

Predictors of good perceived health status among United States older adults with self-reported pain

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BACKGROUND

- Perceived health status is an important predictor of healthcare service utilization and morbidity and mortality in the United States (US)¹
- Little is known about the variables associated with perceived health status among older US adults with pain

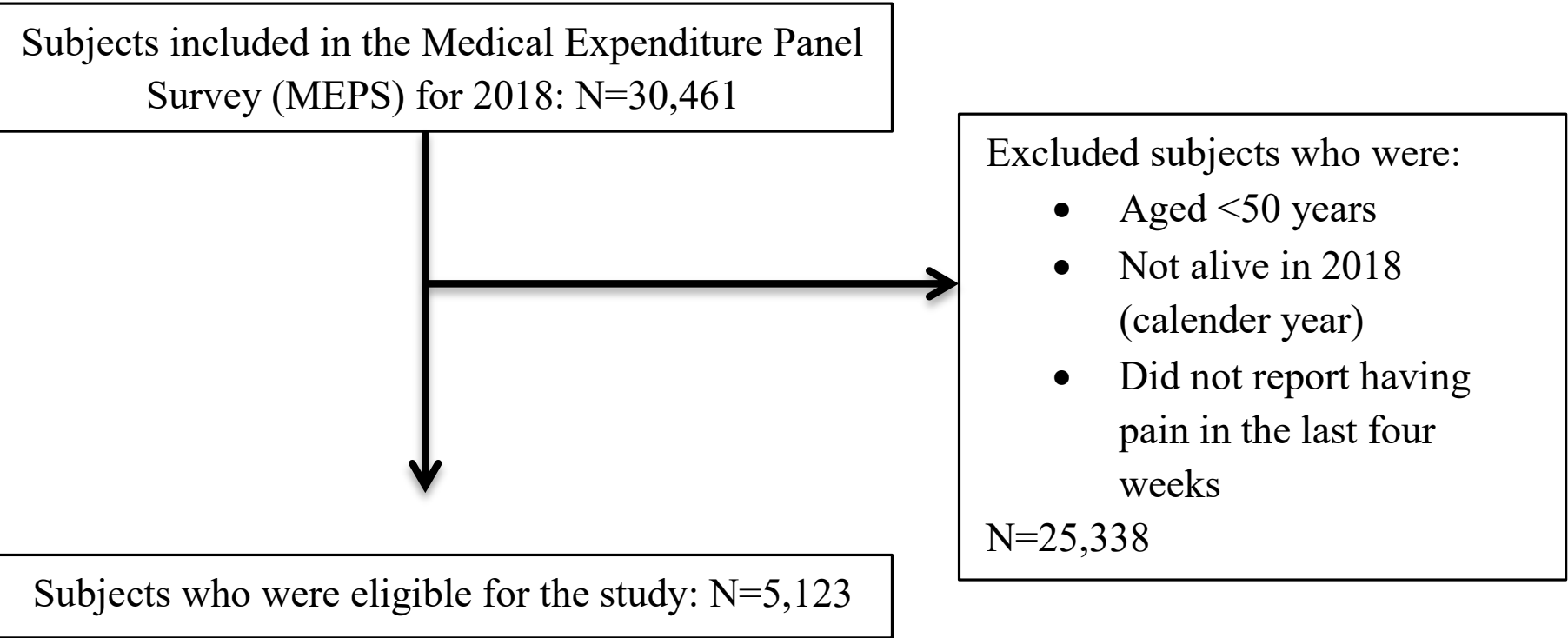
OBJECTIVES

To determine significant predictors of good perceived health status among US older adults with self-reported pain.

METHODS

- Retrospective, cross-sectional study, using 2018 Medical Expenditure Panel Survey (MEPS) data, and included US adults aged ≥50 with self-reported pain in the past 4 weeks
- Unadjusted and adjusted logistic regression models were used to identify significant predictors of good (versus poor) perceived health status
- Nationally representative (weighted) estimates were obtained

FIGURE 1. Subject Selection Flowchart



RESULTS

TABLE 1. Select Characteristics of Study Participants

Factors	Good Perceived Health Weighted N=41,919,568 Weighted % (95% CI)	Poor Perceived Health Weighted N=15,215,144 Weighted % (95% CI)	p
Predisposing Factors:			
Age ≥65 years	51.4 (49.1, 53.7)	52.0 (48.8, 55.3)	0.75
Female	55.5 (54.0, 57.0)	56.2 (53.2, 59.2)	0.67
Non-Hispanic	92.1 (90.6, 93.6)	86.3 (83.1, 89.5)	<0.0001
White	81.9 (80.0, 83.7)	78.3 (75.5, 81.1)	<0.01
Enabling Factors:			
Higher than high school	59.9 (57.8, 61.9)	41.7 (37.6, 45.8)	<0.0001
Unemployed	53.8 (51.2, 56.3)	77.9 (74.7, 81.1)	<0.0001
Married	59.3 (57.2, 61.4)	49.4 (45.9, 53.0)	<0.0001
Middle/high income	75.2 (73.3, 77.0)	52.2 (48.2, 56.1)	<0.0001
Private insurance	63.1 (60.6, 65.7)	42.2 (39.0, 45.4)	<0.0001
Need Factors:			
Little/moderate pain	84.1 (82.6, 85.7)	48.6 (45.5, 51.7)	<0.0001
<5 conditions	81.9 (80.5, 83.3)	59.0 (55.4, 62.7)	<0.0001
Excellent/very good/good	94.9 (94.1, 95.7)	60.1 (57.3, 62.9)	<0.0001
Personal Health & Environmental Factors:			
No exercise	52.7 (50.4, 54.9)	72.7 (69.8, 75.6)	<0.0001
Non-smoker	86.2 (84.8, 87.5)	78.0 (75.0, 81.0)	<0.0001
Overweight/obese	71.1 (69.2, 73.0)	72.8 (70.1, 75.6)	0.29
South region	36.6 (34.2, 39.0)	43.4 (39.7, 47.1)	0.01

TABLE 2. Association of Good Perceived Health Status

Factors	Adjusted Odds Ratio (95% Confidence Interval)
Predisposing Factors:	
50-64 vs. ≥65 years old	0.70 (0.54, 0.92)
Male vs. Female	0.87 (0.72, 1.05)
Hispanic vs. Non-Hispanic	0.70 (0.52, 0.95)
Black vs. White Race	0.88 (0.67, 1.15)

RESULTS (CONT.)

TABLE 2. (Cont.)

Enabling Factors:	
Up to high school vs. Higher than high school	0.68 (0.52, 0.90)
Employed vs. Unemployed	1.60 (1.25, 2.04)
Married vs. Non-married	0.98 (0.80, 1.20)
Poor/near poor/low vs. Middle/high income	0.73 (0.59, 0.91)
Private vs. Uninsured Insurance	1.52 (0.88, 2.62)
Need Factors:	
Little/moderate vs. Quite a bit/extreme pain	3.38 (2.77, 4.12)
≥5 vs. <5 chronic conditions	0.42 (0.34, 0.53)
Excellent/very good/good vs. Fair/poor mental health	8.97 (6.87, 11.72)
Personal Health Practices & External Environmental Factors:	
Exercise vs. No exercise	1.87 (1.54, 2.26)
Smoker vs. Non-smoker	0.77 (0.61, 0.98)
Underweight/normal vs. Overweight/obese	0.92 (0.75, 1.12)
South vs. West Region	0.80 (0.61, 1.05)

DISCUSSION

- Several variables including age, ethnicity, education, employment, poverty, presence of pain, chronic conditions, perceived mental health, exercise, and smoking showed an association with perceived health status

CONCLUSION

- These findings are useful to better understand perceived health status among older adults with pain
- These findings should be considered by policy makers and healthcare professionals as they devise and implement interventions to improve the health of these individuals

REFERENCES

1. Palladino R, Lee JT, Ashworth M, Triassi M, Millett C. Associations between multimorbidity, healthcare utilization and health status: evidence from 16 European countries. Age Ageing. 2016;45(3):431-35. DOI: 10.1093/ageing/afw044