

# Health Promotion for People Belonging to the Cardiovascular Disease Risk Group – JA-CHRODIS

Center for Health Education and Disease Prevention, Lithuania  
on behalf of the Joint Action on Chronic Diseases and Promoting Healthy Ageing Across the Life Cycle (JA-CHRODIS)

UNIVERSITIES AND/OR HOSPITALS THEY ARE AFFILIATED WITH  
Joining Forces in Health Promotion to Tackle the Burden of Chronic Diseases in Europe  
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## BACKGROUND

- The **Health Promotion Program** for people belonging to the **cardiovascular disease** risk group was approved in the 2014.
- **The objective** – using the integration of primary health care facilities and Municipal Public Health Bureaus ongoing health activities, effectively strengthen the person's health, introduce them with cardiovascular disease risk factors and healthy lifestyle principles, teach how to change lifestyle, manage stress, choose the healthy diet and physical activity.
- **Target groups** – 40-55 years men and 50-65 years women who belong to a cardiovascular disease risk group (obesity, smoking, etc.) and also participate in Screening and prevention program for people at high risk for cardiovascular disease (secondary prevention).

## METHODS

### Organizing:

- The primary health care physician informs the person about opportunity to participate in a Program.
- If a person agrees to participate – a physician includes him to the Program list.
- The Municipal Public Health Bureau, in accordance with lists, organizes the program.

### Activities:

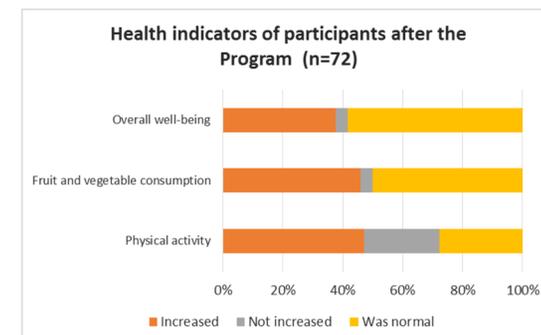
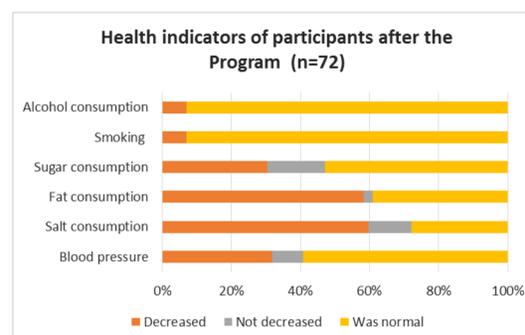
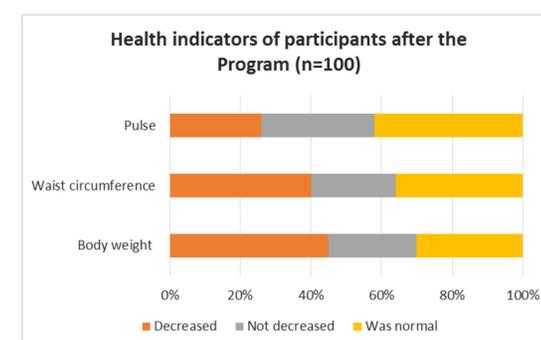
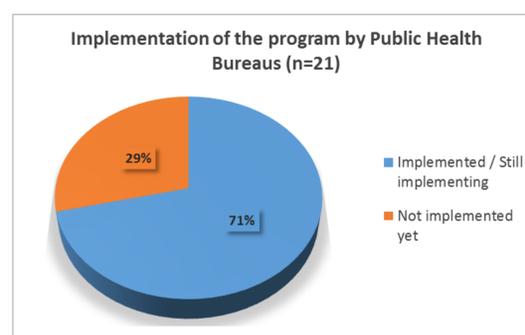
- 10–20 people in a group .
- Various specialists (public health specialist, dietician, physical therapist, psychologist) work with participants during the program.
- **Lectures** about the most important cardiovascular risk factors, their correction and prevention, importance of healthy eating, general dietary recommendations.
- Each participant has a unique opportunity to consult with nutritionists; also **individual nutrition plans** are scheduled for each participant.
- Each participant has the opportunity to exercise with physical therapist; **individual physical activity plan** for each participant.
- The psychologist teaches **stress management** techniques, moreover, free psychological consultations are provided.

### Evaluation:

- Body weight, pulse and waist circumference are being measured before the Program and after 3 months. In addition, high and low density lipoprotein, glucose, triglycerides and cholesterol levels in the blood of participants are being measured before the Program and after 1 year.
- Participants fill the questionnaire after the Program.
- The Public Health Bureaus fill annual Program report.

## RESULTS

### First interim results:



## CONCLUSIONS

- 370 people are still participating or have participated in a Program earlier. Nearly all participants noted an improvement of their overall well-being, increased physical activity, consumption of fresh vegetables and fruit, reduced fat, sugary and salty food after the Program. Moreover, interim results show the positive changes in high-density lipoprotein (HDL), glucose and cholesterol levels in the blood.
- The Program will be improved according to the opinions of the participants and professionals.
- The program will be continued to implement and evaluate.

## ACKNOWLEDGEMENT

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