Desafíos 2016; S36

Depression and health-adjusted life expectancy in the Canadian adult population: a descriptive study

Colin Steensma[1,2],Lidia Loukine[1],Heather Orpana[1],Louise McRae[1],Julie Vachon[1],Frank Mo[1,3],Michèle Boileau-Falardeau[1], Carrie Reid[1],Bernard C.K. Choi[1,4,5]

Conflictos de interés: Los autores declaran no tener conflictos de interés alguno.

Abstract

Background: Few studies have evaluated the overall population health-related impact of depression in terms of losses to both premature mortality and health-related quality of life (HRQL). **Purpose:** To estimate health-adjusted life expectancy (HALE) for Canadian adults according to depression status.

Study/Intervention Design: Descriptive study

Methods: We used data from the National Population Health Survey (1994-2009) and the Canadian Community Health Survey (2009-2010) to calculate relative risk of dying and average HRQL values (using the Health Utilities Index) according to recent major depressive episode status. These results were then used to construct life tables by age group, sex and depression status for the Canadian household population aged 20 years and older. **Results:** For women with depression, HALE at 20 years of age was 42.0 years (95% CI: 40.2-43.8) versus 57.0 years (95% CI: 56.9-57.3) for those without depression. For men, HALE at 20 was 39.0 years (95% CI: 36.5-41.5) for those with depression, compared to 53.8 years (95% CI: 53.6-54.0) for those without. For the 15.0 year difference in HALE between women with and without depression, 12.3 years can be attributed to the HRQL gap and the remaining 2.7 years to the mortality gap. The 14.8 fewer years of HALE observed for men with depression equated to a 13.0 year HRQL gap and a 1.8 year mortality gap. **Conclusion:** Depression in adult men and women in Canada is associated with substantially decreased health expectancy. Much of this gap is explained by lower levels of HRQL, but premature mortality also plays a role.

[1]Health Promotion and Chronic Disease Prevention Branch, Public Health Agency of Canada, Government of Canada, Ottawa, Ontario, Canada
[2]Department of Social and Preventive Medicine, Université de Montréal, Montréal, Québec, Canada
[3]Institute of Population Health, University of Ottawa, Ottawa, Ontario, Canada
[4]Dalla Lana School of Public Health, University of Toronto, Toronto, Ontario, Canada
[5]Injury Prevention Research Center, Shantou University Medical College, Shantou, China