

INSIGHTS INTO OVERWEIGHT AND OBESITY PREVALENCE AMONG HEALTHCARE WORKERS AT SEGAMAT DISTRICT HEALTH OFFICE: A KOSPEN WOW SCREENING ANALYSIS

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ABSTRACT

INTRODUCTION: Overweight and obesity is a serious public health concern in Malaysia and has been substantiated in NHMS 2023 with 54.4% of Malaysians affected while a survey in 2020 determined that 58.3% of Malaysian workers are overweight and obese. Kospen WoW by the Ministry of Health seeks to rectify this problem by creating a holistic program in the workplace, nurturing and promoting healthy lifestyles and habits among healthcare workers. OBJECTIVES: This study aims to determine the prevalence of obesity and overweight in HCW of PKD Segamat. METHODOLOGY: A cross-sectional study was conducted involving 605 HCWs of PKD Segamat between February and March 2024 based on the Kospen Wow screening program. Demographic data and anthropometric measurements such as height, weight, and BMI were collected. RESULTS: The results show that the mean age of HCW was 37.89 while BMI was 26.96. The overall prevalence/overweight and obesity is 76.9%. Prevalence of overweight, obese class I, class II, and class III was 38.8%, 20.7%, 12.1%, and 5.3% respectively. AKP group of workers has an overweight/obese prevalence of 81.2% with PKA/Driver having 89.9%. Aged above 40, Malay and male healthcare workers have a prevalence of 82.4%, 83.9 and 79.4% respectively. CONCLUSION: It could be concluded that the HCW of PKD Segamat has a higher prevalence of overweight and obesity compared to NHMS 2023. Moreover, it is more prevalent among AKP, Malay, males, and more than 40-year-old workers. We suggest an urgent intervention that is comprehensive and suitable for the workers to reduce this epidemic among them.

Keywords: Overweight, Obesity, Healthcare workers, Kospen WOW.
