

INVESTIGATION OF NUTRITIONAL STATUS: EATING HABITS OF WORKERS WITH DIFFERENT WORK SCHEDULES

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OBJECTIVES

The aim of our study was to get a comprehensive picture of the eating habits and the nutritional status of employees with different working patterns. It was important to find out about their eating facilities, whether they could eat during working hours, whether they had hot meals, whether they had a separate dining area.

METHODS

A quantitative, cross-sectional, descriptive study was conducted in Hungary using internet social networking sites among active workers aged 18-65 years, it was available between 12/12/2022-24/02/2023. Data were collected using a self-designed questionnaire which included questions on sociodemographic data, work performance, nutritional- and health status, dietary habits, and self-designed questionnaire on dietary frequency. The respondents were divided into two groups: those who work shifts and those who do not. The data were analysed using Microsoft Excel software, descriptive statistical analysis, the CHI² test and the T-test for hypothesis testing. The level of significance was set at $p < 0.05$.

RESULTS

Most respondents (61%) indicated that they worked non-shift work, while 39% worked some shift work. The mean age was 36.13 years. The work schedule did not influence whether the workplace had a separate eating area ($p=0.275$; MT=47.79%-69.77%). Schedule did not determine the workers' varied diet ($p=0.55$; MT=71.45%-88.55%), nor did the consumption of caffeinated drinks ($p=0.83$; MT=1.80-2.44) or snacking habits ($p=0.54$; MT=35.93%-63.11%). Work schedule as a factor had an effect on weight gain ($p=0.02$; MT=25.90-28.16), but did not influence the development of digestive problems ($p=0.26$; MT=14.93%-53.73%). Bringing home-prepared lunch to work resulted more snacking ($p=0.04$; MT=26.81%-57.41%).

CONCLUSIONS

Our results suggest that the nutritional habits of the work schedules are almost identical, and work schedules have no effect on most dietary habits but do influence nutritional status. We see an opportunity for an extended study with more attention to the inclusion of work schedules, and to investigate circadian rhythm.

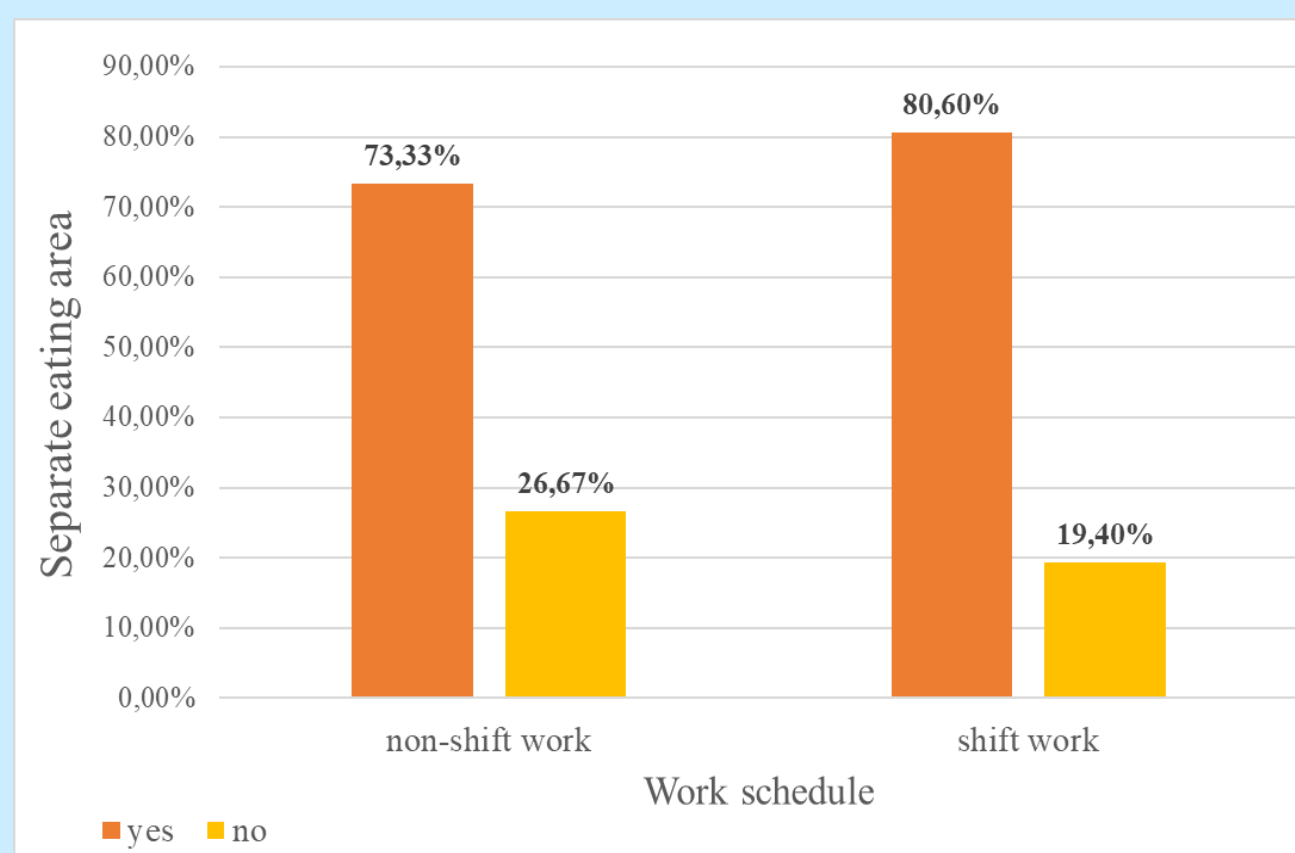


Figure 1.
Relationship between working hours and separate dining facilities (n=172)

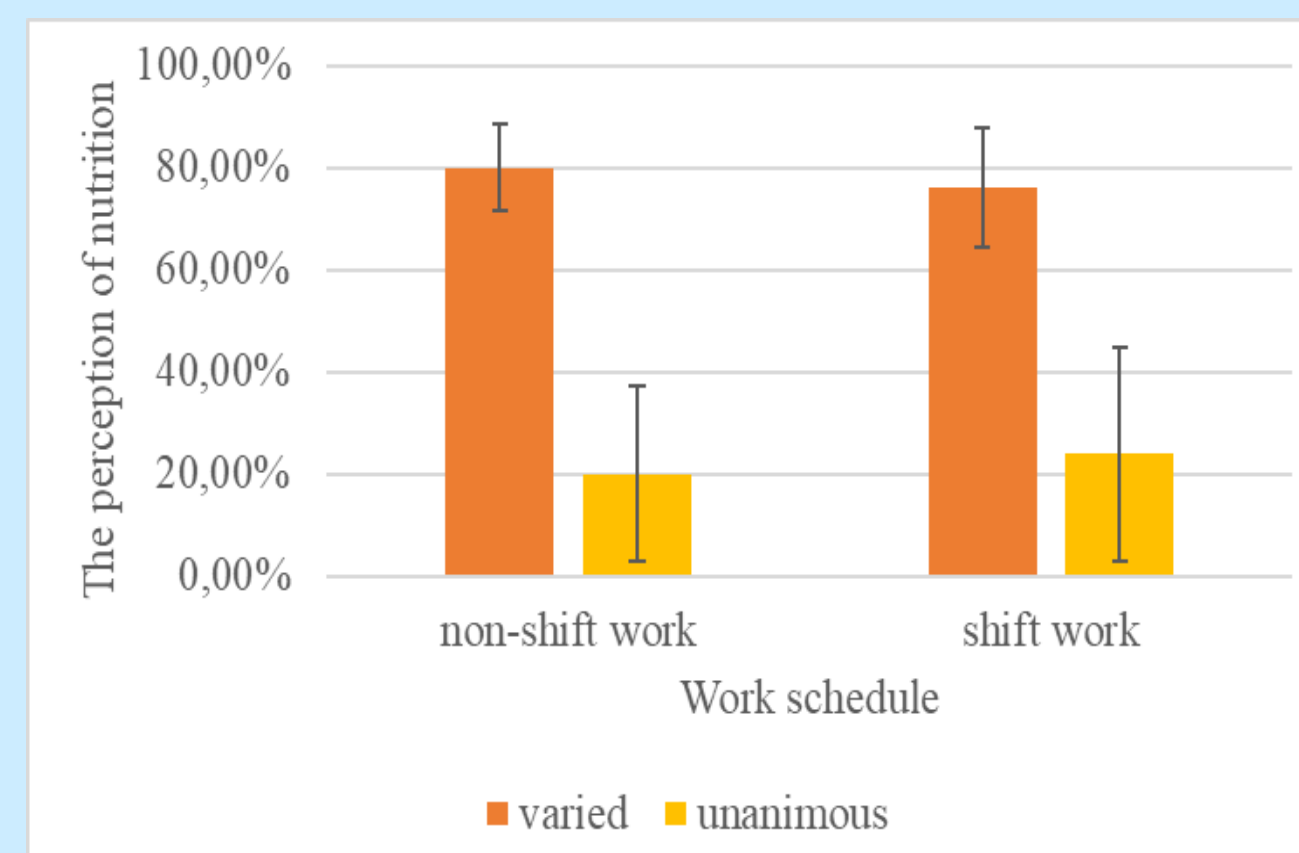


Figure 2.
Relationship between work schedule and dietary diversity (n=172)

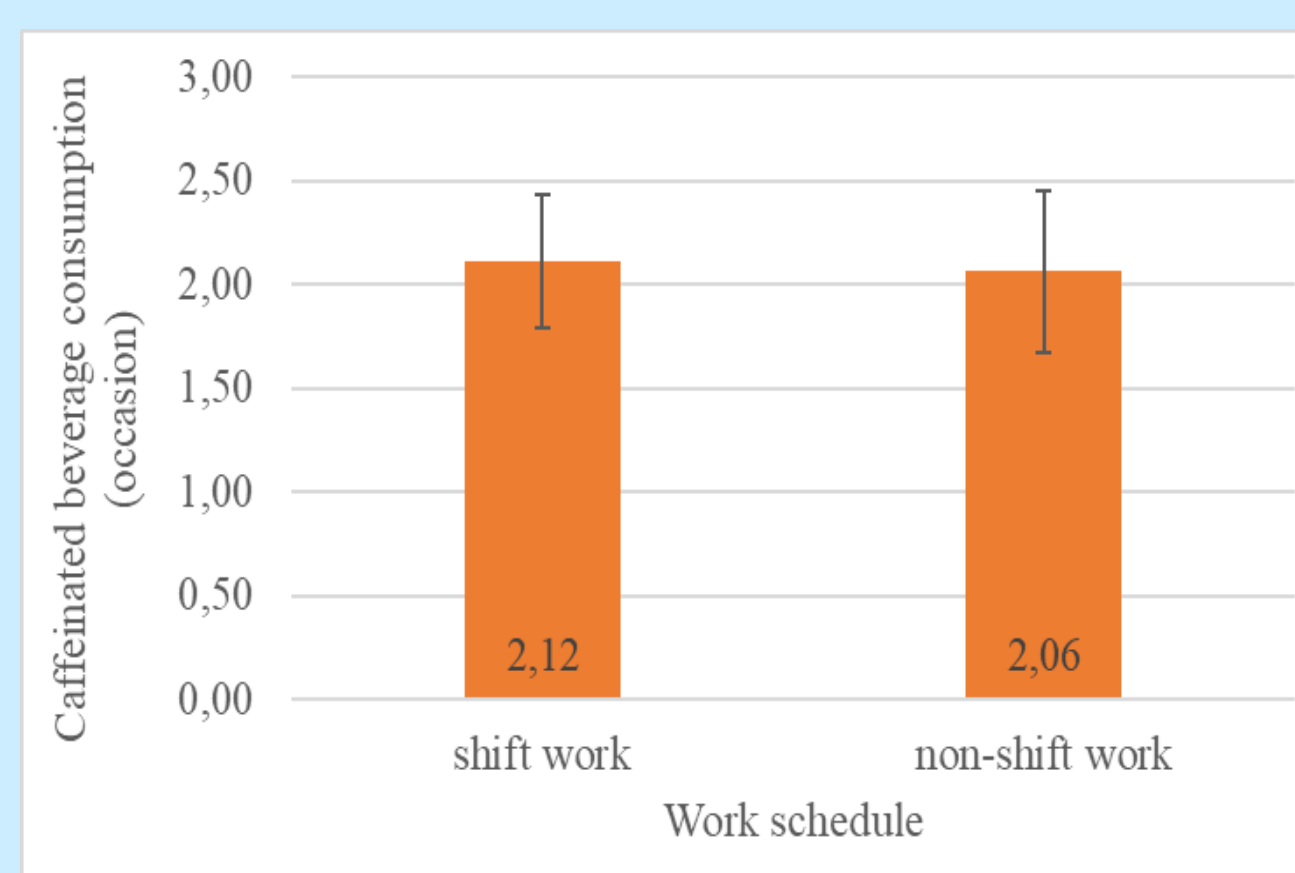


Figure 3.
Working hours and caffeine consumption habits (n=172)



Figure 4.
Relationship between work schedule and BMI (body mass index, kg/m²) (n=172)

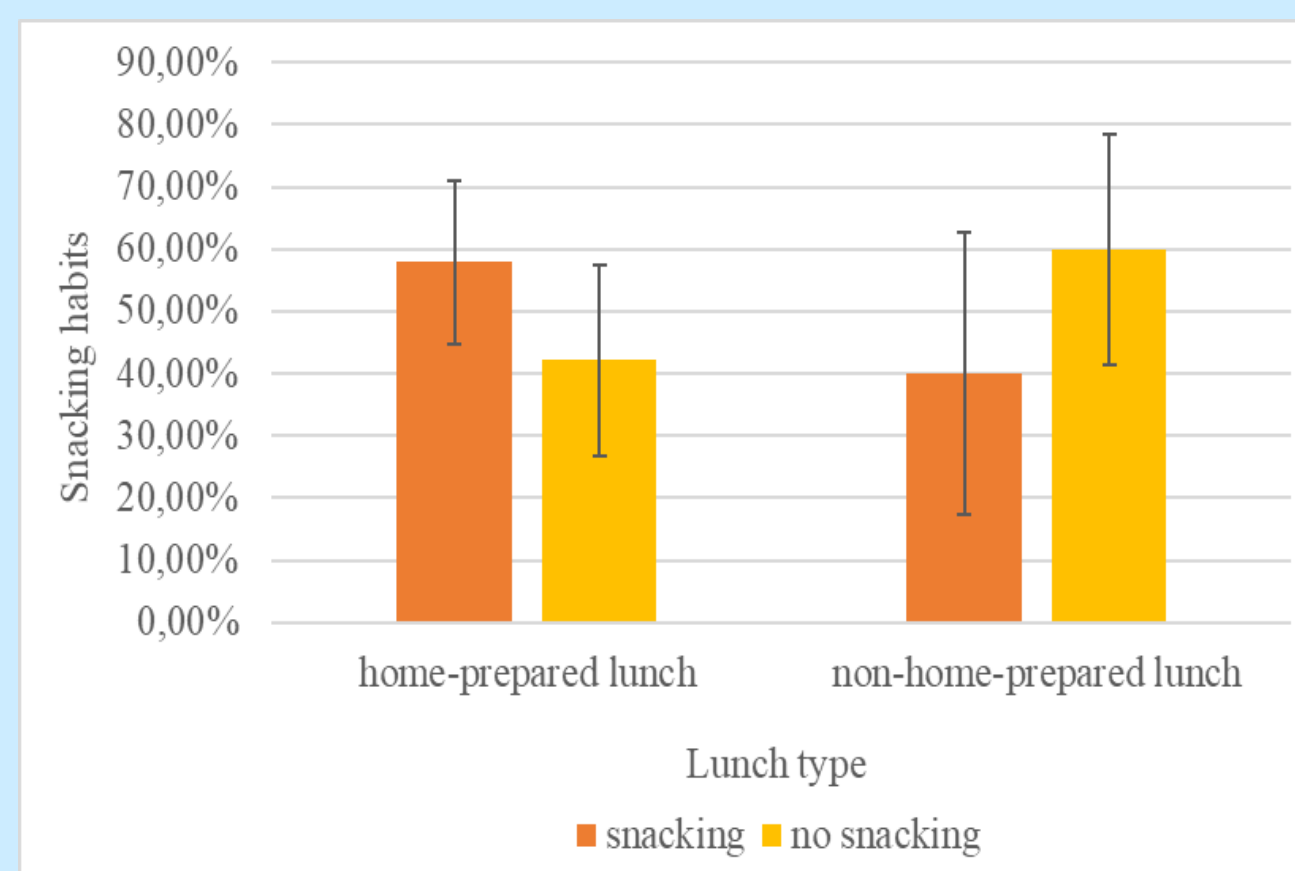


Figure 5.
Relationship between home-prepared lunch and snacking habits (n=140)

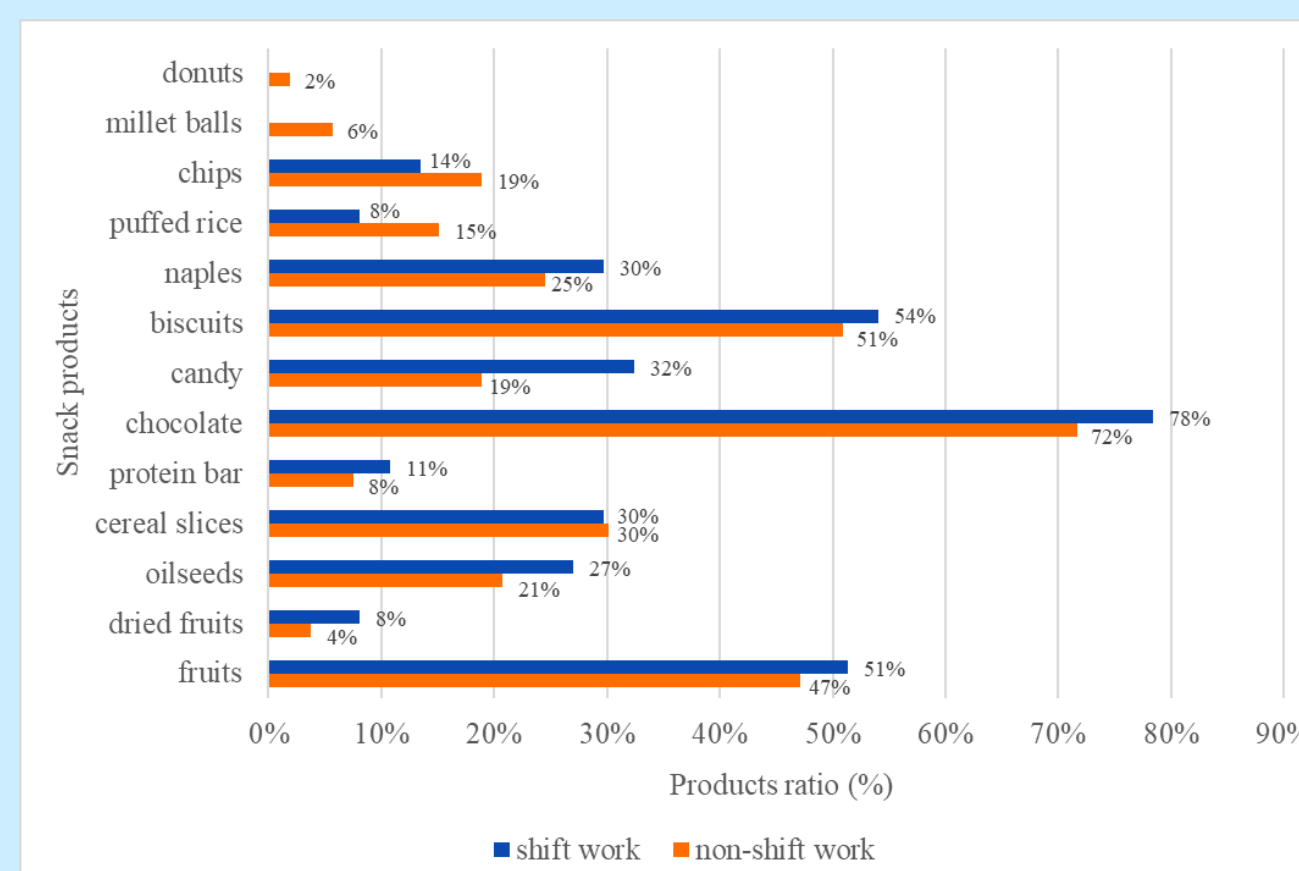


Figure 6.
Choice of snack products for the two groups (n=172)

ISPOR Europe 2024
17-20 November 2024 | Barcelona, Spain



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