



# helius

## Information



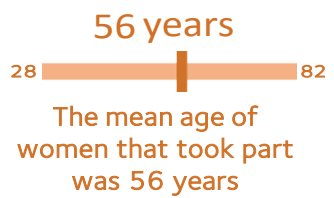
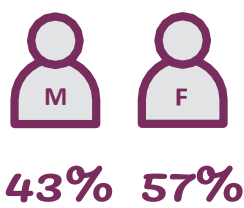
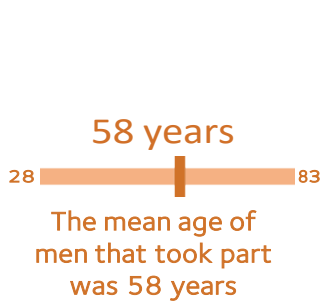
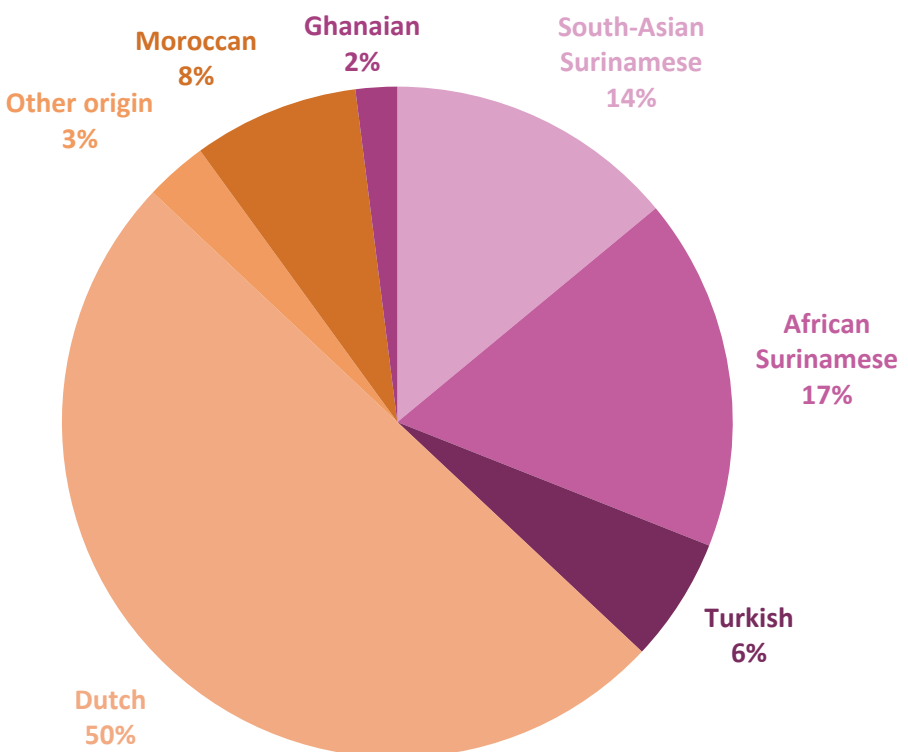
### HELIUS Health monitor

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.

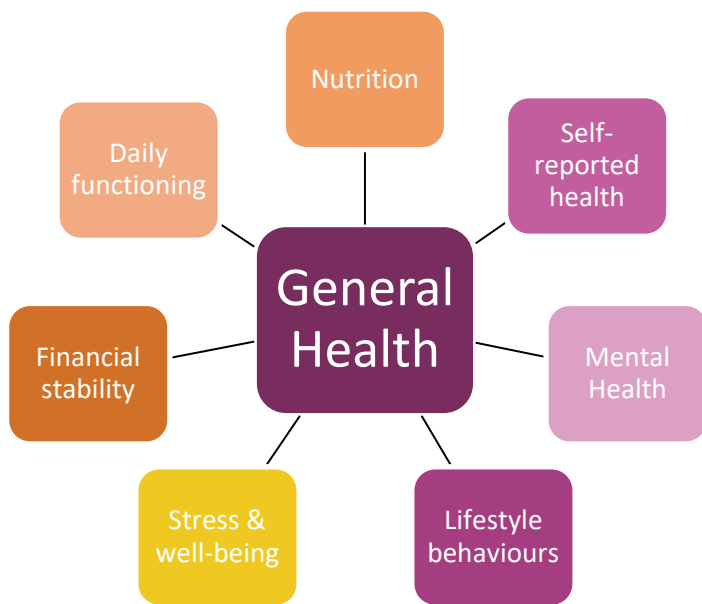
# 3.803

individuals completed the online questionnaire (2025)

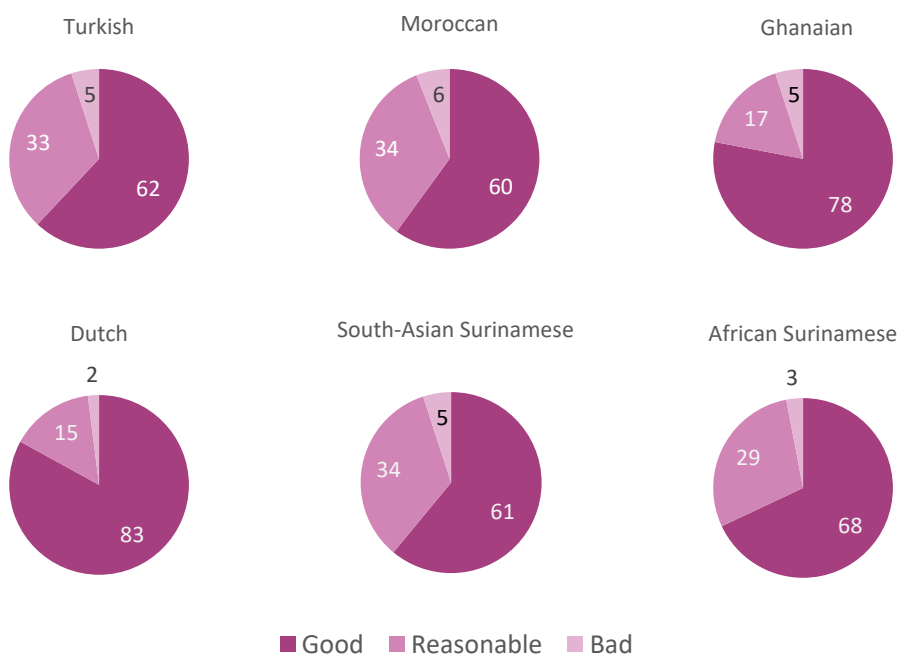
### Who participated?



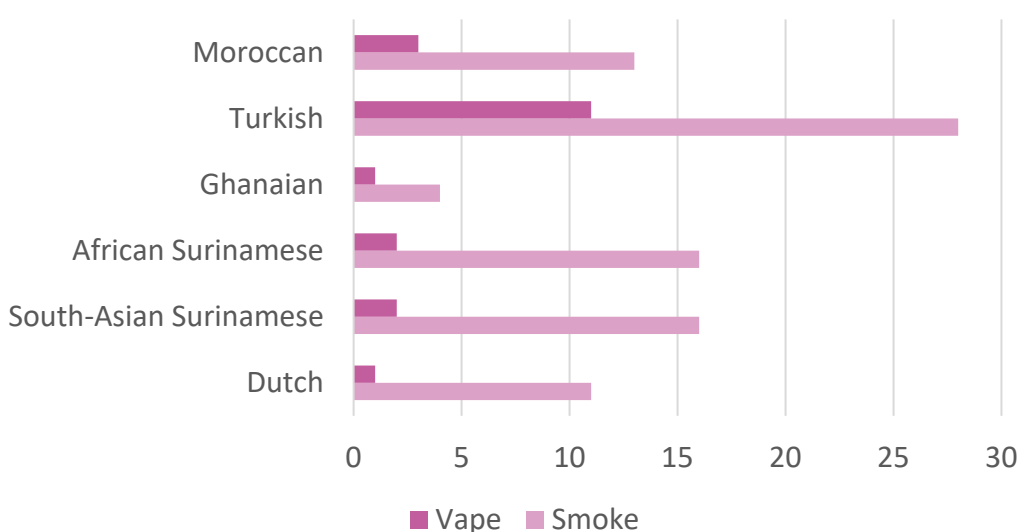
### The questionnaire was about...



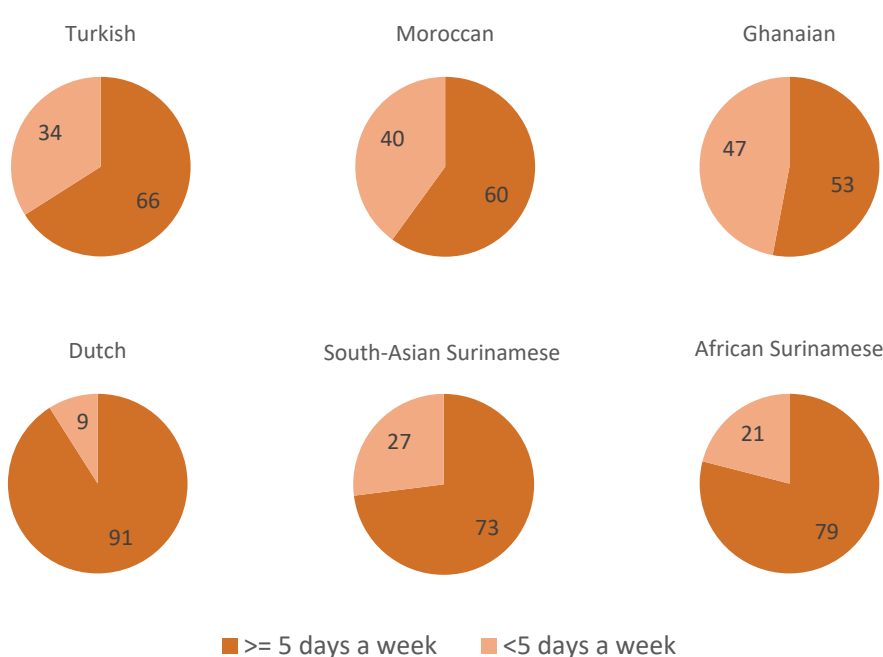
### A large majority of the participants scored their health as good



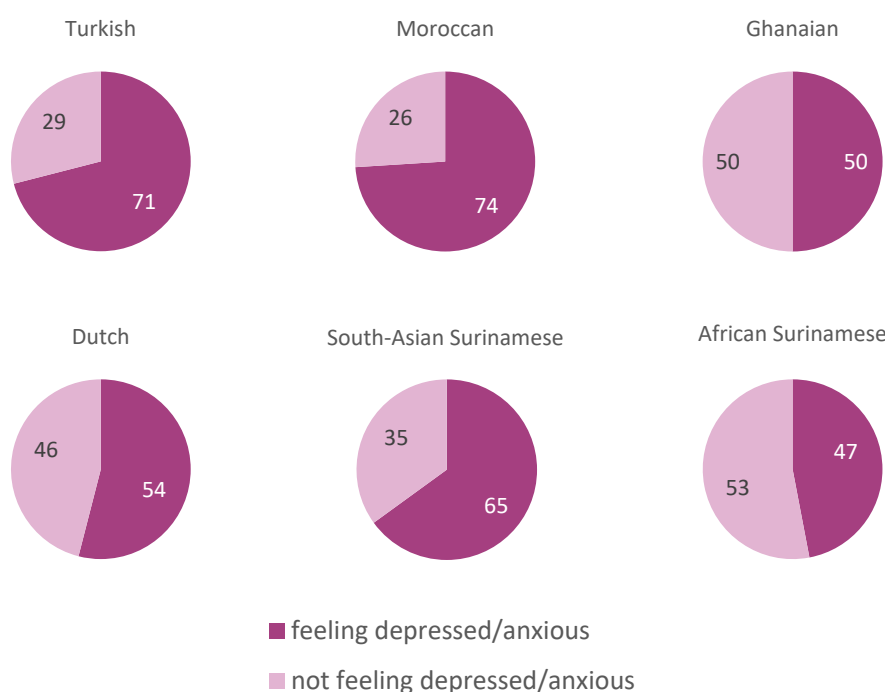
## Participants of Turkish origin most often reported to smoke and vape



## 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](mailto: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](http://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!**



Amsterdam UMC



GGD Amsterdam

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