從健康生產函數觀點看高血壓患者醫療利用、健康行為與健康狀況的關係

The Correlation of Health Care Utilization, Health Behavior and Health Status of People with Hypertension: A Health Production Function Perspective

中文摘要

本研究旨在探究高血壓患者之健康情形，及醫療保健服務利與健康促進行為健康生產的影響。本研究利用衛生署國民健康局與國家衛生研究院「90 年國民健康訪問調查」資料，由該訪問調查資料中選取患有高血壓之受訪者作為本研究樣本，但不包括活動有困難以及日常生活需輔具協助者，計樣本數為 2,174 位。

本研究採血壓控制情形及生理健康作為衡量依變項「健康情形」的指標，自變項包括「醫療保健服務利用」(按時服用抗高血壓藥物、全身健康檢查、接受流感預防注射)及「健康促進行為」(少喝酒、少抽煙、運動、控制體重、飲食控制、經常量血壓)。控制變項則包括社會人口學變項(性別、年齡、教育程度、婚姻狀況、工作情形、收入)及控制前期健康與疾病嚴重度之「合併慢性病數」及「住院次數」、「急診次數」。本研究利用邏輯式迴歸及最小平方迴歸作為統計分析方法。

研究結果顯示按時服用高血壓藥及採取健康促進行為(養成運動習慣、少酒、少煙、飲食控制)者，其血壓控制較好。除此，雖然按時服用高血壓藥者其生理健康狀況較好，但當考慮健康促進行為變項後，服藥與否與生理健康狀況的相關性在統計上未達顯著水準。反而有採取「養成運動習慣」、「控制體重」、「少抽煙」及「控制飲食」等健康促進行為之高血壓患者，其生理健康狀況較好。

上述研究結果意味抗高血壓藥物雖然能有效控制血壓，然而遵行健康生活型態才是控制血壓以及促進整體生理健康根本之道。由於醫療資源有限，且因高血壓相關疾病所帶來之進康與經濟損害甚巨，相關政策制定者以及醫療服務提供者更應該積極鼓勵高血壓患及早培養健康生活型態以促進其身體健康。

關鍵字：高血壓、健康生產函數、健康促進行為、自覺健康狀況、簡短健康量表

英文摘要

The purpose of the study is to investigate the health of people with hypertension and their production of health through health care utilization and health promotion behavior. The data is from the National Health Interview Survey conducted by the Bureau of Health Promotion and National Health Research Institutes in 2001. The study selected individuals with hypertension, but excluded those who had difficulties in daily activities or needed assisting devices in their daily life. The final sample is

2,174.

Two dependent variables were used to measure health, the conditions of blood pressure control, and overall physical health. The independent variables consist of health care utilization variables (taking antihypertensive drugs regularly, having comprehensive physical examination, and receiving flu shot), and health promotion behavior variables (less drinking, less smoking, physical exercise, weight control, diet control, and measuring blood pressure frequently). Other controlling variables include socio-demographic variables (gender, age, education, marital status, employment, and income), and measures representing previous health status and severity of illness (number of chronic diseases, number of hospitalizations and number of emergency visits during the past year). Logistic and ordinary least square regression models were applied for the analyses.

Results indicated that people who had been taking antihypertensive drugs regularly, and having health promotion behavior (exercising regularly, drinking less, smoking less, and having diet control) had better control over their blood pressure than those who had not. People who took antihypertensive drugs regularly exhibited better physical health. However, when health promotion behavior variables were considered, the correlation between taking the pills and physical health became insignificant statistically. On the other hand, those who exercised regularly, controlled their weight and diet, and smoked less were healthier physically than those who did not.

The result implies that although antihypertensive drugs are effective in controlling blood pressure, leading a healthy life style is far more fundamental not only in controlling blood pressure but also in improving overall physical health for people with hypertension. Given that health care resources are limited and the health and economic losses due to hypertension related diseases are tremendous, policy makers and health care providers should actively encourage people with hypertension to invest in their health as early as possible.

Key words: hypertension, health production function, health promotion behavior, perceived health status, short form 36 health survey(SF-36)