



Social and cultural factors of health Health related quality of life

ASOC. PROF. SIGNE MEŽINSKA

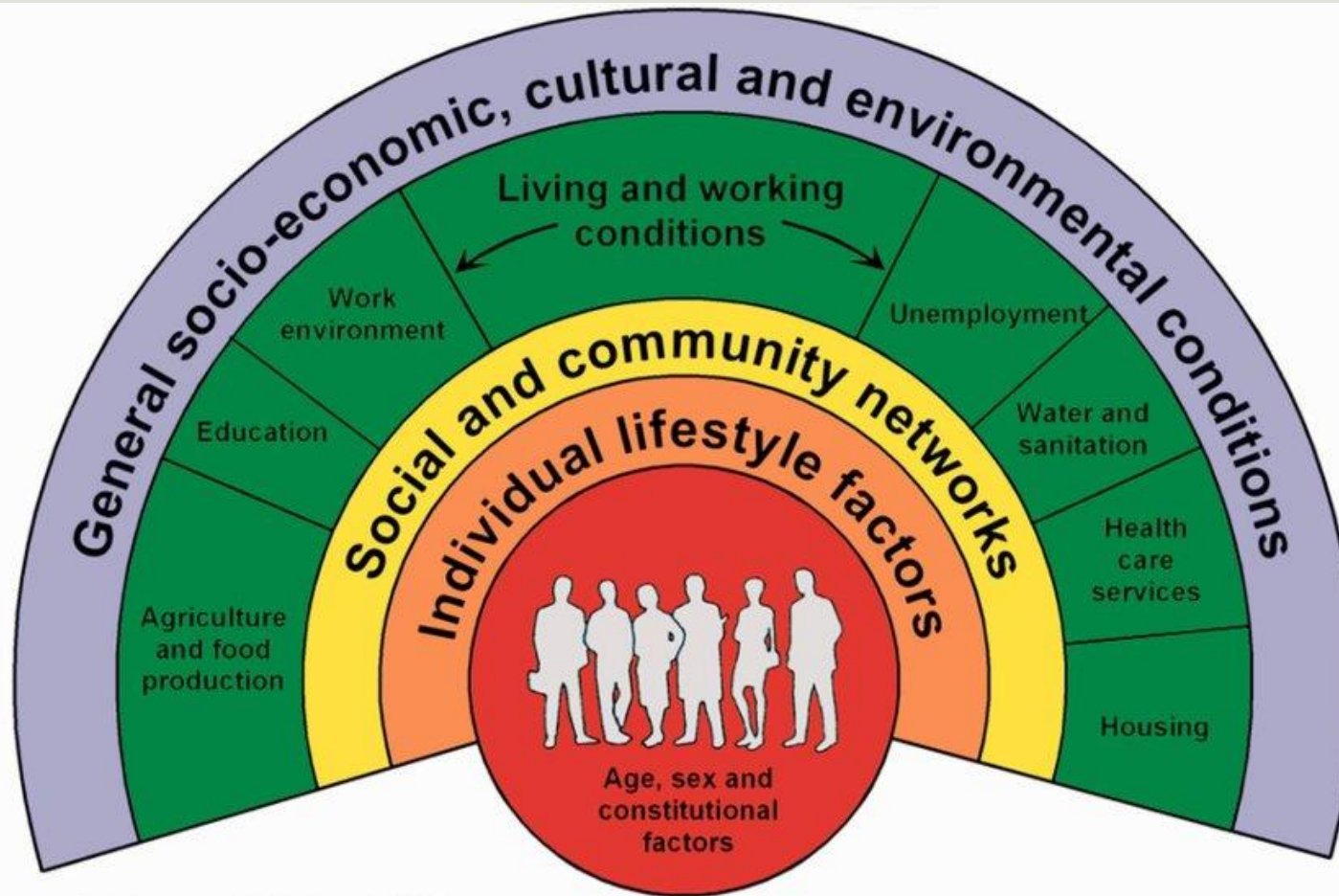
Seminars

In case of absence from seminar it will be replaced by written assignment and/or discussion during the office hours

Question

What are the individual, social and cultural factors influencing individual's health?

Dahlgren & Whitehead model of health determinants



Source: Dahlgren and Whitehead, 1991

Factors
influencing
health

What are the options to influence social, socio-economic and cultural determinants of health?

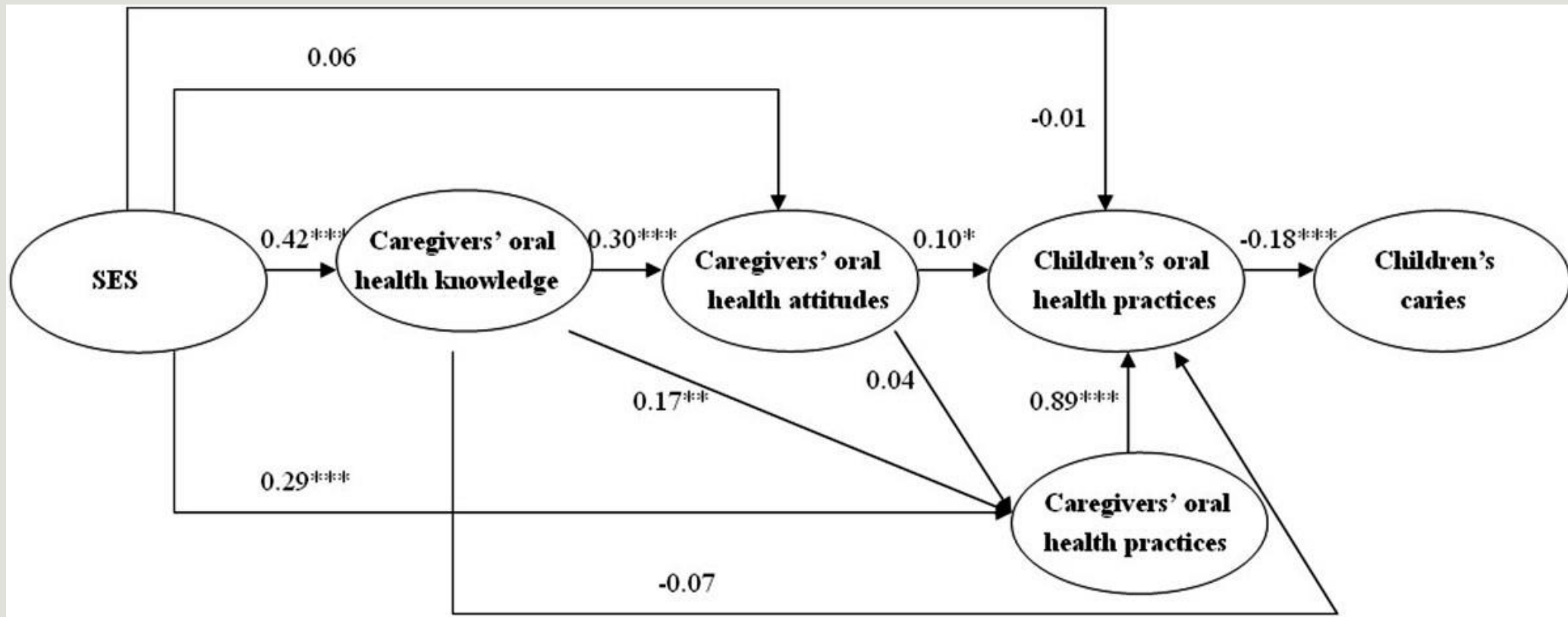
Effects of social and cultural factors

It is complicated to show causal relationships between social/cultural factors and health because:

- often there is a time interval between the initial influence of the social factor and the outcome - influence can occur in childhood, during pregnancy etc.
- the causal link between the influence of the factor and the outcome is usually not simple
- relationships may be mutually affecting, e.g. low levels of education and poor health affect each other

Effects of social and cultural factors

- It would be unethical to examine the effects of these factors in randomized controlled studies
- Other research methods are applied:
 - multifactor modeling
 - quasi-experimental design
 - natural experiments
 - ...



[..] findings from this study have important applications for policy making with regard to promoting children's oral health, and caregivers should be made to realize that they are role models for their children; in that area, more attention should be focused on caregivers, including their oral health knowledge, attitudes and practices. Additionally, public education programs should be advocated more broadly, and oral health care service systems should be improved in areas that are socioeconomically disadvantaged.

The communication mentions

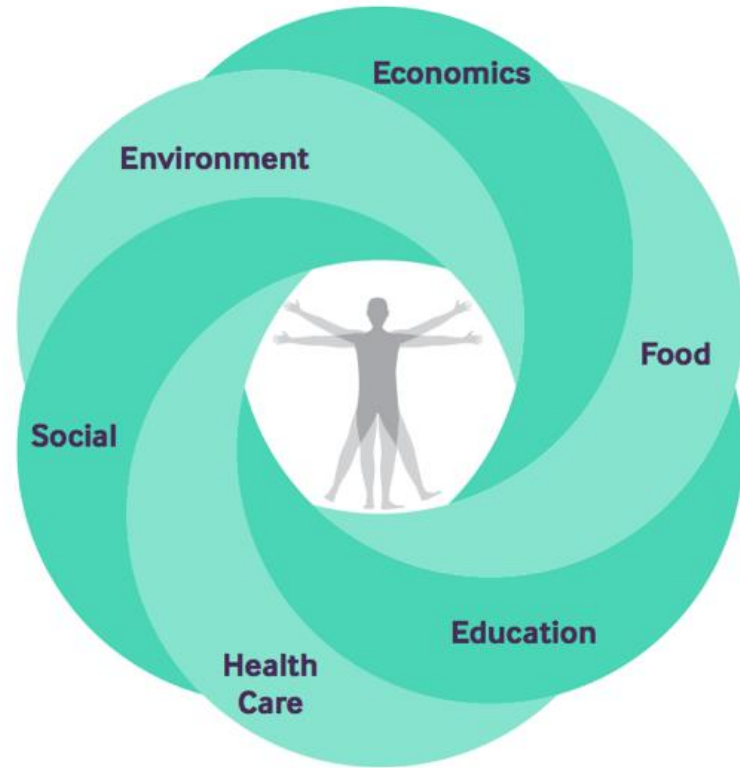
- <https://culture.ec.europa.eu/news/commission-advocates-for-the-benefits-of-culture-on-mental-health-and-well-being>

Social determinants of health

Social determinants of health are the conditions in which people are born, grow up, live, work and age. These conditions influence a person's opportunity to be healthy, his/her risk of illness and life expectancy.

Social inequities in health – the unfair and avoidable differences in health status across groups in society – are those that result from the uneven distribution of social determinants.

Social Determinants of Health

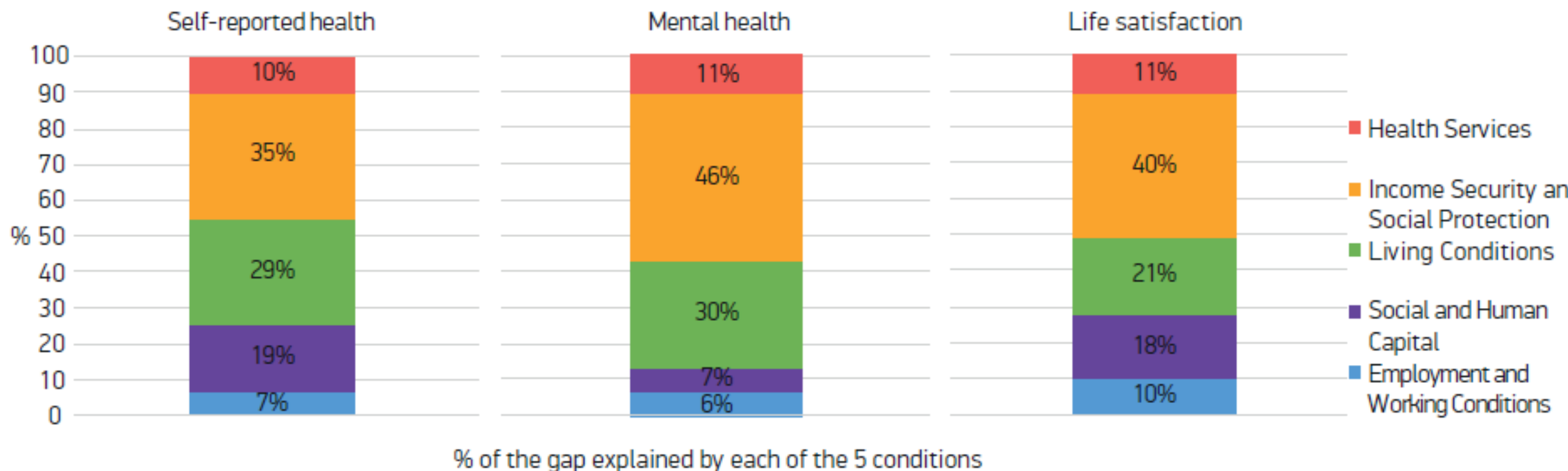


Social
determinants
of health

Income

- In lower-income groups in average people practice less health-friendly habits
- Less of healthy food, physical activity
- Income can limit educational opportunities, employment and access to healthcare

Fig. 2.2. The five conditions' contributions to inequities in self-reported health, mental health and life satisfaction (EU countries)



Notes. The estimated contribution of each condition in this analysis takes into account differences the other conditions as well as differences in age and sex. Data points controlled for age and sex.

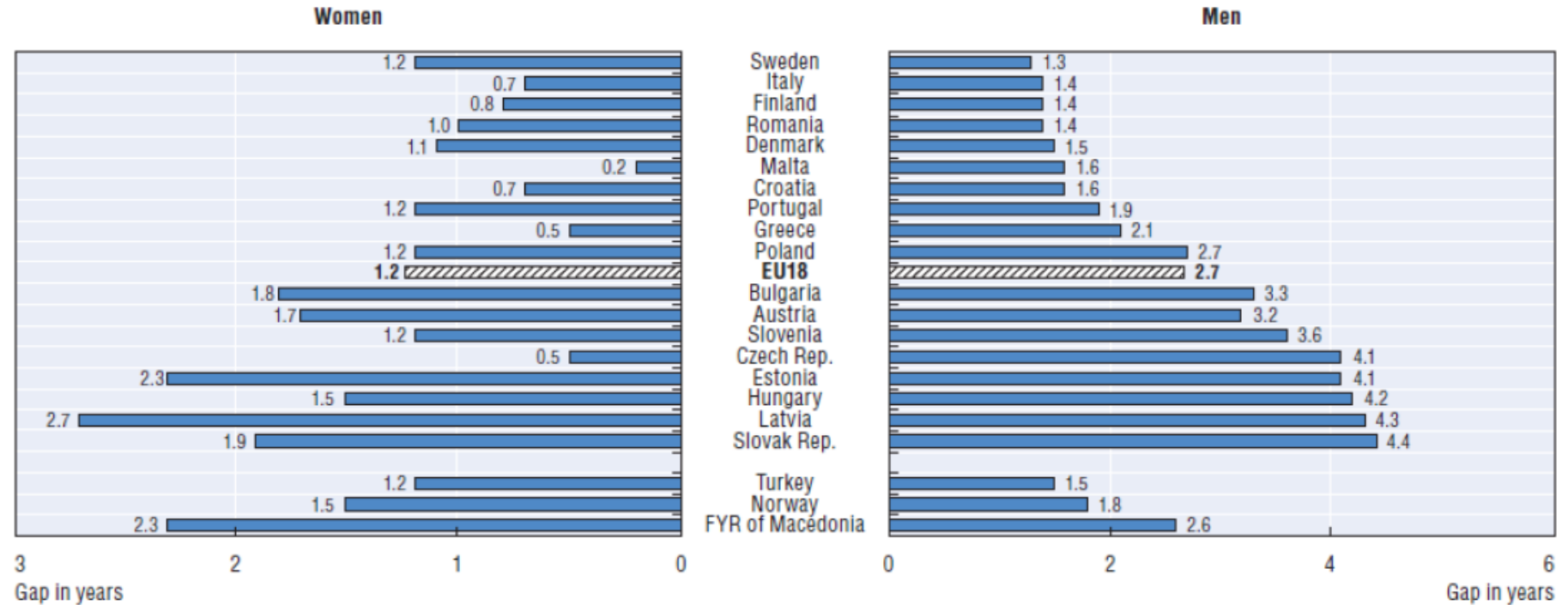
Source: authors' own compilation, based on 2003–2016 data from the EQLS.

Education

- Education affects employment and access to healthcare
- Education makes it possible to choose, control and change environmental conditions
- Example: Following Eurostat data in the EU in 2015, the rate of obesity was 11.5% in adults with higher education and 19.9% in adults with lower education levels

**There are large gaps in life expectancy by education level:
in Central and Eastern Europe, 65-year-old men with low education level
live about four years less than the most educated**

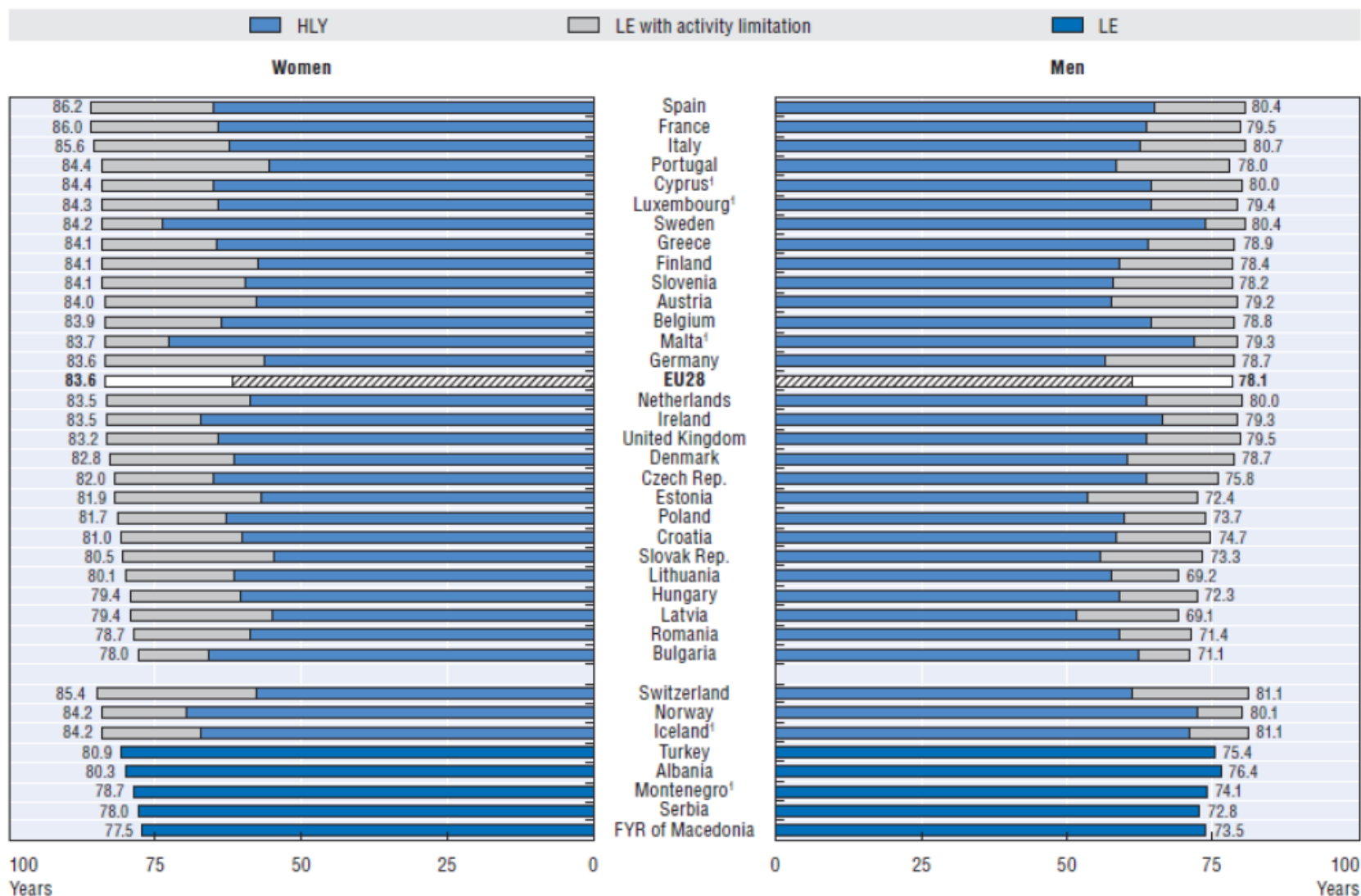
Gap in life expectancy at age 65 by gender and educational level, 2013 (or nearest year)



1. Women live longer than men	yes/no
2. Men more often than women are obese	yes/no
3. Men more often than women suffer in accidents	yes/no
4. The health self-assessment in women is higher than in men	yes/no
5. Men smoke more and more often than women	yes/no
6. Women more often and more than men drink alcohol	yes/no

Women live 5.5 years longer than men on average across EU countries, but the gender gap is less than a year for healthy life years

2014

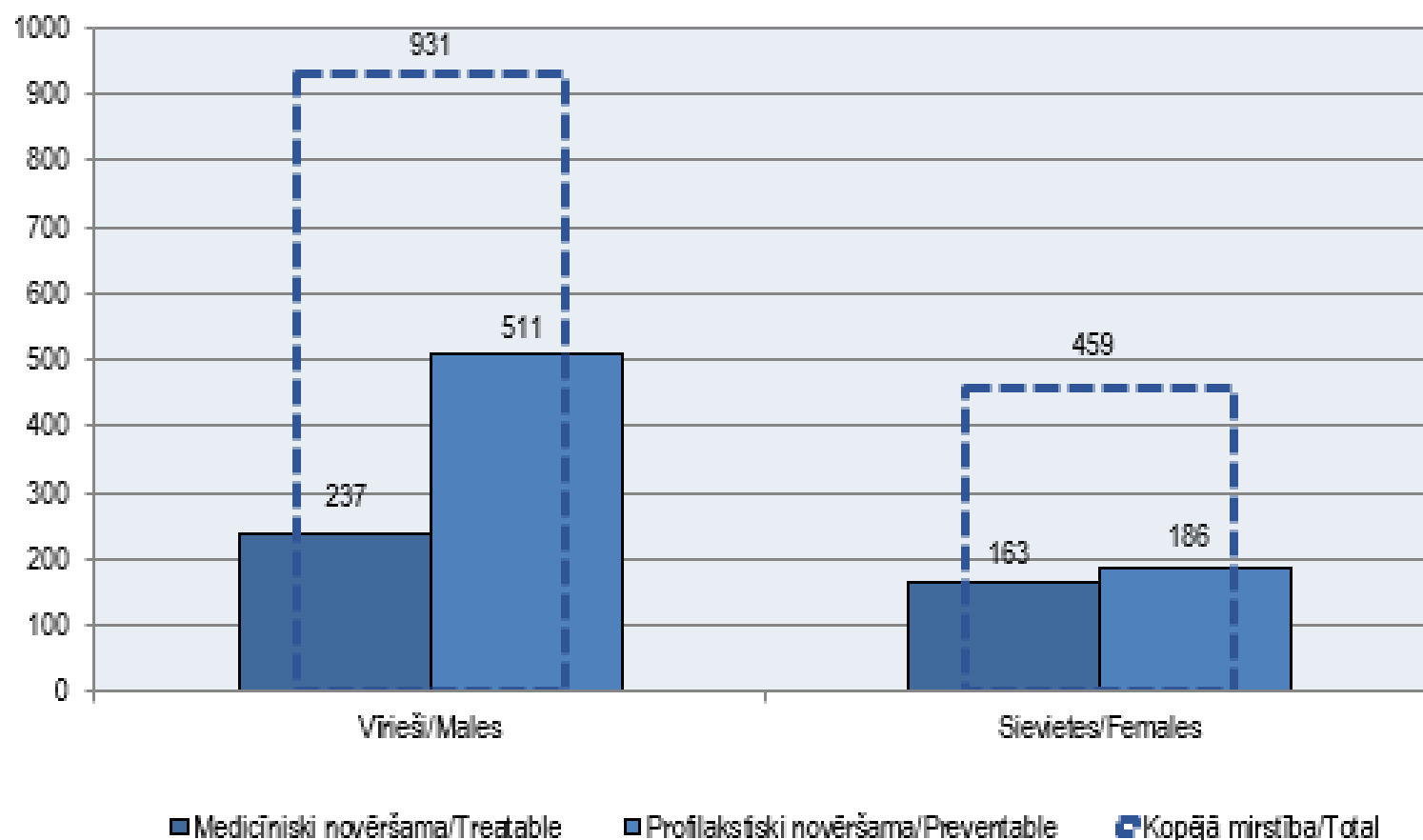


Note: Healthy life years are defined as the number of years spent free of disability.

Source: Eurostat Database

2.12. attēls NOVĒRŠAMA MIRSTĪBA (LĪDZ 74 GADU VECUMAM) 2018.GADĀ, PA DZIMUMIEM, uz 100 000 iedzīvotāju

Chart 2.12. TREATABLE AND PREVENTABLE MORTALITY (IN AGE UP TO 74), IN 2018, BY GENDER, per 100 000 population



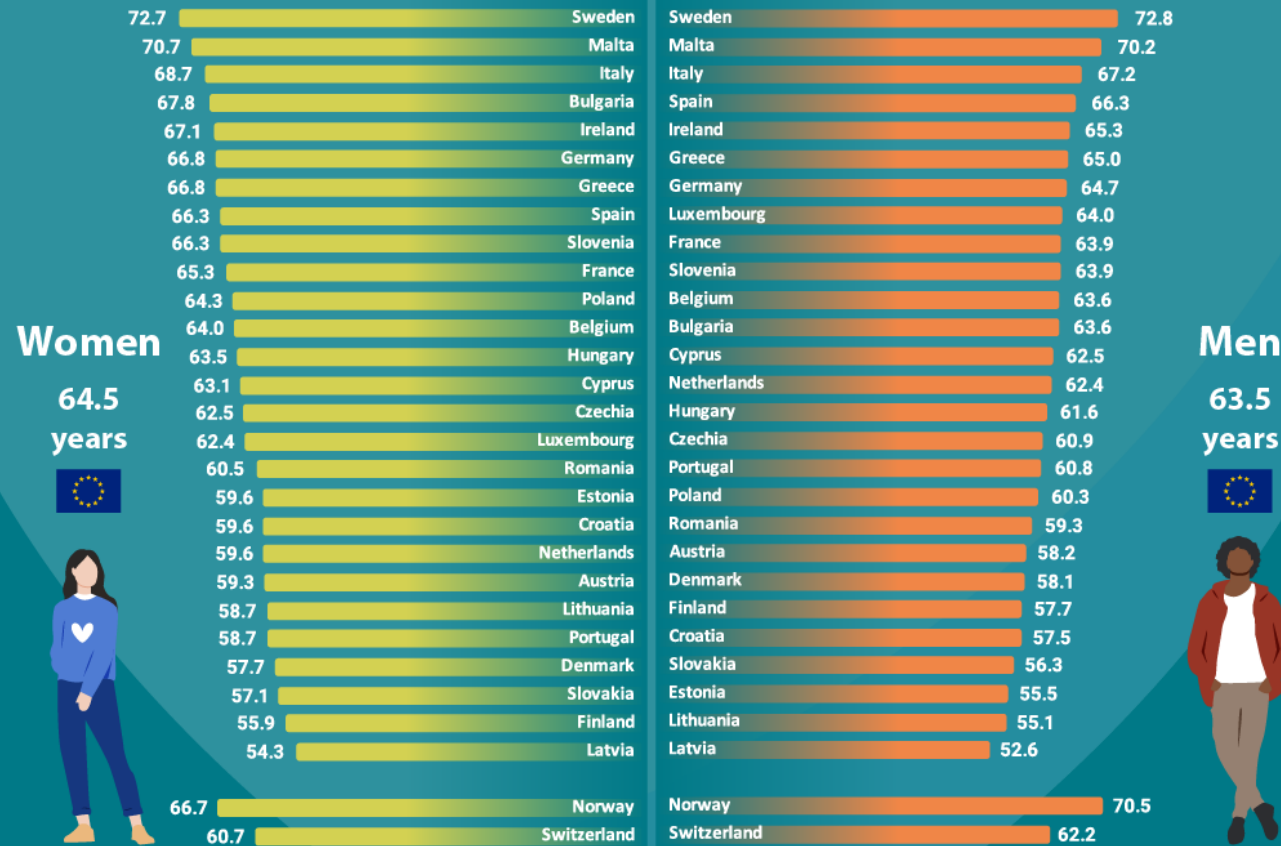
 Slimību profilakses un kontroles centrs. Dati aktualizēti 01.10.2019. Aprēķināts pēc Eurostat un OECD [metodoloģijas](#) (2019).
 The Centre for Disease Prevention and Control. Data updated 01.10.2019. Calculated using Eurostat/OECD [methodology](#) (2019.)

Healthy life years at birth

(2020 data)



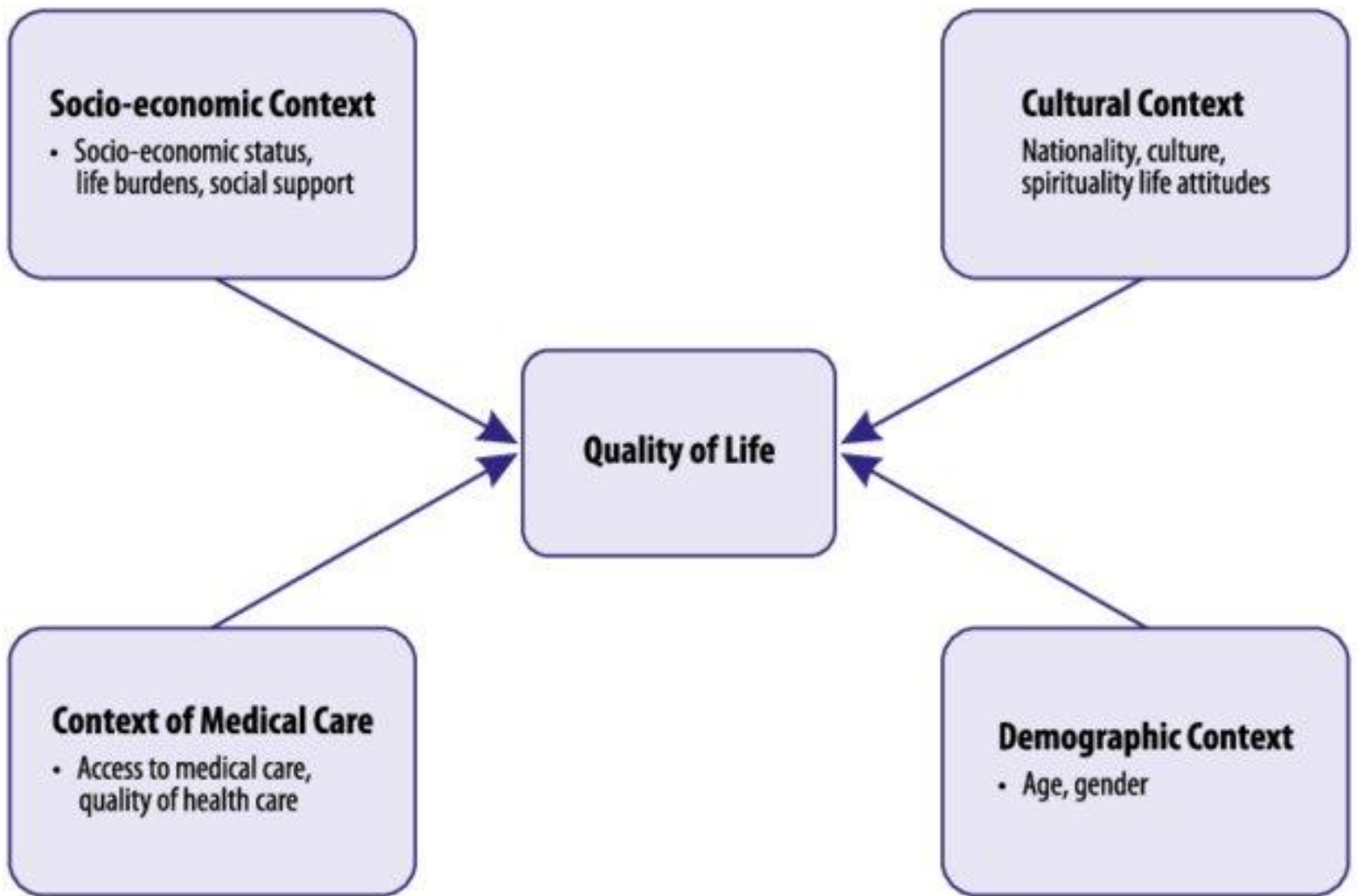
Healthy Life Years:
the number of years that a person
is expected to live without an activity
limitation (disability).



Health related quality of
life

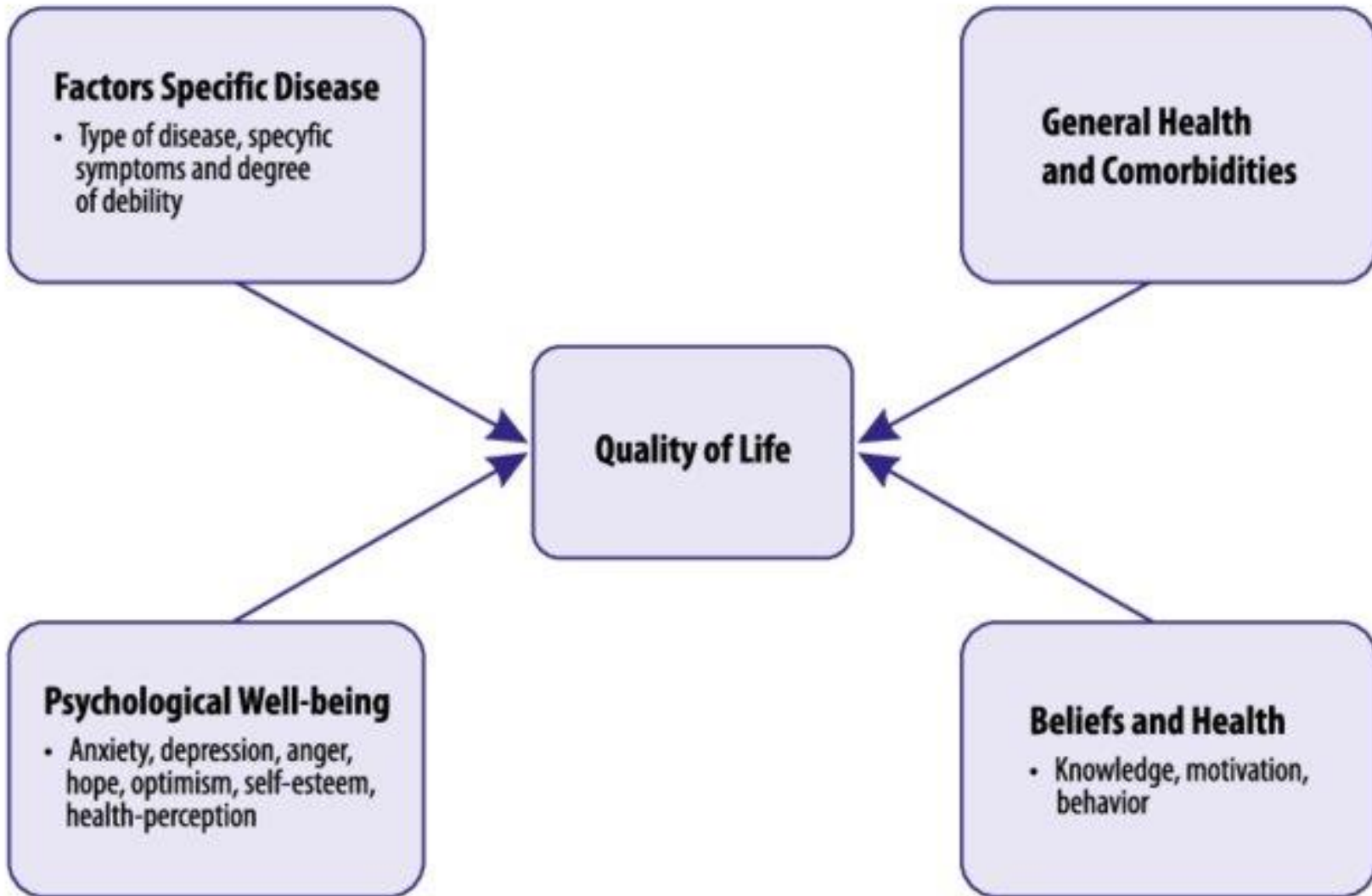
Quality of life

U.S. president Lyndon B. Johnsons in 1964 stated *“the great society is concerned not with how much, but with how good – not with the quantity of goods but with the quality of their lives”*



Macro level

Sosnowski et al. (2017)
Basic issues concerning
health-related quality of
life. Cent European J Urol.
2017 Jun 30;70(2):206-211



Micro level

Sosnowski et al. (2017)
Basic issues concerning
health-related quality of
life. Cent European J Urol.
2017 Jun 30;70(2):206-211

Functionality

- Physical
 - Physical health, personal hygiene, nutrition, mobility, overall physical appearance
- Psychological
 - Mental health and adaptation cognitive functioning, emotional status, self-control, self-esteem and effectiveness
- Spiritual
 - Personal values, attitudes accepted, standards of behavior, faith

Environment & Affiliations

- Physical level
 - Place of residence, work, education, environment, neighborhood
- Psychological level
 - Family, friends, colleagues, neighbors
- Community level
 - Employment, income, participation in the education system, participation in such as social and cultural events

Quality of Life

Development

- Daily activity
 - Household activities, tasks at work, altruistic activity
- Spare time activities
 - Hobbies, activities for health and stress reduction
- Development and self-realisation
 - Adaptation to change, steps for maintaining and increasing personal competences and skills

Quality of life

Sosnowski et al. (2017)
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Frequently used objective social indicators (represent social data independently of individual evaluations)

Life expectancy

Crime rate

Unemployment rate

Gross Domestic Product

Poverty rate

School attendance

Working hours per week

Perinatal mortality rate

Suicide rate

Source: Items drawn from Cummins (1996b); Hagerty *et al.* (2001) and Noll (2000).

Subjective social indicators (individuals' appraisal and evaluation of social conditions)

Sense of community

Material possessions

Sense of safety

Happiness

Satisfaction with 'life as a whole'

Relationships with family

Job satisfaction

Sex life

Perception of distributional justice

Class identification

Hobbies and club membership

Source: Items drawn from Cummins (1996b); Hagerly *et al.* (2001) and Noll (2000).

Health-Related Quality of Life (HRQOL)

For public health surveillance purposes, HRQOL was defined as...“an individual’s or group’s perceived physical and mental health over time.” (Measuring Healthy Days, CDC 2000)

Measuring Health-Related Quality of Life (HRQOL)



Broad outcome measures designed to measure physical, emotional, and social dimensions of health (McDowell & Newell, 1996).



No one definition of HRQOL is agreed upon, but generally HRQOL is assessed with generic measures (e.g., Short-Form 36) or disease-specific measures (e.g., Quality of Life in Epilepsy Scale-10 (Ware & Sherbourne, 1992; Cramer et al., 1996).



Quality of Life Instruments Database (QOLID): Online database of generic and disease-specific measures. <http://www.proqolid.org>

Core Healthy Days Measures

1. Would you say that in general your health is excellent, very good, good, fair, or poor?
2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

	excellent	very good	good	fair	poor
1. In general would you say your health is	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Much better	Somewhat better	About the same	Somewhat worse	Much worse
2. Compared to one year ago, how would you rate your health in general now?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?					
	Yes, limited a lot	Yes, limited a little	No, not limited at all		
a Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
b Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
c Lifting or carrying groceries.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
d Climbing several flights of stairs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
e Climbing one flight of stairs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
f Bending, kneeling, or stooping.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
g Walking more than one mile.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
h Walking several blocks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
i Bathing or dressing yourself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
4. During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?					
	Yes	No			
a Cut down on the amount of time you spent on work or other activities.	<input type="checkbox"/>	<input type="checkbox"/>			
b Accomplished less than you would like.	<input type="checkbox"/>	<input type="checkbox"/>			
c Were limited in the kind of work or other activities.	<input type="checkbox"/>	<input type="checkbox"/>			
d Had difficulty performing the work or other activities (for example, it took extra effort).	<input type="checkbox"/>	<input type="checkbox"/>			

5. During the past 4 weeks, have you had any of the following problems with your work or other regular activities as a result of any emotional problems (such as feeling depressed or anxious)?

Yes No

	Not at all	Slightly	Moderately	Quite a bit	Extremely	
6. During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	None	Very mild	Mild	Moderate	Severe	Very severe
7. How much bodily pain have you had during the past 4 weeks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Not at all	A little bit	Moderately	Quite a bit	Extremely	
8. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9. These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks:						
	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
a Did you feel full of pep?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b Have you been a very nervous person?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c Have you felt so down in the dumps that nothing could cheer you up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d Have you felt calm and peaceful?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e Did you have a lot of energy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f Have you felt downhearted and blue?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g Did you feel worn out?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h Have you been a happy person?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i Did you feel tired?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	All of the time	Most of the time	Some of the time	A little of the time	None of the time	
10. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities with friends (like visiting, relatives, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

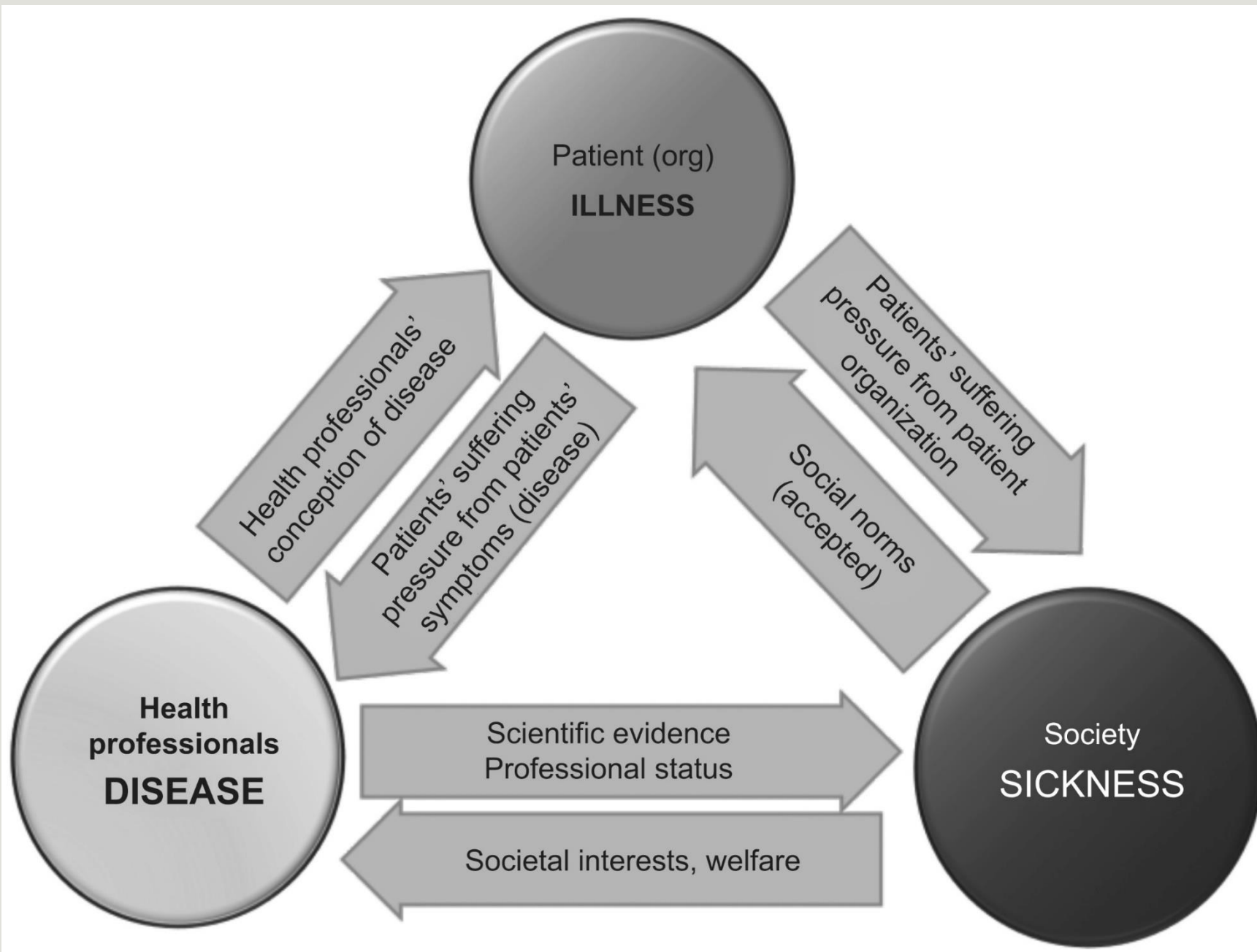
11. How TRUE or FALSE is each of the following statements for you?

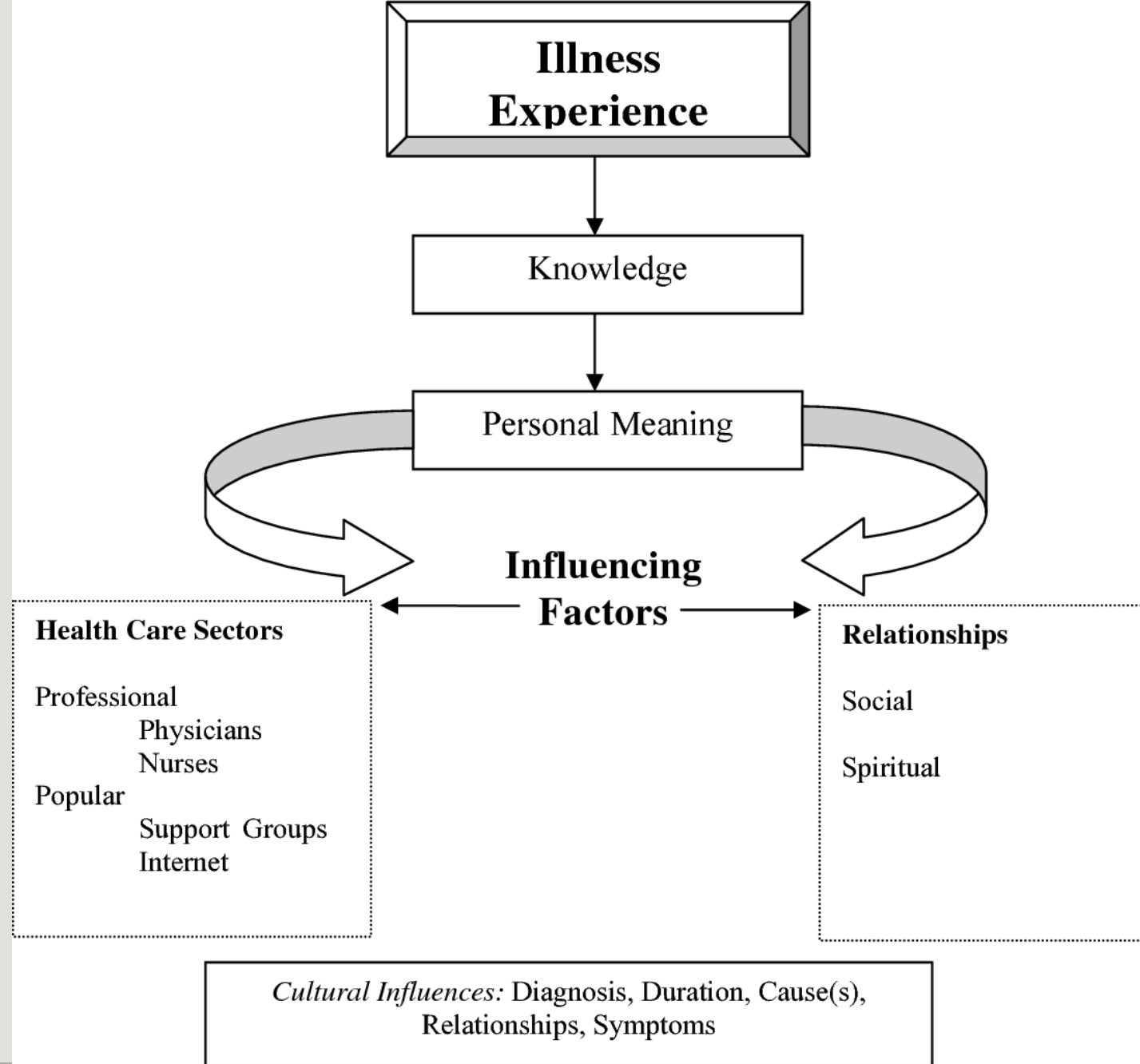
Definitely true Mostly true Don't know Mostly false Definitely false

a I seem to get sick a little easier

ILLNESS EXPERIENCE

A thin vertical line extends from the top of the text area down to a horizontal bar at the bottom of the slide. The bar is a solid dark gray and spans the entire width of the slide.





9 common types of guilt people with chronic illness experience

1. When Your Illness Affects Your Partner

“I feel guilty that my husband is going through this too. He married me well and now that I have lupus, he stays by my side every step of the way. He could have a much simpler life but he is still here with me. I love him more and more each day for that.” — Marisa P.

<https://themighty.com/2018/10/chronic-illness-guilt-coping/>

9 common types of guilt people with chronic illness experience

2. When You Need to Cancel or Change Plans

“I feel guilty that I cannot often attend social occasions with friends. I’m not the same person to my friends that I used to be, I don’t even know what to talk to people about socially anymore – my whole life revolves around my health problems and nobody really wants to hear about that for more than a few minutes (understandably!).” – Laura S.

<https://themighty.com/2018/10/chronic-illness-guilt-coping/>

9 common types of guilt people with chronic illness experience

3. When You're Unable to Keep Up With Your Kids

"I feel guilty that I'm always sick. My kids want me to be more active in their lives, and my 7-year-old just asked me again today why I'm always sick. I feel guilty that I'm sick, guilty that I can't play, and guilty that I don't know why..." – Sarah R.

<https://themighty.com/2018/10/chronic-illness-guilt-coping/>

9 common types of guilt people with chronic illness experience

4. When You Depend on Others and Feel Like a 'Burden'

"I used to be so active and productive and loved to give my time, energy, and gifts to others. Now I feel guilty because I am on the receiving end of most of my relationships. I feel like I'm not 'pulling my weight' in this life any longer and am a burden to people." – Debby R.B.

<https://themighty.com/2018/10/chronic-illness-guilt-coping/>

9 common types of guilt people with chronic illness experience

5. When You're Unable to Work and Contribute Financially to Your Family

“Money guilt! I’m 21, so I’m technically an adult, yet I don’t have a job, live with my parents and my medical treatment for chronic Lyme disease is hundreds of thousands of dollars! I feel so bad that they have to pay for that since insurance won’t! It’s so expensive but we have to! I’m so lucky for them.” – Cassidy S.

<https://themighty.com/2018/10/chronic-illness-guilt-coping/>

9 common types of guilt people with chronic illness experience

6. When You're Unable to Do Household Chores

“The guilt of having to watch my husband do the housework, after he as put in a long day at work, because I can't do it.” – Regina B.B.

<https://themighty.com/2018/10/chronic-illness-guilt-coping/>

9 common types of guilt people with chronic illness experience

7. When You Feel Like You're Not Living Up to Your Potential

"I feel guilty because I have an amazing job and the opportunity to influence young women and I don't have the energy to do it. Every single day is a struggle just to do the bare minimum. I fear I will look back 10 years from now and wish I was able to do more." – Jordan C.

<https://themighty.com/2018/10/chronic-illness-guilt-coping/>

9 common types of guilt people with chronic illness experience

8. When You Feel “Survivor’s Guilt” for Living With Your Chronic Illness

“I feel guilty for being alive when I see people who contribute so much more to life and they pass away. They have families and friends that love them. I am grateful I am still breathing.” – Acadia M.M.

<https://themighty.com/2018/10/chronic-illness-guilt-coping/>

9 common types of guilt people with chronic illness experience

9. When You Feel Like You're Not Contributing to Society

“The guilt of not being a ‘functional’ member of society. And that category has subcategories, like the guilt of not being able to go to work and school, the guilt of not being able to do as much cooking and cleaning as others, and mostly the guilt of missing out on special days and events with family and friends.” – Savannah M.L.

<https://themighty.com/2018/10/chronic-illness-guilt-coping/>

signe.mezinska@lu.lv