



HEALTH STATUS AND WELLBEING IN UNIVERSITY OF PORTO EMPLOYEES'

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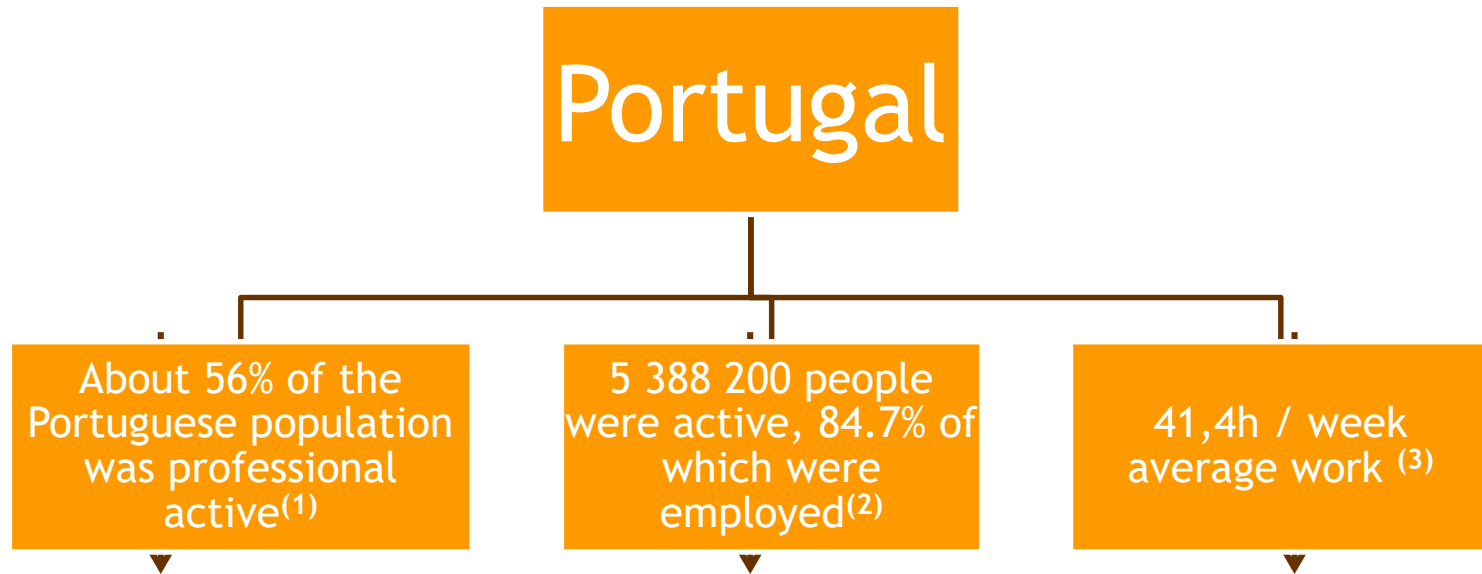
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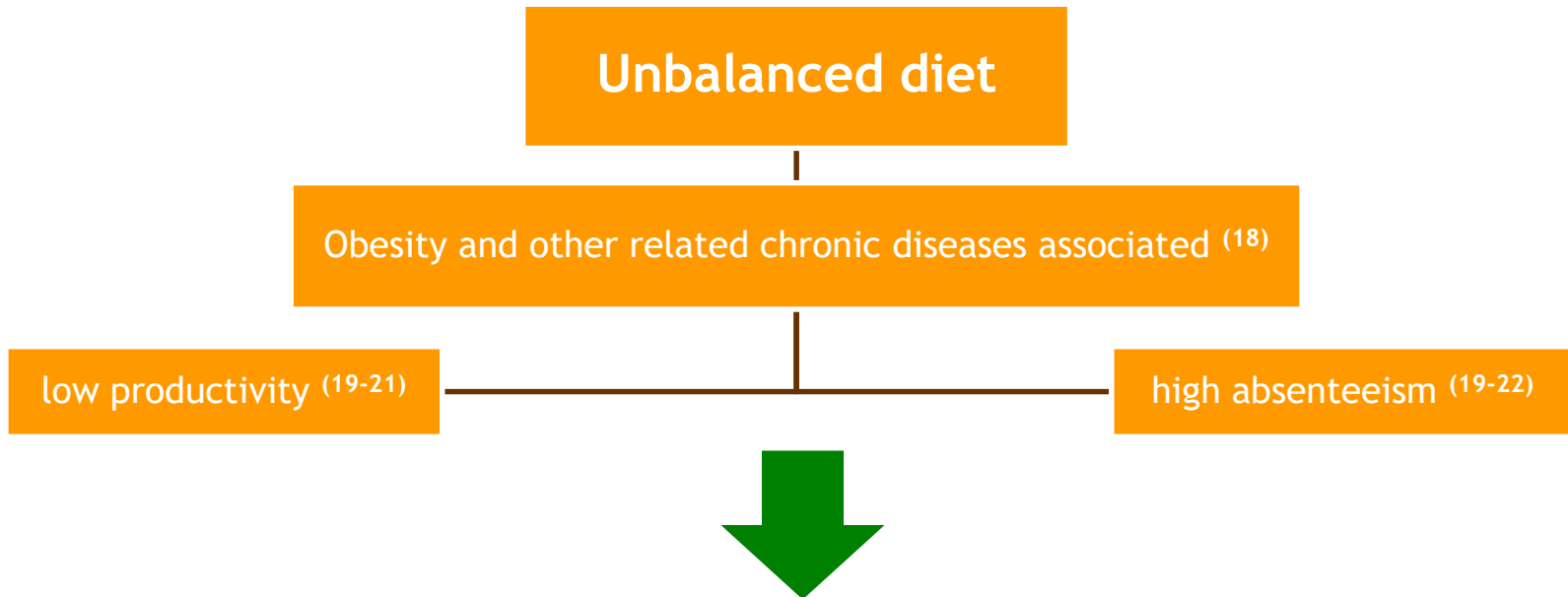
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Introduction



health promotion at the workplace and the initiatives taken to improve health and quality of worker's life is justified (4-12)

Introduction



Potential benefits associated with health promotion in the workplace:

- Improvement of:
 - Productivity and job satisfaction, reduction of absenteeism and staff turnover (23);
 - Worker's nutritional status and quality of life. (24-28)

Objectives

- Characterize health status and wellbeing of University of Porto (UP) employees’;
- Assess relationships between wellbeing and healthy eating indicators, at the workplace.

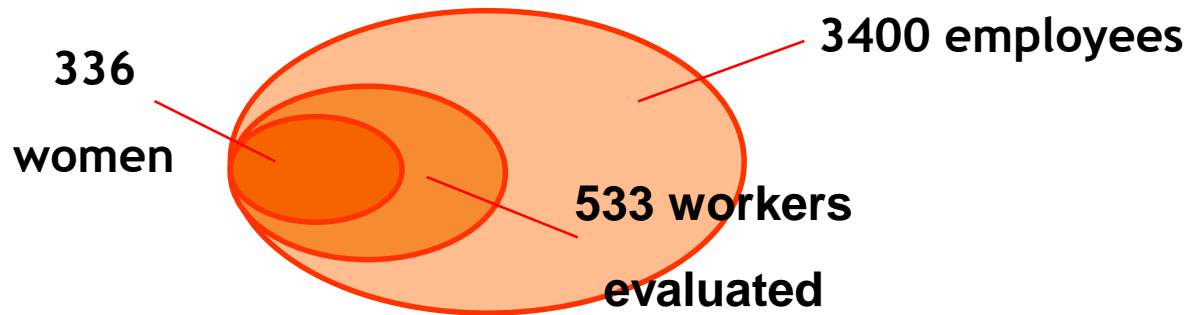


Methodology

- **Study Design:**

- A cross sectional observational study was conducted at UP;

- **Universe under evaluation:**



- **Report of:**

- Consumption of fresh fruit, soup, vegetables, alcoholic and water at the workplace;
- Health status;
- Levels of energy, mood, concentration, stress and productivity;
- Chronic disease.

Methodology

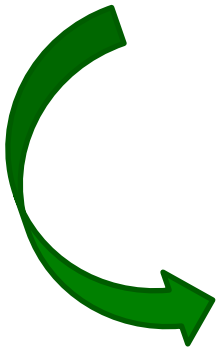
- **Data collection:**
 - Application of a self-administrated questionnaire;
 - Frequency or quantity of fresh fruit, soup, vegetables, alcoholic and water consumption at the workplace;
 - Scale of 5 points to assess:
 - Health status (between very bad and very good)
 - Levels of energy, mood, concentration, stress and productivity
(between very low and very high)
 - Report any chronic disease and to identify them.

Methodology

- Descriptive statistical analysis was performed;
- Correlation of variables by Spearman correlation coefficient and the significance level assumed in hypothesis testing was 5% maximum.
- Data analysis was performed using IBM SPSS® Statistics 20.0 for Windows® (2012, SPSS Inc., Chicago, USA).

Results

- 533 employees;
 - Majority of them:
 - Women
 - Married
 - University degree
 - Non-teachers
 - Sedentary workers
 - 81,5% of them consider that they spend most of the time seated and that their work isn't very demanding
 - 59,7% of individuals use car to go to work;
 - Only 29,7% use public transports
 - About 48% report practice any physical activity



Findings in line with those by to Church, 2011 e Thorp, 2009

Results

- **Health Status and Socio-demographic Characteristics**
 - **Gender**

		%			p
Health Status		Global	Female	Male	
	Very Bad	1.8	2.1	1.1	
	Bad	2.9	3.3	2.3	
	Reasonable	37.5	36.6	39.2	
	Good	48.5	49.5	46.6	
	Very Good	9.2	8.4	10.8	

Table 1: Health status reported by University of Porto employees' according to gender

Results

- **Health Status and Socio-demographic Characteristics**
 - **Academic degree**

		1st cycle	2nd cycle	3rd cycle	High School	Bachelor	Graduation	Master	PhD	Pos-Doc	p
Health Status	Very Bad	33.3	0.0	0.0	2.4	0.0	1.6	1.1	1.4	2.9	0.016
	Bad	0.0	0.0	12.5	2.4	0.0	2.4	3.2	1.4	11.4	
	Reasonable	33.3	100.0	50.0	52.4	40.0	36.8	30.1	33.8	28.6	
	Good	33.3	0.0	37.5	35.7	60.0	49.6	52.7	55.9	42.9	
	Very Good	0.0	0.0	0.0	7.1	0.0	9.6	12.9	7.6	14.3	

Table 2: Health status reported by University of Porto employees' according to academic degree

Results

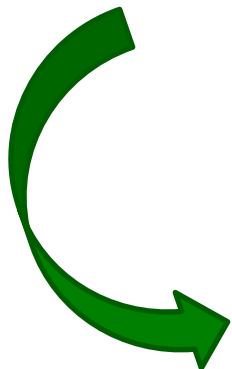
□ Chronic Diseases and Socio-demographic Characteristics

- only 26,2% of respondents reported to suffer from this pathologies.
- Age Ranges:
 - Older workers reported more frequently to suffer from some chronic disease than younger respondents

		Age ranges				p
		18-29	30-44	45-64	>65	
Chronic Disease	No	82.1	83.5	61.3	66.7	<0.001
	Yes	17.9	16.5	38.7	33.3	

Table 3: Chronic diseases reported by University of Porto employees' according to age range

Findings in line with those by Kenny, 2016 and Ward, 2013



Results

Well-being Indicators and Socio-demographic Characteristics

The majority of workers reported a high or very high level of energy at the workplace (55.3%), mood (61.7%), concentration (66.3%) and productivity (69.9%). In opposite, 41.8% of individuals reported a high or very high level of stress.

Related to **ENERGY**:

Gender

Men reported more frequently higher energy levels than women

		GLOBAL	Female	Male	p
Energy Levels	Very Low	0.4	0.6	0.0	0.033
	Low	2.4	2.7	1.7	
	Reasonable	41.9	44.4	37.1	
	High	48.2	46.2	52.0	
	Very High	7.1	6.1	9.1	

Table 4: Energy level reported by University of Porto employees' according to gender

Results

- Well-being Indicators and Socio-demographic Characteristics
 - Related to **MOOD**:

- **Gender**

- Men also reported more frequently higher mood levels than women

		GLOBAL	Female	Male	p
Mood Levels	Low	3.0	3.4	2.3	0.050
	Reasonable	35.3	37.6	31.1	
	High	47.8	46.8	49.7	
	Very High	13.9	12.2	16.9	

Table 5: Mood level reported by University of Porto employees' according to gender

Results

□ Well-being Indicators and Socio-demographic Characteristics

■ Related to MOOD:

■ Age ranges

- Younger workers reported a higher mood levels than older individuals

		18-29	30-44	45-64	>65	p
Mood Levels	Very Low	0.0	0.0	0.0	0.0	0.006
	Low	0.0	3.8	2.9	0.0	
	Reasonable	17.9	37.6	37.5	33.3	
	High	60.7	47.4	44.7	50.0	
	Very High	21.4	11.1	14.9	16.7	

Table 6: Mood level reported by University of Porto employees' according to age ranges

Results

- Well-being Indicators and Socio-demographic Characteristics
 - ▣ Related to **MOOD**:
 - Professional occupation

		Teaching Staff	Non-Teaching Staff	Both occupations	p
Mood Levels	Very Low	0.0	0.0	0.0	0.021
	Low	2.9	2.9	7.1	
	Reasonable	29.3	37.6	64.3	
	High	56.9	43.1	28.6	
	Very High	10.9	16.4	0.0	

Table 7: Mood level reported by University of Porto employees' according to occupation

Results

- Well-being Indicators and Socio-demographic Characteristics
 - Related to **CONCENTRATION**:

- **Gender**

		GLOBAL	Female	Male	p
Concentration Levels	Very Low	0.0	0.0	0.0	0.486
	Low	3.0	3.4	2.3	
	Reasonable	30.8	32.3	27.8	
	High	54.4	51.5	59.7	
	Very High	11.9	12.8	10.2	

Table 8: Concentration level reported by University of Porto employees' according to gender

Results

- Well-being Indicators and Socio-demographic Characteristics
 - ▣ Related to **STRESS**:
 - Gender

		GLOBAL	Female	Male	p
Stress Levels	Very Low	2.0	1.5	2.8	<0.001
	Low	14.8	11.8	20.5	
	Reasonable	41.4	38.4	47.2	
	High	30.4	35.0	21.6	
	Very High	11.4	13.3	8.0	

Table 9: Stress level reported by University of Porto employees' according to gender

The extra work responsibilities, namely familiar, that are usually attributed to women (Gjerdingen, 2000) may justify gender differences.

Results

- Well-being Indicators and Socio-demographic Characteristics
 - ▣ Related to **STRESS**:
 - Age Ranges

		18-29	30-44	45-64	>65	p
Stress Levels	Very Low	5.4	1.7	0.5	33.3	0.026
	Low	16.1	11.9	17.7	16.7	
	Reasonable	48.2	41.5	39.7	33.3	
	High	25.0	33.9	28.2	16.7	
	Very High	5.4	11.0	13.9	0.0	

Table 10: Stress level reported by University of Porto employees' according to age range

Results

□ Health Status and Well-being Indicators

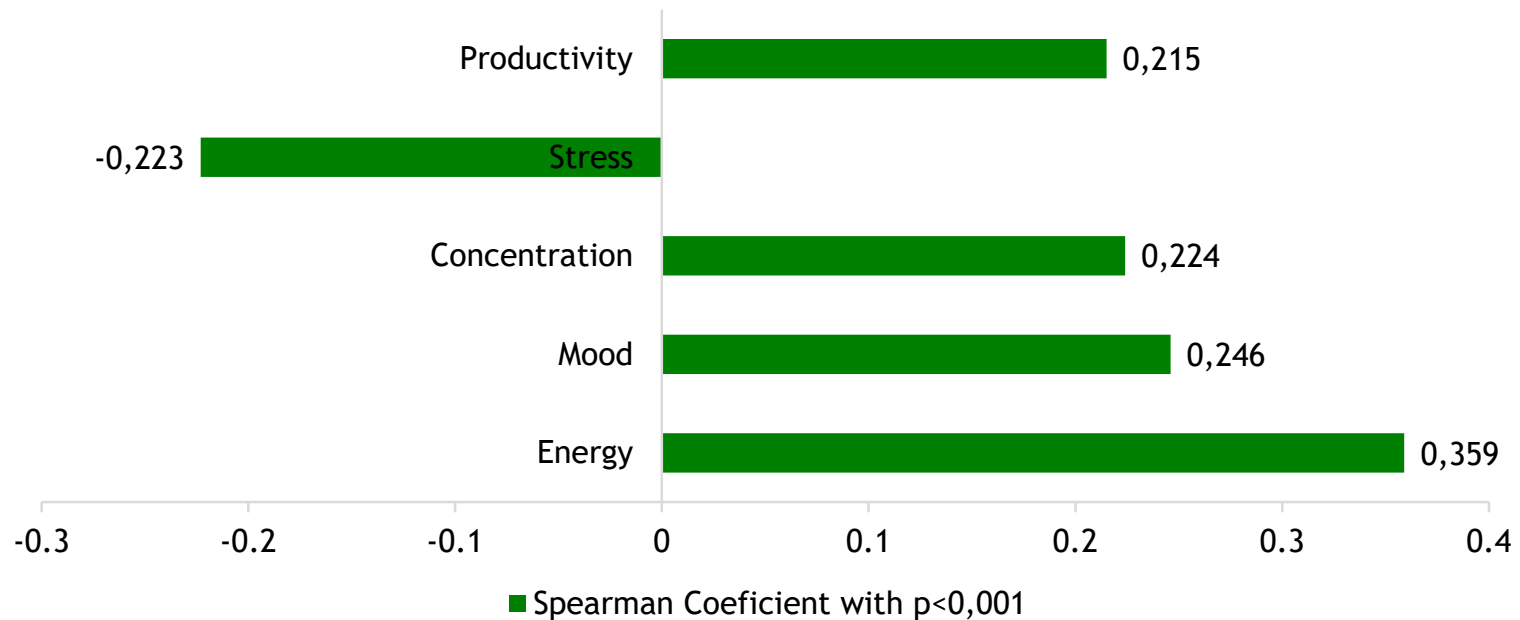


Fig. 1. Correlation between health status and well-being indicators

Results

□ Health Status and Well-being Indicators

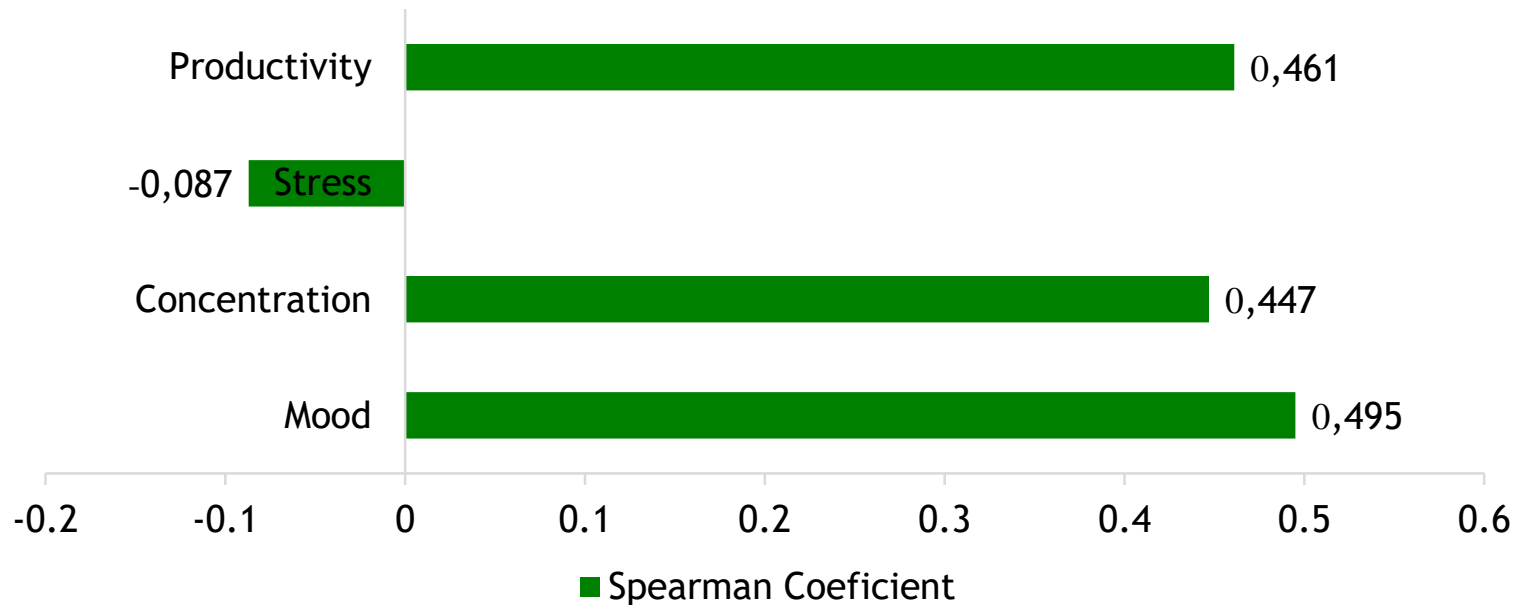


Fig. 2. Correlation energy level and other well-being indicators

Conclusions

- University of Porto employees have a sedentary lifestyle.
- The majority of respondents reported a good or very good health status and high levels of energy, mood, concentration and productivity at the workplace.
- More than 40% of them reported a high or very high levels of stress.
- Women reported a worse well-being status than men.
- The wellbeing indicators are associated with general health status.



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Thank you for your attention!