



helius

Information



About HELIUS

In 2010 the AMC, now Amsterdam UMC, and GGD Amsterdam have together initiated a large study among Amsterdam residents: the HELIUS study.

24.781

individuals took part in the first study visit (2011-2015).

11.036

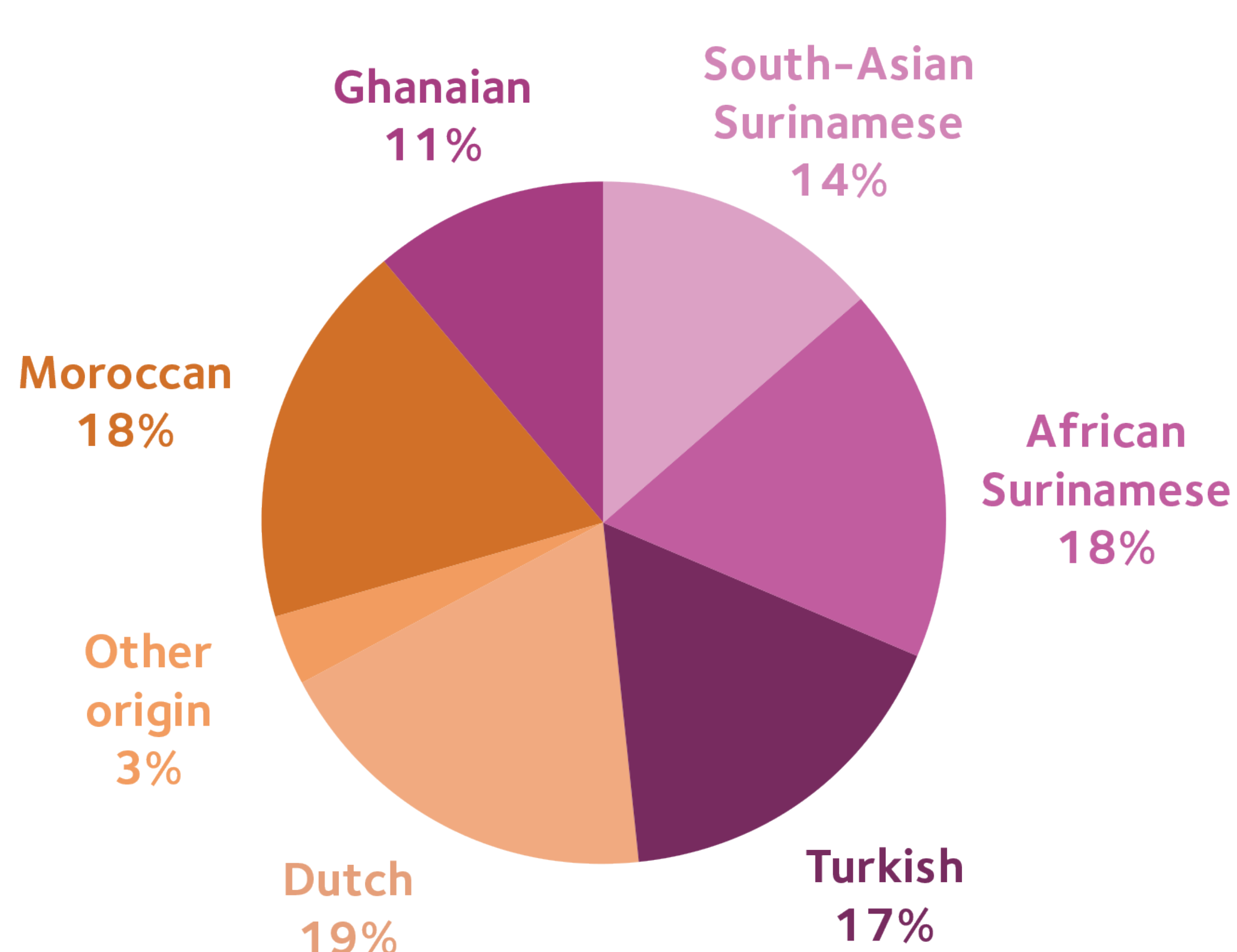
individuals took part in the second study visit (2019-2022).

Aim of HELIUS

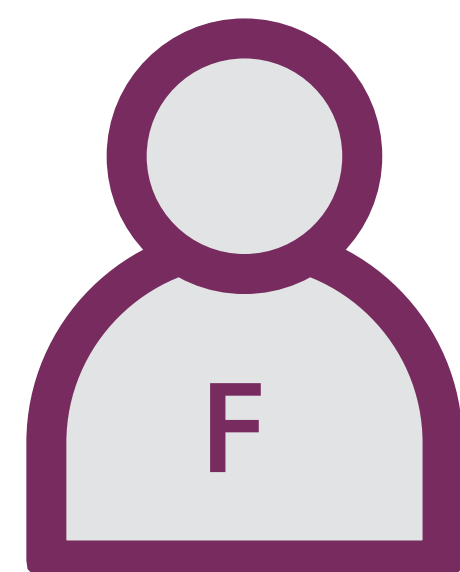
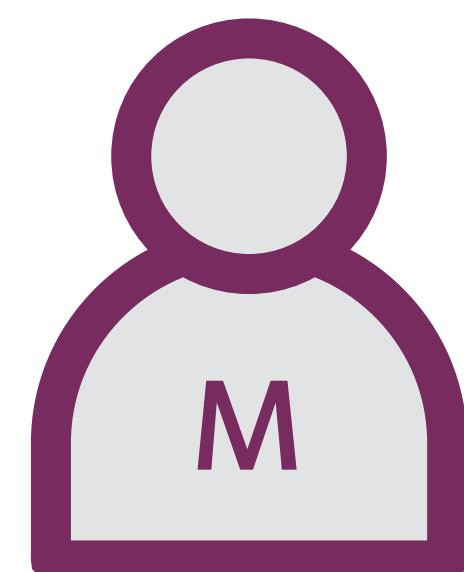
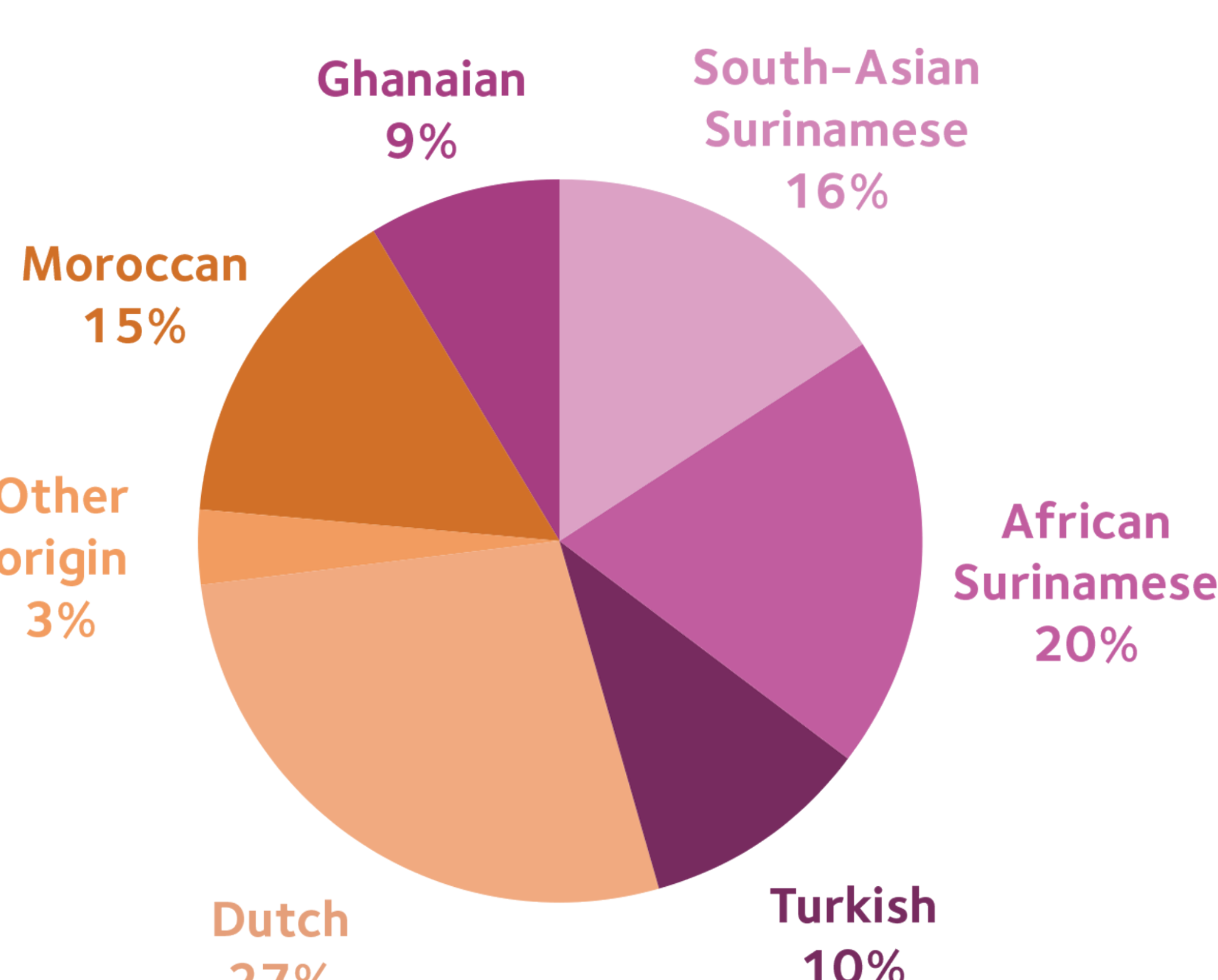
In HELIUS, we study differences in health between various population groups in Amsterdam, and the causes of these differences. With this knowledge, we aim to improve health and healthcare for everyone.

Who are our participants?

Study visit 1



Study visit 2



43% 57%

Slightly more women than men participate.



44 years

The mean age of the participants at study visit 1 was 44 years.



53 years

The mean age of the participants at study visit 2 was 53 years.

How do we collect data?

Health can be studied in various ways; for instance, HELIUS uses:



Physical examination
(height, weight, blood pressure)



Questionnaires



Blood



Urine



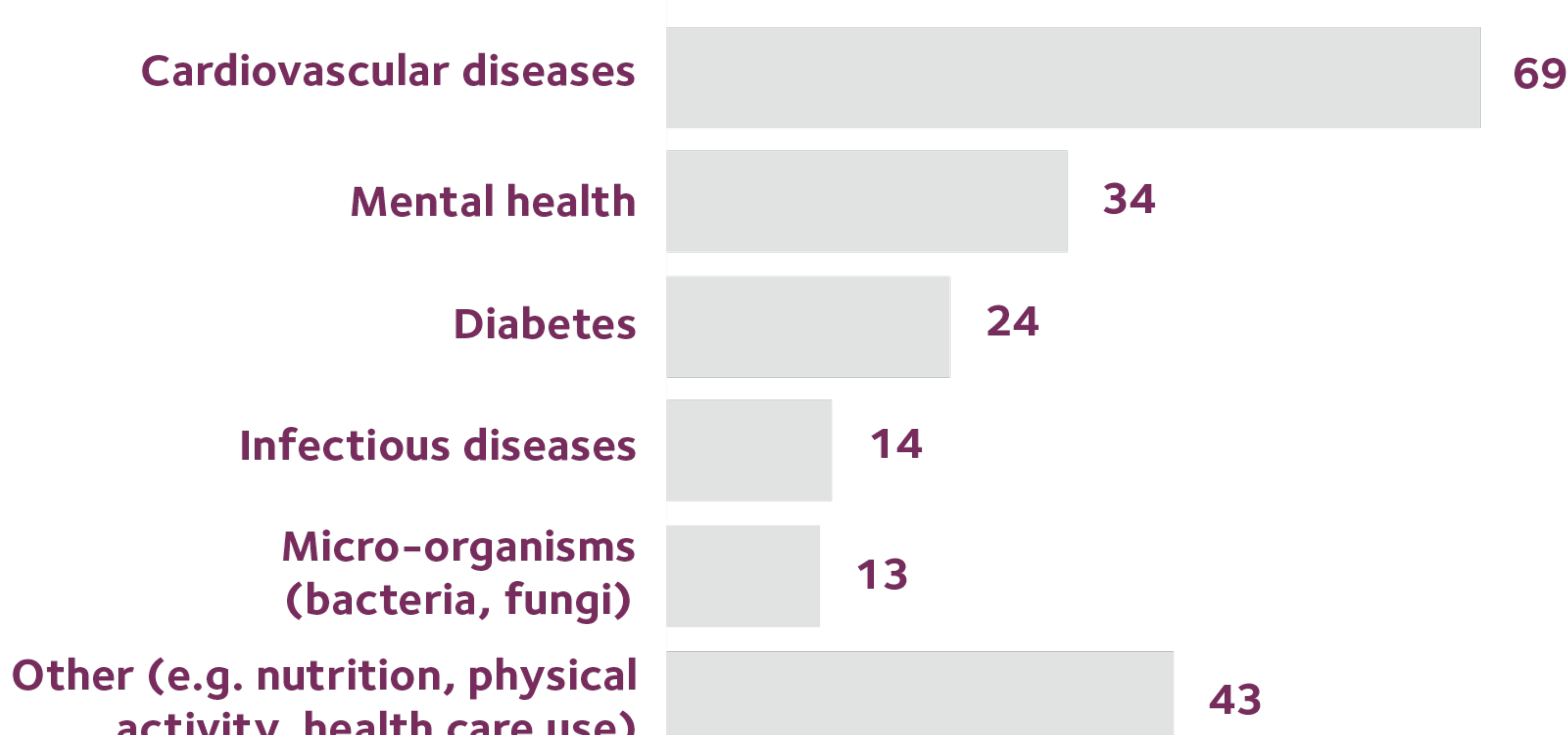
Stool sample

How do we use the collected data?

197 articles

We present our findings on conferences and we advise policy makers and health and care workers. Furthermore, we write articles for scientific journals. In the graph below you can find the subjects of these articles.

Number of articles per subject



You can find links to these articles on the [HELIUS website](https://www.heliusstudie.nl).



Did you know that...

... up til now, over **380** research assistants, **50** interviewers and **100** secretarial assistants were involved in the HELIUS data collection?

... the name HELIUS is an abbreviation of the full name **HE**althy **L**ife in an **U**rban **S**etting?

... on average there were **6** years between the first and the second HELIUS study visit?

We will continue!

Now that we have collected data at two time points from many participants, we can better investigate:

- How health changes over time.
- Which people are more likely to get certain diseases and what factors are related to that.
- What can protect against diseases, for example lifestyle and environmental factors.

We will, of course, continue with the HELIUS study, so that we can better recognise and prevent health problems for everyone in the future.

We thank all participants for their valuable contribution to the HELIUS study!

