The Relation Between Self-Assessed and Objective Cognitive and Physical Health Among the 50+

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After attending this session participants will be able to better understand the relation between self-assessed and objective health assessments of the 50+.

After attending this session participants will be able to evaluate the validity of self-reported health across countries, age groups and gender.

The recent availability of nationally representative samples using standardized questionnaires from WHO Study on global AGEing and adult health (SAGE) allow one to compare health levels across nations. These data are used to compare objective and subjective health (both cognitive and physical) for Ghana, India, Mexico and Russia. Here, those aged 50 and above were asked about self-reported physical and mental health.

The objective cognitive health measures we study are immediate and delayed recall. In the memory test ten words of basic difficulty are read out in the local language and asked to be repeated immediately and after approximately ten minutes. Additionally, each interviewee was visited by health personnel, who measured grip strength, lung function and blood pressure as well as BMI and the waist-hip-ratio. Our self-assessed cognitive and physical questions include: “How would you best describe your memory at present?” and “In general, how would you rate your health today?”.

The purpose of the study is to evaluate the validity of self-reported data by comparison with mental health and to see to which extent it differs by country, age group and gender. Applying a multilevel regression approach we assess the relation of cognitive and physical health measures to the self-assessed health. We control for socio-economic factors, housing, marital status and other respondent characteristics.