



helius

Information



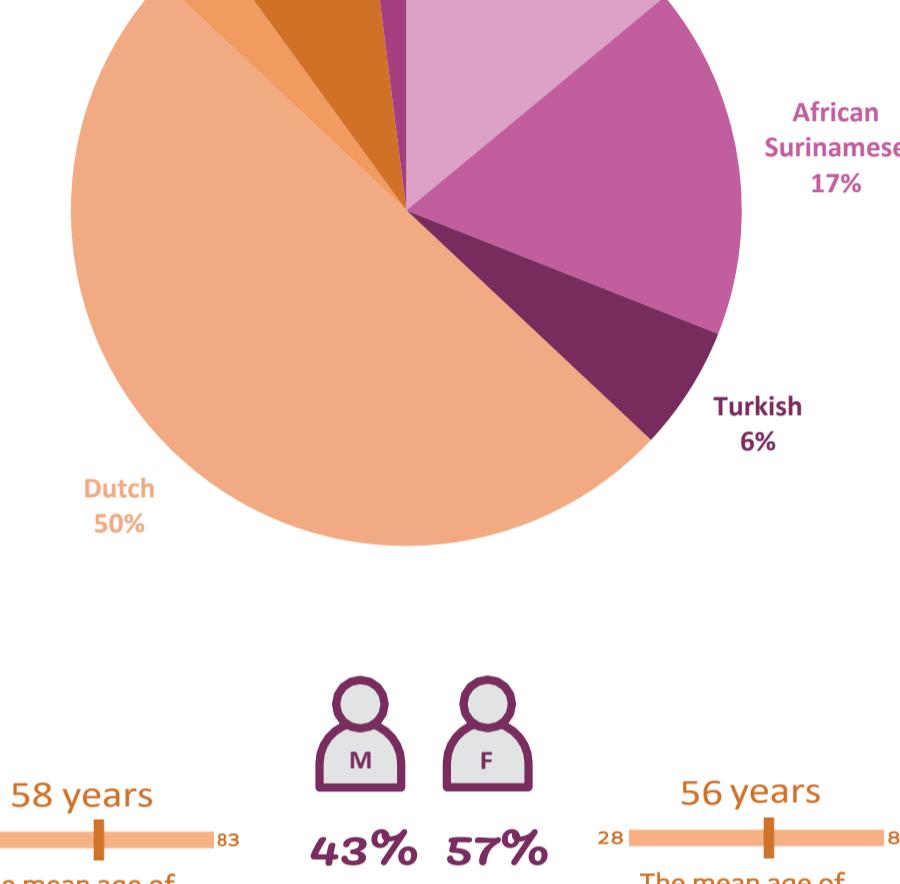
HELIUS Health monitor

This was the first time we invited HELIUS participants for an online questionnaire about general health. We hope to send these more regularly in the future.

3.803

individuals completed the online questionnaire (2025)

Who participated?

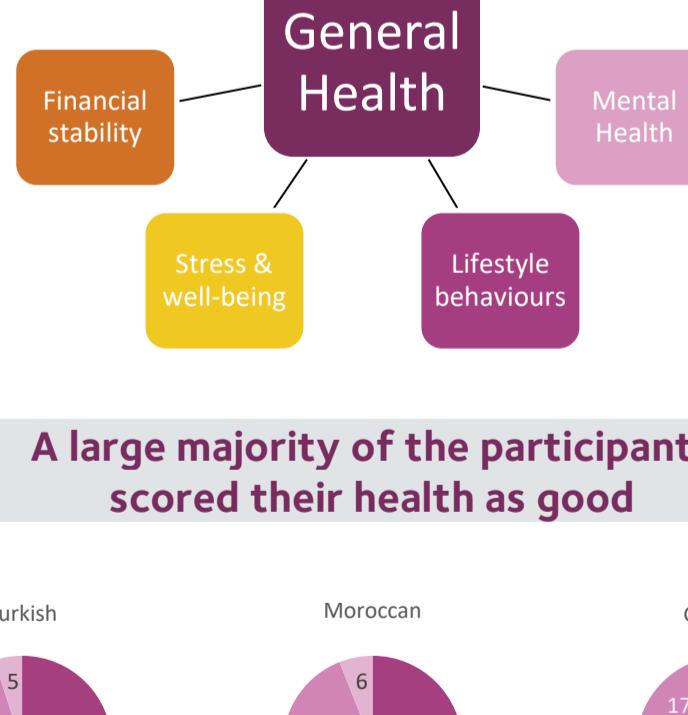


58 years
The mean age of men that took part was 58 years

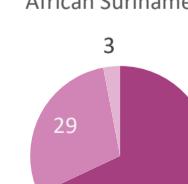
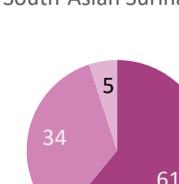
M F
43% 57%

56 years
The mean age of women that took part was 56 years

The questionnaire was about...



A large majority of the participants scored their health as good

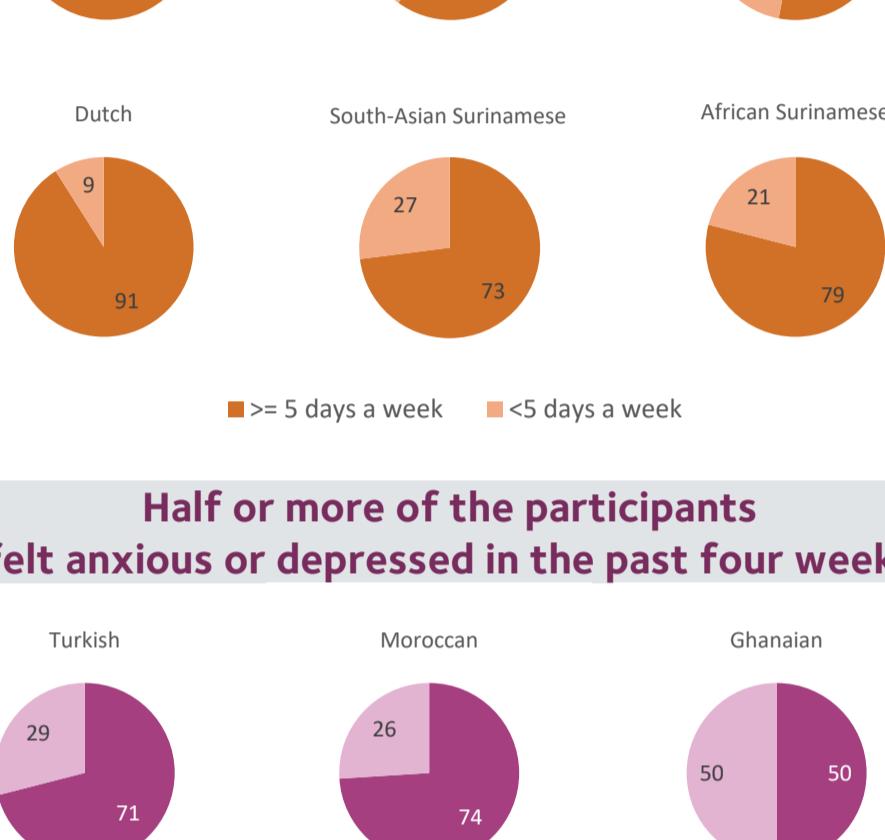


■ Good ■ Reasonable ■ Bad

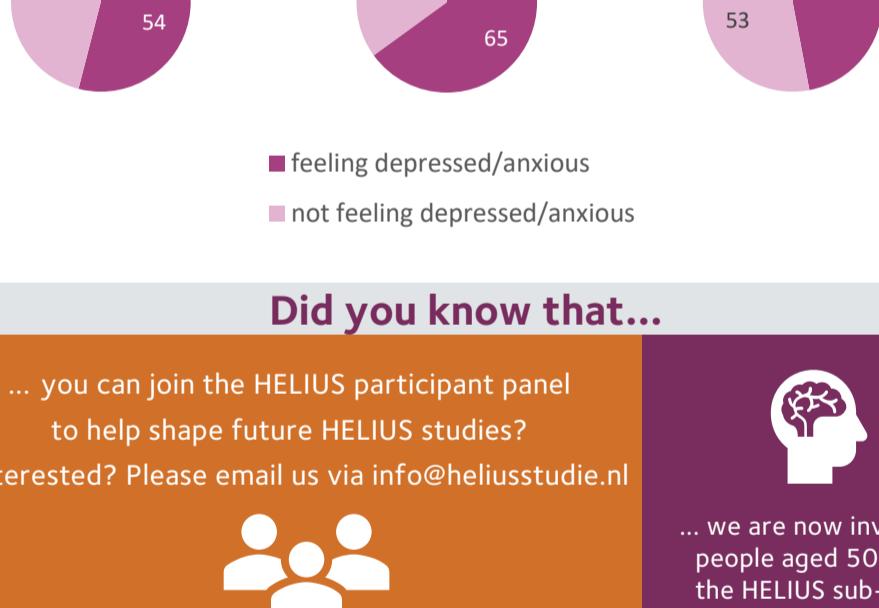
Participants of Turkish origin most often reported to smoke and vape



The majority of the participants reported to eat vegetables at least 5 days a week

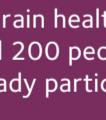


Half or more of the participants felt anxious or depressed in the past four weeks



Did you know that...

... you can join the HELIUS participant panel to help shape future HELIUS studies?
Interested? Please email us via info@heliusstudie.nl



... we are now inviting people aged 50+ for the HELIUS sub-study on brain health.
... and 200 people already participated!

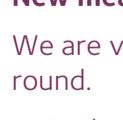


... HELIUS has a new website?
Check it out at heliusstudy.nl



We will continue!

Results in practice



The results of the HELIUS monitor on smoking behaviour indicate that not all groups will optimally benefit from smoke-free policies. We discuss the results with the Nicotin-free working group of Amsterdam Vitaal & Gezond to see how this might be changed.

New measurement round

We are very excited to be in preparation for the third HELIUS measurement round.

- In the coming 3 years, we hope to welcome you all!
- With this new round we can investigate how health changed over the last 6 years

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

