

**ASSESSMENT OF HYGIENIC STATUS OF
WORKERS IN FOOD FACTORIES IN
YANGON REGION**

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ABSTRACT

A cross sectional study was conducted to assess the knowledge and hygienic practice of workers in food factories in Yangon region, 2012. From three food factories, 100 workers of food handlers were randomly selected to interview by semi-structured questionnaires and observe with check list. Factories were also observed and assessed by inspection checklist based on routine checklist form of food and drug administration, Myanmar. Half of the workers were younger than 25 years of ages and female were predominant group. Most of the workers attained up to high school education. About 78% of workers had more than 2 year working experience in current factory. About 95% of the workers knew the food borne diseases but only 66% had knowledge on hepatitis A as food borne disease. Only 47% of workers could identify the food handler with common cold and secondary bacterial infection as a mean of contamination. Workers who knew that antiseptic solution was the best for hand washing were only 45%. And 37% of the workers had misunderstanding on hand washing that was also needed before going to toilet. Most of the workers had good knowledge on appropriate work suit. Higher knowledge scores were found in workers attained up to graduate level and those from packaging section. Workers with longer working experience had high knowledge on food hygiene. On hygienic practice assessed with questionnaires only 3% used water only for hand washing. The workers who had improper practices for hand drying with shared towel and air drying were 16% and 13% respectively. Majority of the workers had practice on wearing the appropriate work suit. But only 61% of the workers always used nasal mask. Proper practice scores on assessed with questionnaires were found in workers with education up to graduate and those with longer working experience. And female workers had proper practice than male workers in regardless of education level. On practice score observed with check list, most of the workers had proper practice especially in those with longer working experience in current factory. And workers with high knowledge score had proper practice assessed with both questionnaires and check list.