



EXTENDED ABSTRACTS

Prevalence of Overweight and Eating Disorder Risk of Hospital Night Staff at Rouen University

Hospital

Laetitia Rollin*

Occupational Medicine Service, Rouen University Hospital, 1 rue de Germont, 76031 Rouen
cedex, France

Tel: (33) 2 32 88 82 85

E-mail: laetitia.rollin@chu-rouen.fr

ABSTRACT

The implementation of night adds an organization is required for the continuity of economic activity or social utility like continuity of care during a hospital environment. Yet, one fifth of the French population are night shift workers. Previous studies have identified many adverse health effects associated with long-term shift work. A recent review by the French Occupational Medicine Society reported that shift work and night work were associated with disorder, obesity and metabolic disorders, sleep disorders, gastrointestinal disease, psychological disorders like anxiety and depression, and a number of other sorts of cancer. Systematic analysis of the literature on obesity and metabolic disorders highlight a positive association between shift work and/or night work and weight gain, resulting in risk of metabolic syndrome. This weight gain has been linked to either inadequate behavior or eating disorders (ED) or both. Recent studies have reported changes within the quantity and quality of meal composition changes in food selection consistent with shift or changes in meal schedules. We distributed a personal short anonymous questionnaire to RUH night shift staff between March 17th, 2014 and April 18th, 2014. The questionnaire consisted of things on socio-demographics, work and clinical information. These included participants' age, gender, profession, working hours, personal decision to work night shift (is it a personal choice to work on night? Answer with a Likert scale 4 levels : not within the least , rather no, rather yes, yes quite, during which cutoff was made later between rather no and rather yes), social impact, anthropometric data (current weight, height, BMI, weight before starting working at night, weight gain was a variable secondly calculated and was positive if the utmost weight reported during night shift work was above the load before starting night shift work), physical activity and frequency by week, eating behaviors (type of beverage consumed during night work, tachyphagia if meals were taken under 20 minutes, snacking : do i nibble? Yes or no, hyperphagia if patient usually serve himself again and feel eating high quantities, current diet), medication for obesity comorbidities and smoking status,

sleep quality (EPWORTH), and risk of eating behavior (F-SCOFF). Finally, we proposed to nighttime shift workers to take advantage of a follow-up within the occupational health service within the hospital. All the things were pilot tested and evaluated for face validity by a panel of staff specialists and public health physicians. We studied night shift staff at RUH. This survey was designed to specialize in all the represented professional categories working on night shift in our hospital, i.e. nurses, health-care workers and auxiliary nurses. Night workers were located on the five different sites of the RUH. Questionnaires got by hand on to the workers on several successive night shifts or sent by mail within the wards. Of the 730 questionnaires distributed overall within the hospital, we received 419 questionnaires representing a response rate of 57.4%. Several recent studies in young subject. especially in health care students have reported a high risk of ED, especially nonmedical health professionals. statistical method in these studies highlighted the close correlation of ED with a high level of perceived stress, sleep disturbance, disorganized eating habits and other addictive behaviors. Conjunction of elevated stress, sleep deprivation and altered eating pattern is probably going to elucidate the danger of ED in night shift workers. The prevalence of suspected ED was studied for the first time, with a validated questionnaire and for quite 15% of RUH night workers. Suspected ED seems to be associated with weight gain during night work, being on a diet, hyperphagia, and hypersomnia. We found a prevalence of excess weight which was almost like data within the literature on hospital populations. Similar hospital studies would be interesting to strengthen generalizability and compare with day workers' eating habits. Health promotion strategies and occupational monitoring are currently being tested to secure the optimal dietary habits of Rouen University Hospital staff.

Keywords: Eating disorder; Hospital worker; Night shift work; Obesity; Overweight; Public sector.

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