

Impact of health promotion reward programs on metabolic syndrome high risk employees in workplace

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Purpose

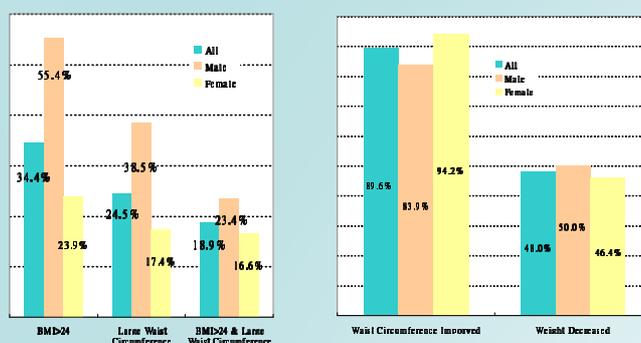
Metabolic syndrome is a growing issue in Taiwan. According to the 2007 Census in Taiwan, more than half of death was caused by metabolic syndrome associated diseases. Metabolic syndrome is caused by lacking of physical activities and too much calories and fatty food intake, which is a typical life style a white-collar employee leads. Full time employees spend about a third or more of their waking hours in work. Employees are one of the most important assets of an enterprise. Thus a company shares the responsibility to employees' health. Therefore it makes the worksite a perfect place to promote health. The purpose of this study is to understand if the worksite health promotion rewarding mechanism encourages metabolic syndrome high risk employees to take better care of their health.

Method

Obesity may precede the development of metabolic syndrome components. The best predictor of incident metabolic syndrome was waist circumference. Metabolic syndrome screening sessions were held in the worksite. In the screening session, body weight and waist circumference will be measured. If the employee is overweight or has a high waist circumference, he/she will be invited to participate in the reward competition. A follow-up check-up will be performed after 4 months. Lifestyle questionnaire with health knowledge test is designed as "Reminder", and to raise health awareness among participants actively. Reward is offered to those turn in 2 completed questionnaires and with high test score and improvement percentage of body weight and waist circumference. Data will be compiled and analyzed to understand if the health promotion program has positive impact on the metabolic syndrome high risk group employees.

Result

1230 employees took the screening services. 423 have body mass index over 24, and 244 have high waist circumferences (male ≥ 90 cm, female ≥ 80 cm). 250 employees entered in the competition. 125 finished the entire process. 89% decrease the waist circumference (1.44 ± 2.60 cm). 48% loss weight (1.16 ± 2.52 kg).



Conclusion

Our study finds that more than 50% metabolic syndrome high risk employees who entered and committed to the worksite health promotion reward competition shows improvement on their waist circumference and weight. We suggest that worksite should consider holding health promotion rewarding activities regularly, to encourage employees better taking care of their health.

