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Abstract title	Work, health behaviors and obesity in firefighters
Author	Dobson, Marnie, SANTA MONICA, United States of America(P)
Co-author(s)	Schnall, Peter, University of California, Irvine, Irvine, United States of America Choi, BongKyoo, University of California, Irvine, Irvine, United States of America Israel, Leslie, University of California, Irvine, Irvine, United States of America Baker, Dean, University of California, Irvine, Irvine, United States of America Landsbergis, Paul, State University of New York-Downstate Medical Center, Brooklyn, United States of America
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Abstract text (including references)

Aim: To explore the influence of work characteristics, work stressors and health behaviors on obesity in firefighters.

Methods: A cross-sectional web survey among 840 firefighters (FF's) in Southern California was conducted October 2009. Complete data was available for 203/231 respondents (96% male, 42.5 + 9.8 years). Work characteristics included: overtime, calls/shift, job title/rank. Work stressors included; job demands and control, and job strain (JCQ); high efforts, low reward and effort-reward imbalance (ERI). Eating and exercise behaviors on-duty and during leisure time were measured with single items. Obesity (BMI >30) was measured using self-reported weight and height information to calculate BMI.

Results: A comparison of our sample with data from a wellness-fitness evaluation of the same firefighters (N=750 of 840) suggests our sample is representative in terms of age, gender, race, and job title. Sixteen percent of firefighters reported a BMI of 30 and above. Lower education (less than a bachelor's degree), not being married, low leisure time and on-duty exercise, and "eating a lot since childhood" and "emotional eating" were significantly associated with obesity. In multivariate logistic regression analyses, not married, lower education, and high effort were significantly related to obesity. The effect of high efforts was reduced when the eating behaviors and leisure exercise variables were included in the model.

Conclusions: Lower education, being unmarried, eating behaviors and low leisure time exercise substantially increased the risk of obesity in this sample. High effort was directly and indirectly, through maladaptive eating behaviors and low leisure-time exercise, associated with obesity.