



# Health dialogue for 40-year-olds in Skåne

*Engelska*

**1177**  
VÅRDGUIDEN



# There is a lot you can do for your own health

**Your health is important. You can keep one step ahead of many common health conditions by adopting healthy habits in your daily life. So do come along for a health dialogue at your health care centre!**

How do you feel about your health? Many common health conditions are linked to lifestyle factors. Regular physical activity, eating healthily, not smoking and drinking alcohol in moderation will help reduce the risk of cardiovascular disease, type 2 diabetes and cancer. It is also important to look after your relationships, find time to rest, and recover and get sufficient sleep.

## If you are turning 40

We want to help you make conscious choices for the sake of your health. So we are offering health dialogues for all 40-year-olds at health care centres in Skåne. The dialogue will be useful to you whether you feel you are in good health or have an illness. It will provide advice and support based on your individual circumstances. Even small changes can have a major impact on your health.

## How it works

1. Your health care centre will call you to tell you more about the health dialogue and to make an appointment at a time that suits you.
2. Once you have agreed to have a health dialogue, we will ask you to fill out a questionnaire, with questions about your lifestyle and your health. The questionnaire can be found in a personal message when you log on to 1177.se.
3. You have a blood test no later than a week in advance of your health dialogue.
4. A trained counsellor conducts the health dialogue with you at your health care centre.
5. You decide for yourself if you would like advice and support to help you make changes.

## Blood test in advance of your health dialogue

You will need to have a blood test at your health care centre in advance of your health dialogue. The blood test will show your blood sugar and cholesterol levels. High blood sugar and cholesterol levels can increase the risk of cardiovascular disease.

You will need to take the test on an empty stomach, which means that you must not eat or drink after 22.00 the evening before the test. If you have to take medication, please take it with a small glass of water.

## More information about the health dialogue

The health dialogue is free and takes about an hour. During the session, we will measure your blood pressure, weight, height and waist. This information, along with blood test results and the answers you provide in your questionnaire, will give you a personal health status report that you can take home with you.

## Help improve public health

If you decide to have a health dialogue, you can also be part of a research project. By taking part in the project, you will be helping our research on public health, which includes looking at how to prevent and treat serious health conditions in the future.

If you want to get involved, you will need to agree to your data and test results being used in the research. Your results will be processed in accordance with Swedish non-disclosure regulations. The research has been approved by the Swedish Ethical Testing Authority (Etikprövningsmyndigheten). Your health dialogue will not take longer if you take part in the research project.

## What you need to do

Log in to 1177.se and read more about the research project. You will find the information along with the questionnaire you get when you accept the invitation to have a health dialogue. Sign the accompanying form to consent to the research. Take the form with you when you go for your blood test the week before your health dialogue. You may need to give several blood samples. The samples will be stored in Region Skåne's biobank.

Scan the QR code on your mobile for more information about health dialogues for 40-year-olds in Skåne at 1177.se.

