

ABSTRACT

Sedentary workers are prone to have high risks of NCDs because of their lifestyle, physical inactivity at leisure hours, unhealthy food consumption patterns, adoption of undesirable personal habits such as smoking and alcohol drinking. The cross-sectional descriptive study was explored leisure-time physical activities among sedentary workers in Department of Medical Research (Lower Myanmar), Yangon by using diary method and Global Physical Activity Questionnaire (GPAQ). The overall response rate was 68% (111/163). The mean age of the respondents was 46 + 8.5 year and 70.3% were female. Majority of respondents were research officers (49.5%). About 64% of respondents had no extra earning job. Nearly half spent below 300,000 kyats per month. Their mean daily commuting time to office was 44 + 27 minutes. About 42% were obese and 23% were overweight. Among 17 major types of leisure-time physical activities enlisted by 'Compendium Code', quiet/light activities predominated across all strata. Average time spent for leisure activities was 60 + 54 minutes and 115 + 111 minutes on selected weekday and weekend respectively. Total daily physical activity in MET-minutes per person by diary method were 1045 + 280 and 1879 + 531 on weekday and weekend respectively. Physical activity level according to standard GPAQ analysis, 26.1 % equally in low and high physical activity level and 47.7% had moderate physical activity level. Assessment of self-reported leisure-time physical activity in this study by two methods: GPAQ and diary method were found to be consistent. Significant difference between physical activity level and BMI could not detect statistically in this study. Although not significant, those with high level of MET-minutes were obese probably due to the effect of dietary patterns. Overweight/obesity being intensified by physical inactivity at leisure time among sedentary workers is critical for workplace policies to promote physical activities so as to prevent or control non-communicable diseases.