

## Non-fatal injuries resulting in activity limitations in Estonia: Risk factors and association with the incidence of chronic conditions

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**Background:** Evidence about the health and quality of life outcomes of injuries is obtained mainly from follow-up studies of surviving trauma patients; population-based studies are rarer, in particular for countries in Eastern Europe. The purpose of this study is to examine lifetime incidence and prevalence and social variations in non-fatal injuries resulting in activity limitations and outcomes of injuries in Estonia.

**Methods:** The analysis is based on the second round of the Estonian Family and Fertility Survey. A nationally representative probability sample (n=11192) of the target population (birth cohorts 1924-1983) was drawn from the 2000 population census. Face-to-face interviews (n=7855) were conducted in 2004-05. The survey applied life course approach and contains retrospective event histories on respondents' life careers, including the incidence of injuries and chronic conditions. The cumulative incidence and prevalence of injuries leading to activity limitations was estimated. Survival models were applied to analyse variations in the injury risk across socio-demographic groups. The association between injuries and the development of chronic conditions were examined using survival and logistic regression models.

**Results:** 10% (95% CI 9.4 to 10.7) of the population aged 20-79 had experienced injuries leading to activity limitations; the prevalence of activity limitations due to injuries was 4.4% (95% CI 3.9 to 4.9%). 52% of activity limitations resulting from injuries last for at least one year. Significant differences in injury risk were associated with gender, education, employment, marital status, and nativity. Limiting injury was associated with a doubling of the likelihood of having chronic conditions (AHR 1.97, 95% CI 1.58 to 2.46).

**Conclusion:** Substantial variation in injury risk across population groups suggests potential for prevention. Men and workers in manual occupations constitute major target groups for injury prevention in Estonia. The association of injury with the development of chronic conditions warrants further investigation.

### Biography

Katre Altmets has graduated MD and GP in Faculty of Medicine and residency studies, now practices as family and occupational physician in Tartu, Estonia. She has 2 publications in international peer reviewed journals, 2 publications in demography conference editions and some publications in local national journals. Research interests: activity limitations (prevalence, causes, timing, duration, need for assistance, associations with chronic conditions, injuries, childhood deprivation and social variation, the influence of the limitations on labour activity and quality of life; demography and aging population).

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