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PTDC/IVC-SOC/4823/2012-FCOMP-01-0124-FEDER-029372

HEALTH AND ECONOMIC CRISIS IN PORTUGAL

A PILOT EXPLORATORY STUDY

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QUADRO
DE REFERÊNCIA
ESTRATÉGICO
NACIONAL
PORTUGAL 2007.2013



JNIÃO EUROPEIA
Fundo Social Europeu

FCT

Fundação para a Ciência e a Tecnologia
MINISTÉRIO DA EDUCAÇÃO E CIÊNCIA

HEALTH



CONSTITUTION OF THE WHO (1946):

A state of complete **physical, mental** and **social well-being**
and not merely the absence of disease or infirmity

Fundamental right of every person

Fundamental to the attainment of peace and security

Unequal development in the promotion of health and control of disease
is a danger

Governments are responsible for the health of their peoples, fulfilled only
by the provision of adequate health and social measures

REVIEW OF THE EVIDENCE

▶ Ebner's (2010) Report

- ▶ Health Inequalities → European countries
→ Within countries and regions

▶ They result from:

- ▶ Environmental, Working & Housing conditions
- ▶ Lifestyle
- ▶ Education
- ▶ Health Care System and Welfare State

▶ Current Economic Crisis:

- ▶ Unemployment, Job Flexibility & Austerity → **Mental Illness**

**Food and Health are
less affordable**

REVIEW OF THE EVIDENCE

▶ WHO Reports (2009, 2013):

- ▶ Economic downturns → ↑ risk of mental disorders & suicide
- ↓ public expenditure with health and welfare
- deepen social inequalities, poverty & deprivation
- **vulnerable groups**: low socio-economic groups & unemployed

REVIEW OF THE EVIDENCE

DETERMINANTS OF MENTAL HEALTH'S DEGRADATION:

UNEMPLOYMENT

ECONOMIC DEPRIVATION

JOB INSECURITY

EXCESSIVE INDEBTEDNESS

JOB STRESS

LOW EDUCATION

AIMS

- ▶ Characterize the health perception of married and as-married Portuguese men and women (2014)
- ▶ Compare results with health reported by Portuguese men and women in 2005 (Pais-Ribeiro, 2005)
- ▶ Identify socio-demographic and labour market variables associated with health

METHOD

2005 SURVEY

(Pais-Ribeiro, 2005)

- ▶ Measures:
 - ▶ Sociodemographic
 - ▶ SF-36
 - ▶ SF-12
 - ▶ SF-8

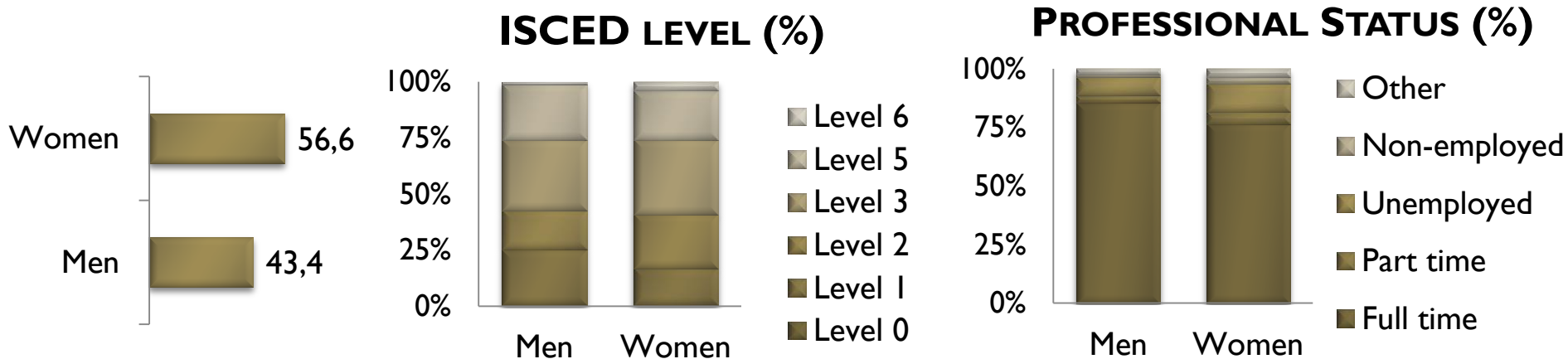
2014 SURVEY

- ▶ Measures:
 - ▶ Demographic
 - ▶ Professional and economic situation
 - ▶ Family's finances
 - ▶ Impact of the crisis
 - ▶ Non-paid work
 - ▶ **Health: SF-8**

2014 SURVEY

► N = 1004 (as) married participants with ≥ 1 dependent child

► Age: $\underline{M}_{[M]} = 42$ / $\underline{M}_{[F]} = 40,6$



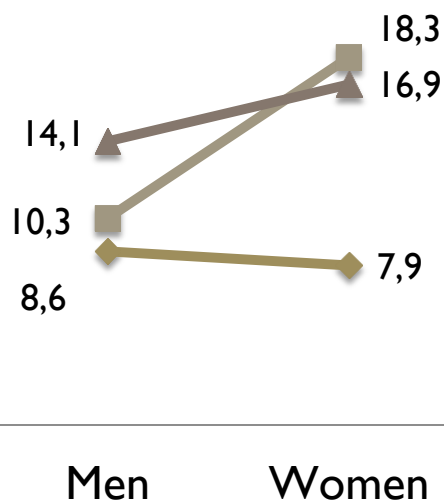
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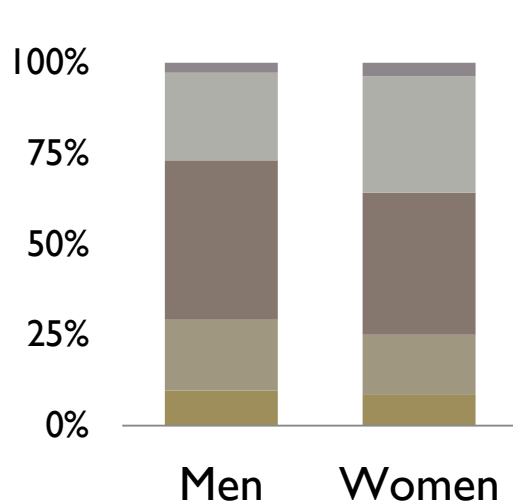
2014 SURVEY

HOURS/DAY



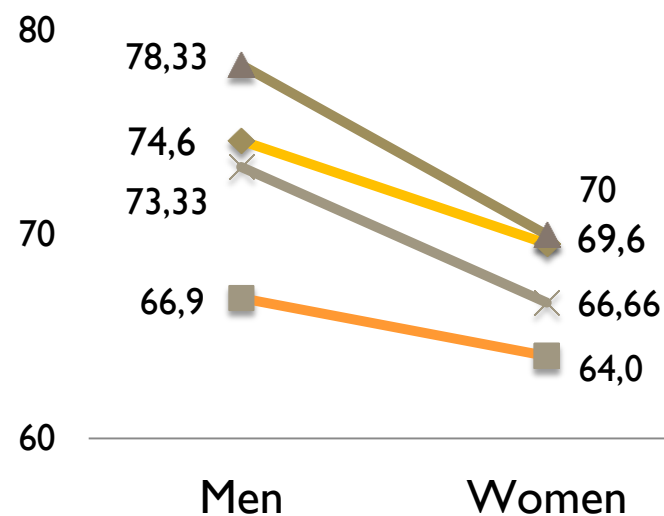
- ◆ Profession
- Domestic Chores
- ▲ Children

HEALTH IN GENERAL



- Excellent
- Good
- Very good
- Fair
- Poor

PHYSICAL/MENTAL HEALTH

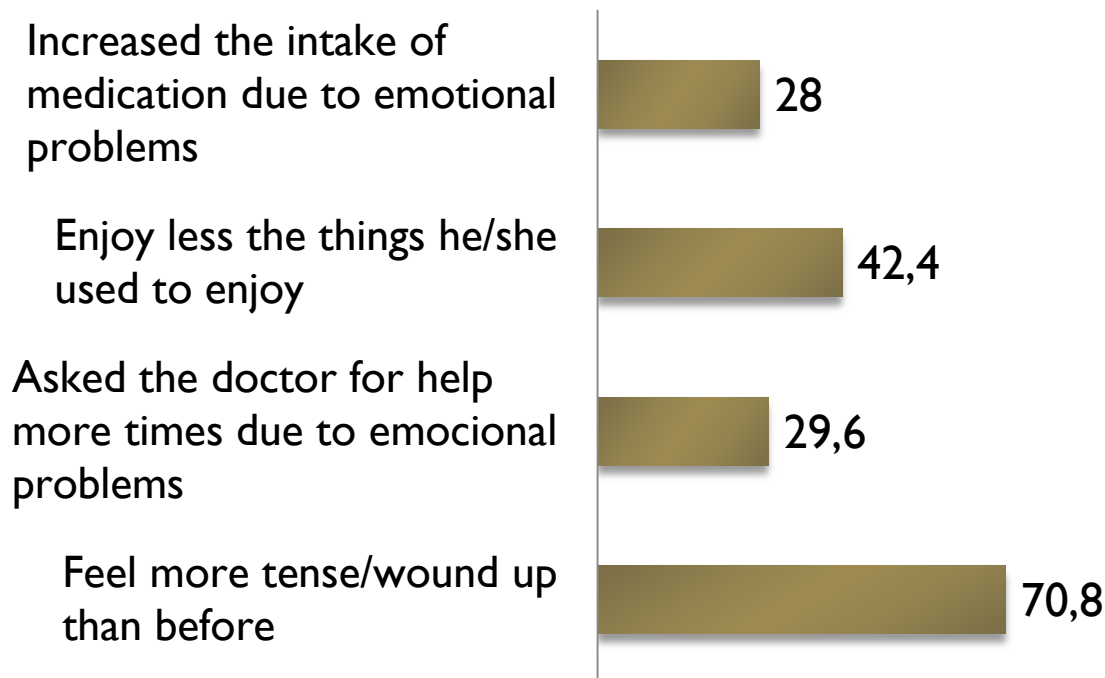


- ◆ Physical
- Mental
- ▲ Physical (2005)*
- × Mental (2005)*

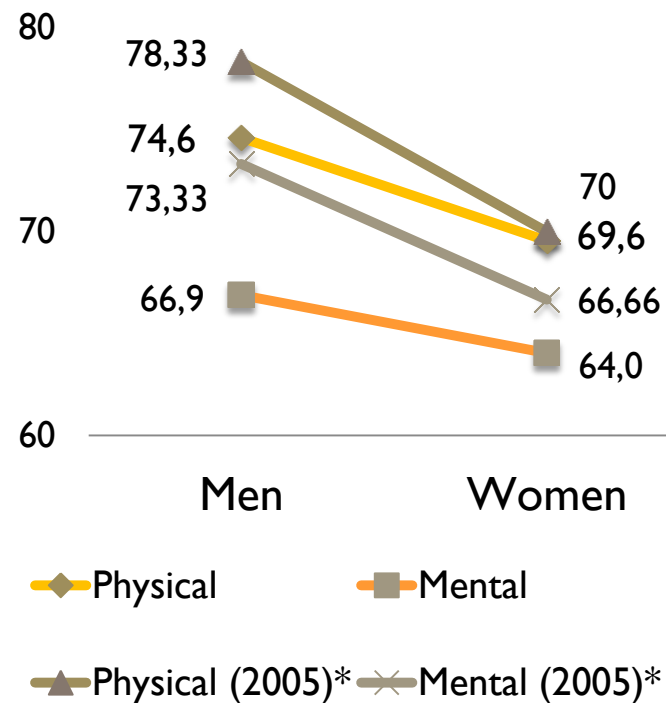
* normative values (Md) for Portuguese healthy men/women aged between 25 and 44 years old

2014 SURVEY

CONSEQUENCES OF THE ECONOMIC CRISIS (%)



PHYSICAL/MENTAL HEALTH



* normative values (Md) for Portuguese healthy men/women aged between 25 and 44 years old

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2014 SURVEY

SEX

EDUCATION LEVEL

PROFESSIONAL STATUS

WORKING HOURS/DAY

HOUSEHOLD'S INCOME

INCOME'S VARIATION SINCE 2010

CHILDREN (HOURS/DAY)

**DOMESTIC CHORES
(HOURS/DAY)**

PHYSICAL

MENTAL

CONCLUSION

DOES THIS CRISIS HAVE A NEGATIVE IMPACT ON INDIVIDUALS' HEALTH?

INDIVIDUALS' MENTAL HEALTH IS POORER

MEN'S PHYSICAL HEALTH IS POORER

3:4 MORE STRESSED/ANXIOUS

2:4 LESS ABLE TO ENJOY LIFE

1:4 ASKED FOR PROFESSIONAL HELP

1:4 INCREASED THE INTAKE OF MEDICATION

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**PHYSICAL
HEALTH**

WORSE HEALTH

WOMEN

LOWER EDUCATION

INCOME DECREASE / INCREASE

DOMESTIC CHORES (+ HOURS)

BETTER HEALTH

HIGHER EDUCATION

HIGHER INCOME

INCOME IS THE SAME

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**MENTAL
HEALTH**

WORSE HEALTH

INCOME DECREASE

DOMESTIC CHORES (+ HOURS)

CHILDREN (+ HOURS)

BETTER HEALTH

HIGHER INCOME

INCOME INCREASED/IS THE SAME

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**Thank you
for your attention!**