

Health Among Workers: The Relationship Between Job and Obesity

Steffi Riahta Sembiring

University of Indonesia

ABSTRACT

INTRODUCTION: In 2018, the prevalence of obesity in Indonesian adult population was 21.8 percent; doubled compared to the past ten years. Several studies have shown that occupational factors can influence the incidence of obesity. The purpose of this study is to examine the relationship between the job and the incidence of obesity in workers. **METHODS:** This research is a quantitative study using a cross-sectional design with secondary data from the Indonesian Family Life Survey (IFLS) in 2014. The unit of analysis in this study is workers aged 18 years and over, for women not in a state of pregnancy. The inferential analysis is done using logistic regression. **RESULTS:** There is an association between job sectors and the incidence of obesity in workers. Service sector workers are 2.1 times more at risk of obesity when compared to agricultural sector workers, while industrial sector workers are 1.3 times more at risk of obesity compared to agricultural sector workers. Variables of gender, age, education level, and marital status are factors that together increase the risk of obesity in workers. **DISCUSSION:** Therefore, the role of the company/workplace is needed in maintaining health and reducing the possibility of obesity in workers.

KEYWORDS: obesity, job sectors, IFLS

Health Risk Attributed by Air Pollution in Klang Valley

Safuraa Binti Ab Latif, Eugenie Tan Sin Sing, Tan Chung Keat

School of Healthy Aging, Medical Aesthetics and Regenerative Medicine, Faculty of Medicine and Health Sciences, UCSI University, Kuala Lumpur, Malaysia

ABSTRACT

INTRODUCTION: Outdoor air pollution has become major health concern in every country, especially in urban areas. This study aimed to determine the air quality and its association with health risk among population in Klang Valley. **METHODS:** Outdoor air quality was obtained by secondary data provided by Department of Environment Malaysia (DOE). Cross-sectional study was conducted in October 2018 and health risk was assessed using Headache Impact Test-6 (HIT-6), Pittsburgh Sleep Quality Index (PSQI) and Center for Epidemiologic Studies - Depression Scale (CES-D). **RESULTS:** API data obtained from April 2017 until March 2018 showed that only 3.8% of the weeks having moderate air quality, which ranged 51-100, the remaining weeks were at healthy level. 266 participants were being recruited in this study with a mean (SD) age 32.5 (9.75), 26.3% were males and 73.7% females. HIT-6 scoring and sleep efficiency difficulty were found to be significantly associated ($p < 0.05$) with industrial area along the journal to workplace, majority of participant who doesn't travel through industrial area reported to have little to no impact of headache on life (50%) and no problem in falling asleep in night (41%). Three factors were found to be significantly associated ($p < 0.05$) with disturbance of sleep, namely frequency of wearing mask, mode of transportation and route to workplace. Similarly, depression level also found to be significantly associated ($p < 0.05$) with the factors mentioned above. **CONCLUSION:** Health risk attributed by air pollution can be reduced by modifying the frequency of wearing mask, mode of transportation and route to workplace.

KEYWORDS: air quality, Headache Impact Test-6 (HIT-6), Pittsburgh Sleep Quality Index (PSQI), Center for Epidemiologic Studies - Depression Scale (CES-D), klang valley