

Better health and vitality when living near the coast in Belgium

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Background

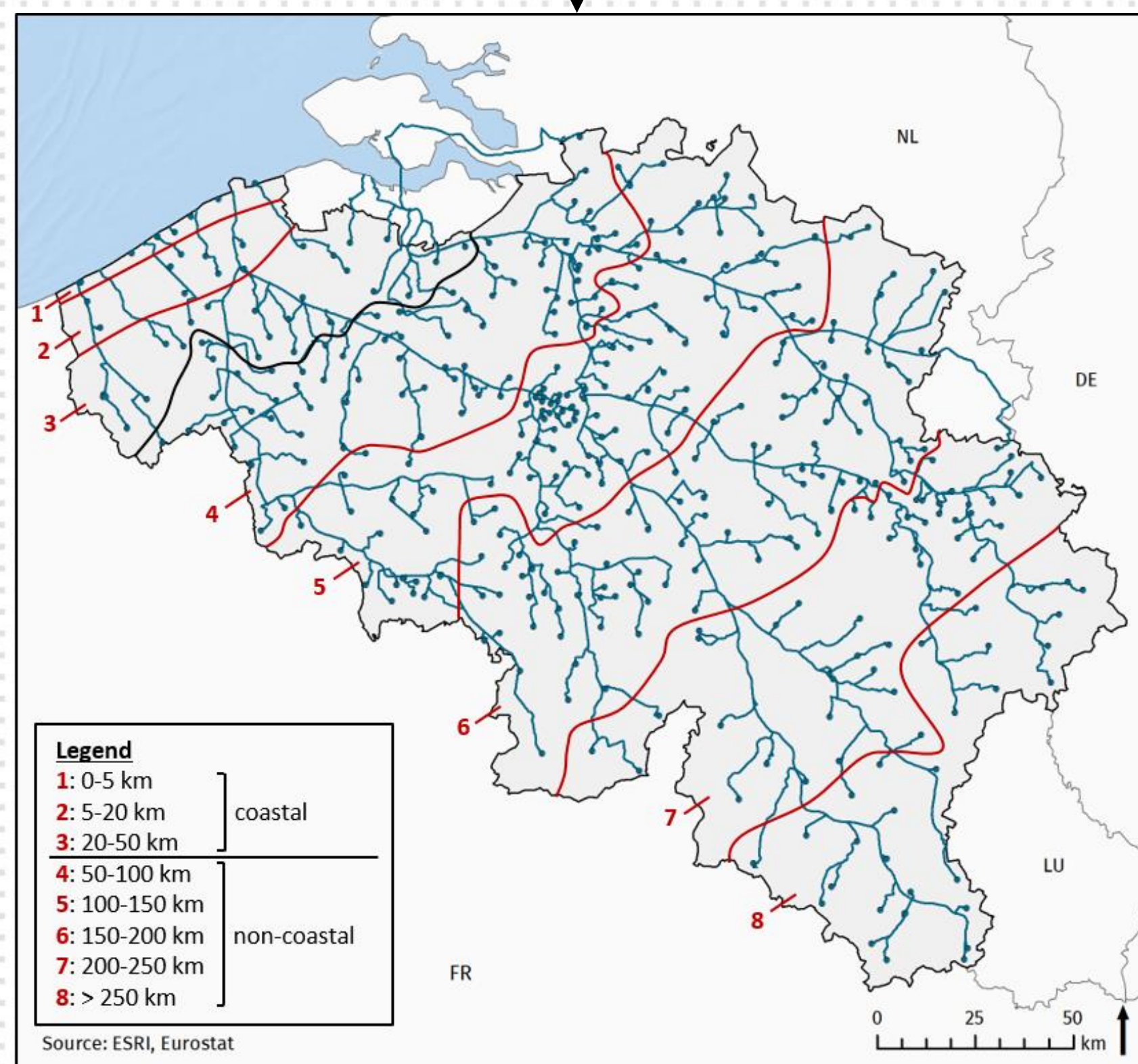
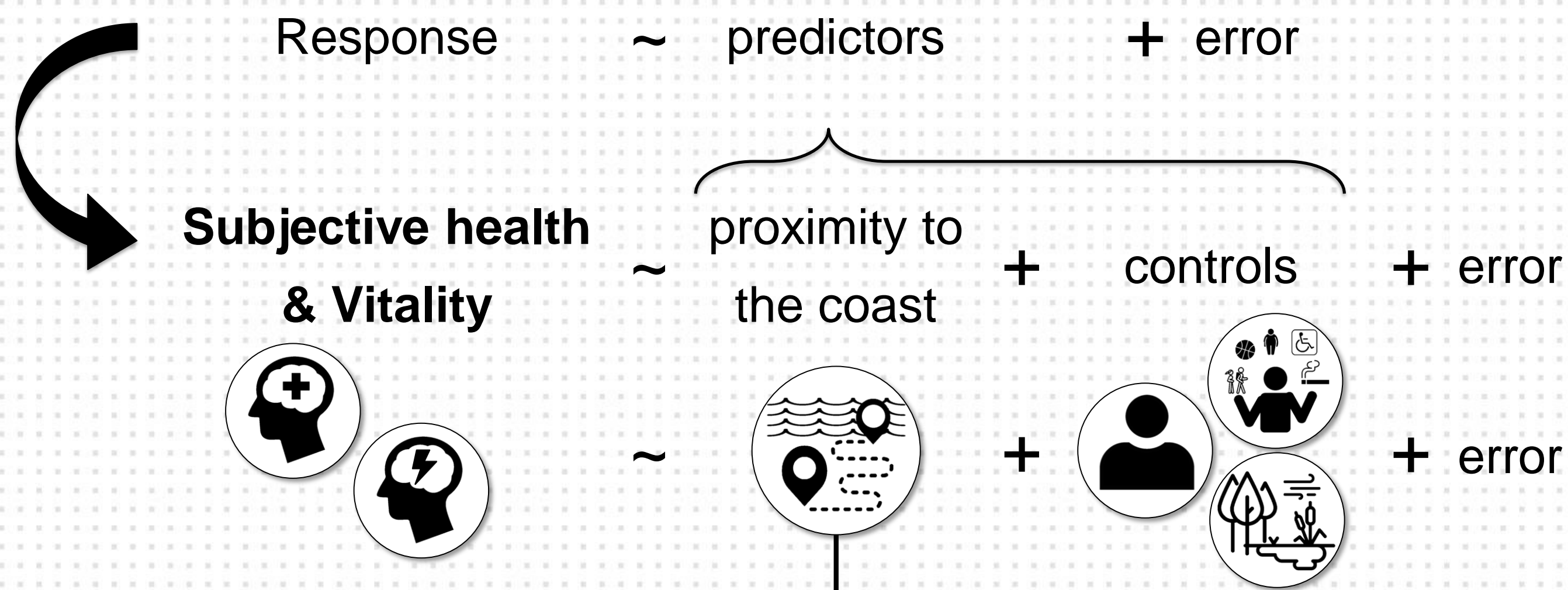
Coastal areas would improve health by **four mechanisms**



Is living near the coast associated with better health and wellbeing in Belgium?

Methods

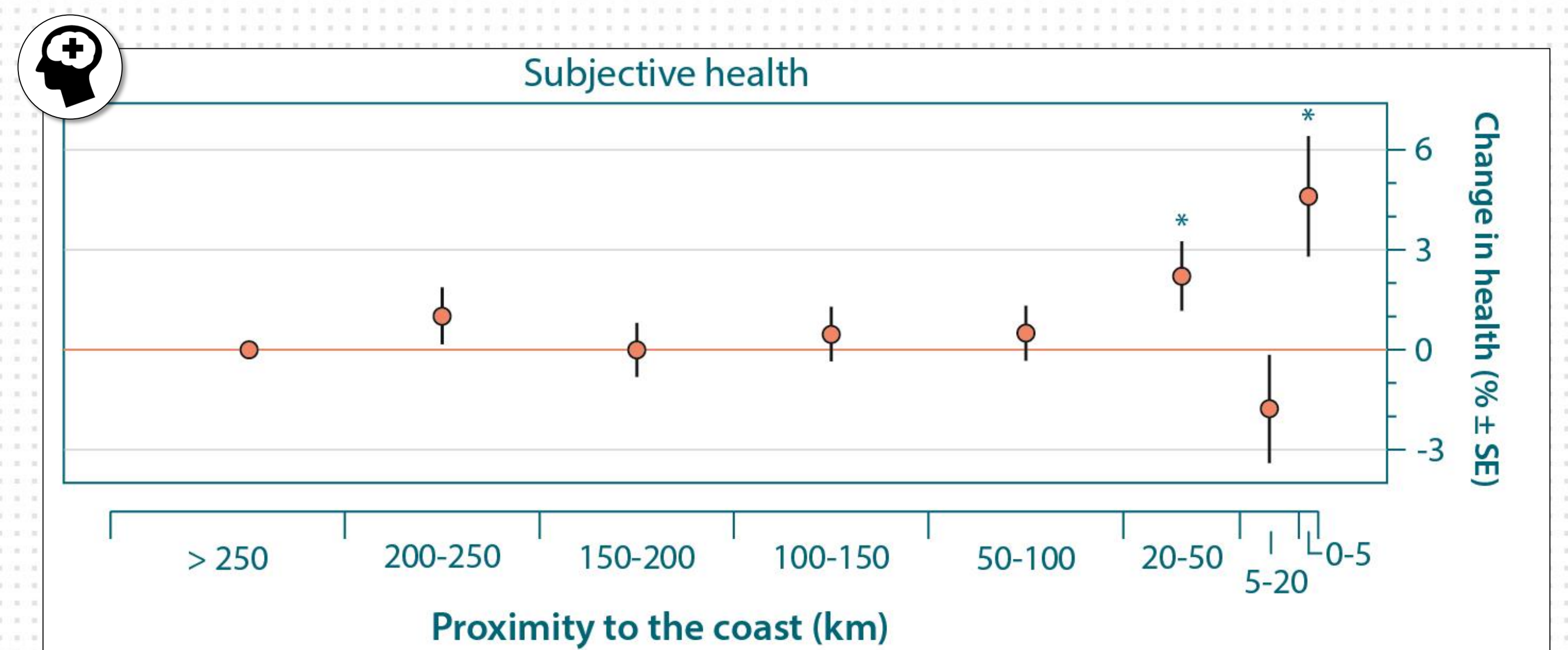
- Belgian Health Interview Survey (n = 60,939)
 - 1997, 2001, 2004, 2008, 2013
- Linear regression models



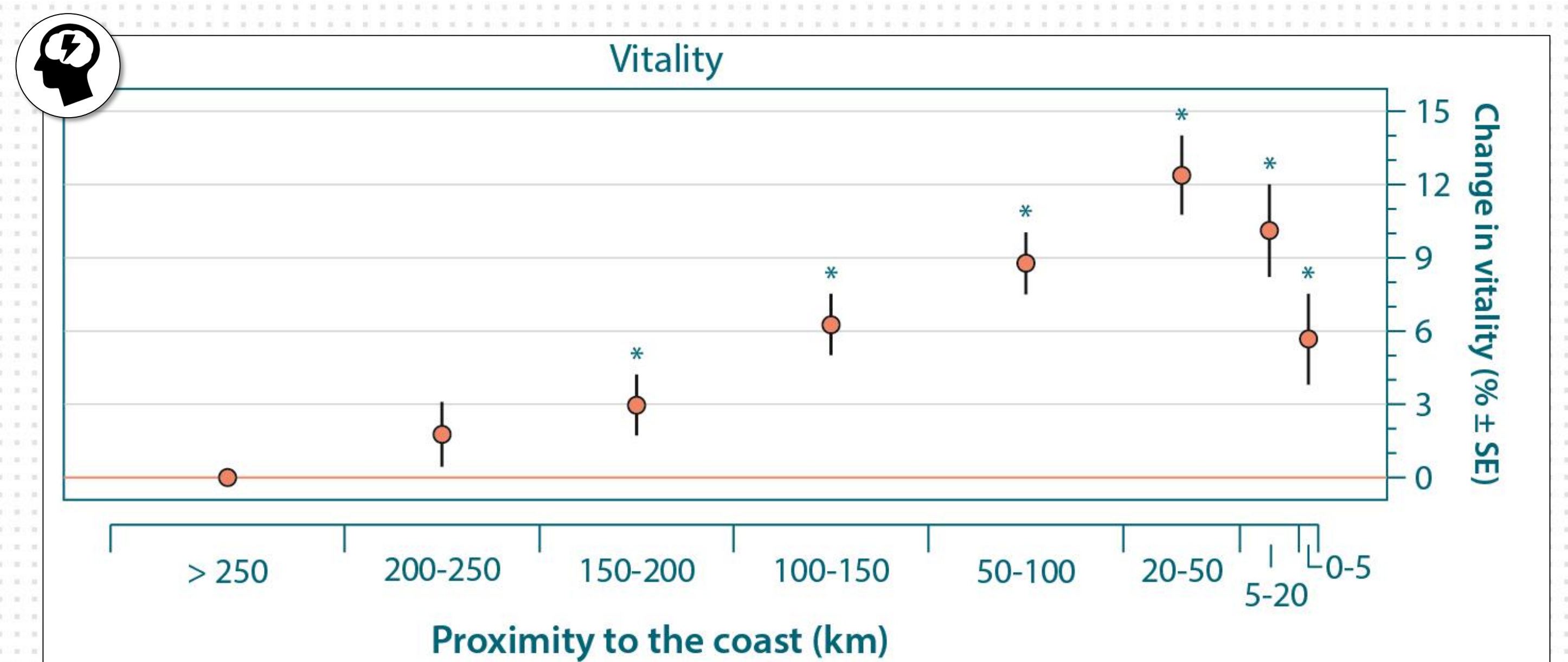
Acknowledgements

We would like to thank the providers of the data, i.e. Scientific Institute of Public health, OD Public health and surveillance (2015). Health Interview Survey 2013. Obtainable under condition from the WIV-ISP Web site: https://his.wiv-isp.be/SitePages/Acces_microdata.aspx

Results



↳ 4.6% (CI: 1.1% - 8.1%) local increase in **subjective health**



↳ Up to 12.3% (CI: 9.1% - 15.5%) increase in **vitality**

Conclusion

The use of large existing datasets resulted in new insights and revealed that living near the coast is associated with **improved health and vitality**. Further research is required to elucidate the mechanisms involved.



Vlaams Instituut voor de Zee vzw
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