

ORIGINAL PAPER

Determination of some Nutritional Habits and Healthy Life- Style Behaviours of Workers

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Abstract

Objective: The lifestyle indicators that traditionally have been associated with a lesser quality of life a diet rich in fat and low in fruit and vegetables.

Methods: This cross-sectional was conducted determining some nutritional habits and healthy life-style behaviours of workers working at a textile factory in the Southeastern Anatolia Region with 276 workers. A questionnaire form and Healthy Life-Style Behaviours Scale were used for collecting data. Analysis of the data was using percentage, arithmetic average, One Way Anova and Independent Sample t test.

Results: It was determined that 81.2% workers worked for 45 hours a week, 92.4% worked during day hours and 47.5% worked in the department of sewing. It was also found that 84.4% of workers ate three meals a day, 50.0% had vegetable and meat-based diet, 43.8% had family members with chronic diseases, 85.5% did not have their blood pressure measured regularly, 67.4% did not weigh regularly, 29.0% did not do regular sports/physical exercise.

Conclusions: It was determined that total HLSB score of workers was at mid-level in general. It was found that there was a significant relation between nutritional habits, number of meals and physical activity levels of workers and their HLSB scores.

Key Words: Healthy life-style behaviour, Worker, Worker's nutrition, Nutritional habits, Nutritional status