



Svjetski dan srca 2010. u Splitu

World Heart Day 2010 in Split

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Nastavni zavod za javno zdravstvo Splitsko-dalmatinske županije (NZZJZ SDŽ) u suradnji s kardiolozima Kliničkog bolničkog centra Split, osmi put je obilježio Svjetski dan srca prigodnim aktivnostima.

Djelatnici Zavoda organizirali su prigodno mjerenje arterijskog tlaka, tjelesne težine, visine i opsega struka te određivanje indeksa tjelesne mase svim zainteresiranim građanima u Splitu, Imotskom, Sinju, Trogiru, Makarskoj, Omišu, u Jelsi na Hvaru i u Supetru na Braču dana 26. rujna 2010. godine u vremenu od 10 do 12 h. Građani su ujedno dobili savjete o važnosti zdravog načina života i čimbenicima rizika za bolesti srca i krvnih žila. Aktivnosti su nastavljene tijekom sljedećeg tjedna te su svi zainteresirani građani u uspostavama Nastavnog zavoda za javno zdravstvo Splitsko dalmatinske županije mogli pristupiti mjerenjima i savjetovanju.

Dana 29. rujna 2010. god. u Gradskoj knjižnici Marka Marulića održano je predavanje "Prevenција srčanožilnih bolesti", povodom Svjetskog dana srca i otvaranja Savjetovališta za prevenciju srčanožilnih bolesti pri NZZJZ SDŽ u Službi za epidemiologiju masovnih kroničnih bolesti. Dana 6. listopada 2010. započelo je s radom Savjetovalište za prevenciju srčanožilnih bolesti gdje građani mogu saznati svoj kardiovaskularni rizik, izmjeriti arterijski tlak, tjelesnu težinu, visinu, odrediti indeks tjelesne mase i bazalni metabolizam, izmjeriti postotak masnog tkiva i mišićne mase, a također i odrediti glukozu, kolesterol i trigliceride u krvi. Savjetovalište će biti otvoreno za građane jednom tjedno — srijedom od 10 do 12 sati, u Službi za epidemiologiju kroničnih masovnih bolesti (Vukovarska 35A), preko puta glavne zgrade NZZJZ SDŽ.

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The Teaching Institute of Public Health of Split-Dalmatia County has in cooperation with the cardiologists of the Clinical Hospital Centre Split, celebrated the World Heart Day for the eighth time with suitable activities.

On the 26th of September 2010 from 10 to 12 o'clock the employees of the Institute organized appropriate measurements of blood pressure (BP), body weight, height and waist size as well as body mass index (BMI) calculation for all the interested citizens in Split, Imotski, Sinj, Trogir, Makarska, Omiš, Jelsa on Hvar and Supetar on the island of Brač. The citizens also received advices on the importance of healthy living and the risk factors for cardiovascular diseases. The activities continued during the following week, so all the interested citizens could undergo measurements and counseling at the branches of the Teaching Institute of Public Health of Split-Dalmatia County.

The lecture entitled "The Prevention of Cardiovascular Diseases" was held on the 29th of September 2010 in the City Library of Marko Marulić, celebrating the World Heart Day and the opening of the Counsel for the Prevention of Cardiovascular Diseases at the Teaching Institute of Public Health of Split-Dalmatia County, Chronic Mass Disease Epidemiology Department. On the 6th of October 2010 the Counsel for the Prevention of Cardiovascular Diseases started with work. It enables the citizens to find out their cardiovascular risks, to measure BP, body weight, height, calculate the BMI and the basal metabolism, measure the body fat and muscle mass percentage, as well as glucose, cholesterol and triglyceride blood levels. The Counsel will be opened for public once a week — Wednesdays from 10 to 12, at the Chronic Mass Disease Epidemiology Department (Vukovarska 35A), opposite the main building of the Teaching Institute of Public Health of Split-Dalmatia County.

