

ABSTRACT

This study aimed to determine the proportions of common behavioral and selected biological risk factors for major NCDs among employees at the Inland Water Transport Enterprise under Ministry of Transport, Kyauktada Township, Yangon. A cross sectional descriptive study was done on randomly selected 210 permanent government employees at the IWTE in 2012. Data collection was done by using WHO STEPS methodology (Version 2.1) for surveillance of major NCDs risk factors. In this study, the proportions of risk factors were current tobacco use (21%), alcohol drinking (27%), low fruits and vegetables intake (91.0%), physical inactivity (4.8%), excess BMI (44%) and high blood pressure (7.6%). Tobacco usage habit was significantly associated with sex and education level of respondents and tobacco use was more common in males and non-graduate persons (52.6% and 51.3%, $p < 0.001$). The mean systolic blood pressure was significantly higher in current tobacco user than non users (120 mmHg vs. 115.7 mmHg, $p = 0.031$). The drinkers had significantly higher mean systolic and diastolic blood pressure than non drinkers (120 mmHg vs. 115.4 mmHg, $p = 0.012$; 78.9 mmHg vs. 75.1 mmHg, $p = 0.001$). Low fruits and vegetables intake was significantly higher among non-officers than officers (93.4% vs. 81.4%, $p = 0.031$). Level of BMI was significantly associated with age and rank of respondent ($p < 0.001$). There was higher proportion of excess BMI among the officers than non officers (72.1% vs. 37.1%). The odds of having excess BMI was approximately higher among those consuming adequate fruits and vegetables (OR=3.0; 95% CI=1.2-8.2, $p = 0.026$). Blood pressure was significantly associated with sex of respondents ($p = 0.005$) and male had higher percentage of high blood pressure than female (14.5% vs. 3.7%). The drinkers were three times more likely to develop hypertension than non drinkers (OR=3.04, 95% CI= 1.08-8.54, $p = 0.028$). There were high percentages of behavioural and biological risk factors of major NCDs among employees and appropriate workplace based interventions should be instituted for prevention and control of emergence of these risk factors.