (2009-2011)



EHES
Measuring the Health of Europeans

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Aim

Perform a first National Health Interview and Examination Survey (HES - INSEF) which contributes for reducing health inequalities through producing and disseminating high quality health information for Public Health Planning, monitoring, evaluation and research at National and Regional level in Portugal.

Primary Objectives

- Plan and implement a Health Interview and Examination Survey in a representative sample of the Portuguese population (25 to 74 years old) at national and regional level.

- Collect national and regional HES data in 2014/15.

- Report and disseminate National and Regional HES data in 2015/2016.

Secondary Objectives

- Reinforce the National Health Examination Survey (HES) structure through implementation of collaboration agreements with the Regional Health Administrations and bilateral cooperation with the Norwegian Institute of Public Health.

- Promote use of 2014/2015 national HES data in national and international collaborative projects

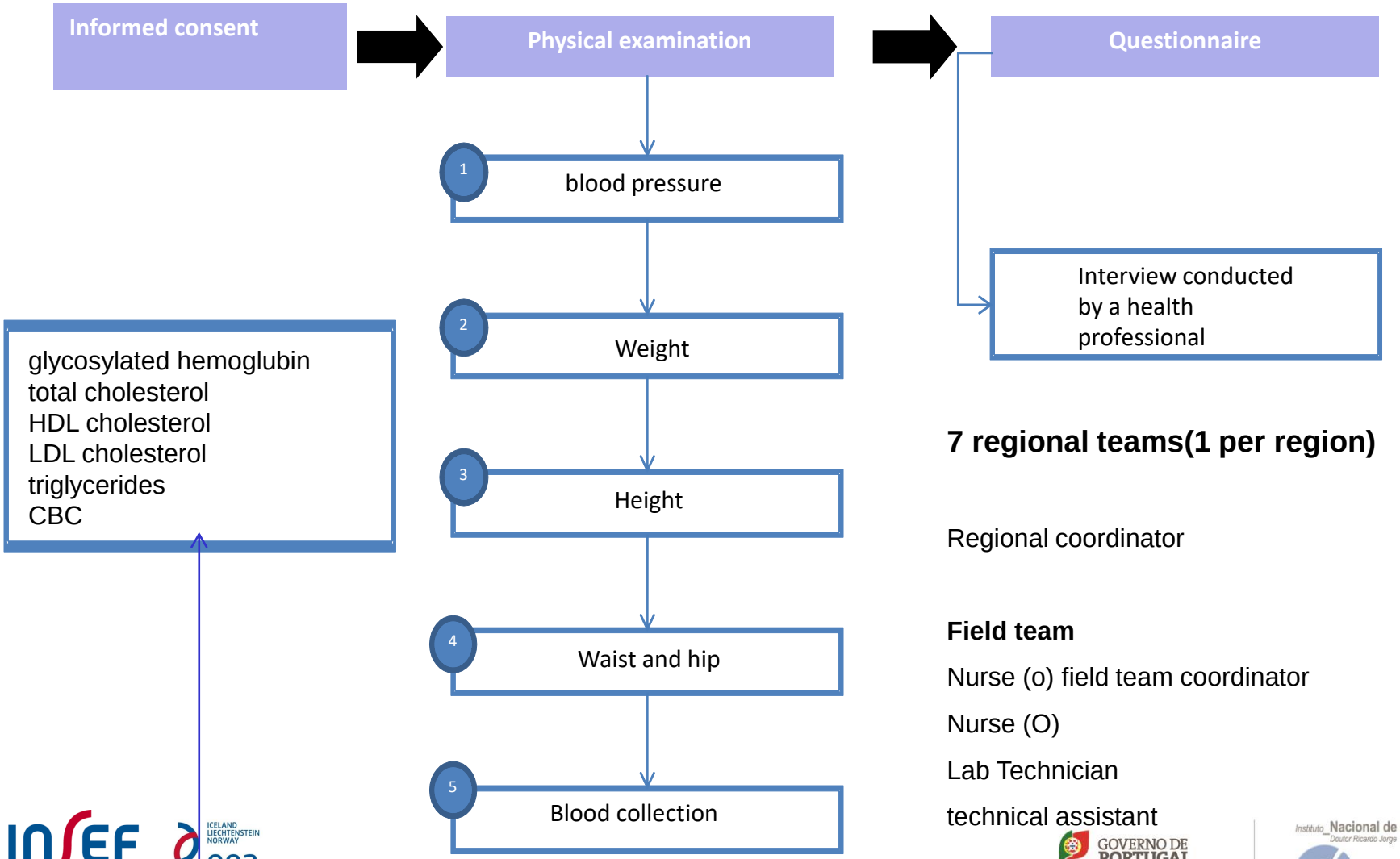
Methods

- Cross - sectional prevalence observational study;
- Target population: residents in Portugal aged 25 to 74 years;
- 4200 individuals (600 per region) selected using a two-stage probability sampling procedure, using the structure of primary care as the sampling frame.

Methods

- Interview: General health questionnaire (demographic and socioeconomic data, health and disease status, determinants of health and health care use);
- Physical examination: blood pressure measurement, anthropometric measurements and blood collection;
- Interview and physical examination performed in "Health facilities" of the NHS by trained teams supervised at Regional and National level.

Methods



7 regional teams(1 per region)

Regional coordinator

Field team

Nurse (o) field team coordinator

Nurse (O)

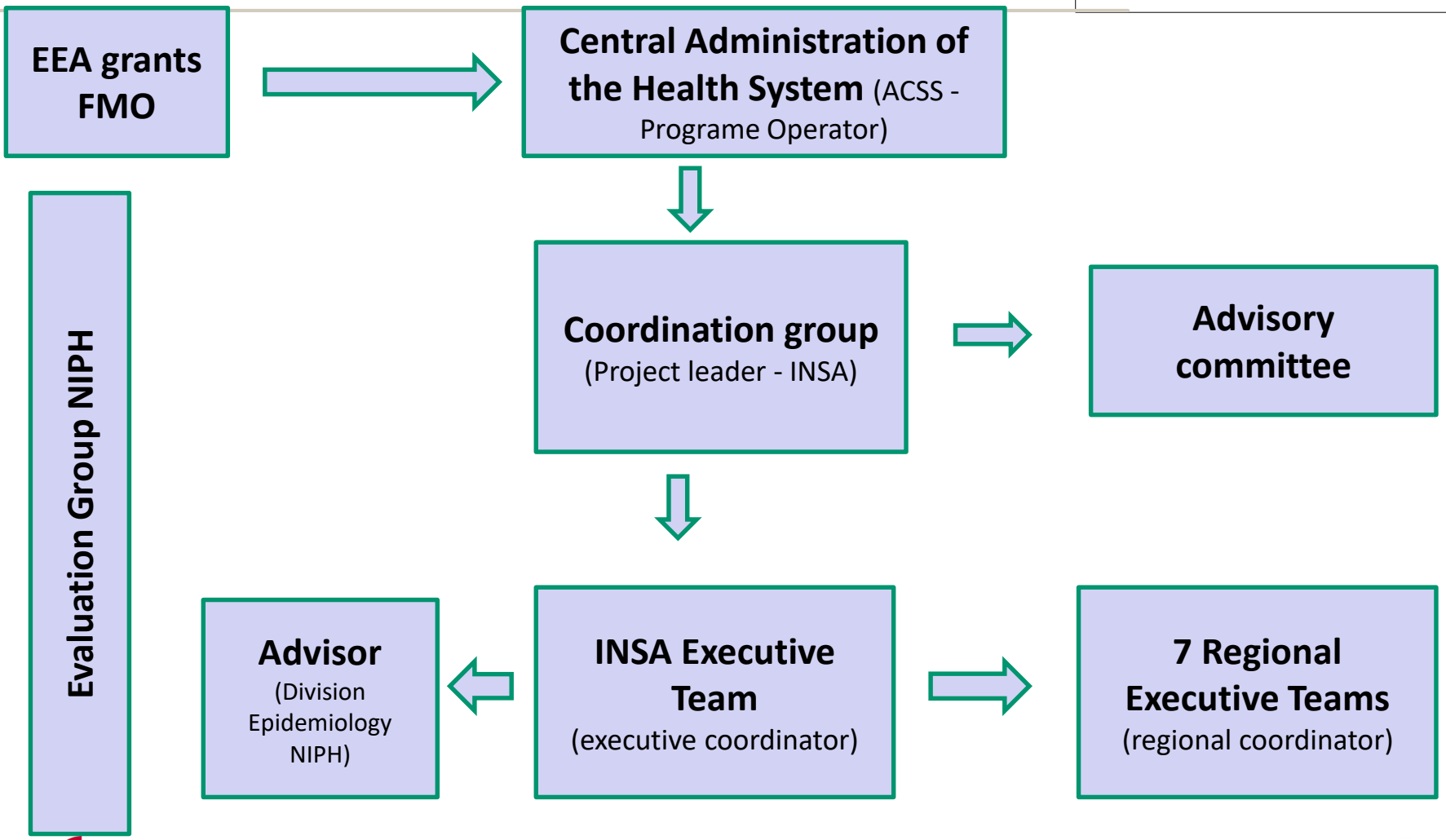
Lab Technician

technical assistant

Methods

- EHES manual and EHES methods toolkit
- Questionnaire based on previous national health interview surveys, EHIS, to include specific information needs (National and Regional Health Plans)
- in-house web-questionnaires (CAPI) and machine-reading forms
- Simplification of methods (blood collection and analysis)
- In-house blood storage

Organization



Organization - Team members

- Central:
  - General Coordinator – Project leader
  - Executive coordinator
  - Project manager; Health examination manager; Laboratory technician
  - Statistician; Fieldwork and training coordinator and assistant
  - Support from juridical and financial officers
- Regional:
  - Executive regional coordinator
  - Field team (2 nurses, 1 lab tech, 1 administrative)
- NIPH
  - 1 consultant

Organization - Advisory committee

- Representatives of the Regional Health Administrations
- Representative of the General Directorate of Health
- Representative of the INSA directive council
- Representative of the NIPH
- National experts (statistics, obesity, diabetes, CVD)

Budget

- € 1,591,064 (15% National / 85% EEAG €1,352,404)

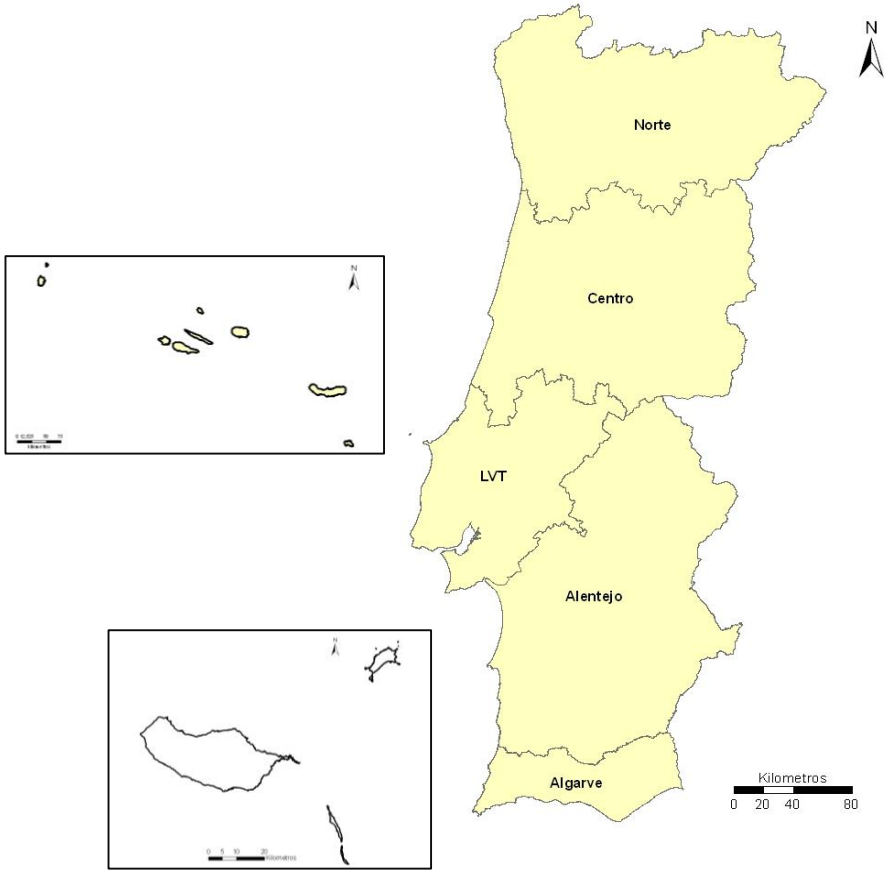
Direct eligible Cost category		Total
Salaries of staff		541 091 €
National travel and substicence allowance		65 700 €
International Travel and subsistence allowance		48 000 €
Equipment		105 322 €
Consumables		79 020 €
Subcontracting		361 460 €
Norway cooperation		200 000 €
Others		20 000 €
Total		1 420 593 €
Indirect eligible Cost category		
Overheads 12%		170 471 €
Total		1 591 064 €

Outcomes and outputs

- National and regional registry of health interview and examination data
- Reproducible national HES structure
- Improved integrated data management and analysis
- Updated and improved reporting and dissemination on the health of the Portuguese
- Health data and biological samples available for research
- Improved national and international networking

Experience

- Start planning long before EEAG approval (2008-2009)
- Start early cooperation with Central and Regional structures of the Ministry of Health
- Early involvement of juridical and financial officers of the promoter
- Extended dedicated team
- Detail planning with all partners
- Pay special attention to National, FMO, and EEAG questions
- Consider alternative logistical options



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