

Subjective health complaints are more prevalent in Maasais than in Norwegians

Abstract:

The aim of this observational, population-based study was to compare subjective health complaints (SHC) in Norwegians, living in a Western welfare society, and Maasai people, living in rural Kenya under primitive conditions. An interview-based version of SHC inventory was used. Data from 320 Maasais were compared to data from 1243 Norwegians. The Maasais had significantly higher score than the Norwegians on 23 of 28 items, involving musculoskeletal, "pseudo-neurological" and gastrointestinal complaints. The Maasais, living under primitive conditions, close to nature, seems to have more SHC than Norwegians, living in a modern, highly developed and industrialized country.