

THE HEALTH OF ADULTS IN THE EUROPEAN UNION

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The technical specifications, the names of the institutes involved in the research and the questionnaire are annexed.

The European Commission accepts no liability of any kind arising from this report.

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GENERAL INTRODUCTION

Between 28th October 2002 and 8th December 2002, the European Opinion Research Group, a consortium of Market and Public Opinion Research agencies, made out of INRA and GfK Worldwide, carried out wave 58.2 of the Standard Eurobarometer, on request of the European Commission, Directorate-General Press and Communication, Public Opinion Analysis Unit.

The following topics are covered in this wave:

- ✓ Health (Q.1-71)
- ✓ Developing Countries (Q.72-79)

Standard Eurobarometer surveys cover the population of the respective nationalities of the European Union member states, aged 15 years and over, resident in each of the member states. The basic sample design applied in all member states is a multi-stage, random (probability) one. In each EU country, a number of sampling points is drawn with probability proportional to population size (for a total coverage of the country) and to population density.

For doing so, points are drawn systematically from each of the 'administrative regional units', after stratification by individual unit and type of area. Hence, they represent the whole territory of member states according to EUROSTAT NUTS 2 (or equivalent) and according to the distribution of resident population of the respective EU nationalities in terms of metropolitan, urban and rural areas. In each of the selected sampling points, a starting address is drawn at random. Further addresses are selected as every Nth address by standard random route procedures, from the initial address. In each household, respondent is drawn at random. All interviews are face-to-face in the respondent's home and in the appropriate national language.

In this report we present analyses by the 15 European Union countries, with East and West Germany aggregated into Germany and Great Britain and Northern Ireland aggregated into the United Kingdom, using the weights for the EU-15 (see Appendix 1).

SUMMARY

The health of the European population was assessed on five levels: perceived health, chronic morbidity (long-standing illness), activity restriction due to a health problem, sensory and physical functional limitations. The questions were developed by the Euro-REVES group¹ and the first three formed the Minimum European Health Module. All questions were satisfactorily understood although almost half the Swedish respondents answered “don’t know” to the far vision question, much higher than the 1-2% in other Member States and for all other questions.

The vast majority (67.8%) of EU citizens aged 15 years and over considered themselves to be healthy, only 5.7% perceiving themselves to be in bad or worse health. A quarter (25.3%) reported chronic morbidity and a quarter (26.3%) had activity restriction with 6.2% severely restricted. Low levels of sensory functional limitation were reported (1.3% near vision, 3.4% far vision and 3.0% in hearing), though without the use of aids 42.1% were limited in near vision, 21.1% in far vision and 4.5% in hearing. Physical functional limitations were more common with 3.6% limited in walking 500 metres even with an aid, 9.6% in climbing stairs and 10.5% in lifting 5 kilos.

There were considerable age differences. Of those aged 65+ years, only 39.9% rated their health as good or better, almost half (48.3%) had chronic morbidity and half had activity restriction. Limitations in hearing even using aids were reported more often (7.3%) than those for near vision (3.3%) or far vision (6%). Physical limitations in this age group were highest for lifting (29.5%) and stairs (28.6%) with 10.7% limited in walking even with aids.

Three and fourfold differences between Member States were seen in some health variables, the greatest differences being in bad or worse perceived health (range 1.3% to 13.6%), hearing (1.3% to 5.2%) and walking limitation despite aids (1.4% to 8.5%).

¹ Full guide to development of questions can be found on www.reves.net.

CHAPTER 1

Perceived health

1.1. General situation in the European Union

In recognition of the need to elicit an individual's assessment of their health and of the considerable advantages of measuring overall health through the use of a single question, the concept of self-perceived health has been increasingly used. As a consequence of disease, self-perceived health can be viewed as a subjective judgement on the overall situation, a global self-assessment based on the internal assessment by the individual of specific health problems.

Perceived health is associated with a number of other health outcomes and the use of health services (Idler and Benyamini, 1997)² and is also an independent predictor of survival in older people (Kaplan et al., 1988)³. It is considered to be one of the best health indicators; the level of perception of bad health in the population is a clear indication of unmet needs, services and health care.

The form of the question taken in the Eurobarometer is the WHO-Europe question on self-perceived health, "How is your health in general?" and commonly used in health interview surveys. This question, along with the global questions on chronic morbidity (see Chapter 2) and activity restrictions (see Chapter 3) together form the Minimum European Health Module (see Chapter 6).

The vast majority of the citizens perceived themselves to be healthy (Table 1). Two out of every three (67.8%) Europeans aged 15 years and over reported their health to be good or very good. Just over a quarter (26.2%) stated their health was fair whilst only 5.7% reported bad or very bad health. Just 0.3% of the population was unable to give a firm answer to this question.

² Idler EL, Benyamini Y (1997) Self-rated health and mortality: a review of twenty-seven community studies. *Journal of Health & Social Behavior* 38:21-37.

³ Kaplan GA et al. (1988) Subjective state of health and survival in elderly subjects. *Journal of Gerontology* 43(4):114-120.

Table 1: Perceived health

| | % EU 15 |
|---|----------------|
| <i>Q.28: How is your health in general?</i> | |
| Very good | 23.5 |
| Good | 44.3 |
| Fair | 26.2 |
| Bad | 5.0 |
| Very bad | 0.7 |
| (Don't know) | (0.3) |

1.2. Perceived health by age

As expected, self reported good health (good or very good health) declined with increasing age from 86.6% in those aged 15-24 years to 39.9% in those aged 65+ years (Table 2). On the other hand the proportion reporting bad or very bad health increased with increasing age, from 1.8% to 13.7%. However most of the decline in good health with age is reflected in the 'fair' category rather than 'bad' or 'very bad'. By age 65+ years the distribution of perceived health was much more symmetrical with 46.1% rating their health as fair.

Table 2: Perceived health by age

| | 15-25 years % | 26-44 years % | 45-64 years % | 65 + years % |
|---|--------------------------|--------------------------|--------------------------|-------------------------|
| <i>Q.28: How is your health in general?</i> | | | | |
| Very good | 43.3 | 28.7 | 14.8 | 8.4 |
| Good | 43.3 | 50.3 | 46.3 | 31.5 |
| Fair | 11.5 | 18.6 | 31.3 | 46.1 |
| Bad | 1.6 | 1.9 | 5.9 | 12.4 |
| Very bad | 0.2 | 0.2 | 1.2 | 1.3 |
| (Don't know) | (0.1) | (0.3) | (0.5) | (0.3) |

1.3. Perceived health by gender

At first sight, the distribution of perceived health appears similar by gender. However, in general, women report poorer health than men with considerably more women reporting bad or very bad health (6.8%) than men (4.2%).

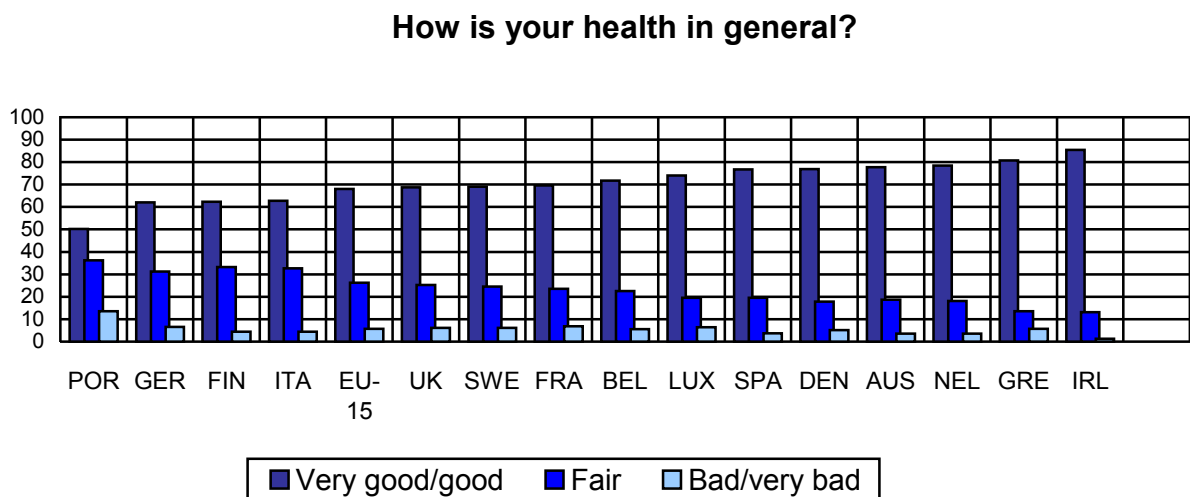
Table 3: Perceived health by gender

| | Women % | Men % |
|---|---------|-------|
| Q.28: <i>How is your health in general?</i> | | |
| Very good | 21.2 | 25.9 |
| Good | 43.7 | 45.0 |
| Fair | 28.1 | 24.2 |
| Bad | 6.0 | 3.9 |
| Very bad | 0.8 | 0.7 |
| (Don't know) | (0.2) | (0.4) |

1.4. Perceived health in the Member States

Levels of reported health varied significantly across Member States. Ireland and Portugal were the two extremes regardless of whether good (or better), fair or bad (or worse) health is considered (Figure 1). The proportion reporting good or very good health ranged from 50.2% in Portugal to 85.5% in Ireland with the average over the EU-15 as 68.0%. The proportion reporting fair health ranged from 36.2% to 13.1% and the proportion reporting bad or very bad health was 13.6% in Portugal compared to only 1.3% in Ireland. There appears to be no north-south gradient as illustrated by the order of the countries in Figure 1.

Figure 1: Perceived health by Member State



CHAPTER 2

Chronic morbidity

2.5. General situation in the European Union

Indicators of chronic morbidity have been officially adopted as relevant to policy by the Member States of the WHO for evaluation of national health policies. Chronic morbidity is strongly related to disability indicators since many impairments or disorders, which are usually part of the “diseases process” can result in long term disability. More precisely, the consequences of diseases can result in an individual suffering from functional limitations and activity restrictions as a result of the interaction between physical conditions and the social environment. Self perceived health status and chronic morbidity are also strongly related.

The form of the question in the Eurobarometer is an open-ended question that is a conceptual translation of the question developed for EuroHIS: “Do you have any long-standing illness or health problem?” The keyword “long-standing” is important as it allows a distinction to be made between chronic conditions, such as diabetes, and acute conditions, such as a broken leg or a respiratory tract infection. This question forms part of the Minimum European Health Module (see Chapter 6).

Almost three-quarters (73.6%) of EU citizens reported having no chronic morbidity (long-standing illness or health problem) (Table 4). Only 1.1% of the population was unable to give a firm answer to this question.

Table 4: Chronic morbidity

| | % EU 15 |
|---|----------------|
| <i>Q.29: Do you have any long-standing illness or health problem?</i> | |
| Yes | 25.3 |
| No | 73.6 |
| (Don't know) | (1.1) |

2.6. Chronic morbidity by age

As expected, reported chronic morbidity rose with age from 11.0% in those aged 15-24 years to almost half (48.3%) in those aged 65+ years (Table 5).

Table 5: Chronic morbidity by age

| | 15-25 years % | 26-44 years % | 45-64 years % | 65 + years% |
|---|--------------------------|--------------------------|--------------------------|------------------------|
| <i>Q.29: Do you have any long-standing illness or health problem?</i> | | | | |
| Yes | 11.0 | 15.7 | 30.4 | 48.3 |
| No | 88.3 | 83.0 | 68.4 | 50.8 |
| (Don't know) | (0.7) | (1.2) | (1.3) | (0.9) |

2.7. Chronic morbidity by gender

In keeping with their self perceived health (see Chapter 1), women reported more chronic morbidity (Table 6) though gender differences were relatively smaller for chronic morbidity than for perceived health.

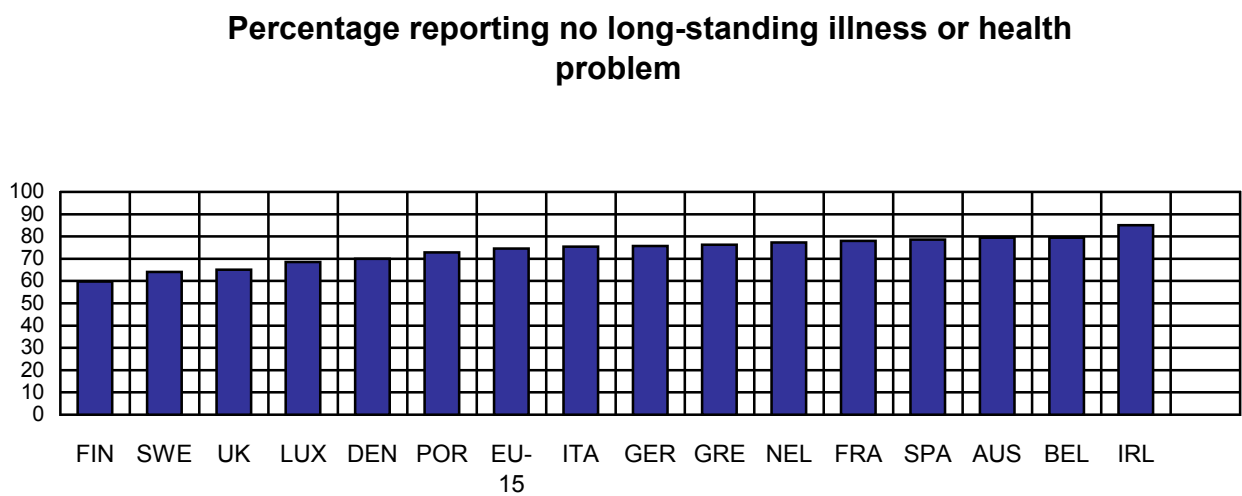
Table 6: Chronic morbidity by gender

| | Women % | Men % |
|---|----------------|--------------|
| <i>Q.29: Do you have any long-standing illness or health problem?</i> | | |
| Yes | 27.8 | 22.5 |
| No | 71.3 | 76.1 |
| (Don't know) | (0.8) | (1.3) |

2.8. Chronic morbidity in the Member States

Reported chronic morbidity varied from 15.0% in Ireland to 40.2% in Finland (Figure 2 shows the inverse of this, the proportion reporting no chronic morbidity). The variation between Member States is less than that for perceived health, especially if the two extremes are disregarded. Indeed ten countries lay within five percent of the EU-15 average of 74.5% citizens who reported no chronic morbidity.

Figure 2: Chronic morbidity by Member State



CHAPTER 3

Activity restriction

3.9. General situation in the European Union

Instruments to measure limitations in usual activities are normally complex (multi-item) instruments and the output depends on the specific activities included. With the ageing of populations and the change in the morbidity-profile to chronic health conditions, there is a need for a global activity restriction indicator that provides policy makers with easily obtainable information on the perception of activity limitations that could result in a need for support. Further activity limitations may lead to disadvantages in social participation.

The final form of the question derived was: “For the past 6 months or more, have you been restricted in doing certain activities because of health problems?” The choice of question was made on the basis of the following conceptual criteria: a concise set of questions - between 1 and 3 questions maximum; presence of long-standing limitations - duration at least 6 months; cause of activity limitation - a general health problem; usual activities - the reference is to activities people usually do; severity of limitations - inclusion of full range in the response with at least three levels; no preceding screening for health conditions. The question forms part of the Minimum European Health Module (see Chapter 6).

In total 26.3% of the population reported having being restricted in activities because of health problems (Table 7), with 6.2% severely restricted.

Table 7: Activity restriction

| | % EU 15 |
|---|----------------|
| Q.30: <i>For the past 6 months or more, have you been restricted in doing certain activities because of health problems?</i> | |
| Yes, severely restricted | 6.2 |
| Yes, somewhat restricted | 20.1 |
| No, not restricted | 73.0 |
| (Don't know) | (0.8) |

3.10. Activity restriction by age

Activity restriction increased with age from 14.6% in those aged 15-24 years to half in those aged 65+ years (Table 8). Severe restriction also rose from 1.4% to 14.1%, a tenfold difference across the age range.

Table 8: Activity restriction by age

| | 15-25 years % | 26-44 years % | 45-64 years % | 65 + years % |
|--|------------------|------------------|------------------|-----------------|
| Q.30: <i>For the past 6 months or more, have you been restricted in doing certain activities because of health problems?</i> | | | | |
| Yes, severely restricted | 1.4 | 3.0 | 7.7 | 14.1 |
| Yes, somewhat restricted | 13.2 | 14.0 | 21.2 | 35.9 |
| No, not restricted | 85.1 | 82.2 | 69.9 | 49.5 |
| (Don't know) | (0.3) | (0.8) | (1.2) | (0.5) |

3.11. Activity restriction by gender

As previously (see Chapters 1 and 2), women reported more activity restriction and more severe activity restriction (Table 9).

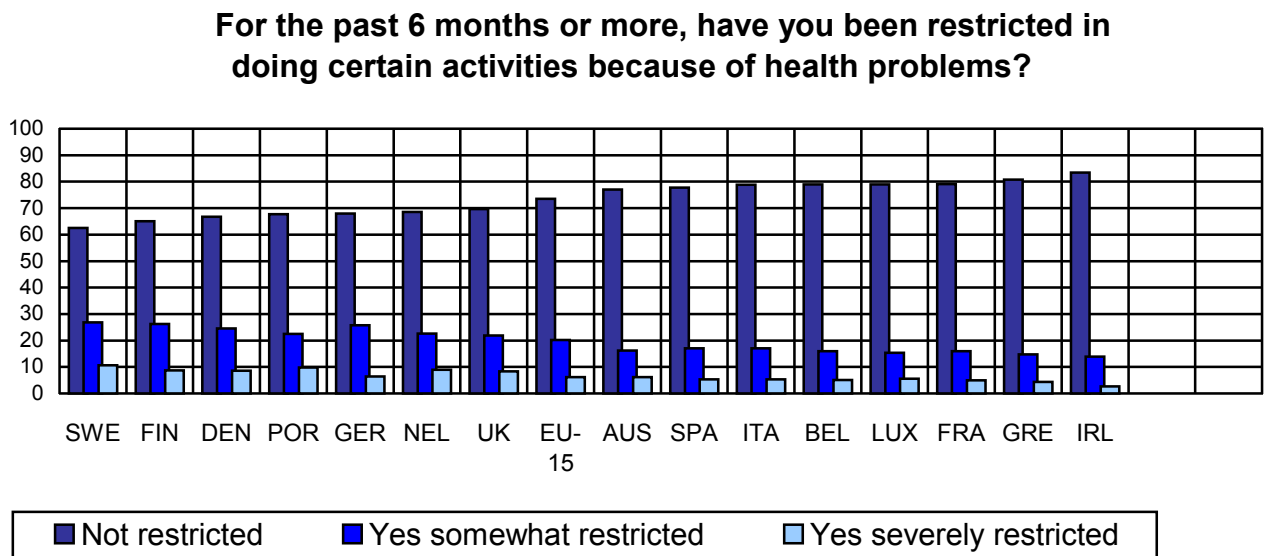
Table 9: Activity restriction by gender

| | Women % | Men % |
|--|---------|-------|
| Q.30: <i>For the past 6 months or more, have you been restricted in doing certain activities because of health problems?</i> | | |
| Yes, severely restricted | 6.8 | 5.5 |
| Yes, somewhat restricted | 22.1 | 17.9 |
| No, not restricted | 70.4 | 75.8 |
| (Don't know) | (0.7) | (0.8) |

3.12. Activity restriction in the Member States

Activity restriction varied twofold between the Member States from 16.6% in Ireland to 37.5% in Sweden (Figure 3). The variation is even more striking when considering only severe activity restriction, from 2.7% in Ireland to 10.6% in Sweden. The three Nordic countries reported the highest activity restriction, suggesting a geographic component.

Figure 3: Activity restriction by Member State



CHAPTER 4

Sensory functional limitations

4.13. General situation in the European Union

Physical and sensory functional limitations are located at the level of the whole organism or person (Nagi, 1991)⁴ and therefore, must be measured independently of environment. They refer to sensory-motor functioning of the organism as indicated by limitations in such actions as seeing, hearing, walking, climbing, bending, reaching, etc. The items included here are based on a distinction between physical functional limitations (balance, mobility, agility, strength, and endurance) and sensory functional limitations (seeing and hearing). However, a survey question generally refers to a situation (or action) requiring several functional abilities, for example, walking requires balance, agility, strength, and endurance.

The full instrument for physical and sensory functional limitations has 13 items and is shown in Chapter 6 (The European Health Status Module). Three sensory items were selected to be included in the Eurobarometer. However some changes were made to some of the items during translation. In particular the near vision question became 'reading a newspaper' rather than 'seeing newspaper print', the latter being free from inability to read and therefore testing purely vision. The English form of the items is shown in Appendix 2 and the French in Appendix 3.

The sensory questions include the ability to judge met and unmet need on the provision of aids and appliances. In this chapter we first report those functionally limited without the use of aids or appliances, for example without glasses for near or far vision. Although this overestimates the actual proportions having difficulty it is a truer comparison since different groups, particularly countries, may be more or less likely to receive or obtain aids. We then present the proportion limited despite the use of aids and appliances.

In total 42.1% of EU citizens were limited in their near vision, 21.1% in far vision and 4.5% in hearing a conversation with one other person (Table 10). It should be noted that some of the limitation in near vision may be due to reading difficulties as opposed to sight difficulties, given the wording of the question (see the European Health Status Module in Chapter 6 for preferred wording).

Table 10: Sensory functional limitations without aids or appliances

⁴ Nagi SZ (1991) *Disability concepts revisited: implication for prevention*. In: Pope AM, Tarlov AR (eds) *Disability in America: Toward a national agenda for prevention*. Washington, DC: National Academy Press.

| | % EU 15 |
|--|-----------------------|
| Q.31: Can you read a newspaper without glasses, lenses or anything else? Yes No (Don't know) | 57.7 42.1 (0.3) |
| Q.32: Can you clearly see the face of someone 4 metres away without glasses, lenses or anything else? Yes No (Don't know) | 76.8 21.1 (2.0) |
| Q.33: When you are talking with someone, can you distinctly hear what the other person is saying without hearing aid or anything else? Yes No (Don't know) | 95.1 4.5 (0.4) |

When the use of glasses, hearing and other aids are included, the prevalence of sensory functional limitations falls with only 1.3% limited in near vision, 3.4% in far vision and 3.0% in hearing a conversation (Table 11).

Table 11: Sensory functional limitations despite aids and appliances

| | % EU 15 |
|---|----------------|
| Can read a newspaper with or without glasses, lenses or anything else Yes No | 98.7 1.3 |
| Can clearly see the face of someone 4 metres away with or without glasses, lenses or anything else Yes No | 96.6 3.4 |
| When you are talking with someone, can distinctly hear what the other person is saying with or without hearing aid or anything else Yes No | 97.0 3.0 |

4.14. Sensory functional limitations by age

Sensory functional limitations increased strongly with age from 13.2% in those aged 15-24 years to 81.2% in those aged 65+ years for near vision, from 15.6% to 34.9% for far vision and from 0.9% to 13.4% for hearing (Table 12). At age 65+ years the prevalence of the different sensory functional limitations varies considerably with the vast majority having limitations in near vision compared to less than 15% with hearing limitations. Although the proportion unable to answer these questions was generally low for all age groups, the proportion for far vision was between 1 and 3% and increased with age.

Table 12: Sensory functional limitations by age

| | 15-25 years % | 26-44 years % | 45-64 years % | 65 + years % |
|--|--------------------------|--------------------------|--------------------------|-------------------------|
| Q.31: <i>Can you read a newspaper without glasses, lenses or anything else?</i> | | | | |
| Yes | 86.6 | 81.9 | 36.4 | 18.4 |
| No | 13.2 | 17.8 | 63.4 | 81.2 |
| (Don't know) | (0.2) | (0.3) | (0.2) | (0.4) |
| Q.32: <i>Can you clearly see the face of someone 4 metres away without glasses, lenses or anything else?</i> | | | | |
| Yes | 83.2 | 84.8 | 73.1 | 62.0 |
| No | 15.6 | 13.9 | 24.2 | 34.9 |
| (Don't know) | (1.2) | (1.4) | (2.7) | (3.1) |
| Q.33: <i>When you are talking with someone, can you distinctly hear what the other person is saying without hearing aid or anything else?</i> | | | | |
| Yes | 98.7 | 97.9 | 95.4 | 86.2 |
| No | 0.9 | 1.7 | 4.2 | 13.4 |
| (Don't know) | (0.4) | (0.4) | (0.4) | (0.3) |

The gradient of increasing limitation with age was still present when the use of aids and appliances was allowed, although absolute levels were again much smaller (Table 13). There were interesting differences between vision and hearing limitations with absolute levels of hearing impairment changing much less when aids and appliances were allowed.

Table 13: Sensory functional limitations despite aids and appliances by age

| | 15-25 years % | 26-44 years % | 45-64 years % | 65 + years % |
|--|--------------------------|--------------------------|--------------------------|-------------------------|
| Q.31: <i>Can you read a newspaper with or without glasses, lenses or anything else?</i> | | | | |
| Yes | 99.2 | 99.6 | 98.5 | 96.7 |
| No | 0.8 | 0.4 | 1.5 | 3.3 |
| Q.32: <i>Can you clearly see the face of someone 4 metres away with or without glasses, lenses or anything else?</i> | | | | |
| Yes | 97.7 | 98.2 | 95.7 | 94.0 |
| No | 2.3 | 1.8 | 4.3 | 6.0 |
| Q.33: <i>When you are talking with someone, can you distinctly hear what the other person is saying with or without hearing aid or anything else?</i> | | | | |
| Yes | 99.0 | 98.5 | 96.9 | 92.7 |
| No | 1.0 | 1.5 | 3.1 | 7.3 |

4.15. Sensory functional limitations by gender

As expected women reported more limitations in vision, both near and far, than men with men reporting more limitations in hearing a conversation (though differences here were small) (Table 14). When the use of aids and appliances was allowed, gender differences in the prevalence of sensory limitations were much reduced, though the patterns remained the same (Table 15).

Table 14: Sensory functional limitations by gender

| | Women % | Men % |
|--|----------------|--------------|
| Q.31: <i>Can you read a newspaper without glasses, lenses or anything else?</i> | | |
| Yes | 53.8 | 61.8 |
| No | 45.9 | 37.9 |
| (Don't know) | (0.3) | (0.3) |
| Q.32: <i>Can you clearly see the face of someone 4 metres away without glasses, lenses or anything else?</i> | | |
| Yes | 72.9 | 81.0 |
| No | 25.1 | 16.9 |
| (Don't know) | (2.0) | (2.1) |
| Q.33: <i>When you are talking with someone, can you distinctly hear what the other person is saying without hearing aid or anything else?</i> | | |
| Yes | 95.3 | 95.0 |
| No | 4.4 | 4.6 |
| (Don't know) | (0.3) | (0.4) |

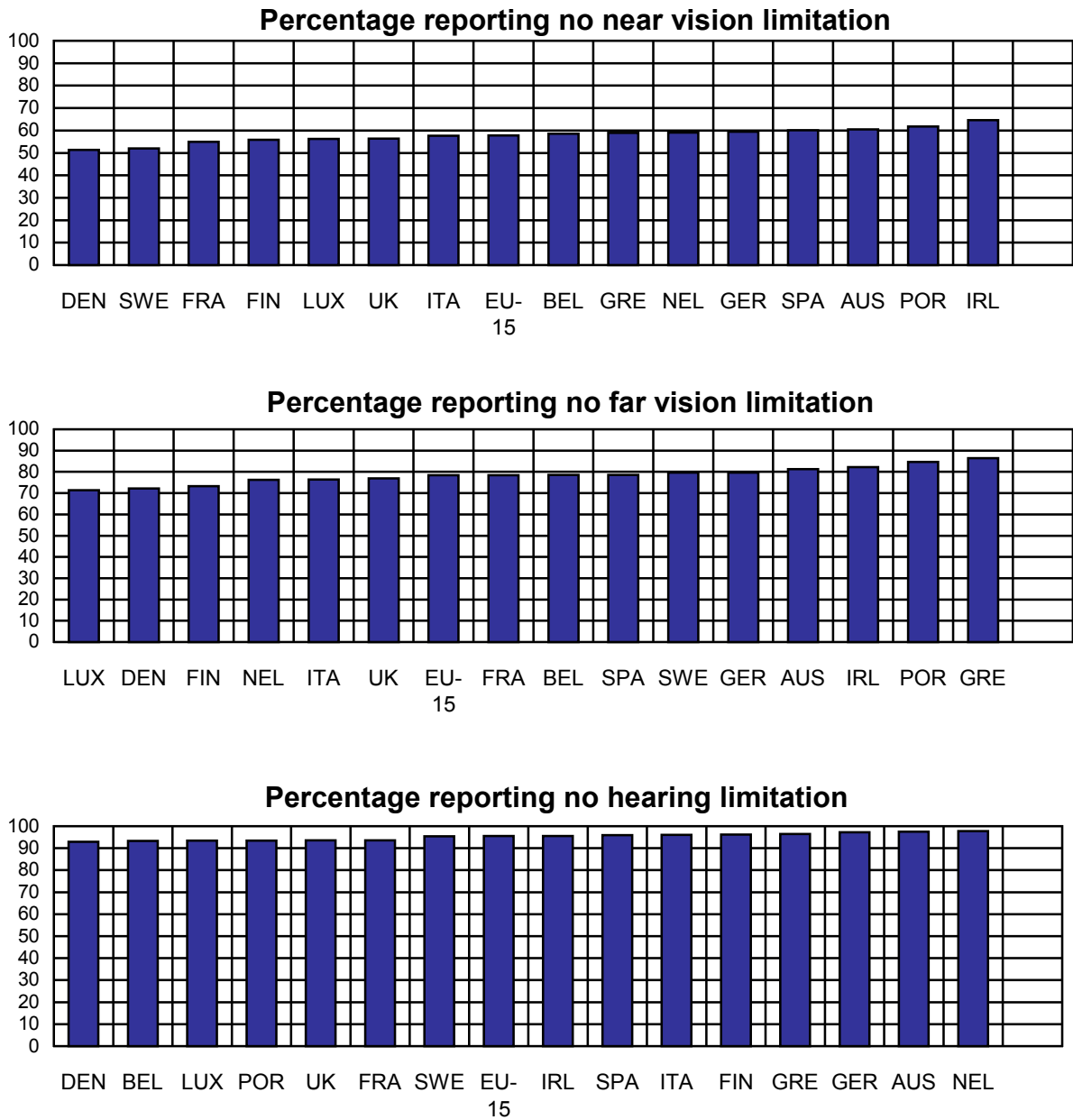
Table 15: Sensory functional limitations despite aids or appliances by gender

| | Women % | Men % |
|---|---------|-------|
| Q.31: <i>Can you read a newspaper with or without glasses, lenses or anything else?</i> | | |
| Yes | 98.5 | 98.9 |
| No | 1.5 | 1.1 |
| Q.32: <i>Can you clearly see the face of someone 4 metres away with or without glasses, lenses or anything else?</i> | | |
| Yes | 96.5 | 96.7 |
| No | 3.5 | 3.3 |
| Q.33: <i>When you are talking with someone, can you distinctly hear what the other person is saying with or without hearing aid or anything else?</i> | | |
| Yes | 97.9 | 96.9 |
| No | 2.1 | 3.1 |

4.16. Sensory functional limitations in the Member States

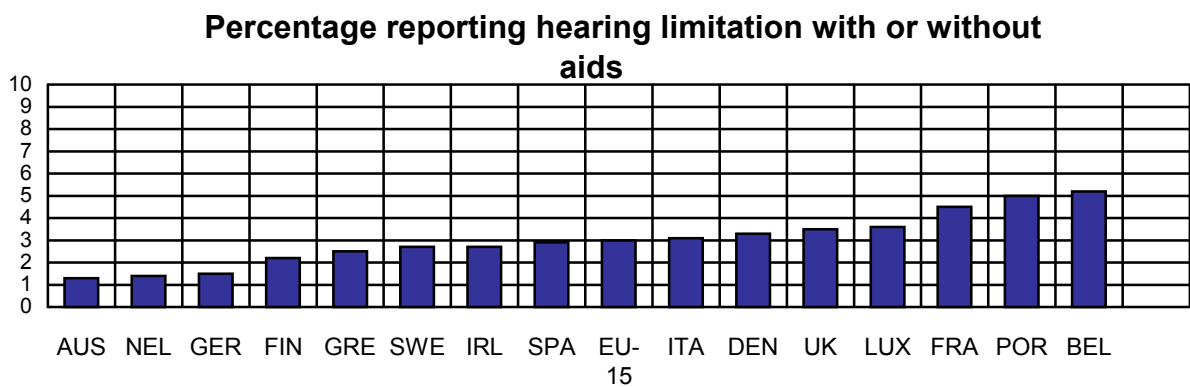
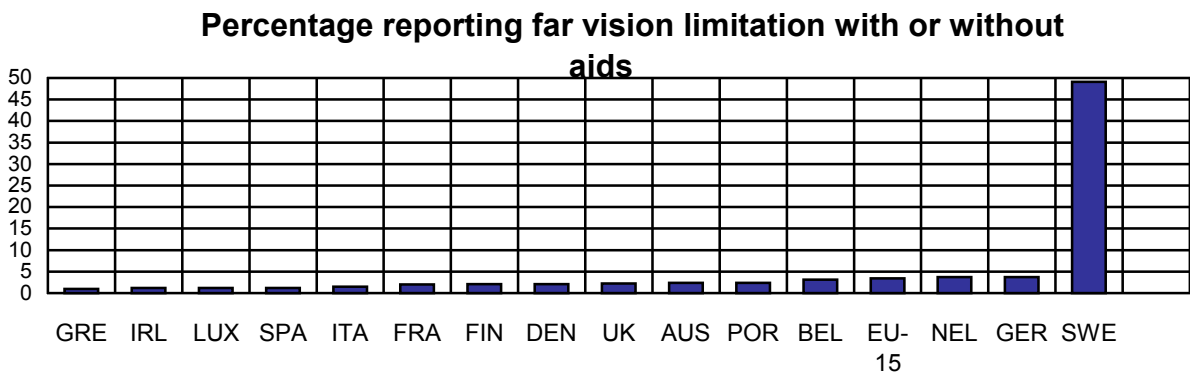
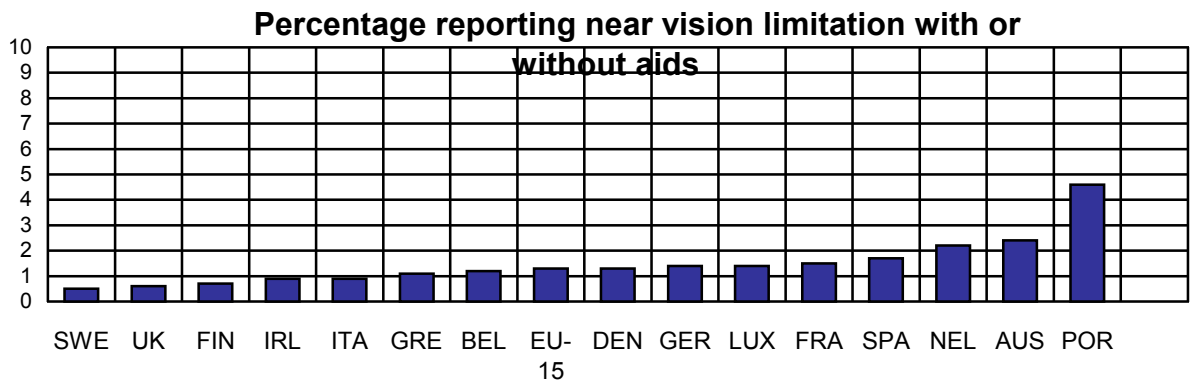
Sensory functional limitation showed much smaller differences between the Member States than activity restriction (Figure 4). Whilst the proportions with no activity restriction varied from 62.5% (Sweden) to 83.4% (Ireland), the proportion with no near vision limitation varied from 51.3% (Denmark) to 64.6% (Ireland), this being the widest gap between the three questions on sensory limitations. However, if we consider the proportion reporting limitations then those limited in near vision varied from 35.4% (Ireland) to 48.7% (Denmark), far vision from 13.6% (Greece) to 28.6% (Luxembourg) and hearing from 2.2% (the Netherlands) to 7.1% (Denmark). Thus limitations in far vision showed an almost twofold difference across Member States and hearing a threefold difference.

Figure 4: Sensory functional limitation in the Member States



After allowing for the use of aids and appliances the prevalence of limitations in near vision ranged from 0.5% (Sweden) to 4.6% (Portugal), far vision from 1.0% (Greece) to 49.1% (Sweden) and hearing from 1.3% (Austria) to 5.2% (Belgium). Not obvious from Figure 4 but noticeable in Figure 5 is presence of an outlier in far vision limitations due to the fact that Sweden had an extremely high proportion (48.4%) of the sample who did not know whether they could see clearly across a road. The prevalence of far vision without aids as a proportion of those able to answer was within the range of the other countries (Figure 4), however when the prevalence allowing for the use of aids is examined (Figure 5), Sweden appears to have a prevalence of far vision limitations of almost 50%.

Figure 5: Sensory functional limitation with or without aids in the Member States



CHAPTER 5

Physical functional limitations

5.17. General situation in the European Union

A fuller description of the rationale for the choice of physical and sensory functional limitations was given in Chapter 4. The form of all the items is shown Appendix 2 (English) and Appendix 3 (French).

The item on walking included the ability to judge met and unmet need on the provision of aids and appliances. In this chapter we report those as functionally limited without the use of aids or appliances, for example without walking canes. Although this overestimates the actual proportions having difficulty it is a truer comparison since different groups, particularly countries, may be more or less likely to receive or obtain aids.

With regard to physical functional limitations, 5.7% of the population were limited in walking 500 metres, 9.6% in ascending and descending stairs and 10.5% in lifting 5 kilos (Table 16). When the use of a walking cane was allowed, the overall prevalence of limitations in walking 500 metres fell to 3.6% (Table 17).

Table 16: Physical functional limitations

| | % EU 15 |
|---|---------------------------|
| Q.34: <i>Can you walk 500 metres without difficulty without a cane or anything else?</i> Yes No (Don't know) | 93.9 5.7 (0.4) |
| Q.35: <i>Can you without difficulty go up and down a flight of stairs?</i> Yes No (Don't know) | 90.0 9.6 (0.4) |
| Q.36: <i>Can you without difficulty lift and carry a bag weighing 5 kilos?</i> Yes No (Don't know) | 87.3 10.5 (2.2) |

Table 17: Physical functional limitations despite aids or appliances

| | % EU 15 |
|---|-----------------|
| Q.34: <i>Can you walk 500 metres without difficulty with or without a cane or anything else?</i> Yes No | 96.4 3.6 |

5.18. Physical functional limitations by age

Physical functional limitations increased with age but much less strongly than for sensory functional limitations. Limitations in walking 500 metres increased from 0.5% in those aged 15-24 years to 18.1% in those aged 65+ years, limitations in ascending and descending stairs from 1.7% to 28.6% and limitations in lifting 5 kilos from 3.1% to 29.5% (Table 18). It is interesting to note that close to 5% of those aged 65+ years did not know whether they could lift 5 kilos.

Allowing the use of walking aids, the prevalence of limitations in walking 500 metres again rose with increasing age from 0.5% to 10.7% (Table 19).

Table 18: Physical functional limitations by age

| | 15-25 years % | 26-44 years % | 45-64 years % | 65 + years % |
|---|--------------------------|--------------------------|--------------------------|-------------------------|
| Q.34: <i>Can you walk 500 metres without difficulty without a cane or anything else?</i> | | | | |
| Yes | 99.3 | 98.5 | 93.6 | 80.9 |
| No | 0.5 | 1.3 | 6.2 | 18.1 |
| (Don't know) | (0.2) | (0.2) | (0.2) | (1.1) |
| Q.35: <i>Can you without difficulty go up and down a flight of stairs?</i> | | | | |
| Yes | 98.2 | 97.1 | 89.3 | 70.7 |
| No | 1.7 | 2.6 | 10.2 | 28.6 |
| (Don't know) | (0.1) | (0.3) | (0.5) | (0.7) |
| Q.36: <i>Can you without difficulty lift and carry a bag weighing 5 kilos?</i> | | | | |
| Yes | 96.0 | 95.3 | 86.7 | 65.7 |
| No | 3.1 | 2.9 | 11.5 | 29.5 |
| (Don't know) | (0.9) | (1.9) | (1.7) | (4.8) |

Table 19: Physical functional limitations by age despite aids and appliances

| | 15-25 years % | 26-44 years % | 45-64 years % | 65 + years % |
|---|--------------------------|--------------------------|--------------------------|-------------------------|
| Q.34: <i>Can you walk 500 metres without difficulty with or without a cane or anything else?</i> | | | | |
| Yes | 99.5 | 98.9 | 96.1 | 89.3 |
| No | 0.5 | 1.1 | 3.9 | 10.7 |

5.19. Physical functional limitations by gender

Women reported more limitation in all the physical functions (walking 500 metres: 6.8% v 4.6%; stairs: 11.7% v 7.3% and lifting 5 kilos: 15.2% to 5.4%) (Table 20) and also when aids and appliances were allowed for (Table 21). It is noticeable that women had more difficulty answering the question on lifting than men.

Table 20: Physical functional limitations by gender

| | Women % | Men % |
|---|----------------|--------------|
| Q.34: <i>Can you walk 500 metres without difficulty without a cane or anything else?</i> | | |
| Yes | 92.7 | 95.1 |
| No | 6.8 | 4.6 |
| (Don't know) | (0.4) | (0.3) |
| Q.35 <i>Can you without difficulty go up and down a flight of stairs?</i> | | |
| Yes | 87.9 | 92.3 |
| No | 11.7 | 7.3 |
| (Don't know) | (0.4) | (0.4) |
| Q.36: <i>Can you without difficulty lift and carry a bag weighing 5 kilos?</i> | | |
| Yes | 82.4 | 92.6 |
| No | 15.2 | 5.4 |
| (Don't know) | (2.5) | (1.9) |

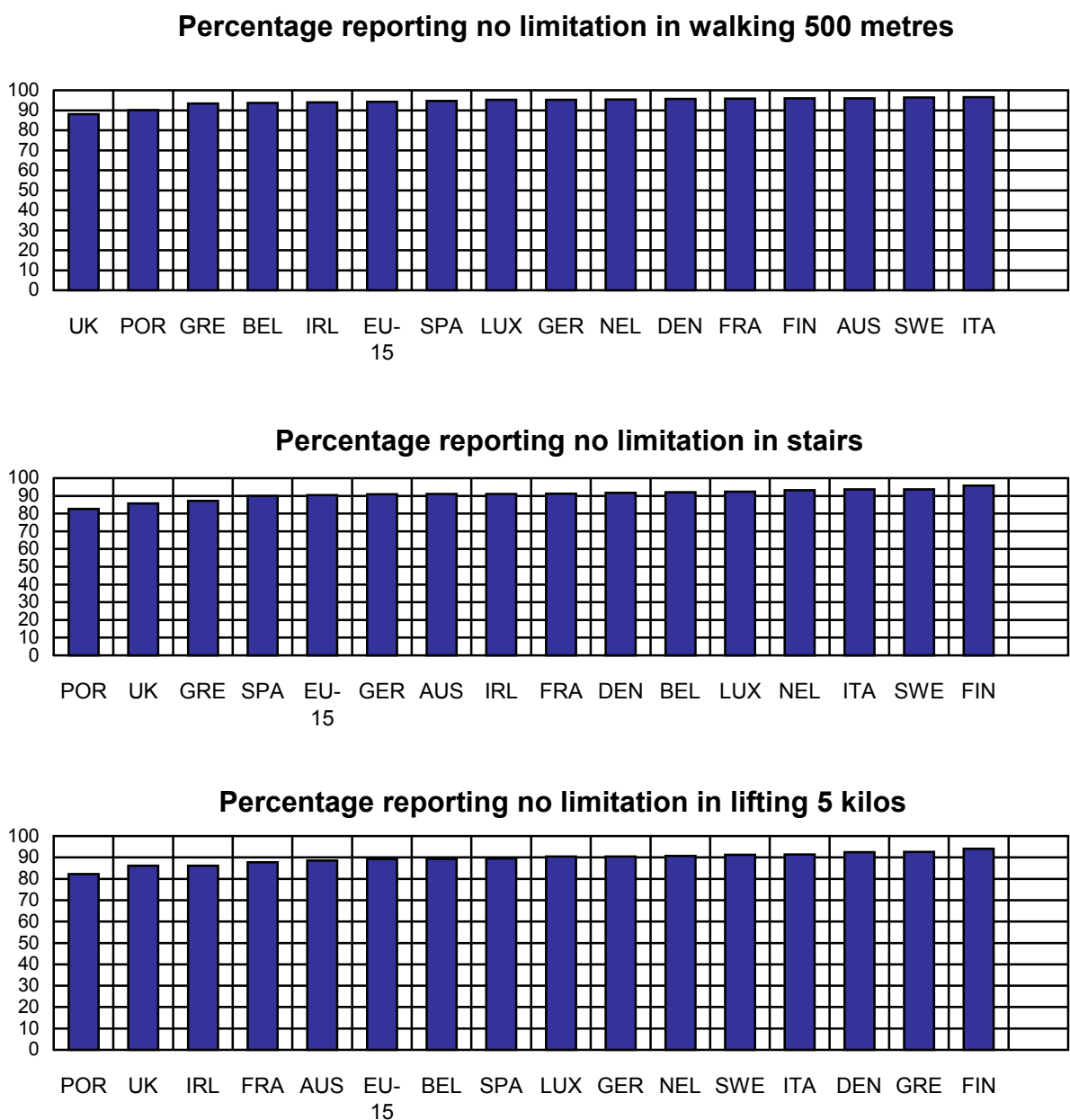
Table 21: Physical functional limitations despite aids and appliances by gender

| | Women % | Men % |
|---|----------------|--------------|
| Q.34: <i>Can you walk 500 metres without difficulty with or without a cane or anything else?</i> | | |
| Yes | 95.8 | 97.1 |
| No | 4.2 | 2.9 |

5.20. Physical functional limitations in the Member States

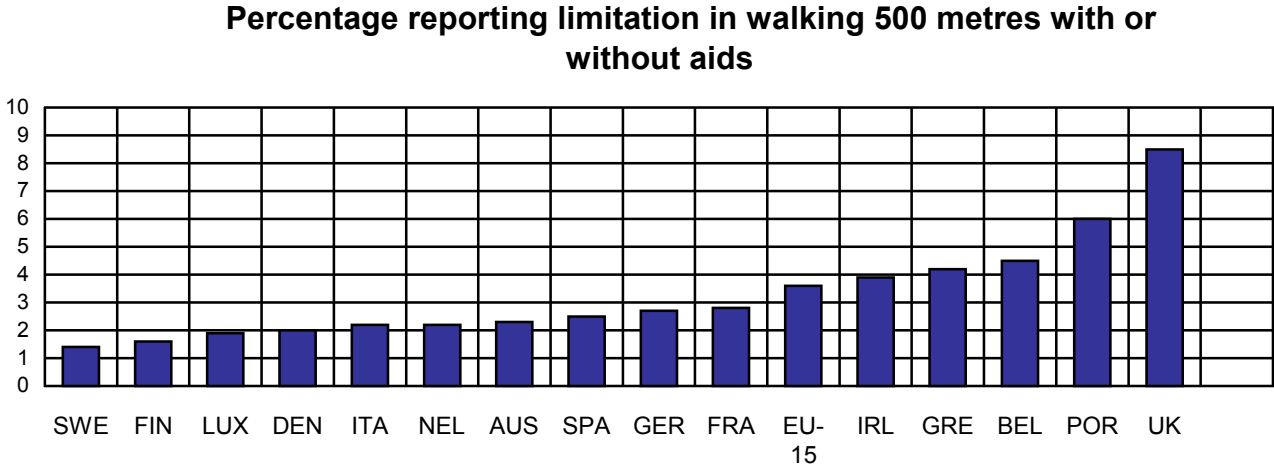
The proportions with no physical functional limitations showed even smaller variation across Member States than sensory functional limitations (Figure 6). If we consider those limited then the range for walking was from 3.4% (Italy) to 12.0% (UK), for going up and down stairs from 4.2% (Finland) to 17.3% (Portugal) and for lifting 5 kilos from 5.9% (Finland) to 17.7% (Portugal).

Figure 6: Physical functional limitation in the Member States



Limitations in walking and lifting showed almost threefold differences and going up and down stairs fourfold differences across Member States. The differences between Member States remained when aids and appliances were allowed for in walking 500 metres, 1.4% of Swedes reporting walking limitation despite the use of aids compared to 8.5% in the UK (Figure 7).

Figure 7: Walking limitation with or without aids in the Member States



CHAPTER 6

Methodological considerations

6.21. The Minimum European Health Module

The global questions on perceived health, chronic morbidity and activity restriction form the Minimum European Health Module. The aim of this module is to tap different health dimensions (perceptual, bio-medical and functional) through a short set of concise questions. In this section we look at the inter-relationship between these different health measures.

Figure 8 shows the relationship between the proportion reporting bad or very bad perceived health and the proportion reporting chronic morbidity by country. The association between bad perceived health and chronic morbidity was weakly positive; apart from Portugal there appears to be a ceiling of the level of bad perceived health regardless of level of chronic morbidity. When bad perceived health is compared to activity restriction (including both somewhat restricted and severely restricted) the ceiling is again evident (again apart from Portugal) (Figure 9). However relatively high levels of bad perceived health are reported at lower levels of chronic morbidity and activity restriction, for example in France, suggesting that the questions cannot be replaced by a shorter set. There also appears to be two distinct groups of countries (if Portugal and Ireland are omitted), one group containing France, Luxembourg and Germany with others) has relatively low levels of activity restriction whilst the other group (containing the Nordic countries) has higher levels of activity restriction but similar levels of bad perceived health.

The relationship between activity restriction and chronic morbidity is stronger (Figure 10) though there is far from perfect correlation. Noteworthy is the position of Ireland, having the lowest levels in all three of the health variables. These variables are explored further by country with levels of sensory and functional limitations in the next section.

Figure 8: Bad perceived health by chronic morbidity by country

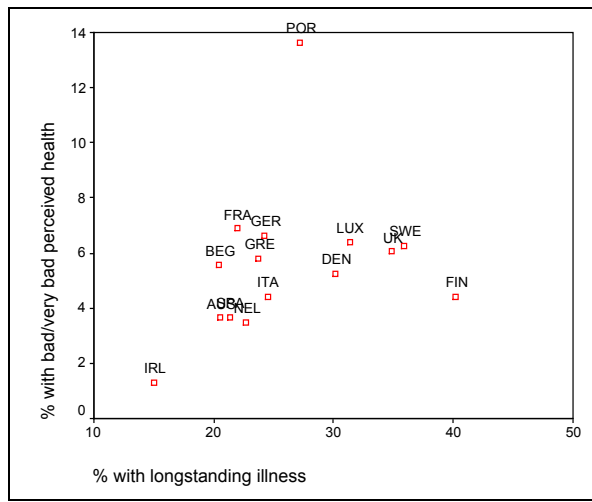


Figure 9: Bad perceived health by activity restriction by country

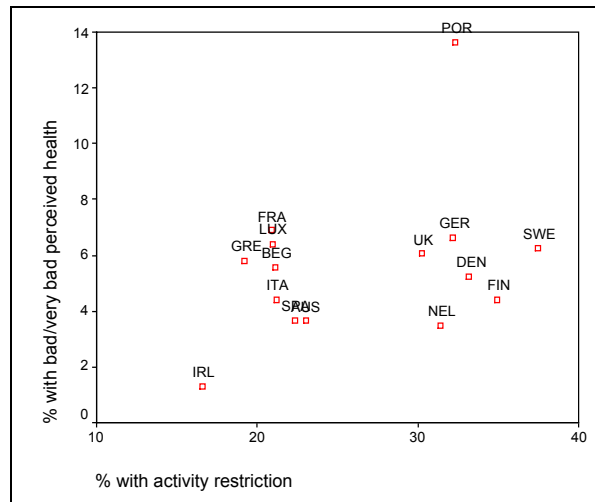


Figure 10: Chronic morbidity by activity restriction by country



6.22. Health profiles of the Member States

In order to see more clearly the differences between Member States in the inter-relationship between the health variables, a series of radar plots were made for each of the Member States. These are grouped together in Figures 11 and 12 with, generally, geographically close countries in the same Figure. The plot for each country shows the ranking for that country on each of the nine health variables: bad or worse perceived health, chronic morbidity, activity restriction, the three sensory functional limitations (near and far vision and hearing) and the three physical functional limitations (walking 500 metres, climbing stairs and lifting 5 kilos). Larger areas show worse levels of health, for example a country ranking lowest on all the health variables would be represented by a point in the centre.

Interesting patterns emerge. The UK population appears to have the lowest levels of health on many variables, being particularly limited in physical function (Figure 11). Portugal has a similar profile though with little limitation in vision (Figure 11). Sweden, Denmark and Finland all have high levels of chronic morbidity, activity restriction and sensory functional limitations (Figure 12). The Netherlands and Austria appear to have the best health (Figure 12), followed by Italy, Spain and Greece. France has high levels of limitations in near vision limitation and lifting but also more often perceive themselves to be in bad or worse health (Figure 11).

6.23. The European Health Status Module

All the health questions included in the Eurobarometer form part of a larger European Health Status Module developed by the Euro-REVES group for the coming European Health Interview Survey (EHIS). The creation of the module took account of recent scientific research in the area of health measurement and the key first stage was to anchor the questions to underlying health concepts to ensure translation of the concepts rather than just the wording of the question in English. The English version of the module is given in Appendix 4 and the module is currently undergoing translation.

Figure 11: Profiles of western Member States on ranking of each health variable

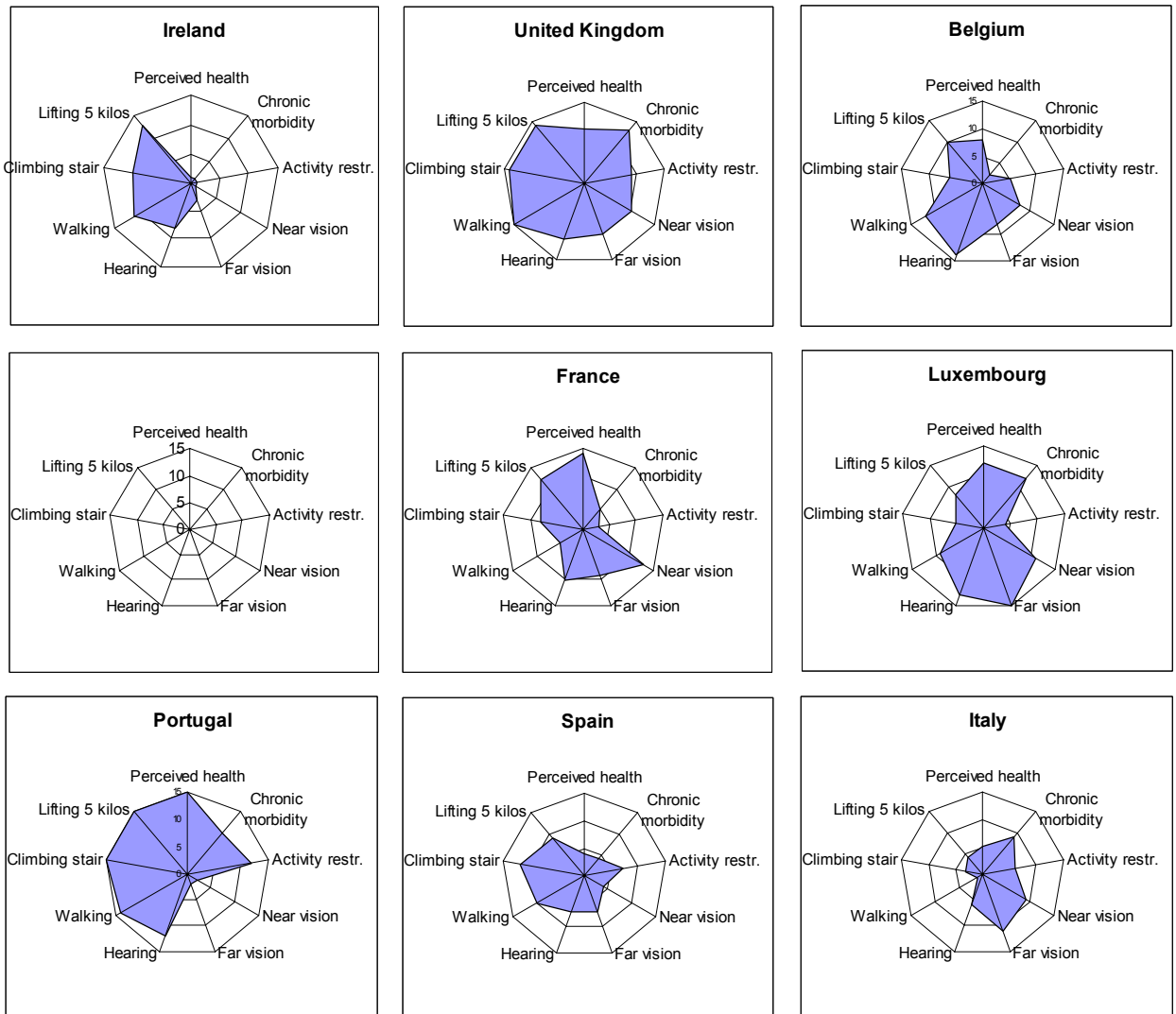
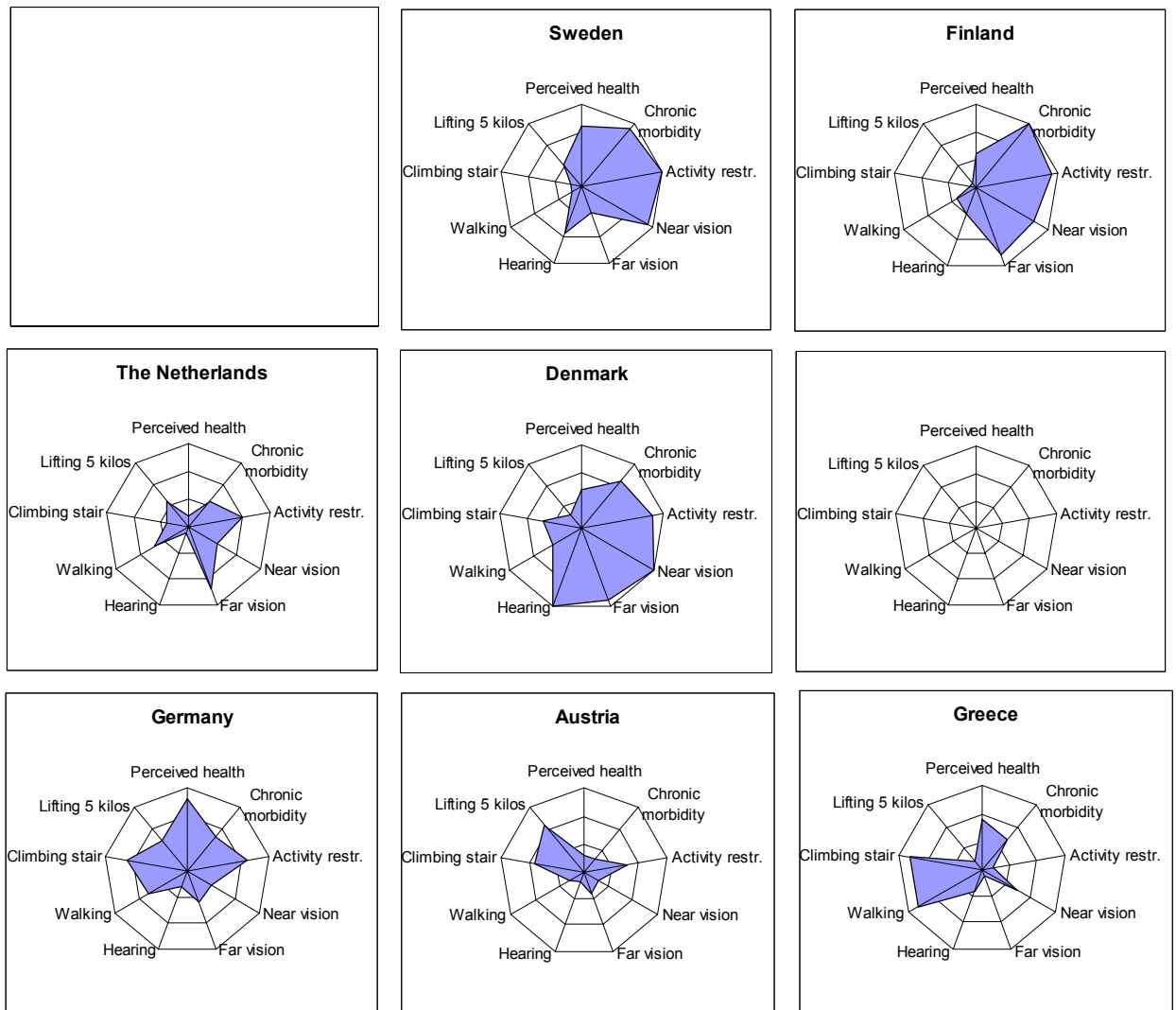


Figure 12: Profiles of eastern Member States on ranking of each health variable



APPENDICES

Appendix 1: Technical Specifications

1. COUNTRIES, NATIONAL INSTITUTES, FIELDWORK PERIOD, NET SAMPLE SIZE AND EXTRAPOLATION FIGURES

| COUNTRY | INSTITUTE | START - END FIELDWORK | NET SAMPLE SIZE | EU POPULATION AGED 15+ (x 000) |
|----------------------------|---------------------------|-----------------------|-----------------|--------------------------------|
| Belgium | INRA BELGIUM | 4/11 – 28/11 | 1,110 | 8,326 |
| Denmark | GfK DANMARK | 6/11 – 6/12 | 1,000 | 4,338 |
| Germany (East) | INRA DEUTSCHLAND | 1/11 – 19/11 | 1,020 | 13,028 |
| Germany (West) | INRA DEUTSCHLAND | 1/11 – 20/11 | 1,022 | 55,782 |
| Greece | MARKET ANALYSIS | 31/10 – 30/11 | 1,003 | 8,793 |
| Spain | INRA ESPAÑA | 5/11 – 28/11 | 1,000 | 33,024 |
| France | CSA-TMO | 28/10 – 29/11 | 1,037 | 46,945 |
| Ireland | LANSLOWNE Market Research | 3/11 – 29/11 | 1,013 | 2,980 |
| Italy | INRA Demoskopea | 6/11 – 30/11 | 1,027 | 49,017 |
| Luxembourg | ILRes | 28/10 – 3/12 | 602 | 364 |
| The Netherlands | INTOMART | 1/11 – 2/12 | 1,035 | 12,705 |
| Austria | SPECTRA | 31/10 – 20/11 | 1,023 | 6,668 |
| Portugal | METRIS | 1/11 – 26/11 | 1,002 | 8,217 |
| Finland | MDC MARKETING RESEARCH | 6/11 – 8/12 | 1,024 | 4,165 |
| Sweden | GfK SVERIGE | 1/11 – 3/12 | 1,000 | 7,183 |
| Great Britain | MARTIN HAMBLIN LTD | 28/10 – 30/11 | 1,010 | 46,077 |
| Northern Ireland | ULSTER MARKETING SURVEYS | 30/10 – 29/11 | 302 | 1,273 |
| Total Number of Interviews | | | 16,230 | 308,885 |

2. COMPARISON BETWEEN SAMPLE AND UNIVERSE, AND WEIGHTING

For each Standard Eurobarometer survey, a comparison between sample and universe is carried out, per country. The universe description is derived from EUROSTAT population data.

There are 17 sample areas: one for each country of the European Union, in addition Germany is divided into East and West, and United Kingdom into Great Britain and Northern Ireland.

Each sample area contains a number of interviews, this number may be somewhat above or below that aimed at. The target is 1,000 per sample area, except for Northern Ireland, 300, and Luxembourg, 600.

WEIGHTS DELIVERED WITH THE EUROBAROMETER DATA SET:

There are 15 different weights used in the Eurobarometer survey.

| | |
|------|---|
| W.1 | WEIGHT RESULT FROM TARGET (also WEIGHTP or <u>WSAMPLE</u>) |
| W.2 | DROPPED |
| W.3 | WEIGHT SPECIAL GERMANY (also WEIGHTGER) |
| W.4 | WEIGHT SPECIAL UNITED KINGDOM (also WEIGHT1) |
| W.5 | WEIGHT EURO 6 (also WEIGHT6) |
| W.6 | WEIGHT EURO 9 (also WEIGHT9) |
| W.7 | WEIGHT EURO 10 (also WEIGHT2) |
| W.8 | WEIGHT EURO 12 – Former EAST GERMANY (also WEIGHT3M) |
| W.9 | WEIGHT EUROPE 12 (also WEIGHT3P) |
| W.10 | WEIGHT EURO +3 (also WEIGHTNEW) |
| W.11 | WEIGHT EUROPE 15 (also WEIGHT15 or <u>WEURO</u>) |
| W.12 | WEIGHT NORWAY (also WEIGHTNOR) |
| W.13 | WEIGHT TOTAL (also WEIGHT15P or <u>WCPLUS</u>) |
| W.14 | WEIGHT STANDARD SIZE – GERMANY AND UNITED KINGDOM EXTRAPOLATED (also WEIGHTC or <u>WNATION</u>) |
| W.15 | WEIGHT EURO 11 (without Greece) |
| W.16 | WEIGHT EURO 12 (with Greece) |

For each EU member state, a national weighting procedure, using marginal (RIM) and intercellular weighting (Iterative Proportional Fitting - IPF), is carried out, based on this universe description. As such, in all countries, minimum gender, age, region NUTS 2 are introduced in the iteration procedure (W.1).

An additional factor (extrapolation) is added, to bring former East and West Germany together in one entity (W.3). Former East Germany counts for 20.8% and former West Germany counts for 79.2%.

The same principle is used to bring Northern Ireland together with Great Britain, to form the United Kingdom (W.4). Here Northern Ireland counts for 2.5% and Great Britain, for 97.5%.

For the sake of analysis, historical weights were created, bringing countries together, contained in historical entities such as Europe of the 6, 9, 10, and 12. (W.5 from to W.10). Countries not inserted in these weights are set to 0.

In order to make a European 15 weight, the data are extrapolated using population figures for each sample area (15 members = 17 sample areas) (W.11).

Standard Eurobarometer surveys may include data from Norway. A special weight is created only for Norway (W.12).

For international weighting, INRA applies the official population figures as provided by EUROSTAT in the Regional Statistical Yearbook (data for 1997). Total population figures for input in this post-weighting procedure are listed above. The result is WEIGHT TOTAL (W.13)

W.14 extrapolates the new and old Länder to their respective proportion in the whole of Germany, (former East Germany (20.8%), former West Germany (79.2%) and does the same for Great Britain (97.5%) and Northern Ireland (2.5%). The other countries are left untouched.

From Eurobarometer 49 onwards, a new weight (W.15) was created to separate the 11 countries that accepted to introduce the euro, as of 01/01/1999.

From Eurobarometer 54 onwards, a new weight (W.16) was created to add Greece into the group of countries that accepted to introduce the euro. For an analysis of these 12 countries, use W.16.

The unweighted overall distributions of all the health variables are given in Appendix 5.

PRECISION OF WEIGHTS:

Each weight is expressed in 10,000. This means that a person with weight equal to 1 will have the weight 10,000, a person with weight equal to 1.534 will have the weight 15,340. In other words, we use 4 decimal point digits. Hence, you need to divide by 10,000 to have the number of people interviewed contained in the data set.

WEIGHTED RESULTS

| | W1 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | W10 | W11 | W14 | W15 | W16 |
|---------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|------------|------------|------------|------------|
| BE | 1110 | 1110 | 1110 | 299 | 361 | 387 | 369 | 410 | 0 | 476 | 1110 | 444 | 466 |
| DK | 1000 | 1000 | 1000 | 0 | 169 | 182 | 186 | 192 | 0 | 223 | 1000 | 276 | 243 |
| WG | 1022 | 1618 | 1022 | 1844 | 2227 | 2385 | 2442 | 2528 | 0 | 2935 | 1618 | 2741 | 2873 |
| GE | 2042 | 2043 | 2042 | 1844 | 2227 | 2385 | 2442 | 3118 | 0 | 3619 | 2043 | 3380 | 3543 |
| EG | 1020 | 425 | 1020 | 0 | 0 | 0 | 0 | 589 | 0 | 684 | 425 | 639 | 670 |
| GR | 1003 | 1003 | 1003 | 0 | 0 | 369 | 378 | 391 | 0 | 454 | 1003 | 560 | 444 |
| SP | 1000 | 1000 | 1000 | 0 | 0 | 0 | 1414 | 1465 | 0 | 1700 | 1000 | 1588 | 1664 |
| FR | 1037 | 1037 | 1037 | 1575 | 1902 | 2037 | 2085 | 2159 | 0 | 2506 | 1037 | 2341 | 2453 |
| IR | 1013 | 1013 | 1013 | 0 | 118 | 126 | 129 | 134 | 0 | 155 | 1013 | 145 | 152 |
| IT | 1027 | 1027 | 1027 | 1628 | 1967 | 2106 | 2156 | 2233 | 0 | 2591 | 1027 | 2421 | 2537 |
| LU | 602 | 602 | 602 | 12 | 14 | 15 | 16 | 16 | 0 | 19 | 602 | 18 | 18 |
| NL | 1035 | 1035 | 1035 | 425 | 514 | 550 | 563 | 583 | 0 | 677 | 1035 | 632 | 663 |
| AU | 1023 | 1023 | 1023 | 0 | 0 | 0 | 0 | 0 | 1136 | 351 | 1023 | 328 | 344 |
| PO | 1002 | 1002 | 1002 | 0 | 0 | 0 | 353 | 365 | 0 | 424 | 1002 | 396 | 415 |
| FI | 1024 | 1024 | 1024 | 0 | 0 | 0 | 0 | 0 | 710 | 220 | 1024 | 205 | 215 |
| SW | 1000 | 1000 | 1000 | 0 | 0 | 0 | 0 | 0 | 1196 | 370 | 1000 | 456 | 403 |
| NI | 302 | 302 | 33 | 0 | 50 | 54 | 55 | 57 | 0 | 66 | 33 | 82 | 72 |
| GB | 1010 | 1010 | 1280 | 0 | 1818 | 1947 | 1993 | 2064 | 0 | 2396 | 1280 | 2957 | 2609 |
| UK | 1312 | 1312 | 1313 | 0 | 1868 | 2001 | 2048 | 2121 | 0 | 2462 | 1313 | 3039 | 2681 |
| EU15 | 16230 | 16231 | 16231 | 5783 | 9141 | 10159 | 12166 | 13187 | 3042 | 16246 | 16232 | 16230 | 16241 |
| EURO11 | – | – | – | – | – | – | – | – | – | – | – | 11899 | – |
| PREIN4 | – | – | – | – | – | – | – | – | – | – | – | 4332 | – |
| EURO12 | – | – | – | – | – | – | – | – | – | – | – | – | 12915 |
| PREIN3 | – | – | – | – | – | – | – | – | – | – | – | – | 3326 |

Appendix 2: Questions on Health ENGLISH VERSION

Q. 28. How is your health in general? (SHOW CARD - READ OUT - ONE ANSWER ONLY)

| | |
|----------------|---------|
| Very good..... | 1 (250) |
| Good..... | 2 |
| Fair..... | 3 |
| Bad..... | 4 |
| Very bad..... | 5 |
| DK..... | 6 |

EB58.2 - NEW

Q. 29. Do you have any long-standing illness or health problem?

| | |
|----------|---------|
| Yes..... | 1 (251) |
| No..... | 2 |
| DK..... | 3 |

EB58.2 - NEW

Q. 30. For the past 6 months or more, have you been restricted in doing certain activities because of health problems? (READ OUT)

| | |
|-------------------------------|---------|
| Yes, severely restricted..... | 1 (252) |
| Yes, somewhat restricted..... | 2 |
| No, not restricted..... | 3 |
| DK..... | 4 |

EB58.2 - NEW

I would like you to think about situations you may face in everyday life.

Q. 31. a) Can you read a newspaper without glasses, lenses or anything else?

| | | |
|--|---------|-----------------|
| Yes..... | 1 (253) | Go to Q. 32. a. |
| No..... | 2 | Go to Q. 31. b. |
| I am blind/cannot see very well (SPONTANEOUS)..... | 3 | Go to Q. 33. a. |
| DK..... | 4 | Go to Q. 32. a. |

EB58.2 - NEW

IF "NO", CODE 2 IN Q. 31. a.

b) And with your glasses, lenses or anything else, can you read a newspaper?

| | |
|---|---------|
| Yes..... | 1 (254) |
| No..... | 2 |
| I have no glasses, lenses or anything else (SPONTANEOUS)..... | 3 |
| DK..... | 4 |

EB58.2 - NEW

IF CODE 1, 2 OR 4 IN Q. 31. a.

Q. 32.a) Can you clearly see the face of someone 4 metres away (for instance across a street) without glasses, lenses or anything else?

- | | | |
|----------|---------|-----------------|
| Yes..... | 1 (255) | Go to Q. 33. a. |
| No..... | 2 | Go to Q. 32. b. |
| DK..... | 3 | Go to Q. 33. a. |

EB58.2 - NEW

IF "NO", CODE 2 IN Q. 32. a., OTHERS GO TO Q. 33. a.

b) And with your glasses, lenses or anything else, can you clearly see the face of someone 4 metres away (for instance across a street)?

- | | |
|---|---------|
| Yes..... | 1 (256) |
| No..... | 2 |
| I have no glasses, lenses or anything else (SPONTANEOUS)..... | 3 |
| DK..... | 4 |

EB58.2 - NEW

ASK ALL

Q. 33.a) When you are talking with someone, can you distinctly hear what the other person is saying without hearing aid or anything else?

- | | | |
|----------|---------|-----------------|
| Yes..... | 1 (257) | Go to Q. 34. a. |
| No..... | 2 | Go to Q. 33. b. |
| DK..... | 3 | Go to Q. 34. a. |

EB58.2 - NEW

IF "NO", CODE 2 IN Q. 33. a.

b) And with your hearing aid or anything else, can you distinctly hear what the other person is saying?

- | | |
|---|---------|
| Yes..... | 1 (258) |
| No..... | 2 |
| I have no hearing aid or anything else (SPONTANEOUS)..... | 3 |
| DK..... | 4 |

EB58.2 - NEW

ASK ALL

Q. 34.a) Can you walk 500 metres without difficulty without a cane or anything else?

- | | | |
|----------|---------|-----------------|
| Yes..... | 1 (259) | Go to Q. 35. |
| No..... | 2 | Go to Q. 34. b. |
| DK..... | 3 | Go to Q. 35. |

EB58.2 - NEW

IF "NO", CODE 2 IN Q. 34. a.

b) And with your cane or anything else, can you walk 500 metres without difficulty?

| | |
|--|---------|
| Yes..... | 1 (260) |
| No..... | 2 |
| I have no cane or anything else (SPONTANEOUS)..... | 3 |
| DK..... | 4 |

EB58.2 - NEW

ASK ALL

Q. 35. Can you without difficulty go up and down a flight of stairs?

| | |
|----------|---------|
| Yes..... | 1 (261) |
| No..... | 2 |
| DK..... | 3 |

EB58.2 - NEW

Q. 36. Can you without difficulty lift and carry a bag weighing 5 kilos?

| | |
|----------|---------|
| Yes..... | 1 (262) |
| No..... | 2 |
| DK..... | 3 |

EB58.2 - NEW

Appendix 3: The European Health Status Module (English version 09-04-03)

Introduction

We will now talk about your health. I will start with three general questions before asking you in more detail about your health.

(Mini European Health Module)

1. How is your health in general? *Very good/ good / fair/ bad / very bad.*
2. Do you have any long standing illness or health problem? *No/Yes*
3. For at least the last 6 months, to what extent have you been limited because of a health problem in activities people usually do? Would you say you have been: *Severely limited/ limited but not severely/ not limited?*

(Chronic diseases)

Here is a list of health problems. For each of them can you tell me whether you have ever had them and also whether you have had them in the past year.

4. a) Do you have or have you ever had - *asthma*? Yes/No

[If No, go to next item]

[Only for asthma] Is it allergic asthma? Yes/No

- b) Was this condition diagnosed by a doctor? Yes/No

- c) Have you had *asthma* in the last 12 months? Yes/No

 d) For this condition did you take drugs or have been under therapy in the past 12 months? Yes/No

Repeat for all the following items:

- Allergy (excluding allergic asthma)
- Diabetes
- Cataract
- Hypertension (high blood pressure)
- Heart attack
- Stroke, cerebral haemorrhage
- Chronic bronchitis, emphysema
- Arthrosis, (rheumatic) arthritis
- Osteoporosis
- Gastric or duodenal ulcer
- Malignant tumour (including leukaemia and lymphoma)
- Migraine or frequent headache
- Chronic anxiety or depression
- Other (specify)

(Physical and sensory functional limitations)

Now I want you to think about situations you may face in everyday life. Please ignore any temporary problems.

5. Can you *clearly see newspaper print* without *glasses* or any other aids or devices? Yes / No*

If no: Can you *clearly see newspaper print* with your glasses or other aids or devices?
Yes / No / Has no glasses or other aids/devices

* *if answer "I am blind or I cannot see at all", go to hearing item (skipping other questions on seeing)*

Repeat for all the following items:

- Clearly see the face of someone 4 metres away (across a road)
- Distinctly hear what is said in a conversation with several persons (people)⁵
- Distinctly hear what is said in a conversation with one other person
- Without difficulty walk 500 metres
- Without difficulty walk up and down a flight of stairs
- Clearly speak to others [for answer by proxy or interviewer only]⁶
- Without difficulty bite and chew on hard foods such as a firm apple
- Without difficulty reach out (stretch out an arm) to shake someone's hand
- Without difficulty use fingers to grasp or handle a small object like a pen
- Without difficulty turn on a tap
- Without difficulty bend and kneel down
- Without difficulty lift and carry a full shopping bag weighing 5 kilos

⁵ If can distinctly hear conversation with several persons without any devices then can skip 'one person' question.

⁶ Ask only of proxy or interviewer complete. Consider only physical reasons and not difficulties due to differences between the subject's first language and the language of the proxy or survey.

(Personal Care Activities)

Now think about your personal care activities in everyday life, such as feeding yourself, getting in and out of bed, dressing, bathing or showering, using toilets. Again please ignore temporary problems.

FILTER 1. Do you, usually, perform all these activities without any difficulty? Yes/No/Uncertain⁷

[if Yes go to FILTER 2]

6. Do you, usually, *feed yourself* completely on your own?

- (i) Yes – I do it completely on my own
- (ii) No – I do not do it completely on my own

[if (i) go to a)]

[if (ii) to c)]

a) Do you *feed yourself* without any difficulty?

- (i) Yes – I do it without any difficulty
- (ii) No – I do it with (some) difficulty

[if (ii) to b)]

b) Do you require help in *feeding yourself*?

Yes/No

[Go to next item]

c) Do you *feed yourself* with help?⁸

- (i) Yes – I do it with help
- (ii) No – someone else does it for me

d) Is the help you receive in *feeding yourself* sufficient for your needs? Yes/No

Repeat for all the following items: Transfer in and out of bed / Dress and undress/ Use toilets/ Bath or shower

⁷ If respondent hesitates or shows uncertainty then continue with detailed questions

⁸ Can also ask WHO if receives help. Allows complementary questions on use of special equipment: Do you (also) use special equipment Yes/No. The use of personal help or aids or adaptations are collected separately.

(Household Care Activities)

Now think about your activities at home in everyday life such as shopping, preparing meals, doing housework, doing the laundry, taking care of financial matters or using the telephone. Again, please ignore temporary problems.

FILTER 2. Do you, usually, perform such activities without any difficulty? Yes/No/Uncertain⁹

[if Yes go to next section]

7. Do you, usually, *prepare meals* completely on your own?

- (i) Yes – I do completely on my own
- (ii) No – I do not do it completely on my own¹⁰

[if (i) go to a)] [if (ii) to c)]

a) Do you *prepare meals* without any difficulty?

- (i) Yes – I do it without any difficulty
- (ii) No – I do it with (some) difficulty

[if (ii) to b)]

b) Do you require help in *preparing meals*? Yes/No

[Go to next item]

c) Could you do it completely on your own without any difficulty if you had to or wanted to?

- (i) Yes – I could do it on my own without any difficulty
- (ii) No – I could not do it on my own without any difficulty¹¹

[if Yes go to next item]

d) Do you *prepare meals* with help?

- (i) Yes – I do it with help
- (ii) No – I do not do it

e) Is the help you receive in *preparing meals* sufficient for your needs? Yes/No

Repeat for all the following items: Use the telephone/ Do all the shopping/ Do periodic heavy housework/ Do the laundry/ Do routine light housework/ Take care of or manage your financial matters.

⁹ If respondent hesitates or shows uncertainty then continue with detailed questions

¹⁰ This may include division of the activity within a household.

¹¹ This means: I could not do it on my own or I could do it on my own but with difficulty.

(Other daily activities)

Now think about your other activities in everyday life. Again ignore temporary problems.

8. As a result of your health or the way you feel, do you have any difficulty with your usual school or work activities or have you had to cut them down?

- (i) Yes – I have difficulty with my usual school or work activities
- (ii) No – I do not do have difficulty with my usual school or work activities
- (iii) Not applicable¹²

[if Yes go to a)]

[otherwise, go to next item]

- a) Do you use special equipment to do your usual school/work activities Yes/No

- b) Do you received special assistance to do your usual school/work activities Yes/No
- c) Are there any remaining problems in doing your usual school/work activities to your satisfaction that you require (more) help with? Yes/No

Repeat with items: Usual leisure and social activities / Going where and when you want to go

(Mental health)

Finally I want to ask you about your feelings and mood over the last month.

(Psychological distress and positive mental health)

9. How much, during the past 4 weeks *did you feel very nervous?*

All of the time/Most of the time/Some of the time/A little of the time/None of the time

Repeat for all the following items:

- Have you felt so down in the dumps, nothing could cheer you up?
- Have you felt calm and peaceful?
- Have you felt down-hearted and depressed?
- Have you been happy?
- Did you feel full of pep?
- Did you have a lot of energy?
- Did you feel worn out?
- Did you feel tired?

10. Would you describe yourself as being usually”:

- (i) happy and interested in life,
- (ii) somewhat happy,
- (iii) somewhat unhappy.
- (iv) unhappy with little interest in life, or
- (v) so unhappy that life is not worthwhile?

¹² NA= Not applicable: Not at school/work for reasons other than health reasons.

Appendix 4: Frequencies of all health variables (unweighted results)

Q.28. - How is your health in general? (ONE ANSWER ONLY)

| | | | |
|----------------|------|-------|-------|
| Very good..... | 4392 | 27.1% | 16230 |
| Good..... | 6928 | 42.7% | |
| Fair..... | 3934 | 24.2% | |
| Bad..... | 824 | 5.1% | |
| Very bad..... | 119 | 0.7% | |
| DK..... | 33 | 0.2% | |

Q.29. - Do you have any long-standing illness or health problem?

| | | | |
|----------|-------|-------|-------|
| Yes..... | 4272 | 26.3% | 16230 |
| No..... | 11823 | 72.8% | |
| DK..... | 135 | 0.8% | |

Q.30. - For the past six months or more, have you been restricted in doing certain activities because of health problems?

| | | | |
|---------------------------------|-------|-------|-------|
| 1.Yes, severely restricted..... | 1104 | 6.8% | 16230 |
| 2.Yes, somewhat restricted..... | 3263 | 20.1% | |
| 3.No, not restricted..... | 11745 | 72.4% | |
| DK..... | 118 | 0.7% | |

I WOULD LIKE YOU TO THINK ABOUT SITUATIONS YOU MAY FACE IN EVERYDAY LIFE.

Q.31. - a) Can you read a newspaper without glasses, lenses or anything else?

| | | | |
|---|------|-------|-------|
| Yes..... | 9286 | 57.2% | 16230 |
| No..... | 6831 | 42.1% | |
| I am blind, cannot see very well (SPONTANEOUS)..... | 60 | 0.4% | |
| DK..... | 53 | 0.3% | |

IF "NO", CODE 2 IN Q.31.a.

Q.31. - b) And with your glasses, lenses or anything else, can you read a newspaper?

| | | | |
|---|------|-------|------|
| Yes..... | 6542 | 95.8% | 6831 |
| No..... | 173 | 2.5% | |
| Have no glasses, lenses or anything else..... | 62 | 0.9% | |
| DK..... | 54 | 0.8% | |

IF CODE 1, 2 OR 4 IN Q.31.a.

Q.32. - a) Can you clearly see the face of someone four metres away (for instance across a street) without glasses, lenses or anything else?

| | | | |
|----------|-------|-------|-------|
| Yes..... | 12280 | 75.9% | 16170 |
| No..... | 3280 | 20.3% | |
| DK..... | 610 | 3.8% | |

IF "NO", CODE 2 IN Q.32.a.

Q.32. - b) And with your glasses, lenses or anything else, can you clearly see the face of someone four metres away (for instance across a street)?

| | | | |
|---|------|-------|------|
| Yes..... | 2998 | 89.8% | 3340 |
| No..... | 197 | 5.9% | |
| Have no glasses, lenses or anything else..... | 47 | 1.4% | |
| DK..... | 98 | 2.9% | |

ASK ALL

Q.33. - a) When you are talking with someone, can you distinctly hear what the other person is saying without hearing aid or anything else?

| | | | |
|----------|-------|-------|-------|
| Yes..... | 15423 | 95.0% | 16230 |
| No..... | 762 | 4.7% | |
| DK..... | 45 | 0.3% | |

IF "NO", CODE 2 IN Q.33.a.

Q.33. - b) And with your hearing aid or anything else, can you distinctly hear what the other person is saying?

| | | | |
|---|-----|-------|-----|
| Yes..... | 292 | 38.3% | 762 |
| No..... | 62 | 8.1% | |
| Have no hearing aid or anything else..... | 370 | 48.6% | |
| DK..... | 38 | 5.0% | |

ASK ALL

Q.34. - a) Can you walk 500 metres without difficulty without a cane or anything else?

| | | | |
|----------|-------|-------|-------|
| Yes..... | 15279 | 94.1% | 16230 |
| No..... | 893 | 5.5% | |
| DK..... | 58 | 0.4% | |

IF "NO", CODE 2 IN Q.34.a.

Q.34. - b) And with your cane or anything else, can you walk 500 metres without difficulty?

| | | | |
|------------------------------------|-----|-------|-----|
| Yes..... | 395 | 44.2% | 893 |
| No..... | 292 | 32.7% | |
| Have no cane or anything else..... | 180 | 20.2% | |
| DK..... | 26 | 2.9% | |

ASK ALL

Q.35. - Can you without difficulty go up and down a flight of stairs?

| | | | |
|----------|-------|-------|-------|
| Yes..... | 14665 | 90.4% | 16230 |
| No..... | 1509 | 9.3% | |
| DK..... | 56 | 0.3% | |

Q.36. - Can you without difficulty lift and carry a bag weighing 5 kilos?

| | | | |
|----------|-------|-------|-------|
| Yes..... | 14277 | 88.0% | 16230 |
| No..... | 1652 | 10.2% | |
| DK..... | 301 | 1.9% | |