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Behaviour factors and risk of headache in Slovenia

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Background: First, we wanted to obtain as much as possible in depth information about the headache prevalence among the Slovenian adults based on a complex analysis of the available data.

Methods: The study data were collected in the frame of the continuous monitoring of behavioral factors for non-communicable diseases in Slovenia according to the CINDI Health Monitor methodology. The analysis included data for 2012. In total, 9498 adults aged 25–74 years were included. In the multivariate model, a headache was observed in the last month prior the survey, while as the explanatory factors behavioral, demographic and socioeconomic factors were observed.

Results: The prevalence of headache in the last month prior the survey was 38.1%. Analysis showed that with the observed outcome the following factors were most strongly associated: risky stress behavior (or yes:no = 2.04, $p < 0.001$), sleeping behavior (or 6-7 hr: ≥ 8 hr = 1.25, $p < 0.001$; or < 6 hr: ≥ 8 hr = 1.45, $p < 0.001$), coffee drinking behavior (or upto 1 cup:0=1.30, $p=0.003$; or > 1 cup:0=1.63, $p < 0.001$), alcoholic beverages consumption habits (or

yes: no =0.79, $p < 0.001$), sex/gender (or females:males = 1.96, $p < 0.001$), age (25-29:70-74 = 5.67, $p < 0.001$, or 30-39:70-74=3.60, $p < 0.001$, OR40-49:70-74 = 2.76, $p < 0.001$, OR50-59:70-74 = 1.76, $p < 0.001$, OR60-69:70-74 =1.41, $p=0.015$), persons under 18 years of age in the household (or yes: no = 1.14, $p = 0.039$),

Conclusion: The study showed where potential holdings of headache management at the population level, as well as at the level of individuals are at risk and suggests the need to develop appropriate policies for managing this major public health problem.

Biography

Marjan Zaletel has completed his PhD in University of Ljubljana and Postdoctoral studies from University Clinical Centre of Ljubljana. He has worked as Professor of Neurology in Ljubljana Clinical Centre. He has published more than 50 papers in reputed journals and has been serving as a Consultant Neurologist in the Pain Clinic of Ljubljana.

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