

OP 04 Study on obesity and overweight and the working environment among the Nursing Officers working at Teaching Hospital, Jaffna

Sasrubi S¹, Balakumar S², Arasaratnam V²

¹Allied health Sciences Faculty of Medicine, University of Jaffna

²Dept. of Biochemistry Faculty of Medicine, University of Jaffna

INTRODUCTION: Overweight and obesity are the current problems of the developing countries. These problems are also associated with the type of working environment and energy expenditure.

OBJECTIVES: To estimate the prevalence of obesity and overweight related to working environment of the Nursing Officers, Teaching Hospital, Jaffna.

METHODS: An institution based cross-sectional descriptive study was carried out at Teaching Hospital, Jaffna. Self-administered questionnaire and anthro-parameters were used for this study. Data was analyzed using Statistical Package of Social Science (SPSS), version 16.0.

RESULTS: Response rate was 86.4% ($n=342$) among males and 224 (65.5%) among females. The mean BMI of male and female Nursing Officers were 24.1 (± 3.5) and 24.1 (± 4.3) kg/m^2 respectively. Among the study population, 165 (55.1%) males and 123 (54.9%) females had normal weight. Among the rest 154 (45%) subjects, 06 (5.1%) males & 17 (7.6%) females were under weight; 40 (33.9%) males & 63 (28.1%) females were overweight; 07 (5.9%) males & 18 (8.0%) females were of obesity class -1, and 03 (1.3%) females were of obesity class -2. Mean WC of males and females were 88.9 (± 9.8) and 86.0 (± 11.1) cm respectively. Based on the studies 60 (50.8%) male and 158 (70.5%) female Nursing Officers had central obesity. The mean BMI has ranged between [22.4 (± 3.1) kg/m^2] and [25.2 (± 1.1) kg/m^2] in subjects who were working at different types of wards. The mean BMI value was nearly same in the Nursing Officers who were attached to the Special ward/Unit [24.3 (± 3.8) kg/m^2], Paediatric ward [24.5 (± 3.8) kg/m^2], OPD [24.5 (± 3.5) kg/m^2] and Maternity ward [24.6 (± 6.5) kg/m^2]. The mean WC range among males was from [83.7 (± 7.2) cm] to [91.1 (± 10.1) cm] and among females was from 74.5 to [89.1 (± 11.3) cm]. Among the male Nursing Officers those who were working in the Medical wards [12 (60.0%)] and Special wards or units [20 (62.5%)] had highest level of central obesity. Among the female Nursing Officers, those who were working in the Medical wards [24 (64.8%)], Surgical wards [37 (74.0%)], Paediatric wards [13 (68.4%)], Special wards or units [46 (73.0%)], Gyanecology ward [07 (87.5%)], Maternity wards [11 (73.3%)] and OT [11 (61.1%)] had central obesity. Working environment showed statistically significant relationship with waist circumference of female Nursing Officers.

CONCLUSION: The mean BMI of the Nursing Officers was 24.1 (± 4.0) kgm^{-2} . 188 (55.0%) Nursing Officers are with normal weight, while 131 (38.3%) Nursing Officers are overweight/ obese. The mean WC of males was 88.9 (± 9.8) cm, while that of the females was 86.0 (± 11.1) cm. Among the Nursing Officers >50% showed central obesity. Working environment showed statistically significant relationship with waist circumference of female Nursing Officers.