

# Quality of life in four Latin American cities: PLATINO Survey



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## Introduction

Health related quality of life (HRQL) is a key indicator of health. The SF-12 is a valid and reliable instrument to measure HRQL in community settings. Furthermore, it is short and easy to answer. Chronic obstructive pulmonary disease (COPD) has an impact on HRQL. The aims of this investigation were: (a) To determine HRQL in general population in four Latin American cities; (b) To compare COPD and non-COPD cases in terms of HRQL.

## Methods

The study was a population-based cross-sectional survey in adults  $\geq 40$  years living in metropolitan areas of Sao Paulo (Brazil), Mexico City (Mexico), Montevideo (Uruguay), and Santiago (Chile), obtained through a multistage cluster sampling. We analyzed separately Physical (PCS) and Mental Components (MCS), and have estimated the mean and the SD of each component in the whole populations and in sub-groups. All participants answered the SF12 questionnaire. Diagnosis of COPD was done by spirometry after bronchodilator use according to the GOLD criterion ( $FEV1/FVC < 70\%$  and  $FEV1 < 80\%$  of the predicted value; thus combining stages II, III and IV).

## Results

We studied 4,214 subjects (1,000 in Sao Paulo, 1,063 in México City, 943 in Montevideo and 1,208 in Santiago), COPD prevalence in each city was 6%, 2.7%, 7.8% and 6.3% respectively.

## Discussion

SF12 is able to distinguish HRQL between different groups, specially taking into account different stages of severity of the disease.

Variable	Sao Paulo (Brazil)		Mexico City (Mexico)		Montevideo (Uruguay)		Santiago (Chile)	
	Physical health	Mental health	Physical health	Mental health	Physical health	Mental health	Physical health	Mental health
<b>COPD</b>	<i>P</i> <0.001	<i>P</i> <0.001	<i>P</i> <0.001	<i>P</i> <0.001	<i>P</i> <0.001	<i>P</i> <0.001	<i>P</i> <0.001	<i>p</i> < 0,001
No COPD	52.1±7.9	52.5±9.1	50.4±7.3	51.2±9.7	52.1±8.0	49.5±10.7	52.1±7.9	52.5±9.1
Stage 0	50.0±9.6	48.5±11.6	47.6±8.9	44.9±11.5	49.3±9.5	45.8±12.4	50.0±9.6	48.5±11.6
Stage I	50.7±8.9	51.0±10.8	49.4±6.8	55.5±6.8	50.3±8.5	52.0±8.6	50.7±8.9	51.0±10.8
Stage II-IV	48.7±10.8	49.5±11.7	44.9±9.7	52.3±10.7	49.1±9.6	46.2±13.2	48.7±10.8	49.5±11.7