



5XUDO XUEDQ KHDOWK G
ROGHU DGXOWV LQ 6R

.DUO 3HOW\]DHQF\ 3KDVZDQD
ODIX\DXSD 3HQJSLG

([SHUW *URXS 0HBWXQIJQJ SRSXODWLRQ
DJHLQJ « %DQJNRN)HEUXDU\

%DFNJURXQG

- ‡ 1RQ FRPPXQLFDEOH GLVHDVHV 1 & RI WKH ZRUOG¶V ELJJHVW SXEOLF
- ‡ \$JLQLJV RIWHQ DVV¢HEFOW¢¢ ZQWKH DFKDUDFWHUL]HG E\ OLPLWHG SK\VLD LQ FKURQLF GLVHDVHV DV ZHOO DV IXQFWLRQLQJ
- ‡ 6RFLDO GHWHRUPQRQO¢WRP XQLFDEOLQFOXGH VRFLRHFRPRQLF IDFWRUVUXUDO XUEDQ GDQ¢WHLQFRHVKHDOWKUHSUWRLUH

% DFNJURXQG

5XUDO XUEDQ KH~~D~~SOHWK LG/LW \$DQWWURV RI
KHDOWK FDUH DFFHVV KHDOWK QWDWWLXR/
6RFLRGHPRJUDSKLFV
5XUDO ROGHU DGXOWV
‡\RXQJHU PRUH OLNHO\ WR EH ZRPHQ Z
‡ORZHU HGXFDWLRQ DQG LQFRPH &KLQD
‡ K\SHUWHQVLRQ GLDEHWHV 6RXWK \$I
+HDOWK FDUH DFFHVV
8UEDQ UHVVLGHQFH
ÆEHWWHU DFFHVV WR KHDOWK FDUH WK RW
KHDOWK IDFLOLW\ VKRUWHU WUDWHHORQ
SDWLHQW FDUH OHVV RIWHQ H[SNWLHQE
XWLOL]DWLRQ RI KLJKHU OHYHO SXEOLF

% DFNJURXQG

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% DFNJURXQG

8UEDQ UHVLGHQFH

!SUHYDOHQFHRIDVWKPDPR

!FKURQLFOXQJGLVHDVH

!VWURDQHJLQDSHUWHQDVQBQ

GLDEHWHV

XQGHUZHLJKWRUPDOQXWU

!2YHUZHLJKWRUREBRLWK

\$IULF@6\$

!3RRURUDOKHDOWK HGHQV

% D F N J U R X Q G

O H Q W D O K H D O W K

8 U E D Q U H V L G H Q F H

! G H S U H V V L R Q & K L Q D

+ H D O W K U L V N E H K D Y L R X U V

8 U E D Q U H V L G H Q F H

! D O F R K R O X V H

Y L J R U R X V S K \ V L F D O D F W L Y

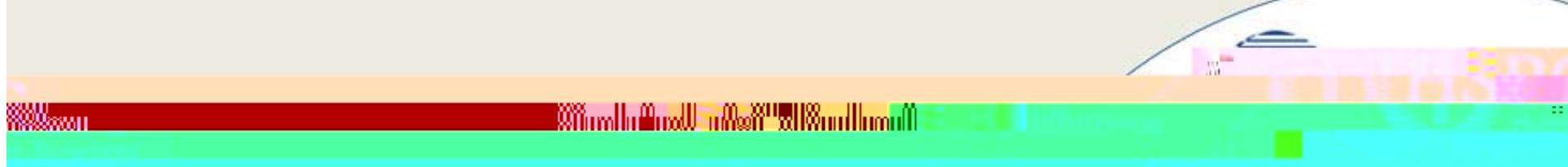
W R E D F F R X V H , Q G L D

% DFNJURXQG

7KHUH LV D GHDUWK RI VWXGLHV H[
GLIIHUHQFHV LQ KHDOWK DW ROGHU DJH
LQFOXGLQJ 6RXWK \$IULFD

7KLV VWXG\ H[DPLQHV UXUDO XUEDQ G
6RXWK \$IULFDQV ZKR SDUWLFLSDWHG L
\$JHLQJ DQG \$GXOWV + HDOWK 6\$*(

7KH VWXG\ SURYLGHV FULWLFDO HYLG
XUEDQ KHDOWK GLVSDULWLHV LQ UHODW
FRQGLWLRQV DPRQJ ROGHU DGXOWV IRU
6RXWK \$IULFD WKH IDVWHVW DJLQJ FR
FRQWLQHQW



0 H W K R G V 0 H D V X U H

Health risk behaviours

G D L O \ W R E D F F R X V H S U
G U L Q N L Q J • G U L Q N V Z H H N S K \ V L F D
P H W D E R O L F H T X L Y D O H Q W P L Q X W H V S H
I U X L W D Q G Y H J H W D E O H F R Q V X P S W L R Q

Health status variables :

S R R U V H O I U H S R U W H G K
E D G R U Y H U \ E D G J H Q H U D O K H D O W K
N J I R U P H Q D Q G H U \ E D G P H Q D Q G

0HDVXUHV

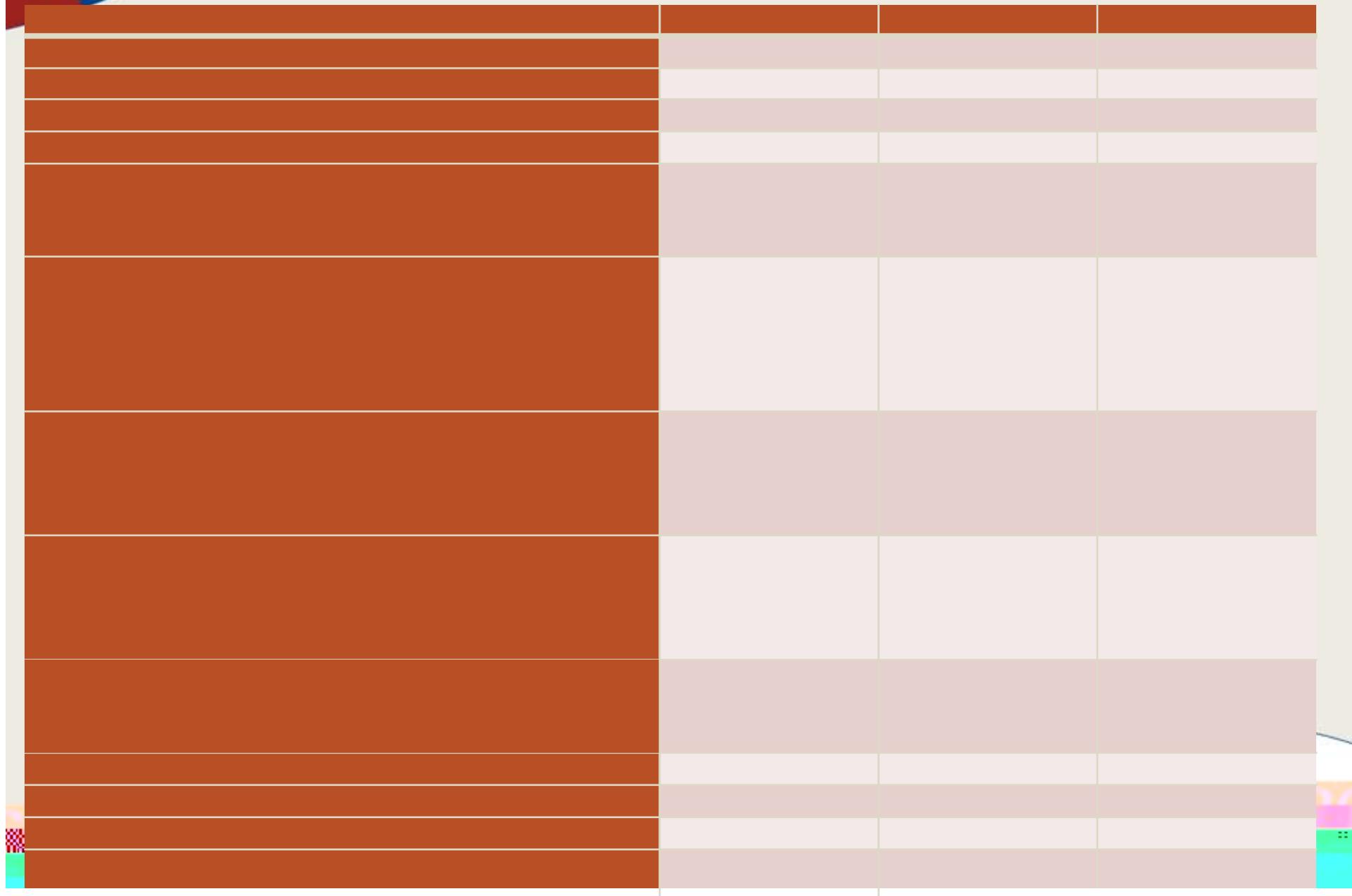
Chronic conditions DUWKULWLV V\PSWRPV
DVWKPD VHOI UHSRUWHG GLDJQRV
DOJRULWKP EDVHG OXQJ GLVHDVH
DOJRULWKP EDVHG DFFRUGLQJ WR
& ODVVVLILFDWLRQURHY'LLW\HRDQ HGL DWIQQ
IRU UHVHDUFK IRU GHSUHVVLYH HS
KHLJKW DQG ZHLJKW PHDDQVGX GHDEHV
VWURNH DQJLQD DQG HGHQWXOLV
DQ[LHW\ VHYHUH RU H[WUHPH VO
H[WUHPH VHOI UHSRUWHG PHDVX
WKUHH DYHUDJHG EORRG SUHVvx
DQWLK\SHUWHQVLYH PHGLFDWLRQ
XVLQJ D WXPEOLQJ ³(` ORJ 0\$5 FKD

' D W D D Q D O \ V L V

2 G G V 5 D W L R V 25 Z H U H X V H G W R
D V V R F L D W L R Q V E H W Z H H Q H [S R V X
G H P R J U D S K L F V D Q G K H D O W K U L V
R X W F R P H K H D O W K V W D W X V D Q G
Y D U L D E O H V X V L Q J P X O W L Y D U L D E
U H J U H V V L R Q
\$ G M X V W H G I R U D J H V H [S R S X O D
H G X F D W L R Q Z H D O W K W R E D F F R
S K \ V L F D O L Q D F W L Y L W \ D Q G I U X L V
F R Q V X P S W L R Q

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([SRVXUH YDULDEOHV E\ UXUDO XUEDQ



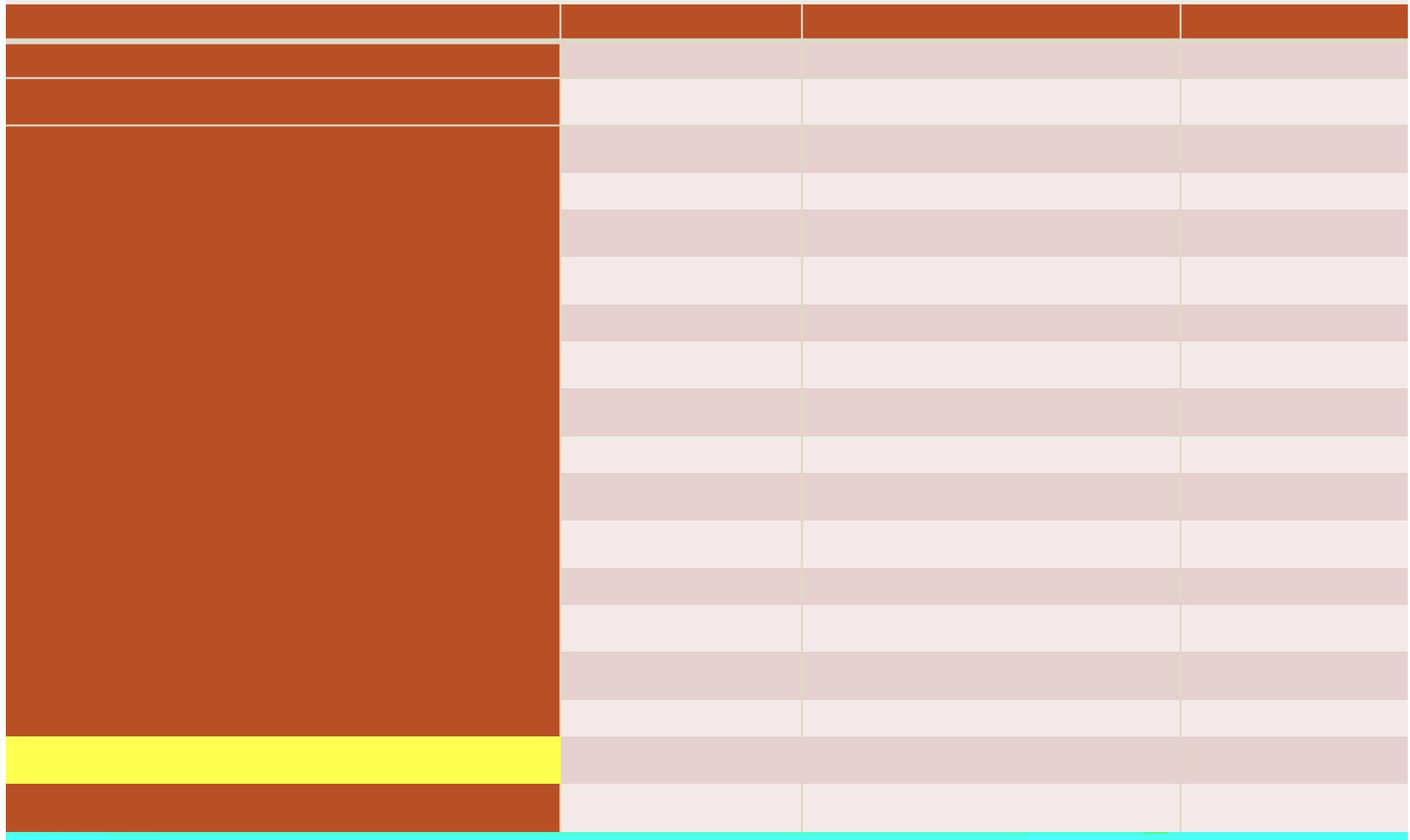
3UHYDOHQFH RI KHDOWK VWDWXV DQG FK
UXUDO XUEDQ UHVLGHQFH

9DULDEOH	5XUDO	8UEDQ
	Q	Q
+HDOWK VWDWXV		
3RRUVHOI UDWHG KHDOWK		
4XDOLW\ RI OLIH ORZ		
*ULSVWUHQJWK ZHDN		
)XQFWLRQDO GLVDELOLW\ VHYHUH		
&RJQLWLYH IXQFWLRQLQJ KLJK		
3K\VLFDO FKURQLF FRQGLWLRQV		
\$UWKULWLV		
\$VWKPD		
/XQJ GLVHDVH		
+ \SHUWHQVLRQ		
8QGHUZHLJKW		
2EHVLW\		
'LDEHWHV		
6WURNH DQG RU DQJLQD		
(GHQWXOLVP		
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0HQWDOKHDOWK		
'HSUHVVLVRQ		
\$Q[LHW\		
1RFWXUDO VOHHS SUREOHP		

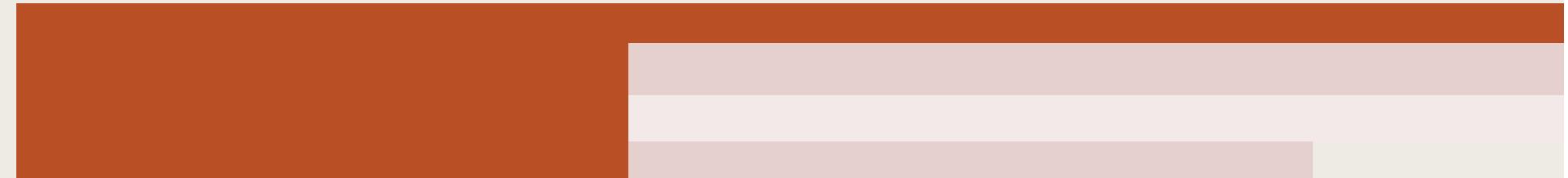
2GGV UDWLKV IRU KHDOWK VWDWXV E\ UX

	5XUDO Q	8UEDQ Q	
		25 &,	3 YDOXH
+HDOWK VWDWXV			
3RRUVHOI UDWHG KHDOWK			
8QDGMXVWHG	5HIHUHQFH		
\$GMXVWHG	5HIHUHQFH		
4XDOLW\ RIOLIH ORZ			
8QDGMXVWHG	5HIHUHQFH		
\$GMXVWHG	5HIHUHQFH		
*ULSVWUHQJWK ZHDN			
8QDGMXVWHG	5HIHUHQFH		
\$GMXVWHG	5HIHUHQFH		
)XQFWLRQDO GLVDELOLW\	VHYHUU		
8QDGMXVWHG	5HIHUHQFH		
\$GMXVWHG	5HIHUHQFH		
&RJQLWLYH IXQFWLRQLQJ	5HIHUHQFH		
8QDGMXVWHG	5HIHUHQFH		
\$GMXVWHG	5HIHUHQFH		

2GGV UDWLKV IRU FKURQLF FRQGLWLRQ
UHVVLGHQFH



2GGV UDWLKV IRU FKURQLF FRQGLWLRQ
UHVVLGHQFH

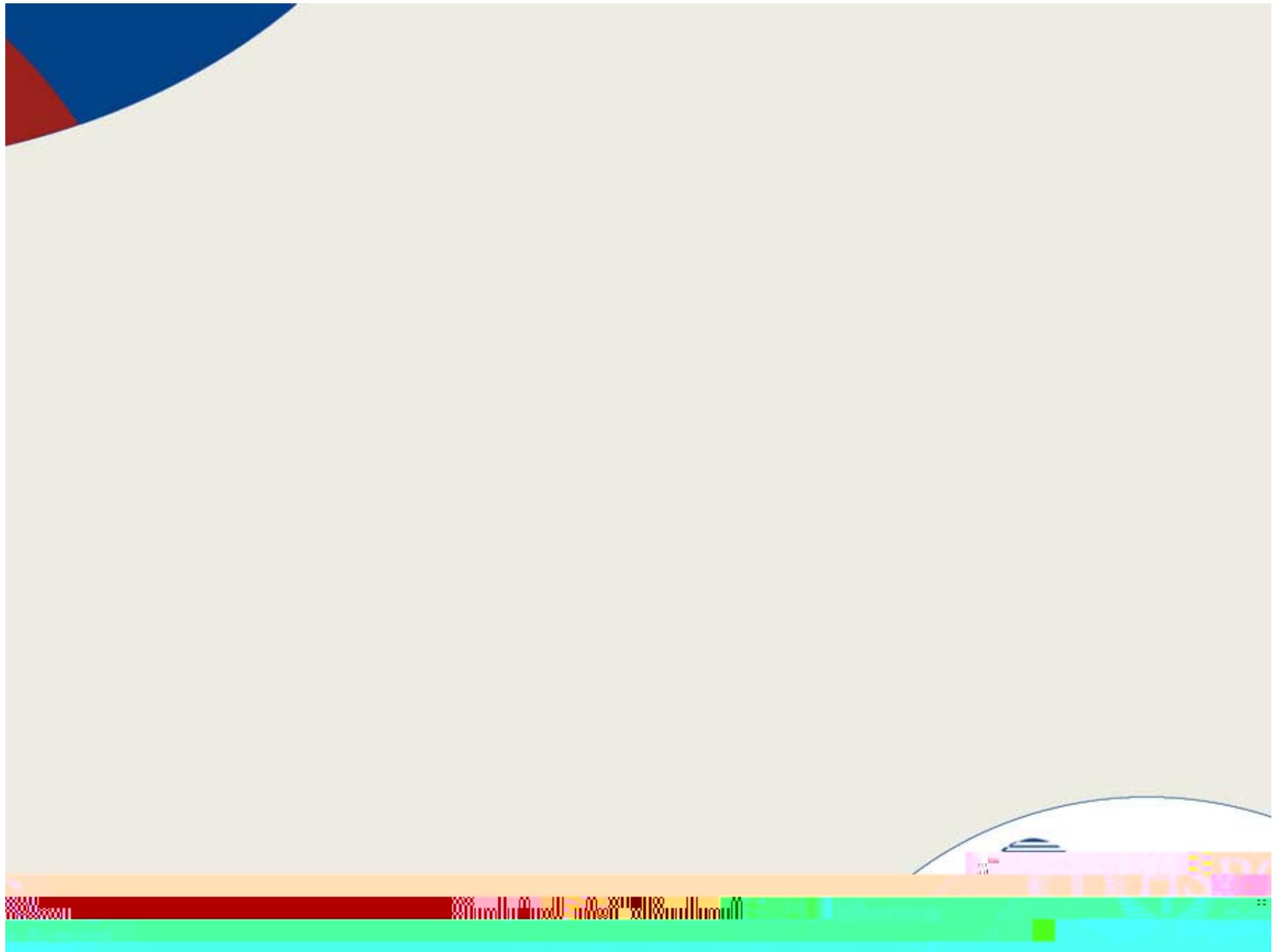


'LVFXVVLRQ

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& R Q V L V W H Q W Z L W K W S K H W L V R W X G W W R X
F R J Q L W L Y H I X Q F W L R Q L Q J L Q X U E D C
D G X O W V % H W W H U F R J Q L W L R Q L Q C
K L J K H U O H Y H O V R X U H G X E D Q L V R D Q P S O H
P R U H I R U P D O H G X F D W L R Q W K D Q W K
H [S O D L Q W K H K L J K H U O H Y H O V R I F
X U E D Q R O G H U D G X O W V , W L V S R V V
W U D Q V L W L R Q V R I P L J U D W L R Q W R X
U H F H L Y L Q J K L J K H U O H Y H O V R I H G X
R I F R J Q L W L Y H I X Q F W L R Q U Q W J K H Q & R X
V K R X O G Y D O L G D W H W K H V H I L Q G L Q J
P R G H O V W K D W F R X O G K H O S L Q G H V
U H V S R Q V L E O H I R U W K H I R X Q G D V V R



'LVFXVVLRQ



'LVFXVVLRQ

3UHYLRXV VWXGLHV

* H Q G H U G L I I H U H Q F

	:RPHQ Q	0 HQ Q	
		25 & ,	3 YDOXH
+HDOWK VWDWXV			
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8QDGMXVWHG	5HIHUHQFH		
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8QDGMXVWHG	5HIHUHQFH		
\$GMXVWHG	5HIHUHQFH		
*ULS VWUHQJWK ZHDN			
8QDGMXVWHG	5HIHUHQFH		
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GLVSDULWLHV LQ 6RXWK \$I
GZHOOHUV KDG D KLJKHU S
GLDEHWHV GHQWXOLVP D
IXQFWLRQLQJ WKDQ UXUDO
‡ 8QGHUVWDQGLQJ WKH VH U
YDULDWLRQV PD\ KHOS LQ C
VWUDWHJLHV WR LPSURYH K
JHRORFDOLW\ LQ 6RXWK \$IU

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'RQJ \$LPRQ 0+HDOWK D Q G DJ L Q J WQLB Q K K Q B D Q S R S X Q D O / G L V S D Q L W RL H V Q W G R L M [
&KHQ &KHQJ &K X D Q J 6 K D R 1 X W U L W L R Q D O V W D W X V D Q G L W V K H D O X W K D 0 H D Q D G / X H U E D D F W I R H D P R Q J R C O R G H U D G X Q M Q L Q
(J E X M L H J % B E R U B K R D Q \$ H F U R V V V H F W L R Q D O V W X G \ R I V R F L R H F R D Q R I P U L F V N W D D P V R X Q V B Q G W D F U L G S L D Q V D V F L X Q O D U H G E L O V R 3 S S H F W A V X S B U C E D Q 5
G R L 6 \$ 0 - Y L
+D U U L R X G J \$ W D J X E H W (D O , Q H T X L W L H V L Q D F F H V V W R E K H D O W K F D U H B 6 0 S S R O X W K \$ I U L F G R L M S K S
9 D Q G H U + R H U X H Q I U S H H I I' L I I H U H Q F H V L Q K H D O W K F D U H V H H N L Q J F P X I Q D W L R - W U L E Q H 6 / R X H W H Q S U M X U D D H D Q G V G U R E L D Q F R P
;X + 'X S U H 0 V W E \ B I R U G H U V W : X D A / 5 H V L G H Q W L D O P R E L O L W \ D Q G F R J Q L W L Y H D I Q X Q F W V R Q B R R Q D P L G G O H G D R I H G D Q G R O G H
1 D N D P X U D D W D P X U D D W D Q D E K H L Q R 6 D W R R P H P R @ P E O @ ` N (...) € U` R S X 'U h I P 8 D 5 H V L P ` 0 U E H V R R D , Q E