

A cross-sectional research study of blue-collar worker's health in relation to their life style and cardiovascular diseases - Naseer Ahmed - Bright Future College of Nursing and Allied Health Sciences

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Introduction:

Construction work is highly demanding, because workers are incessantly exposed to harsh environments filled with fumes, dust, heat, and moisture. Cardiovascular diseases, following musculoskeletal diseases, are one of the major causes for early retirement among these workers, because of the "healthy worker effect". Risks for poor cardiovascular health were more prevalent among construction workers than those in other occupations. In one study, construction workers were 15% and 9% more likely to have hypertension and diabetes, respectively, when compared with workers in the service sector (ORhypertension: 1.15, 95% confidence interval (CI): 1.11–1.18; and ORdiabetes: 1.09, 95% CI: 1.02–1.17). In another study, construction workers were 56% more likely to be obese than white-collar workers. Seventy-one percent of construction workers were either overweight or obese, compared with 67% of all industries. When compared with office clerks and professionals, construction workers were more likely to have metabolic risk factors (raised blood triglycerides, high-density lipoprotein (HDL) cholesterol, fasting glucose, central obesity, and hypertension) (OR: 1.62, 95% CI: 1.03–2.56). A related finding also revealed that blue-collar workers, to which construction workers belong, had 4.3 times higher risk of a first event of non-fatal acute ischemic heart disease than white-collar workers. Similar to Western countries, Hong Kong's construction industry suffers from a shortage of construction workers and a depleting aging workforce. To solve these problems, workers' health behaviors and cardiovascular health factors, apart from the workplace as pinpointed by the World Health Organization, may have to be looked into more closely in order to avoid early retirement caused by the diseases and to improve the productivity of the existing workforce.

Objectives: According to World Health Organization, the cardiovascular disease was the leading cause of NCD (Non-communicable diseases) deaths in 2012 and was responsible for 17.5 million deaths or 46% of NCD-caused deaths. The purpose of this study to signify a key in the development of an area of research by identifying the importance of cardiovascular disease among blue-collar workers and timely measure for maintenance of their better health status. Using a cross-sectional research analysis, this study analyzed the incidence of cardiovascular disease among blue-collar workers. Prevalence of cardiovascular disease was proven to be relatively high. However, the awareness treatment and the control of cardiovascular disease in this population were very low; the prevalence was higher in Indians compared to Pakistani and

Bangladeshi or other nationalities. Risks were higher among those who were having the smoking habit or high cholesterol food intake. Also and the majority was married, overweight or obese. It is hoped this study will contribute to the information on the issue and possibly add some useful information for policy makers and blue-collar workers (industrial or occupational workers) about management practices of good cardiovascular health.

Results: This study clearly answers (addresses) the question why blue-collar workers are having more cardiovascular diseases than white-collar workers and further more studies are required to discuss this issue world-wide. Human resources development is one of the main fields which require attention in successful organizations. Blue-collar workers are the backbone on any country's economy; to get a powerful economy of the country therefore it is very necessary to look for the blue-collar workers' health. According to the World Health Organization (WHO), non-communicable diseases such as cardiovascular disease, cancer, chronic respiratory disease and diabetes cause 60% of all deaths globally, 80% of this mortality occurs in low and middle income countries.

Conclusions: Ignorance of these life-threatening conditions leading them to carry this burden till they end up in hospitals.

If blue-collar workers would be fit physically and mentally then the result would be in the form of a powerful economy and booming industrial zones. This research teaches us many facts regarding medical and social aspects of the life of blue-collar workers and just a little help and care can save many lives of this very important community called blue-collar workers. This study clearly answers the question why blue-collar workers are having more cardiovascular diseases than white-collar workers and further more studies are required to discuss this issue world-wide.