

Information sheet for participants
Home interview

Dear valued participant to the Health 2000-survey

You have been selected at random from the national population register to participate in the national Health 2000 survey. The study is intended to provide an up-to-date and complete picture of Finnish adults' health and functional capacity. At the same time information will be gathered about health determinants and health differences between population groups. Health 2000 is extremely important for medical and health services research. It is highly desirable that all invited people can participate.

More than 100 distinguished experts from all fields of medicine and health care have participated in planning the study. The survey is jointly being carried out by the Central Pensions Institute, Social Insurance Institution, National Public Health institute, National Research and Development Centre for welfare and health, Statistics Finland and the Institute for Occupational Health. Co-ordination is taken care of by the National Public Health Institute and the Director of the Study is Research Professor Arpo Aromaa.

The study begins with a home interview carried out by interviewers of Statistics Finland. Next you will be invited to a health examination carried out in the premises of your health center or a similar location. Amongst others a blood sample will be drawn, ECG will be recorded, your blood pressure will be determined and your vision and hearing will be examined. The health examination also comprises a dental examination, an x-ray of the mouth and teeth, a series of tests on functional capacity and a doctor's examination. Finally an interview on mental health will be carried out. Altogether the data obtained are unusually comprehensive so that it is worth while participating even if you feel that your present medical care is good. All examinations are safe and a doctor is constantly present during the examination. A typical health examination lasts up to four hours.

You will be informed about the findings both during the examination and afterwards by letter. The data collected will remain in the sole use of participating researchers, and they will be used for medical research. Participation is voluntary and you can, if you so wish, interrupt your study at whatever point. The employers' organizations recommend that all employers make it possible for their employees to participate in the study.

Should you have any queries about the Health 2000-survey in general or your own examination, the interviewer and during the examination proper all personnel will be glad to give further information.

Welcome to participate to the Health 2000-study!