



BELGIAN POPULATION NORMS FOR THE EQ-5D-5L

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Belgian population norms for the EQ-5D-5L, 2018

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EQ-5D index score between

0 and 1

death ← → perfect health

Under each heading, please tick the **ONE** box that best describes your health **TODAY**

MOBILITY

- I have no problems in walking about
- I have slight problems in walking about
- I have moderate problems in walking about
- I have severe problems in walking about
- I am unable to walk about

SELF-CARE

- I have no problems washing or dressing myself
- I have slight problems washing or dressing myself
- I have moderate problems washing or dressing myself
- I have severe problems washing or dressing myself
- I am unable to wash or dress myself

USUAL ACTIVITIES (e.g. work, study, housework, family or leisure activities)

- I have no problems doing my usual activities
- I have slight problems doing my usual activities
- I have moderate problems doing my usual activities
- I have severe problems doing my usual activities
- I am unable to do my usual activities

PAIN / DISCOMFORT

- I have no pain or discomfort
- I have slight pain or discomfort
- I have moderate pain or discomfort
- I have severe pain or discomfort
- I have extreme pain or discomfort

ANXIETY / DEPRESSION

- I am not anxious or depressed
- I am slightly anxious or depressed
- I am moderately anxious or depressed
- I am severely anxious or depressed
- I am extremely anxious or depressed

INTRODUCTION

Health-related quality of life (HRQoL) = important patient-reported outcome



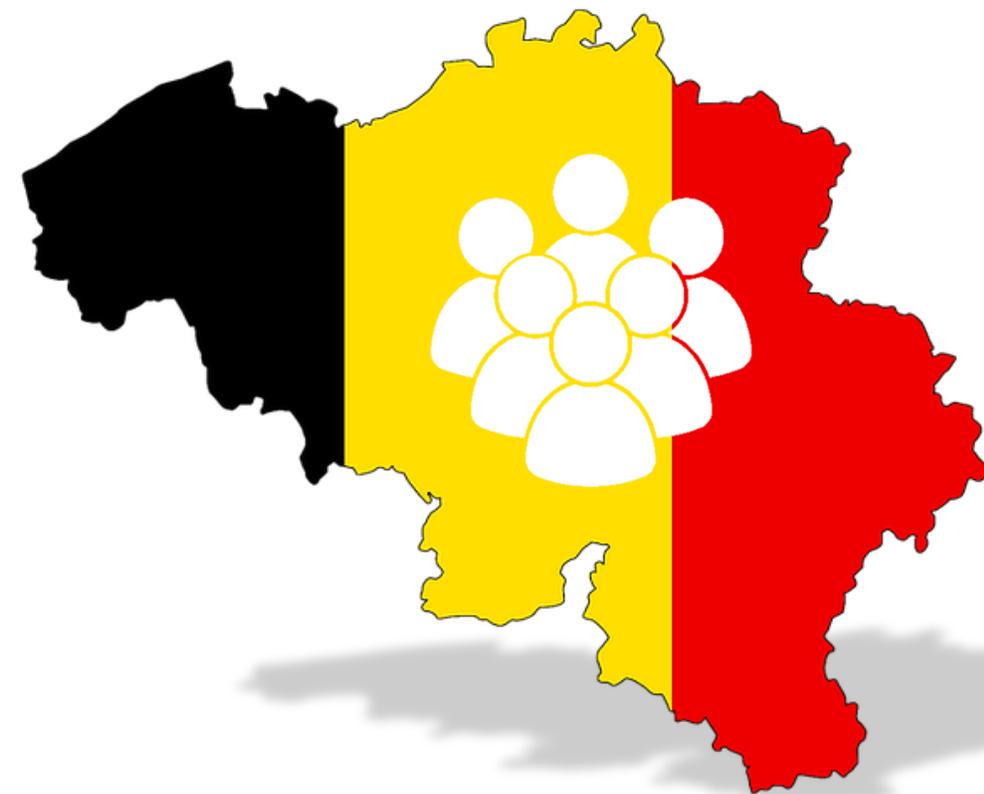
EQ-5D-5L = generic measure of HRQoL



EQ-5D-5L population norms



To assess disease-associated HRQoL loss, population health and health inequalities





Belgian Health Interview Survey 2018



- »»» Cross-sectional survey
- »»» Multistage stratified sampling of all persons residing in Belgium
- »»» Participation rate: 58%
- »»» Only individuals (≥ 15 years) completing the EQ-5D-5L were eligible (85%)
- »»» N = 7509, mean age 48.6 years, 52% women
- »»» 'Survey-weighted' analyses, i.e. survey weights, clustering at household level, and regional stratification
- »»» **Newly-developed Belgian EQ-5D-5L value set**
- »»» EQ-5D dimensions: logistic regression & EQ-5D index values: linear regression
- »»» Models corrected for gender, age, education and region

EQ-5D
index value

0.86 (2013)

0.84 (2018)

Significant
decrease

EQ-5D
dimensions

Pain/discomfort 56%

Anxiety/depression 31%

Mobility 19%

Usual activities 19%

Self-care 6%



Lower scores in women than men :

0.82 vs. 0.87

$P < 0.001$

... and more problems on, particularly,
anxiety/depression and pain/discomfort



25% vs. 38%



51% vs. 61%



Low education: EQ-5D_{index} = 0.75



High education: EQ-5D_{index} = 0.88

RESULTS

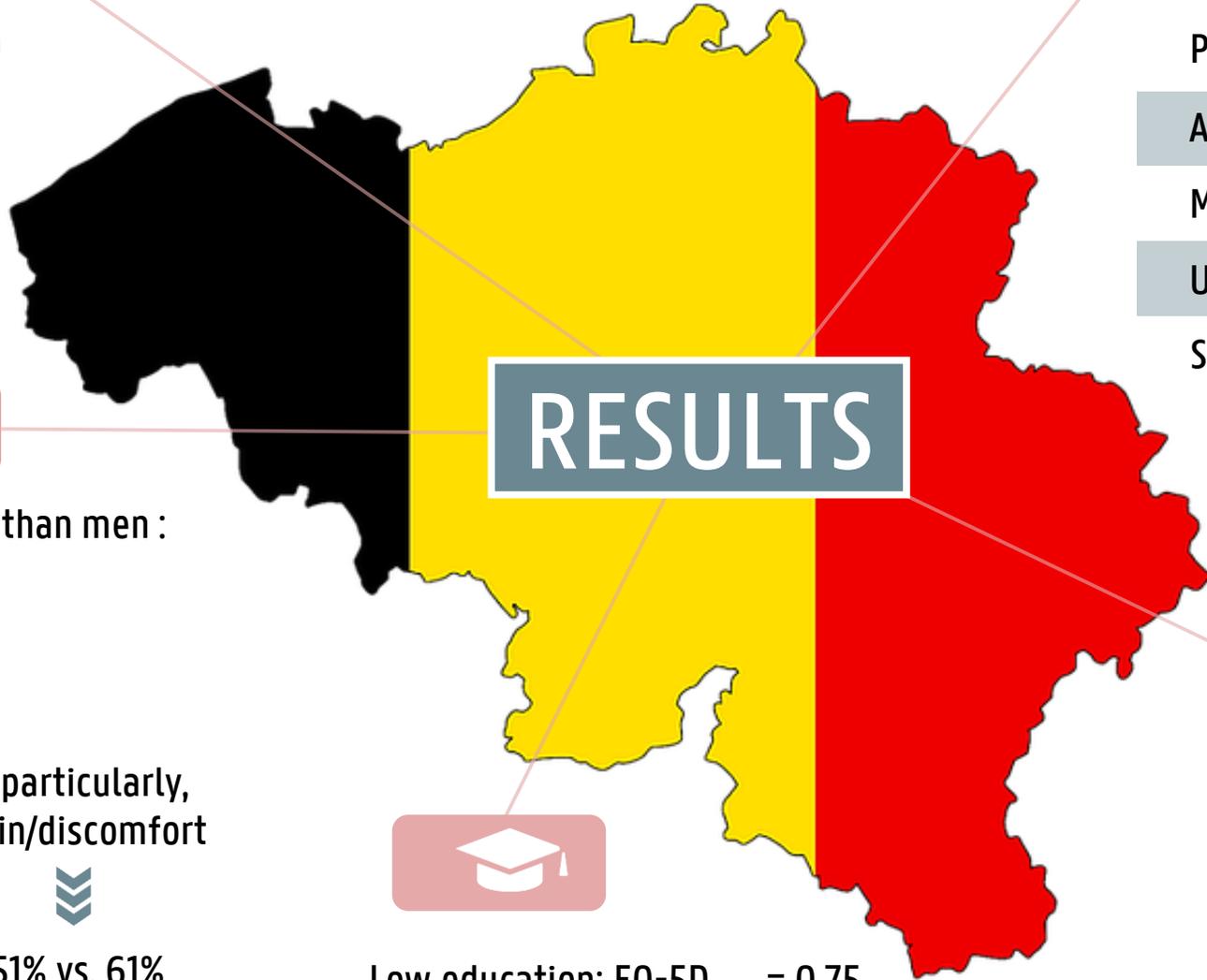


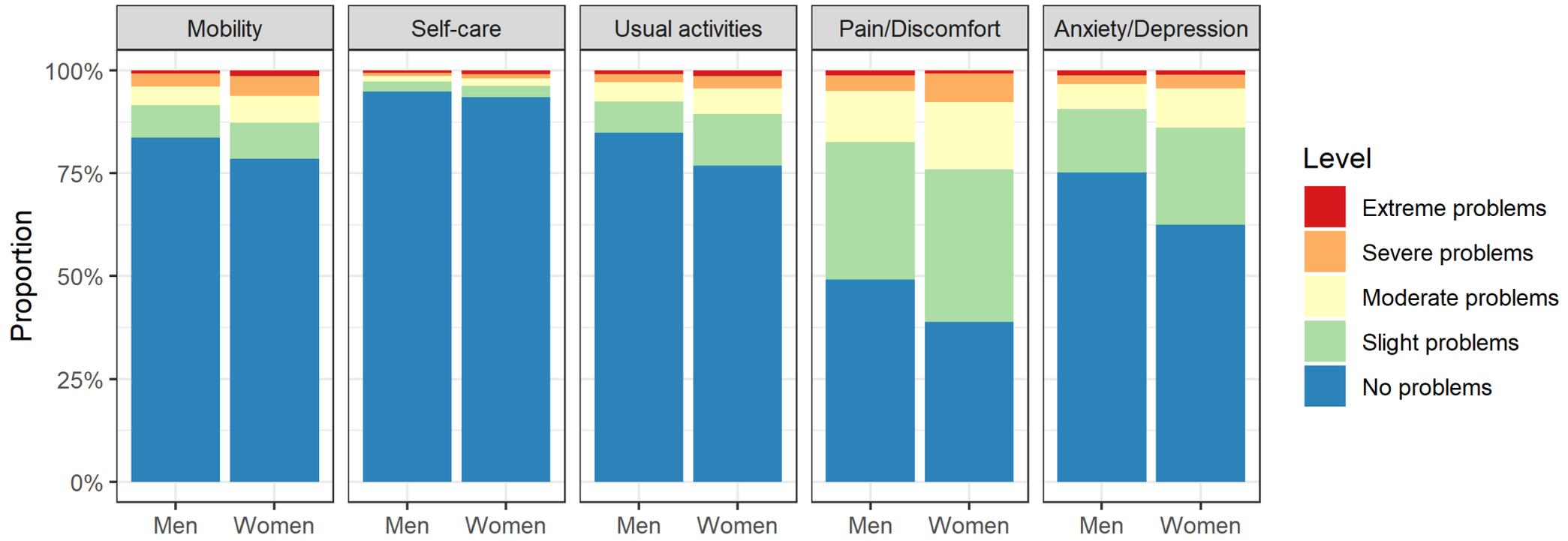
Problems with
mobility, self-care,
usual activities

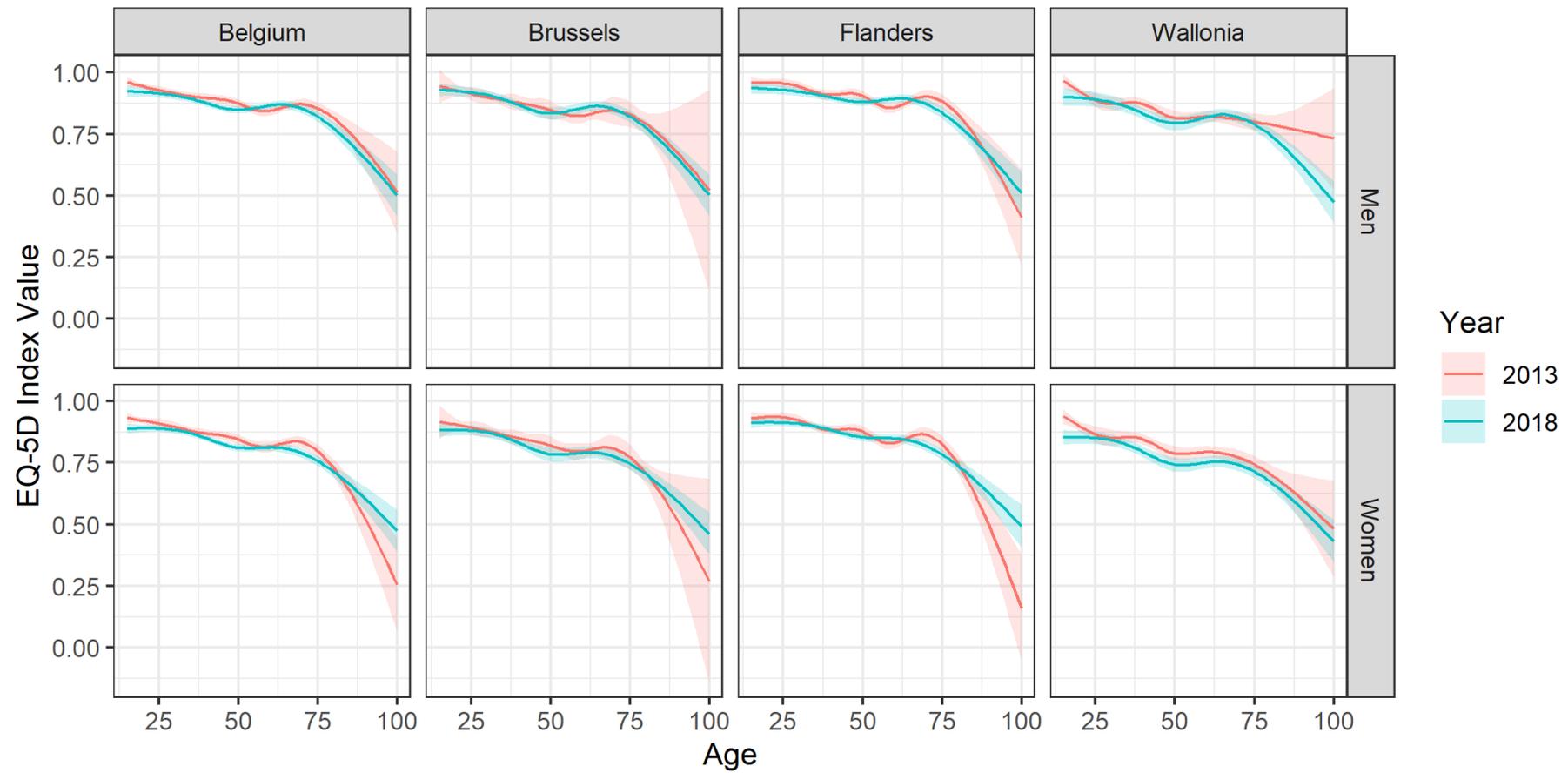
+

decreasing index
values by age

»»» sharp increase
after 80 years







CONCLUSION

- Older age, female gender, Brussels or Walloon residents, and low educational attainment were significantly associated with lower HRQoL
- Belgian EQ-5D population norms are consistent with other European countries, however, differences exist.
- Selection bias: healthy volunteer effect and unequal representation of educational strata
- Future surveys: monitoring self-reported health, disease burden, and health inequalities





**THANK YOU FOR
YOUR ATTENTION!**
