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Self-perceived need to improve the environment quality of life and socio-environmental and health factors among residents of Anil, Rio de Janeiro - cross-sectional study

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Abstract

Background: The epidemiological investigation of a health problem allows preventive measures to be taken about the health-disease process and the geographic and environmental features of a particular place. Environmental sanitation practices are essential for the quality of life (QoL) by controlling the physical surroundings with the aim of preventing diseases and ensuring greater social hygiene [1]. **Objective:** This study aims to assess the self-perception of quality of life in the Canal do Anil area, together with the risk/protective factors involved in the need to “improve” the environmental QoL. **Methods:** Cross-sectional analytical observational study, approved by the CEP/CONEP system. Non-probabilistic sampling of residents from the Canal of Anil area (n=494). Face-to-face application of a questionnaire (sociodemographic, general health, sanitation, and lifestyle in the residential area, and the WHOQOL-bref [2]). The link between “the need to improve the environmental QoL” and the relevant co-variables (bivariate analysis) were assessed by the unadjusted odds ratio (OR) and subsequently the adjusted multivariate analysis of a binary logistic regression (0.05 for the inclusion of co-variables and 0.2 for their exclusion). The assessment of the multivariable model relied on the 2loglikelihood, Cox and Snell coefficient correlations, the Nagelkerke test, and Area Under the Curve (AUC) derived from the model. **Results:** The multivariate relationship between QoL and physical health shows that the worse the self-perceived physical health, the worse the self-perceived QoL (p<0.001). The significant risk factors in the Environmental domain, were low economic income [earning one minimum wage (OR=10.2), earning 2-3 minimum wages (OR=6.7), not having had ascariasis/roundworm (OR=2.5), having a water tank at home (OR=3.0), drinking non-bottled water (OR=2.0), no pavement near the house (OR=2.0) and an accumulation of garbage (OR=2.6). **Conclusions:** Sociodemographic and environmental factors, as well as health conditions are paramount for people’s perceptions of the need for a better environmental QoL well-being.

Keywords: WHOQOL-Bref; QoL; health promotion; environment and health; sustainability

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