

**FOOD HANDLING PRACTICE OF FOOD  
FACTORIES' WORKERS IN MONYWA**

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## **ABSTRACT**

Food is an essential requirement for humans but it can also be a vehicle of disease transmission if contaminated. The problem is more noticeable in developing countries due to prevailing poor food handling and sanitation practices and lack of education for food handlers. A cross sectional study was conducted to assess the knowledge and hygienic practice of workers in food factories in Monywa city, 2017. From 24 food factories, 168 workers were randomly selected to interview by structured questionnaires and inspect with check list while nine supervisors were interviewed with key informant interview. Mean age of respondents were  $29.7 \pm 10.5$  years and female were less predominant group. Half of workers were attained at least middle education level. Most of respondents 83.3% were at least 1 year working experience in food factories. Almost all of workers 95.2% did not had food hygiene training. Most of the workers got food hygiene information from television. Almost all of the respondents had high knowledge but 60% of respondents had poor food handling practice Majority of the workers knew the food borne diseases but about 65% had knowledge on typhoid and hepatitis A as food borne disease. Majority of workers knew that food products should store in cold and dry place. All workers agreed that hand washing is important for food hygiene. Their knowledge on appropriate work suit is high. In practice of hand washing after going to toilet, 89.9% always washed their hands. About 85% of respondents washed their hand with water and soap and 69% of respondents used share towel to dry washed hand. Majority of the workers had poor practice on wearing the appropriate work suit. Almost all of workers bathed daily and nearly 25% of respondents did not trim their nail weekly. Overall understanding and attitude towards importance of food hygiene of supervisors was good. However, they emphasized on physical impurities aspects than microbiological aspects. In conclusion, although knowledge level of respondents was high, there is needed to improve food handling practice of respondents.