

Press release

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Basic information

Name: Kirsten Høj Email: kirstenh@ph.au.dk Phone: 2849 7727

Department of: Public Health

Main supervisor: Anelli Sandbæk

Title of dissertation: Cardiorespiratory fitness assessment in preventive health checks - An appraisal of effect and applicability

Date for defence: Friday, 18 August 2017 at (time of day): 1:00 PM Place: Public Health Auditorium (room 101), building 1262, Bartholins Allé 4, Aarhus University

Press release (Danish)

Dårlig kondition truer folkesundheden i Danmark

Nye forskningsresultater tyder på, at dårlig kondition er et udbredt problem for folkesundheden i Danmark. En undersøgelse udført blandt voksne i alderen 30-55 år viste, at halvdelen af mændene og en tredjedel af kvinderne havde en dårlig kondition. Blandt personer med høj risiko for hjertekarsygdom havde to tredjedele af mændene og næsten halvdelen af kvinderne en dårlig kondition. Dårlig kondition er en risikofaktor for sygdom og tidlig død, særligt for personer med høj risiko for hjertekarsygdom. Selv små forbedringer af konditionen er forbundet med nedsat dødelighed. Derfor argumenteres der internationalt for at indføre konditionsmåling i klinisk praksis. Vores viden om effekten af at udføre konditionsmålinger på folks konditionsniveau er dog sparsom. Derfor har et nyt dansk studie undersøgt effekten af at udføre konditionsmålinger ved forebyggende helbredsundersøgelser på deltagernes kondition et år efter helbredsundersøgelsen. Begge undersøgelser indgår i et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af Kirsten Høj, der forsvare det d. 18/8/2017.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 18/8/2017 kl. 13 i Samfundsmedicinsk auditorium, Aarhus Universitet, Bartholins Allé 4, Aarhus. Titlen på projektet er "Konditionsmåling ved forebyggende helbredsundersøgelser - en evaluering af effekt og anvendelighed".

Yderligere oplysninger: Ph.d.-studerende Kirsten Høj, e-mail: KirstenH@ph.au.dk, tlf. 28497727.

Press release (English)

Poor cardiorespiratory fitness is a major public health concern in Denmark

New research implies that poor cardiorespiratory fitness (CRF) is a major public health concern in Denmark. A study conducted among 30 to 55 year-old adults showed that half of men and one third of women had a poor CRF. Among individuals with high cardiovascular mortality risk, two thirds of men and nearly half of women had a poor CRF. Poor CRF increases the risk of morbidity and mortality, especially among individuals with high cardiovascular mortality risk. Even minor CRF improvements are associated with reduced mortality risk. Consequently, routine CRF assessment in clinical practice has been advocated, but little is known about the effect on CRF levels. Therefore, a new Danish study investigated the effect of CRF assessment as part of preventive health checks on CRF levels one year after the health check. Both studies are derived from a new ph.d.-project from Aarhus University, Health. The project was carried out by Kirsten Høj, who is defending her dissertation on 18/8/2017.

The defence is public and takes place on 18/8/2017 at 1:00 PM in Public Health Auditorium, Aarhus University, Bartholins Allé 4, Aarhus. The title of the project is "Cardiorespiratory fitness assessment

in preventive health checks - An appraisal of effect and applicability". For more information, please contact PhD student Kirsten Høj, email: KirstenH@ph.au.dk, Phone +45 2849 7727.

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