



Kako je obilježen Svjetski dan srca 2011. godine u Splitsko-dalmatinskoj županiji

How was the 2011 World Heart Day celebrated in the Split-Dalmatia County

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Nastavni zavod za javno zdravstvo Splitsko-dalmatinske županije (NZJZ SDŽ) već devetu godinu zaredom obilježava Svjetski dan srca. Ove godine organizirali smo niz aktivnosti kroz mjesec rujan i to u nekoliko gradova Županije.

Dana 10. rujna 2011. godine u Glavicama Donjim kod Sinja organizirano je mjerenje arterijskog tlaka (AT) i glukoze u krvi te savjetovanje žena o čimbenicima rizika za bolesti srca i krvnih žila, u sklopu 15. Memorijalnog ženskog sportskog turnira. U akciji su sudjelovale dr. Branka Jurčević Zidar, dr. Ljubica Marunica Oršolić, dr. Ana Kokot-Živalj i laborantica Nevenka Norac-Kevo. Akciji se odazvao zavidan broj sudionika (125 sudionika turnira).

Dana 22. rujna 2011. u Splitu u Središnjoj gradskoj knjižnici "Marko Marulić" u 18 sati djelatnice Službe za epidemiologiju kroničnih masovnih bolesti NZJZ SDŽ dr. sc. Ingrid Tripković, dr. Branka Jurčević Zidar i dr. Ljubica Marunica Oršolić održale su predavanje "Čimbenici rizika za bolesti srca i krvnih žila" za sve zainteresirane građane.

U sklopu aktivnosti imali smo i Tjedan otvorenih vrata Savjetovališta Službe za epidemiologiju i prevenciju kro-

Teaching Institute of Public Health of Split-Dalmatia County (NZJZ SDŽ) has celebrated the World Heart Day for the ninth consecutive year. This year, we have organized a number of activities throughout September in several towns of the County.

On 10 September 2011, the measurement of blood pressure (BP), blood glucose and advising women on cardiovascular risk factors was organized in Glavice Donje near Sinj, within the Memorial Women's Sports Tournament. Dr. Branka Jurčević Zidar, Dr. Ljubica Marunica Oršolić, Dr. Ana Kokot-Živalj and laboratory officer Nevenka Norac-Kevo participated in this action. An enviable number of participants (125 tournament participants) have participated in the action.

Ingrid Tripković PhD, Dr. Branka Jurčević Zidar and Dr. Ljubica Marunica Oršolić as the staff working in the Center of Epidemiology of Chronic Mass Diseases of the NZJZ SDŽ gave on 22 September 2011 at 18 o'clock a lecture entitled "Cardiovascular disease risk factors" for all citizens showing interest in this topic in the Central City Library "Marko Marulić" in Split.





ničnih masovnih bolesti NZJZ SDŽ, u razdoblju od 23. do 30. rujna 2011. god. Pregledom u Savjetovalištu građani su saznali vrijednosti AT, glukoze, ukupnog kolesterola i triglicerida u krvi te tjelesnu težinu, tjelesnu visinu, kao i indeks tjelesne mase (ITM). Izmjeren im je opseg struka i izračunat ukupni kardiovaskularni rizik te su shodno svojim nalazima dobili odgovarajuće savjete.

U slopu programa "Dani sv. Mihovila 2011.", kao poklon građanima za dan njihovoga grada — Trilja, a koji je ujedno i Svjetski dan srca, održano je predavanje "Prevenција kardiovaskularnih bolesti" dana 26. rujna 2011. u Kino dvorani Trilj. Predavanje su održale dr. sc. Ingrid Tripković, dr. Branka Jurčević Zidar i dr. Ljubica Marunica Oršolić. Nakon predavanja građanima je također izmjeren AT, glukoza i kolesterol u krvi te su dobili korisne savjete za prevenciju bolesti srca i krvnih žila.

Dana 29. rujna 2011. u suradnji s kolegama na terenu u Higijensko-epidemiološkim ispostavama u Sinju, Imotskom, Trogiru, Omišu, Makarskoj, Jelsi na Hvaru i Supetru na Braču organizirana su akcije mjerenja AT, tjelesne težine, visine, ITM, opsega struka i bokova.

U Splitu je akcija Svjetskog dana srca obilježena, već tradicionalno devetu godinu za redom na Marjanu, kod Sjevernih marjanskih vrata. Djelatnici NZJZ SDŽ su zajedno s kolegama iz Kliničkog bolničkog centra Split zainteresiranim građanima mjerili AT, opseg struka, tjelesnu težinu i visinu te dijelili prigodne edukacijske materijale i davali savjete za očuvanje cjelokupnog zdravlja i prevenciju kardiovaskularnih bolesti.

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As the part of the activities we had Open Door Week of Counseling Center of Epidemiology and prevention of chronic mass diseases in NZJZ SDŽ during the period from 23 to 30 September 2011. The examination performed in the Counseling Center for citizens showed their BP, glucose, total cholesterol and triglyceride levels, body weight, body height and body mass index (BMI). Their waist circumference was measured and the total cardiovascular risk was calculated and in accordance with their findings they received appropriate advice.

As part of the "Days of St. Mihovil in 2011" as a gift for the citizens for the day of their town — Trilj, which is also the World Heart Day, a lecture "Prevention of Cardiovascular Diseases" was given in the Cinema hall in Trilj on 26 September 2011. The lecture was given by Ingrid Tripković PhD, Dr. Branka Jurčević Zidar and Dr. Ljubica Marunica Oršolić. Following the lecture, the citizens underwent BP, glucose and blood cholesterol measurement and they received useful advice for the prevention of cardiovascular diseases.

On 29 September 2011, the actions regarding the measurement of BP, body weight, height, BMI, waist and hip circumference were organized in collaboration with colleagues working on the field in the Centers of Hygiene and Epidemiology in Sinj, Imotski, Trogir, Omiš, Makarska, Jelsa on the island of Hvar and Supetar on the island of Brač.

The action of the World Heart Day was celebrated for the ninth consecutive year in Marjan near the Marjan North Gate in Split. The staff of NZJZ SDŽ together with the colleagues from the Split University Hospital Centre measured BP, waist circumference, body weight and height for interested citizens and distributed appropriate educational materials and gave advice for preservation of the overall health and prevention of cardiovascular diseases.

