



Health discussions with 40-year-olds in Skåne

1177
VÅRDGUIDEN



You can do much in support of your health

Your health is important. You can stay one step ahead of many common diseases through healthy everyday habits. Say yes when offered to participate in health discussions at your health centre!

What are your thoughts on your health? Many common diseases can be linked to our living habits. Through regular physical activity, eating healthy, refraining from tobacco, and drinking alcohol in moderation, you can reduce the risk of heart attacks, strokes and cancer. It is important to care for your relationships, find time to recover and get a good night's sleep.

For those turning 40 in 2020

We want to help you make conscious decisions regarding your health! That is why we are now offering health discussions to 40-year-olds at eleven health centres around Skåne in 2020. Region Skåne's goal is for all health centres in Skåne to offer health discussions for 40-year-olds in 2021.

The health discussion might be useful regardless of whether you feel healthy or have some form of illness. During the discussion, you will be offered advice and support based on your life situation. Even small changes can impact your health in major ways.

The process

1. Your health centre calls you to provide additional information about the health discussion and make an appointment that fits your schedule.
2. Once you have affirmed that you will participate in the health discussion, you will answer a few questions about your health. You will find the questions in a personal message when logging into 1177.se.
3. A blood sample will be taken no later than one week ahead of your health discussion.
4. The health discussion will be held with a trained counsellor at your health centre.
5. It is up to you whether you request advice and support for achieving change.

Taking a blood sample ahead of the health discussion

A blood sample will be taken ahead of your health discussion. The blood sample will show blood sugar and cholesterol levels. High blood sugar and cholesterol levels may lead to an increased risk of developing cardiovascular diseases.

The blood sample is taken on an empty stomach. This means that you must not eat or drink after 22:00 in the evening before the test. If you are taking medication, it is okay to take it with a small glass of water.

Additional information about the health discussion

The health discussion is free of charge and takes around an hour. During your visit, your blood pressure, weight, height and waistline will be measured. These values, along with the results from your blood sample and your answers to the questions regarding your health are used to create a personal health curve, which will be given to you to bring home.

If you have decided to participate in the health discussion, you can also choose to participate in a research project. The goal of the project is to improve public health in Sweden. Participating in the research project will not prolong the duration of the health discussion.

You will find more information about the health discussion for 40-year-olds in Skåne at 1177.se. Search for "health discussion" at 1177.se