



## 北京地区18岁以上人群腰椎退行性疾病患病率及分布特征研究

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## A cross-sectional study on the prevalence and distribution of lumbar degenerative disease among adults in Beijing

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**摘要** 目的 调查北京地区18岁以上人群腰椎退行性疾病患病率分布特征。方法 研究设计为现况研究,采用多阶段抽样方法,于2010年12月期间对北京地区18岁以上常住居民进行问卷调查,内容包括研究对象的性别、年龄、民族、教育背景、收入水平、社会保险类型和工作性质等信息,以及研究对象在二级及以上级别医院腰椎退行性疾病诊断情况。采用单因素Logistic回归和多因素Logistic回归模型筛选腰椎病的高危地区和高危人群。结果 3186例研究对象纳入分析。其中发生腰椎退行性疾病患者292例,患病率为9.17% (292/3186);中心城区、郊县城区和农村地区发生腰椎退行性疾病的患病率(7.88%、10.20%、9.59%)比较,差异无统计学意义( $\chi^2=3.545$ ,  $P=0.170$ );女性患病率(10.19%)高于男性(8.13%)( $\chi^2=4.081$ ,  $P=0.043$ ),OR值为1.337(95%CI: 1.044, 1.713);45~、60~、≥75岁人群的患病率均高于<45岁组( $\chi^2=102.982$ ,  $P<0.001$ ),OR值依次为3.667(95%CI: 2.657, 5.059)、4.476(95%CI: 3.125, 6.412)和3.093(95%CI: 1.747, 5.479);体力劳动为主的人群患病率(12.16%)较混合型(6.65%)高,OR值为1.510(95%CI: 1.102, 2.071)。不同教育水平、社会保险和收入水平人群的患病率比较,差异无统计学意义。结论 北京地区腰椎退行性疾病患病率总体水平较高;患病率分布不存在地区差异,且分布范围广,有必要在大范围内加强对该病的预防、诊断和治疗研究。女性、年龄在45岁以上和以体力劳动为主的人群为腰椎退行性疾病的高危人群。

关键词: 腰椎 患病率 数据收集

**Abstract:** Objective To investigate the prevalence and distribution of lumbar degeneration disease among adults in Beijing. Methods The study design was cross-sectional study. The multi-stage sampling was used. The study objects were residents who were lived in Beijing over six months and older than 18 years. The related information was obtained by self-designed questionnaire. Single and multivariable Logistic regression models were applied to analyze the high risk populations. Results A total of 3186 people were studied. There were 292 people who suffered lumbar degenerative disease. The prevalence was 9.17%. The prevalence at downtown, suburb county and rural area was 7.88%, 10.20%, and 9.59%, respectively, and there was not significant difference ( $\chi^2=3.545$ ,  $P=0.170$ ). The prevalence of female (10.05%) was higher than male (8.13%) ( $\chi^2=4.081$ ,  $P=0.043$ ; OR=1.337, 95%CI: 1.044, 1.713). The prevalence of the population who was not less than 45 years older was significant higher than that of the population less than 45 years older ( $\chi^2=102.982$ ,  $P<0.001$ ). The physical labor group (12.16%) had higher risk for lumbar degeneration disease compared with mixed group(6.65%)(OR=1.510, 95%CI: 1.102, 2.071). There were no significant differences in different education, social insurance, and income populations. Conclusion The prevalence of lumbar degeneration disease among adults is much higher and vastly distributed. It's necessary to reinforce the prevention, diagnosis and treatment study. People of female, more than 45 years older and physical labor group are high risk populations.

Key words: Lumbar vertebrae Prevalence Data collection

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