



# Health promotion for new employees

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## Needs assessment of dietary and exercise habits

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### Introduction:

The Japanese government has mandated health check-up, occupational health education, and a support program for new employees, which aims to ensure a healthy status while adapting to the new work environment.

### Objectives:

To clarify the status of health education for new employees by examining health check-up results 6 months before workplace entry and during lectures upon entry.

### Methods:

Participants were new employees of manufacturing company A. Questionnaire surveys on their health check-up was administered in October 2016 and before a lecture on health management (which was part of new employee training) in April 2017(Table1). The  $\chi^2$  test was used to analyze the data.

### Results:

Eighty-two employees participated (mean age of  $23.9 \pm 1.2$  years). Of these, 77 (93.9%) were interested in their personal health. We found that, compared with head office district employees, significantly fewer new employees exhibited abnormal health diagnosis results ( $p < 0.01$ )(Figar1). Most participants ( $n=39$ , 47.6%) regarded nutritional balance and content of meals as a concern, while very few ( $n=6$ , 7.3%) considered skipping meals a concern. Fifty-four participants skipped breakfast (65.9%); this did not significantly differ between the sexes. Notably, among those working to maintain their health, few had an exercise habit. Furthermore, the more participants worked to maintain their health, the more they tended to be concerned about nutritional balance.

Table 1 Health Check item

Item	Screening standard	Item	Screening standard		
Blood Pressure	Systolic/Diastolic	130/85 mmHg or higher	Hearing ability	1,000Hz impaired 4,000Hz impaired	
	protein	$\pm \sim +$	Chest X-Ray Examination	abnormal	
Urine	sugar	$\pm \sim +$	Electrocardiogram	abnormal	
	Hematology	Hemoglobin	M more than 12.5g/dl F more Than 11.1 g/dl	Lipid	Low-density lipoprotein cholesterol
Red Blood Cell		M more than $400 \times 10^4/\mu\text{l}$ F more than $350 \times 10^4/\mu\text{l}$	High-density lipoprotein cholesterol		less than 40mg/dl
Liver	AST	30IU/l or more	Triglyceride	150mg/dl or more	
	ALT	30IU/l or more	Glucose	Glucose	100mg/dl or more
	$\gamma$ -GTP	50IU/l or more		Hemoglobin A1c	5.8% or more

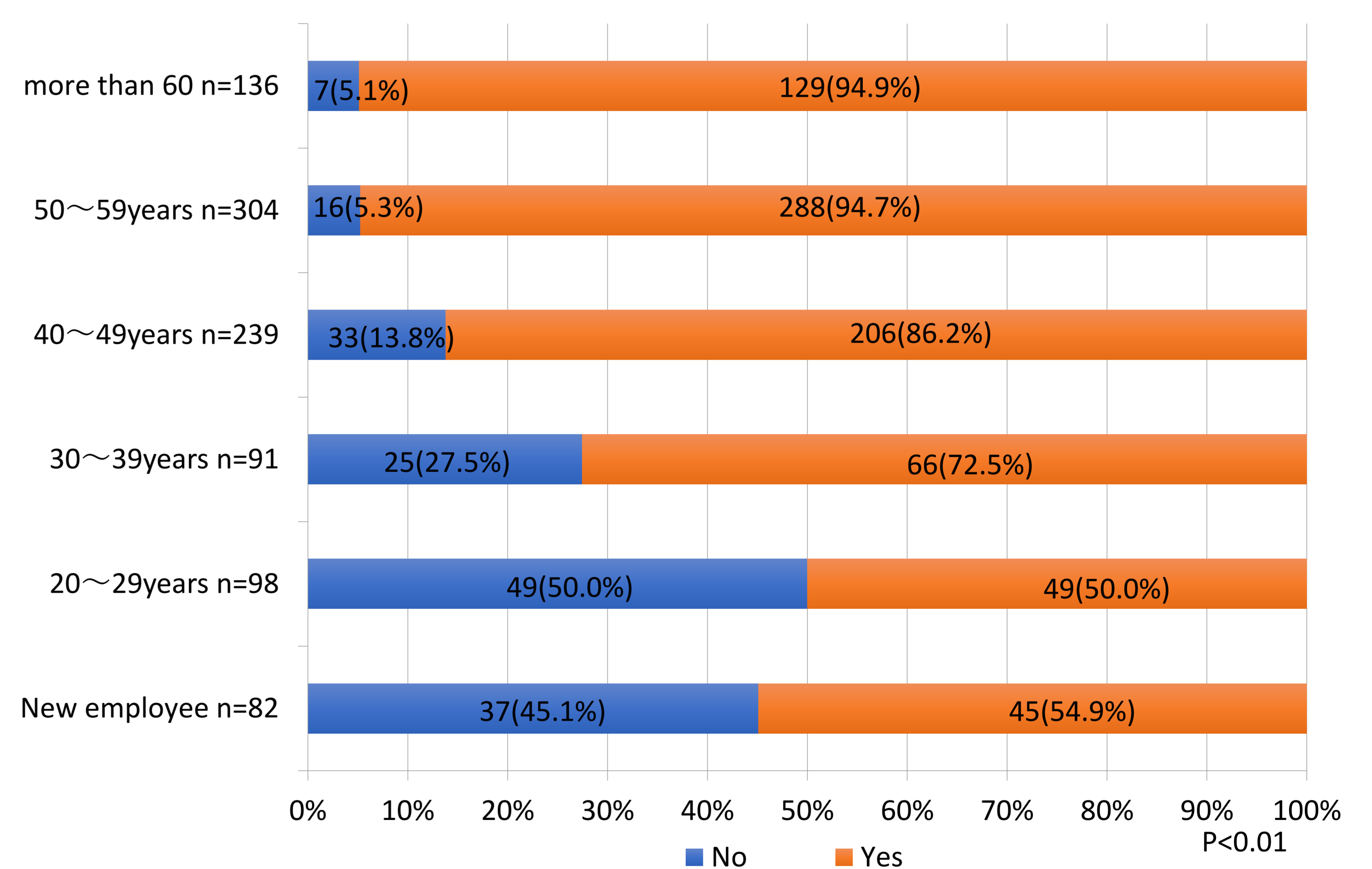


Figure 1 Employees exceeded the screening standard by age group

### Conclusion:

New employees were less likely to exhibit abnormal health diagnosis results. Furthermore, among the participants who worked to maintain their health, many were concerned about the nutritional balance of their meals, but a few had exercise habits. Although numerous participants skipped breakfast, few were concerned about it. Overall, to promote the health of new employees, it seems necessary to advise them on the problems related to skipping meals and the need to develop exercise habits.

### Keywords:

health promotion, new employees, dietary habit, exercise habit, occupational nursing