

BOOK OF ABSTRACTS



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YOUNG RESEARCHERS
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- **16733 | Health determinants and associated factors in city hall employees: contribution to workplace health promotion**

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Introduction: The workplace is recognized by the World Health Organization as an important area of action for the promotion of healthy lifestyles.

Objectives: Evaluate, in employees of a city hall, the factors that were considered as determinant for health and its association with other social and lifestyle factors.

Methods: 118 employees participated in this study, evaluating social data, the self-perception of health condition, the factors that were considered as determinant for health, involvement on physical activity, smoking habits and hours of sleep. The data descriptive analysis was followed by uni and multifactorial analysis to characterize the study sample according to the defined objectives. For statistical analysis, the chi-square test, the T-student test and the Mann-Whitney test were used, as well as logistic regression analysis.

Results: Diet (71.2%), physical activity (31.4%) and stress (26,3%) were the factors that respondents considered to have the greatest influence on health. Regardless of gender, academic qualifications, professional category and the practice or not of physical activity, the majority highlights the diet as a determining factor for health. The group most likely to choose diet as a determinant of health were men (OR=1,877), those who were older (OR=1,048), those who had an higher BMI (OR=1,135), those who perceived themselves as healthier (OR=1,753) and those who had higher academic qualifications (OR=2,432). Similarly, those who mentioned physical activity were males (OR=1,157), were older (OR=1,104 and $p=0,022$), had an higher BMI (OR=1,028), sleep more hours (OR=1,174), practice physical activities (OR=5,133 and $p=0,014$), perceived themselves as healthier (OR=1,306) and had higher academic qualifications (OR=6,264 and $p=0,007$).

Conclusion: These results highlight the need to implement nutritional interventions in the evaluated workplace.

Keywords: determinants of health; nutritional interventions; health promotion; workplace