

Body Mass Index among Healthcare Workers

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Background: Overweight is one of the ten leading risk factors for high mortality in developing and developed countries. Studies showed that obesity has serious consequences on health, reduces the quality of life and markedly reduces life expectancy.

Objective: To evaluate body mass index (BMI) among healthcare workers in Bahrain.

Design: Cross sectional study.

Setting: Occupational Health Clinic at Salmaniya Medical Complex, Public Health Directorate, Naim Health Center and the Psychiatric Hospital.

Method: Between 2009 and 2012 a descriptive cross-sectional study was conducted to determine the prevalence of overweight and obesity amongst 644 healthcare workers. Height and weight recorded during periodical medical examination of employees were used to calculate the body mass index using weight in kilogram divided by height in meter squared. Self-administered questionnaire was used for personal characteristics.

Result: Six hundred forty-four healthcare workers were included in the study, 391 males and 253 females. The median age of the males was 43 years and the females was 38 years. Two hundred seventy-eight (43.2%) were between 34-44 years.

One hundred ninety-six (30.4%) healthcare workers were under/normal weight; 266 (41.3%) were overweight, 182 (28.3%) were obese.

The mean BMI of males was 27.5 and females was 28.5. One hundred seventeen (29.9%) males and 79 (31.2%) females were under/normal weight. One hundred seventy-two (44%) males and 94 (37.2%) females were overweight. One hundred two (26.1%) males and 80 (31.6%) females were obese.

Conclusion: This study revealed high prevalence of obesity among healthcare workers.