

SOCIO-ECONOMIC STATUS AS A PREDICTOR OF LIFE STYLE IN INDUSTRIAL CITY

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Background:

In epidemiological studies there exists the evidence of relationship between socio-economic status (SES) and health. The suspicious cause of these differences is life-style.

Objectives:

The aim of the presented study was to identify the relationship between SES, demographic characteristics and the life-style in an industrial region.

Methods:

A structured questionnaire was distributed to a random sample of some 3,000 aged 25-70 and collected by postal delivery. The SES and demographic factors being analysed were sex, age, education, marital status and economic situation of the family in the relationship with a wide range of information on life style.

Results:

The total number of analysed questionnaires was 634. The lowest response-rate was in the group with the basic education. Significant differences were found by sex in education (less women with university degree) and household income (more women in the lowest income category, men in the highest one).

Leisure time, weekend and holiday activities were significantly correlated with education – the higher education, the more active (sport, physical training, hiking, trips) people were. More than a half of respondents reported their diet as healthy, significantly more in women ($p < 0.01$) and older people ($p < 0.001$). The older people and women significantly more looked for information about healthy life-style and applied recommendations. Men rather than applied recommendations underwent the preventive medical examination. Very busy were age groups between 41-60 that reported significantly less free time, less frequency of contacts with friends, less time for physical training. As for the values – health was given as a priority in 98% of respondents.

Conclusions:

Among the analysed factors economical situation of respondents' family and education were the most significant determinants of the differences in life-style.

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