

Assessing Health-related Quality of Life using the EQ-5D-5L among Hong Kong Adult Population: The Role of Lifestyle Behaviours

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BACKGROUND

Lifestyle is considered to be one of the important factors associated with an individual's Health-related Quality of Life (HRQoL). However, studies on the association between lifestyle behaviour and health utility values are scanty in Hong Kong (HK).

This study therefore aims to evaluate whether lifestyle behaviour has an impact on HRQoL using the EQ-5D-5L preference-based measures.

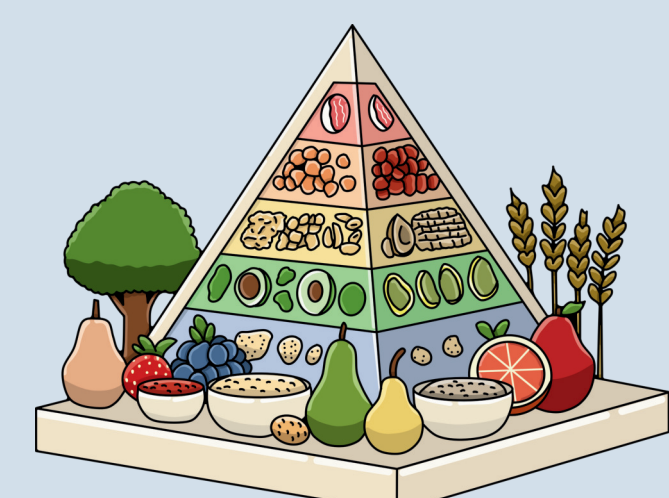
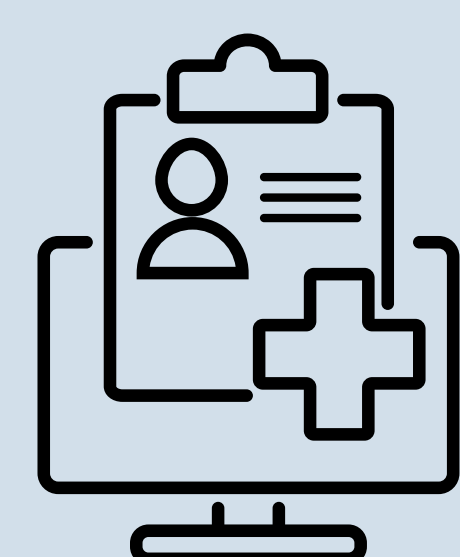
METHODS

A cross-sectional survey was conducted between April 2022 and July 2023 among adult general population in HK.

Participants completed a self-reported questionnaire on their level of:

Lifestyle Behaviour – Health Management

- Dietary Intake (i.e. vegetables and fruits consumption)
- Physical Activity (Moderate and Intensive)
- Smoking and Drinking (Risk Health)



The associations between HRQoL (EQ-5D-5L) and lifestyle behaviours were assessed using T-test and Tobit regression models.

RESULTS

A total of 1,215 adult were recruited with 56.2% female, age range between 18-87 years (mean = 46 years, S.D. = 15.9)*.

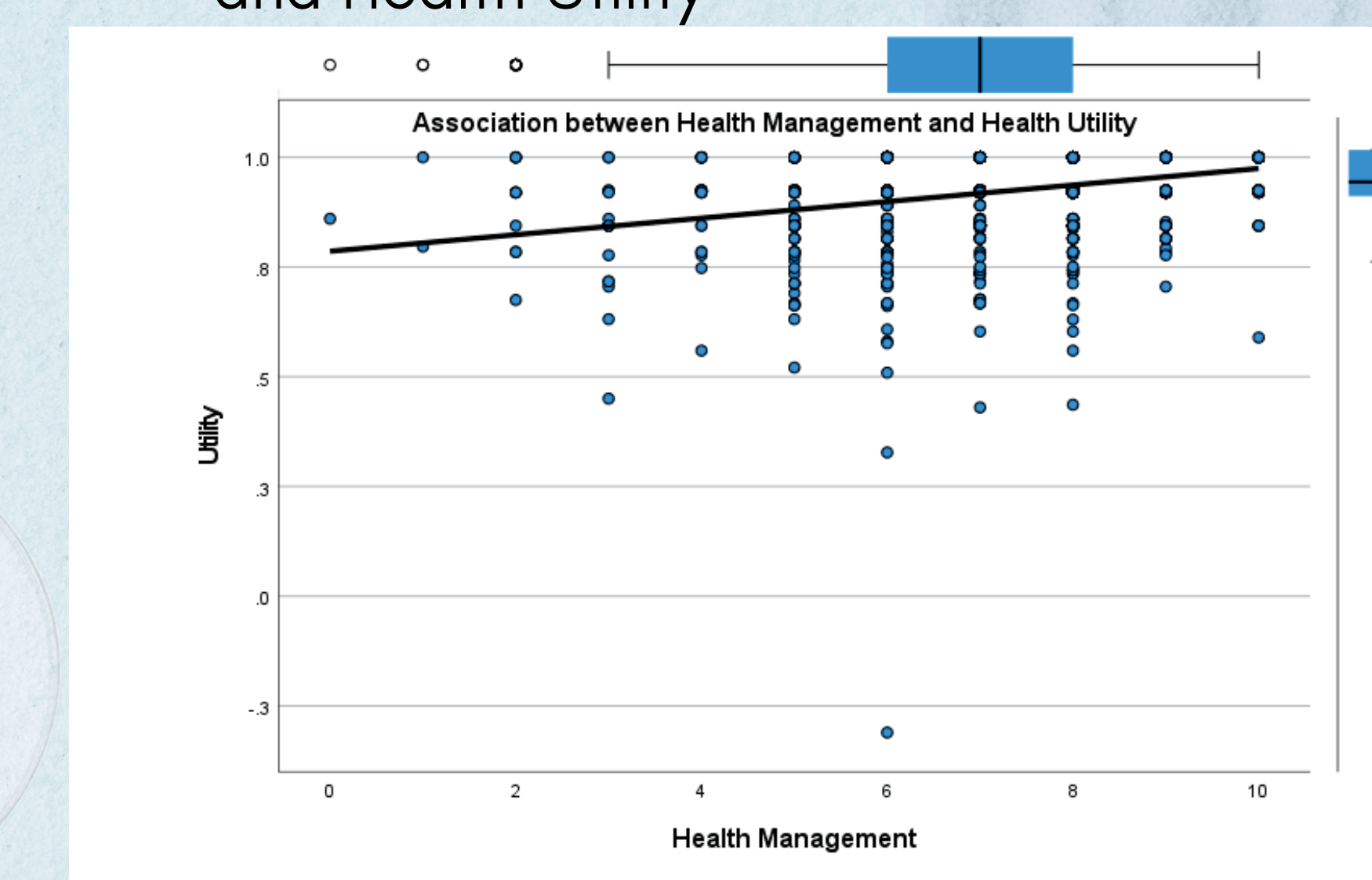
Findings revealed that having **intensive exercise** was found significantly associated to **better EQ-5D utility values** ($p < .05$). However, no statistically association was found between HRQoL and risk health behaviour (Smoking & Drinking).



*7 participants with missing age & sex data.

While healthy dietary intake was not correlated with better HRQoL. Individual who had an ability to maintain a **good Health Management** (Fig.1) indicated a significant association with better EQ-5D utility values ($p < .05$).

Fig.1 Association between Health Management and Health Utility



CONCLUSION

Findings suggested a good lifestyle habit, mental health and maintaining a good health management are important factors that influence on preference-based health utility values. Further investigations on other lifestyle behaviours such as Diet and Body Mass Index and sleep quality should be explored.

Acknowledgement

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