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# **Self-perceived health in the European countries**

## **The role of social participation and social networks in a comparative perspective**

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- Levels of self-perceived health are strongly connected with objective dimensions of individuals' health and the gradual decline of health status is the most frequent dynamic associated to age well as one of the great determinants of the aging process.
- Strong influence of various measures of social capital on individual health outcomes (Deindl, Hank, and Brandt, 2013; Sirven and Debrand, 2012; Kohli, Martin and Hank, 2009).
- Relationship between the social participation, the degree of social integration, the intensity and quality of social networks, the emotional and personal support that seniors both receive and give and levels of self-perceived health.
- Articulation of two analysis: (1) social activities as a form of social participation and (2) social networks.

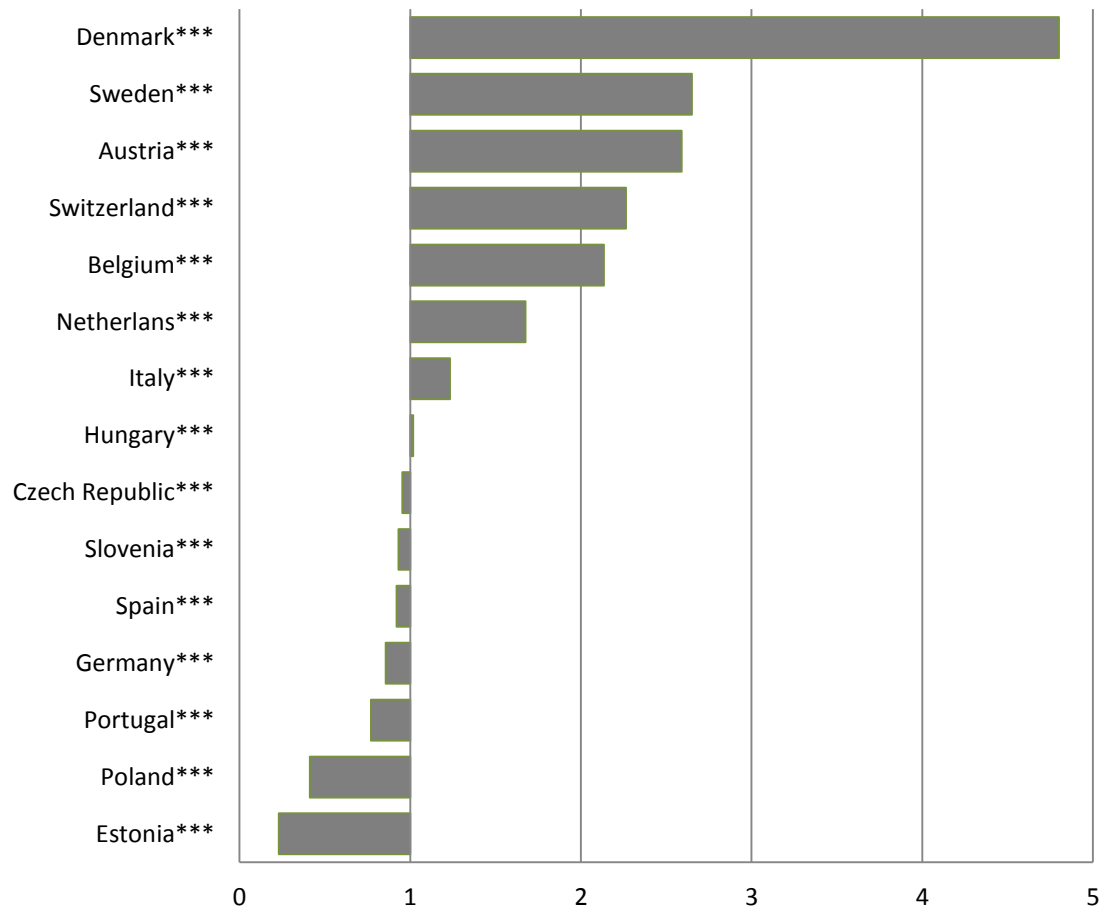
- Individuals who experience a higher social connectedness (social network) report a better self-perceived health.
- Individuals with a higher social participation (social activities) report a better self-perceived health.

- **Data:** SHARE wave 4 release 1.1.1.
- **Sample:** 54023 individuals, residents in Austria, Germany, Sweden, Netherlands, Spain, Italy, France, Denmark, Switzerland, Belgium, Czech Republic, Poland, Hungary, Portugal, Slovenia and Estonia, aged 50 or older.
- **Method:** Logistic regressions.
- **Dependent variable:** Self-perceived health.
- **Independent variables:** sex, age, education, current job situation, marital status, income, 2 or more chronic diseases, limited activities, size of household, size of social network, composition of social network, proximity of social network, satisfaction with social network, social participation (social activities: volunteering; educational or training; sport, social, religious, political and community participation), satisfaction with social participation.

# Characteristics of the regression models of self-perceived health using likelihood values (-2LL)

	1º	2º	3º	4º
EU	Limitations (14.6%)	Chronic diseases (5.37%)	Social participation (1.55%)	Current job situation (1.35%)
Austria	Limitations (22.26%)	Chronic diseases (2.82%)	Current job situation (1.81%)	Satisfaction with social participation (1.51%)
Germany	Limitations (13.81%)	Chronic diseases (7.24%)	Income (2.91%)	Size of social network (1.33%)
Sweden	Limitations (16.77%)	Chronic diseases (7.02%)	Social participation (2.41%)	Income (2.01%)
Netherlands	Limitations (15.05%)	Chronic diseases (4.33%)	Social participation (1.95%)	Current job situation (1.22%)
Spain	Chronic diseases (10.70%)	Limitations (8.25%)	Current job situation (3.06%)	Social participation (1.16%)
Italy	Limitations (13.37%)	Chronic diseases (6.15%)	Current job situation (3.02%)	Satisfaction with social participation (2.87%)
France	Limitations (14.78%)	Chronic diseases (4.09%)	Education (1.35%)	Age (1%)
Denmark	Limitations (21.19%)	Chronic diseases (3.01%)	Satisfaction with Social participation (1.19%)	Social participation (1.17%)
Switzerland	Limitations (11.66%)	Chronic diseases (2.92%)	Social participation (2.48%)	Satisfaction with social participation (1.03%)
Belgium	Limitations (12.62%)	Chronic diseases (3.32%)	Social participation (1.64%)	Income (0.98%)
Czech Republic	Limitations (20.42%)	Chronic diseases (5.15%)	Social participation (2.67%)	Age (1.26%)
Poland	Limitations (15.23%)	Chronic diseases (5.18%)	Income (3.40%)	Size of social network (3.37%)
Hungary	Limitations (20.03%)	Chronic diseases (4.52%)	Age (3.55%)	Marital status (2.56%)
Portugal	Chronic diseases (11.85%)	Current job situation (8.14%)	Education (5.18%)	Limitations (3.68%)
Slovenia	Limitations (2.89%)	Chronic diseases (2.92%)	Social participation (2.48%)	Satisfaction with social participation (1.03%)
Estonia	Limitations (14.23%)	Chronic diseases (4.58%)	Social participation (3.07%)	Income (1.02%)

# Influence of country in the self-perceived health (odds ratios)



Weighted sample.

Reference category: France

Significance level: \* $<0.10$ ; \*\* $<0.05$ ; \*\*\* $<0.01$ .

Source: SHARE wave 4 release 1.1.1.

# Results of logistical regression for self-perceived health – all countries (odds ratios)

Sex	Male	1	Limitations	Not limited	1
	Female	-		Limited. but not severely	0.221***
Age	50-64	1	Size of household	Severely limited	0.097***
	65-79	-		1	1
	80+	-		2	0.895***
Education	Low	1	Size of social network	3 or more	0.797***
	Medium	0.918***		Up to 1	-
	High	1.25***		2	-
Current job situation	Retired	1	Composition of social network	3 or more	-
	Employed or self-employed	1.685***		Predominantly family members	1
	Unemployed	1.275***	Proximity of social network	Predominantly non family members	1.108***
	Permanently sick or disabled	0.504***		Same household	-
Marital status	Homemaker	1.214***	Satisfaction with social network	Some building/Less than 1 km	-
	Married/Reg. partnership	1		1-5 km	-
	Divorced/Separated	0.992***		More than 5 km	-
	Never married	0.954***		Less than vary satisfied	-
Income	Widowed	0.687***	Social participation	Very satisfied/completely satisfied	-
	Lower	1		None	1
	Middle-lower	1.249***	Satisfaction with Social participation	1	1.232***
	Middle-upper	1.248***		2 or more	1.803***
Chronic diseases	Upper	1.428***	Social participation	Less than vary satisfied	1
	Less than 2	1		Very satisfied/completely satisfied	1.739***
	2 or more	0.302***			
Constant		0.341***			
Nagelkerke R Square		0.322			
N		54023			

Weighted sample.

Significance level: \*<0.10; \*\*<0.05; \*\*\*<0.01.

Source: SHARE wave 4 release 1.1.1.

# Influence of social participation (odds ratios)

## Social participation

	Austria	Germany	Sweden	Netherlands	Spain	Italy	France	Denmark	Switzerland	Belgium	Czech Republic	Poland	Hungary	Portugal	Slovenia	Estonia
None	1	1	1	1	-	-	1	1	1	1	1	1	1	1	1	1
1	1.261***	1.056***	1.428***	1.678***	-	-	1.399***	1.319***	1.403***	1.284***	1.973***	1.534***	0.905***	0.65***	1.195***	1.544***
2 or more	1.737***	1.313***	2.293***	2.307***	-	-	1.58***	1.743***	2.013***	1.787***	1.808***	1.011**	1.364***	2.591***	1.552***	2.259***

## Satisfaction with social participation

	Austria	Germany	Sweden	Netherlands	Spain	Italy	France	Denmark	Switzerland	Belgium	Czech Republic	Poland	Hungary	Portugal	Slovenia	Estonia
Less than vary satisfied	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Very satisfied/comp																
satisfied	1.735***	1.716***	1.8***	1.513***	1.717***	2.168***	1.623***	1.665***	1.551***	1.32***	1.214***	1.846***	1.608***	1.249***	2.326***	1.719***

Weighted sample. Significance level: \*<0.10; \*\*<0.05; \*\*\*<0.01. Source: SHARE wave 4 release 1.1.1.

Adjusted for sex, age, education, current job situation, marital status, income, 2 or more chronic diseases, limited activities, size of household, size of social network, composition of social network, proximity of social network, and satisfaction with social network.



# Influence of social network (odds ratios)

		Austria	Germany	Sweden	Netherlands	Spain	Italy	France	Denmark	Switzerland	Belgium	Czech Republic	Poland	Hungary	Portugal	Slovenia	Estonia
Size of household	1	1	1	1	1	1	-	1	1	1	1	1	1	1	1	1	1
	2	1,073***	1,697***	1,556***	0,523***	0,686***	-	0,851***	1,134***	1,082***	0,79***	0,858***	1,404***	0,826***	0,153***	1,229***	0,823***
	3 or more	0,735***	1,309***	1,543***	0,574***	0,702***	-	0,648***	1,024***	1,337***	1,033***	0,608***	2,402***	0,614***	0,412***	1,228***	1,226***
Size of social network	Up to 1	-	1	-	-	-	-	-	1	1	1	-	1	-	1	-	-
	2	-	3,405***	-	-	-	-	-	0,99	1,114***	1,007	-	0,148***	-	1,016**	-	-
	3 or more	-	4,812***	-	-	-	-	-	1,231***	1,508***	1,2***	-	0,221***	-	1,625***	-	-
Composition of social network	Pred. family members	1	1	1	1	-	-	-	-	-	1	-	1	1	1	-	-
	Pred. non family members		1,924***		0,985***	-	-	-	-	-	1,107***	-	1,555***	0,615***	1,407***	-	-
Proximity of social network	Same household	1	1	1	-	-	-	-	1	1	1	-	1	1	1	-	1
	Some building/Less than 1 km	0,846***	0,319***	0,92***	-	-	0,919***	1,051***	0,85***	1,015**	1,306***	0,656***	2,528***	1,525***	0,622***	-	1,249***
	1-5 km	1,171***	0,367***	1,171***	-	-	0,639***	1,09***	0,869***	1,196***	1,049***	0,616***	2,107***	1,158***	2,122***	-	0,996
	More than 5 km	0,974***	0,314***	1,044***	-	-	0,572***	0,915***	1,058***	0,991	1,183***	0,676***	3,443***	1,235***	1,225***	-	1,279***
	Less than vary satisfied	-	-	-	1	-	1	-	1	1	1	1	1	1	-	-	-
Satisfaction with social network	Very satisfied/completely satisfied	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	satisfied				1,292***		1,733***		1,206***	1,46***	1,242***	1,457***	1,242***	0,416***			

Weighted sample. Significance level: \*<0.10; \*\*<0.05; \*\*\*<0.01. Source: SHARE wave 4 release 1.1.1.

Adjusted for sex, age, education, current job situation, marital status, income, 2 or more chronic diseases, limited activities, social and satisfaction with social participation.

# Discussion

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- Predominant predictors: health (limited activities and chronic diseases) and social participation.

- Countries trend: social participation enhance levels of SPH.

- Countries specificities:

countries of Eastern Europe followed by Southern Europe have a poor health status than the Northern countries .

positive and negative associations between social networks characteristics and SPH (size and proximity) (Deindl, Hank and Brandt, 2013; Litwin, 2006).

- Limitations: causality problems (Sirven and Debrand, 2008 and 2012; Litwin , 2006).

- Future research: longitudinal design of SHARE allows the analysis of changes in social participation and characteristics of social network and their influence on SPH.

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# Thank you for your attention!

Additional comments are very welcome to:

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