Abstract

Objective. To establish how health care service utilization patterns are associated with health-related quality of life (HRQL) perception in older adults. Material and Methods. A cross-sectional study in adults aged 60 years or more was conducted in a random sample of 1 150 beneficiaries of the Mexican Social Security Institute (IMSS) in Mexico City during 2003. Health care services utilization was categorized as preventive or curative, which generated six usage profiles. HRQL was measured by means of the SF-36 questionnaire. Analyses of variance and multiple linear regressions were conducted to evaluate the relationship between health care services utilization and HRQL. Results. The use of preventive and curative services has a positive association with HRQL levels. Usage profiles with a prevalence of preventive services have a stronger positive association with HRQL scales. Conclusions. This study suggests a positive association between use patterns for primarily preventive health care services and a better HRQL perception among older adults.

Keywords
Health services/utilization, preventive care, health of the elderly, quality of life, Mexico.