

ABSTRACT

1028 inhabitants of the town Kroměříž were investigated in the project “Healthy Town” in the years 2005, 2006 and 2007. Using acquired data, some epidemiological characteristics of region's inhabitants were evaluated and important experiences were put into preventive clinical practice. The experiences are following:

1. The project “Healthy Town” is not a pilot study. Contact centers are attended by citizens who pay attention to active interest of their health. In this population women and senior citizens dominate, many of them have health problems and the incidence of cardiovascular factors considerably exceeds “the average population”. The study has shown that 37% of them are overweight and 13% are obese. 16% of inhabitants have hypertension of over 140/90 mm Hg. 57% suffer from lipid metabolism failure and 14% suffer from hyperglycemia.

2. Then we observed a relationship between BMI index and investigated high risk markers (systolic and diastolic pressure, serum concentration of total cholesterol, LDL cholesterol, HDL cholesterol, triglycerides and glucose). We have proved a significant relation between the degree of overweight and values of blood pressure and concentration of triglycerides, and on the other hand we have discovered a statistically insignificant relation between total cholesterol concentration and its fractions and the degree of overweight.

3. Monitoring of relationship between concentration of total cholesterol and his fractions on the epidemiological level contributed to way, how the most effectively (from the point of view economy) and more correctly diagnose isolated hypercholesterolemia in primary prevention. It has been shown that constantly valid target values of lipids (suggested by expert companies in 1999) are not based on their real relationship in the population level. A proposition of current and more correct values is also included in my work.