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Non-fatal injuries resulting in activity limitations in Estonia - risk factors and outcomes: A retrospective study among the population aged 20 – 79

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Abstract

Population-based studies about the health and quality of life outcomes of injuries are rare in the countries of Eastern Europe. The purpose of this study is to examine lifetime incidence and prevalence, timing and social variations in non-fatal injuries resulting in activity limitations and outcomes of injuries in Estonia. The analysis is based on the second round of the Estonian Family and Fertility Survey. Face-to-face interviews (n=7855) were conducted in 2004-05 with a nationally representative probability sample (n=11192) of the resident population of Estonia aged 20– 79.The cumulative incidence and prevalence of injuries leading to activity limitations was estimated by descriptive measures. Survival analysis was used to examine the variations in the injury risk across socio-demographic groups, the duration of activity limitations and the association between injuries and the development of chronic conditions. 10% (95% CI 9.4 to 10.7) of the population aged 20 - 79 had experienced injuries leading to activity limitations. The age-cumulative incidence of activity limitations due to injuries of the oldest birth cohort has a different pattern. Significant variations in injury risk were associated with gender, education, employment, marital status, and nativity. 48% of activity limitations resulting from injuries lasted for at least one year. Limiting injury was associated with a doubling of the likelihood of having chronic conditions (adjusted HR 1.97, 95% CI 1.58 to 2.46). Substantial variation does exist in injury risk across population groups. The human and economic costs of injury suggest efforts in prevention and warrants further investigation.

Biography

Katre Altmets has graduated MD and GP in Faculty of Medicine and residency studies, now practices as family and occupational physician in Tartu, Estonia. She has 2 publications in international peer reviewed journals, 2 publications in demography conference editions and some publications in local national journals. Research interests: activity limitations (prevalence, causes, timing, duration, need for assistence, associations with chronic conditions, injuries, childhood deprivation and social variation, the influence of the limitations on labour activity and quality of life; demography and aging population).

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