

EPOSA FACT

The relationship between osteoarthritis and self-rated health

Self-rated health

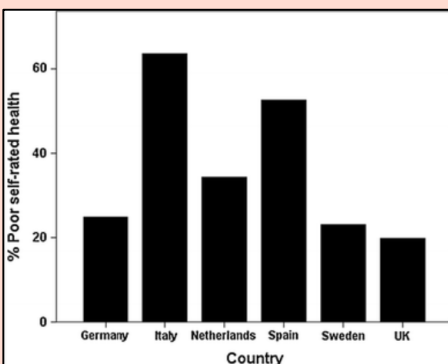
Self-rated health (SRH) represent an individual's perspective of his or her overall health and is an important predictor of future health outcomes. Self-rated health could be a simple and efficient tool to inform the clinician about the general health of patients with osteoarthritis (OA). Whether OA itself impacts SRH is less clear.

In EPOSA, we examined the association between clinical OA and SRH in the general older population across six European countries.

HOW IS YOUR HEALTH IN GENERAL?
 Very good
 Good
 Fair
 Poor
 Very poor

Prevalence rates of SRH differ across countries

Country differences were observed in the frequency of fair-to-very poor SRH. The prevalence rate of fair-to-very poor SRH ranged from 19.8% in the United Kingdom to 63.5% in Italy.



Osteoarthritis and SRH

Clinical OA of the hip, knee and hand were associated with fair-to-very poor SRH in all countries, except for Germany, in which only knee OA was associated with fair-to-very poor SRH.

Physical function

In most countries and at most joints, the association between clinical OA and fair-to-very poor SRH could be (partly) attributed to physical function.

Based on: Van Schoor et al., 2016

