

“HEALTHY DUBEČ” – DESIGN OF A JOINT CZECH-AMERICAN COMMUNITY PROJECT FOR THE REDUCTION OF CARDIOVASCULAR AND CEREBROVASCULAR DISEASE

(Adapted from American Experience)

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SUMMARY

The project is a combination of individual and community-based intervention which adapted and modified methods and techniques originally used in The Three-City Community Study and The Stanford Five-City Project in a small community outside Prague. The goal is to reduce cardiovascular and cerebrovascular risk factors by primary and secondary prevention, using a community-based approach. 61.5 % of examined population with the low risk score during the baseline survey was exposed to intervention by community-based methods. 38.5 % of adult population was included in intervention activities within the framework of secondary prevention in high risk groups. There are described: the method of community oriented intervention and the intervention oriented on high risk groups – nutrition intervention, quit smoking activities, stress control, physical activity promotion.

Key words: cardiovascular and cerebrovascular diseases, primary and secondary prevention

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