

## PH030: LIMITATION IN ACTIVITIES BECAUSE OF HEALTH PROBLEMS

**Topic and detailed topic:** Health: status and disability, access to, availability and use of healthcare and health determinants / Disability and Minimum European Health Module

**Variable type:** Core Variable/Annual

**Unit:** All current household members aged 16 years and over or selected respondent (where applies)

**Reference period:** Current

**Mode of collection:** Personal interview (proxy as an exception for persons temporarily away or in incapacity)

**In use (period):** Yes, since the first year of the EU-SILC data collection

**Series' differences:** Yes, 2021 (modality wording slightly changed from 2020)

### VALUES AND FORMAT

- 1 Severely limited
- 2 Limited but not severely
- 3 Not limited at all

### FLAGS

- 1 Filled
- 1 Missing
- 3 Not applicable (Non-selected respondent (RB245 equal to 3))

### DESCRIPTION

The model question is part of standardised variables and part of the Minimum European Health Module (MEHM). It should be asked just after the PH020 question and should not be filtered by the PH020 question.

The MEHM consists of two more variables on health status: self-perceived general health and long-standing health problem. If the MEHM is implemented, all the questions should be asked in the recommended order (i.e. self-perceived general health, long-standing health problem, and limitation in activities because of health problems) and with no inclusion of any other health status related questions before or between the MEHM questions as it could have impact on results.

The question should clearly show that the reference is to the activities people usually do and not to respondent's 'own activities'. Neither a list with examples of activities (for example work or school, home or leisure activities) nor a reference to the age group of the subject is included in the question. As such it gives no restrictions by culture, age, gender or the subjects own ambition. Specification of health concepts (e.g., physical and mental health) should be avoided.

The purpose of the instrument is to measure the presence of long-standing limitations, as the consequences of such long-standing limitations (e.g., care, dependency) are more serious.

The variable reports on participation restriction through long-standing limitation (6 months or more) in activities that people usually do because of health problems, and its severity.

It measures the respondent's self-assessment of whether he/she is limited (in 'activities people usually do') by any on-going physical, mental or emotional health problem, including disease or impairment, and old age. Consequences of injuries/accidents, congenital conditions, etc., are all included. Only the limitations directly caused by or related to one or more **health problems** are considered. Limitations due to financial, cultural or other non health-related causes should not be taken into account. **The everyday activities should be considered, while their abilities to do certain sports should not be included as limitation.**

An **activity** is defined as: 'the performance of a task or action by an individual' and thus activity limitations are defined as 'the difficulties the individual experiences in performing an activity'. People with long-standing limitations due to health problems have passed through a process of adaptation which may have resulted in a reduction of their activities. To be able to identify existing limitations a reference is necessary and therefore the activity limitations are assessed against a generally accepted population standard, relative to cultural and