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Factors associated to lifestyle-related diseases among selected call center agents of metro Manila

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The study aimed to determine the prevalence of lifestyle-related diseases (DM, HPN and obesity) and identify the factors associated with it among selected call centre agents in Metro Manila. 310 selected call centre agents were included in the study. Primary data such as weight, height, and body circumference, dietary and physical activity were measured while secondary data were validated from existing records. Pearson correlation was computed for correlation between the independent variables and obesity while Chi-square test was used to determine the association of lifestyle diseases to independent variables. Of the 310 respondents, 8.7% are diabetic while 18.4% are hypertensive. Based on BMI, 61.3% are normal, 14.5% are underweight, and 34.2% are overweight to obese. Based on waist-hip-ratio, 65.2% were at risk and 34.8% have no risk. In terms of diet, majority have inadequate energy intake (71.3%) yet adequate protein intake (76.7%). For physical activity level, more than half (56.5%) were sedentary. For correlation of lifestyle-related diseases and risk factors, all are correlated to each other except for physical activity and energy and protein adequacy. With regards to association, diabetes is associated with age, weight, number of years as a call center agent, BMI and obesity. Hypertension is associated with age, number of years as a call center agent, weight, BMI, waist and hip circumferences, WHR and obesity. Obesity is associated with age, number of years as a call center agent, diabetes and hypertension. Factors associated to lifestyle-related diseases among respondents are age, gender, number of years as a call center agent, BMI, and WHR.

Biography

Christina Isabel F Santisteban has completed her Bachelor of Science degree in Nutrition and Dietetics at St. Scholastica's College- Manila in 2015. In the same year, she received her license as Registered Nutritionist Dietitian. She is currently working as a Wellness Coach/Nutritionist with LiveWell Corporate Solutions Inc.- A company dedicated to provide health and wellness programs to make employees happier and healthier which results to lower attrition and absenteeism among Business Process Outsourcing (BPO) Industries.

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