

Policies for Enhancing Access to Health Services in Deprived Areas (The Healthy Municipality)

Deliverable 3.6.4
Synthesis Report on the socio - economic characteristics of the population, morbidity, and scope of health services in the region Momchilgrad Municipality and Krumovgrad Municipality



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The Interreg programmes are financed in the framework of the EU Regional Policy, also referred as Cohesion Policy due to its aim to dissolve regional disparities between Europe's regions. This investment policy consumes around one third of the EU's budget. It targets all regions and cities in the European Union in order to support job creation, business competitiveness, economic growth, sustainable development, and improve citizens' quality of life

Survey on the accessibility and level of coverage of health services in the Municipality of Momchilgrad



The survey included the questioning of 1,000 people, of whom 420 (42%) were males and 580 (58%) were females over the age of 18.

Of the respondents with primary education were 283 (28.30%), with secondary education – 406 (40.60%), with semi-higher **education** 89 (8.90%) and with higher education - 222 (22.20%).

By indicator "**Monthly Family Income**" the results are as follows: - no income - 124 (12.40%); - up to 500 BGN - 366 (36.60%); - from 500 to 1000 BGN - 388 (38.80%); - from 1000 to 1500 - 87 (7.80%); - from 1500 - 2000 - 31 (3.10%); - from 2000 to 3000 BGN - 2 (0.20 %); - above 3000 - 2 (0.20%).

To the question **„Do you have health insurance?“**

with „Yes“ responded 960 (96.00%) , and with „No“ 40(4.00%) of the respondents.

The survey on **family status** indicates, that the majority of respondents are married - 639 (63.90%), followed by single - 179 (17.90%), widow/widower - 100 (10.00%). Of the total number married without children are 61(6.10%), divorced - 21 (2.10%).

To the question

„How many persons does your household consist of?“

predominant is the estimate „average“ - 3.03 and „minimum“ - 1.

The self-assessment of **health status** among respondents („Overall your health is...“) is as follows:

- excellent answered - 68 (6.80%);
- very good - 236 (23.60%);
- good - 502 (50.20%);
- satisfying - 183 (18.30%);
- bad - 11 (1.10%).

In the last year 541 (54.10%) of the respondents had **concerns about their health**. 606 (60.60%) felt had **discomfort**, while 394 (39.40%) had no complaints. 382 (38.20%) **were diagnosed with an acute or chronic illness**.

From those with **manifested first symptom/problem** most - 55 (8.68%) of all respondents, have increased blood pressure.

To the question **„Have you sought medical help for the indicated symptom/problem in the last year?“** with „Yes“ respond 533 (84.07%); while with „No“ - 94 or 14.83%; 7 of the respondents did not answer the questions, (1.10%).

To the question **„Are you healthy?“** 373 (37.30%) answered „Yes“, while „No“ was indicated by 627 (62.70%).

To the question

„In the last year did you meet any encountered any obstacles, problems or obstacles in accessing health services?“, 189 (18.90%) of the respondents answer “Yes”.

Conducted studies on morbidity in the Municipality of Momchilgrad The study included 368 women (73.6%) and 132 men (26.4%) in 5 age groups. Of those surveyed, the majority were over 55 years of age.

CONCLUSION

- Most cases of morbidity were detected in the 55+ age group.
- In the first place with 497 cases is the group of Circulatory diseases
- In second place is the group of Endocrine diseases, eating and metabolism disorders.

Analysis of the questionnaires establishes that:

- 43.67% of the examined persons declare they experience stress factors at home and at work;
- 34.4% use too much salt in their food;
- 17.0% of the examined persons are overweight;
- 10.0 % are smokers - smoke more than 10 cigarettes per day.

With regards to **family history** as a factor for the development of diseases, out of the 500 person subject to prophylactic laboratory tests and examinations: 38.0 % have a family history of hypertension; 13.60 % have a family history of diabetes mellitus; 10.40 % have a family history of cardiovascular disease; 7.20 % have a family history of malignancies. 118 persons (23.6%) were identified as clinically "healthy", which is of the number of examined persons.

Survey on the accessibility and level of coverage of health services in the Krumovgrad Municipality

The survey included the questioning of 1,000 people, of whom 495 (49.50%) **men** and 505 (50.50%) **women** over the age of 18. Of the respondents with primary education were 416 (41.60%), with secondary - 449 (44.90%), with semi-higher education - 37 (3.70%) and with higher education - 98 (9.80%).

By indicator "**Monthly Family Income**" the results are as follows: - no income - 87 or 8.70%; - up to 500 BGN - 606 (60.60%); - from 500 to 1000 BGN - 239 (23.90%); - from 1000 to 1500 - 50 (5.00%); - from 1500 - 2000 - 10 (1.00%); - from 2000 to 3000 BGN - 6 (0.60 %); - above 3000 - 2 (0.20%).

To the question „**Do you have health insurance?**” with „Yes” responded 922 (92.20%) , and with „No” 78 (7.80%) of the respondents. The survey on **family status** indicates: - married - 658 (65.80%); - married without children - 54 (5.40%); - single - 117 (11.70%); - widow/widower - 157 (15.70%); - divorced - 157 (15.70%).

To the question „**How many persons does your household consist of?**” predominant is the estimate „average” - 2.84 и „minimum” - 1.

The self-assessment of **health status** among respondents („Overall your health is...”) is as follows: - excellent answered 74 (7.40%); - very good - 143 (14.40%); - good - 504 (50.40%); - satisfying - 250 (25.00%); - bad - 29 (2.90%).

In the last year 560 persons (56.00%) of the respondents had **concerns about their health**. 670 (67.00%) felt **discomfort**. 357 (35.70%) **were diagnosed with an acute or chronic illness**. From those with manifested first **symptom/problem** most - 83 (11.61%) have increased blood pressure.

To the question „**Have you sought medical help for the indicated symptom/problem in the last year?**” with „Yes” responded - 514 (71.89%); with „No” - 195 (27.27%), 6 of the respondents did not answer the question (0.84%).

To the question „**Are you healthy?**” 291 (29.10%) of the respondents answer „Yes”, while „No” was indicated by 709 (70.90%).

To the question „**In the last year did you meet any encountered any obstacles, problems or obstacles in accessing health services?**”, 150 (15.00%) of the respondents answer “Yes”.

Conducted studies on morbidity in the Municipality of Krumovgrad


The study included 501 residents of the municipality of Krumovgrad between ages 20 and 70. 357 of them are women (71.25%), and 144 are men (28.75%).

Results in females

Of the examined 357 women: 137 were found to be without deviations from the norm (38.47%) and 220 (61.6%) were found to have deviations from the norm. Most common abnormalities are: elevated lipid profile, elevated antithyroid microsomal antibodies (MAT), elevated (or reduced) thyroid stimulating hormone (TSH), low hemoglobin and erythrocytes.

Results in males

Of the examined 144 men: 41 were found to be without deviations from the norm (28.4%) and 103 (71.6%) were found to have deviations from the norm.



In men predominated an increased percentage in the lipid profile (out of norm), which is mainly related to their diet. The increase in liver enzymes is a result of the frequent consumption of alcohol. Increased blood sugar is due to diet, age factor and immobilization. Within the age range of 20-30 years pathological changes are rare.

HEALTH RISKS AND MORBIDITY OF THE POPULATION ON THE BASIS OF OBTAINED RESULTS FROM LABORATORY SCREENING

- A. Dyslipidemias - elevated cholesterol, impaired balance between cholesterol fractions (HDL / LDL), elevated triglycerides;
- B. Elevated antithyroid microsomal antibodies and changes in thyroid stimulating hormone levels;
- C. Low hemoglobin levels - presence of anemic syndrome; D. Increased level of liver enzymes.

CONCLUSIONS

1. A leading problem among men and women in the municipality of Krumovgrad are lipid profile disorders.
2. In the second place a significant percentage of women have elevated antithyroid microsomal antibodies.
3. In the third place among women is the anemic syndrome.
4. In the fourth place among men are established data for elevated liver enzymes.

Measures need to be taken for promotion of healthy lifestyle and for increasing health literacy, as well as periodic screening prophylactic tests and examinations should be conducted.

Project Beneficiaries:



1. Regional Development Agency of Rodopi S.A.,
Greece www.anro.gr

Lead Beneficiary



2. Aristotle University of Thessaloniki – Special Account
for Research Funds, Department of Economics, Greece www.auth.gr



3. Municipality of Arriana, Greece www.arriana.gr



4. Municipality of Iasmos, Greece www.iasmos.gr



5. Agency for Transnational Training and Development,
Greece www.transcoop.gr



6. Министерство на здравеопазването
Регионална здравна инспекция - Хасково
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Haskovo, Bulgaria www.rzi-haskovo.org



7. Association of Rhodope Municipalities, Bulgaria www.arm-bg.net



8. Municipality of Krumovgrad, Bulgaria www.krumovgrad.bg



9. Municipality of Momchilgrad, Bulgaria www.momchilgrad.bg

Official site of the project:

- 8 <https://healthymunicipality.com>