

Portuguese Adults' Health Status Perception

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INTRODUCTION

Health status perception is a general indicator of physical and psychological well-being and reflects different lifestyles' variables.

AIM

To evaluate the determinants of health status perception among the portuguese adult population.

METHODS

Data from the study "Portuguese Population's Food Habits and Lifestyles" were used. A national representative sample of 3529 portuguese adults was interviewed at home between February and April 2009. Health status was evaluated by the EQ-5D. The present analysis is carried out in 2811 subjects due to incompleteness of 718 records. A binary logistic regression model was computed to estimate the odds of lower perception of own health status (EQ visual analogue scale under the median) among portuguese adults according to their sex, age and education level, civil status, professional occupation, region of residence, BMI class, smoking habits and problems identified in each of the EQ-5D dimensions.

RESULTS AND DISCUSSION

To our knowledge this is the first study to assess the perception of health status in a representative sample of portuguese adults. Older, underweight (vs. normal weight), widowed (vs. married), unemployed (vs. active) and living in any region except North were found to have a lower perception of health status. The presence of problems in three of the five EQ-5D dimensions (mobility, pain/discomfort and anxiety/depression) was also associated with lower perception of health status.

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Factors Perceived by Portuguese Adults as Influential in Food Consumption

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INTRODUCTION

The knowledge about the factors perceived by consumers to have major influence in their food consumption is of the utmost importance when planning any public health intervention.

AIM

To evaluate the factors perceived by the portuguese adult population as having the greatest importance in their food consumption.

METHODS

Data from the study "Portuguese Population's Food Habits and Lifestyles" were used. A national representative sample of 3529 subjects was interviewed at home between February and April 2009. The present analysis is carried out in 2855 subjects due to incompleteness of 674 records. Subjects were asked to select from a list of fourteen, the three factors which had the greater importance in their food consumption. Binary logistic regression models were computed to estimate the odds of selecting each of the factors according to sex, age, education level, civil status, professional occupation, region of residence, BMI, physical activity and smoking habits.

RESULTS AND DISCUSSION

"Taste" was the most selected factor (53%), followed by "price" and "trying to eat healthy" (33% each). Men selected more "other person decides most of the foods I eat", while women selected more "vegetarian eating or other special practices", "price", "content of additives, colorings and preservatives", "controlling weight", "trying to eat healthy" and "quality or freshness of foods". Overweight people selected more than normal weight ones "other person decides most of the foods I eat"; overweighted and obese selected more than normal weight subjects "diet recommended by the physician" and less than normal weight subjects "vegetarian eating or other special practices".

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