

We need you for a health survey in Stockholm County

Hi! Region Stockholm would like to invite you to participate in the survey Hälsa Stockholm. The survey concerns the health in Stockholm County and how it has changed during the corona pandemic. Have you had COVID-19, changed your lifestyle, or have your health improved or worsened? Regardless, we are interested in your answers.

The information from the survey is needed to adapt healthcare and public health interventions to your needs and those of others. What we learn, we share with healthcare, politicians, researchers, and the public.

Your answers are important

You are one of about 120.000 randomly selected people from Stockholm who can contribute to our work to understand and improve health in the county. Participation is voluntary, but your participation is important because your answers cannot be replaced by someone else's.

How to do this

You can answer the questions in an online survey, paper survey, or by starting to use the Hälsometern app. Please follow one of the instructions on the right. The questionnaire takes 15 to 30 minutes to complete.

Thank you for participating. You are making a difference!



Cecilia Magnusson
Operations Manager, Centre for Epidemiology and
Community Medicine, Region Stockholm

The survey is available in Swedish and English.

More information about the survey and how your data is protected can be found on the back.

Contact us

If you have questions about the survey or you do not wish to participate, you can contact us.



Online survey

Go to www.indikator.org/halsa

Enter the reply code: *The code is in the letter you received in your mailbox.*

You can also scan the QR code with the camera on your mobile phone:

The QR code is in the letter you received in the mailbox.



Paper survey

A paper survey will be sent to your home in about four weeks. Please complete it and send it to us in the enclosed reply envelope.



App

Download the app Hälsometern in your app store. You can scan the QR code with the camera on your mobile phone to get there directly.



Email: folkhalsoenkat.sls@sl.se

Telephone: 08 - 123 371 81

Data management and privacy

Personal information we process

We process your survey responses and, in some cases, incremental data from the app Hälsometern. In order to be able to make a more comprehensive health mapping, the data we collect is supplemented with data on health and risk factors from registers at Region Stockholm, Statistics Sweden, National Board of Health and Welfare, Swedish Social Insurance Agency, National Archives, Swedish National Agency for Duty and Review, City of Stockholm, quality registers and Karolinska Institutet. The information concerns family, migration, housing, accommodation, socioeconomics, diagnoses, health, healthcare events, medicine use, birth outcomes, study and draft results, as well as noise and air pollution levels associated with the dwelling. As health is affected by heredity and family relationships, information is also collected for parents, siblings, and children.

To follow health progress over time, we may contact you with additional questions in the future.

How the information we collect is used

The information will be analysed and compiled at group level in health reports. The reports are available to the public on ces.sll.se, and compilations of data are available on folkhalsokollen.se. The compilations are used by Region Stockholm and by districts and municipalities in Stockholm County, to plan societal changes and healthcare. The information will be deleted ten years after the end of the study.

Participating in the survey and the answers you provide in the survey will not affect your future care or service within Region Stockholm.

How your personal information is protected

Your exact response will not be evident when the results from this survey are published. The analyses are performed using pseudonymised data, which means that all identities are replaced by serial numbers. We only use the information required for the current analysis.

Your information will be treated confidentially, and everyone working with the survey are under professional secrecy. Confidentiality applies under the Public Access to Information and Secrecy Act. Your information is also protected under the EU General Data Protection Regulation (GDPR). The legal basis for processing your

personal data is that the purpose is of general interest and necessary for statistical purposes.

All sensitive personal information is stored and processed on computers and servers within Sweden that are protected by two-factor authentication.

In Region Stockholm, Stockholm County's healthcare area (SLSO) is responsible for the processing of your personal information. If you have questions about GDPR and how your personal data is protected, you are welcome to contact the Data Protection Officer. Email to gdpr.slsso@sll.se

Request information about your personal data

You have the right to receive a free copy, in the form of a so-called register extract, of your personal information. The application for a register extract must be in writing and signed by the person to whom the extract relates. If you believe that Region Stockholm has processed your personal information in a way that violates the Personal Data Act, you can request to have the information corrected, blocked, or deleted. If you are dissatisfied with the way your personal information is processed, you have the right to file a complaint with the Swedish Authority for Privacy Protection, which is the supervisory authority.

About Hälsometern

To gather even better data on public health, Region Stockholm has developed the app Hälsometern for iPhones and Android phones. Hälsometern is available in Swedish and English.

In Hälsometern, the user responds to public health surveys and can also choose to share their incremental data. With incremental data, we get a better picture of how the population moves. If you choose to continue to have the app installed on your phone, you will be asked to respond to surveys a couple of times a year.

About us

The survey is conducted by the Centre for Epidemiology and Community Medicine (CES), which is part of Region Stockholm. The mission of CES is to contribute to good and equal health for the population of Stockholm County by distributing and developing knowledge about public health. We work with both research and development of new ways of working and methods to improve care and increase health in Stockholm County.

The survey is administered by the independent survey company, Institutet för kvalitetsindikatorer (Indikator).