

Presentation Title	Place in Schedule
Factors Associated with Obesity in Healthcare Workers	Poster Session <i>Day 2 – Wednesday – May 9th, 2018 8:30am-9:30am</i>
Description of Presentation	Presenter Name(s) And Credentials
<p>Statement of Problem: Much has been written about the obesity epidemic in the United States and many studies have been conducted over the years, but mostly in the general public. The worsening obesity trend is cause for major concern as obesity is a known precursor of many other health problems like diabetes, hypertension, and cancer; healthcare workers are not immune to these problems. Studies are minimally focused on healthcare workers with the bulk of work in this population centered on night shift healthcare workers. The objective of this study was to explore factors that are associated with obesity in healthcare workers in a rural East Texas hospital.</p> <p>Method: An employee health status survey with a 20 - Likert scaled questionnaire focused on obesity and potentially associated factors was conducted. Multiple logistic regression analysis was used to assess factors associated with obesity.</p> <p>Results: Of the 340 employees who took the survey, 160 (47%) were obese and 87 (25.6%) were overweight, representing 72.6% obesity/overweight prevalence rate in this population. Prevalence of obesity was significantly higher among the African Americans [Odds Ratio (OR) = 2.02; 95% Confidence Interval (CI) = (1.05, 3.88) compared to the whites. Dietary habits also revealed a strong association, especially with consumption of high sugar beverages like sodas, OR =2.885, 95%CI= 1.33, 3.88, consumption of high fat/carb foods, OR = 1.69, 95% CI = 1.10 and beer, OR = 1.94, 95% CI =1.25, 2.99. Work related stress OR = 1.79, 95% CI = 0.72, 1.08, as well as night work shift, OR = 1.57, 95% CI =0.68,3.61 were also associated although not statistically significant. Many of the health problems associated with obesity were also prevalent among the respondents and were noted to have statistically significant associations as follows:: high blood pressure OR = 2.04, 95% CI 1.28,3.25, diabetes OR = 3.76, 95% CI= 1.72, 8.21, and sleep apnea, OR = 6.20, 95% CI 2.91, 13.21</p> <p>Conclusion: More studies focusing on the healthcare population are needed. More importantly, preventive</p>	Christie C. Osuagwu, PhD, MPA, MSN, FNP <i>University of Texas Health Science Center at Tyler Department of Community Health Promotion</i>
	Harrison Ndetan, PhD, MS <i>University of Texas Health Science Center at Tyler Department of Community Health Promotion</i>
	Jeff Levin, MD, MSPH <i>University of Texas Health Science Center at Tyler Department of Community Health Promotion</i>
	Kirk Calhoun, MD <i>University of Texas Health Science Center at Tyler Department of Community Health Promotion</i>

interventions focused on the healthcare workers, especially with respect to nutrition and stress management are critical, to ensure a healthier healthcare workforce. Given the obvious association of obesity and many costly chronic diseases, obesity preventive strategies should be considered as primary approach to prevention of these health issues. Worksite wellness programs for obesity prevention should be encouraged, supported and rewarded appropriately. Better health outcomes for healthcare workers is necessary so they can model healthier lifestyles and be more effective in caring for the public.