



# The health and well-being survey for hospital staff

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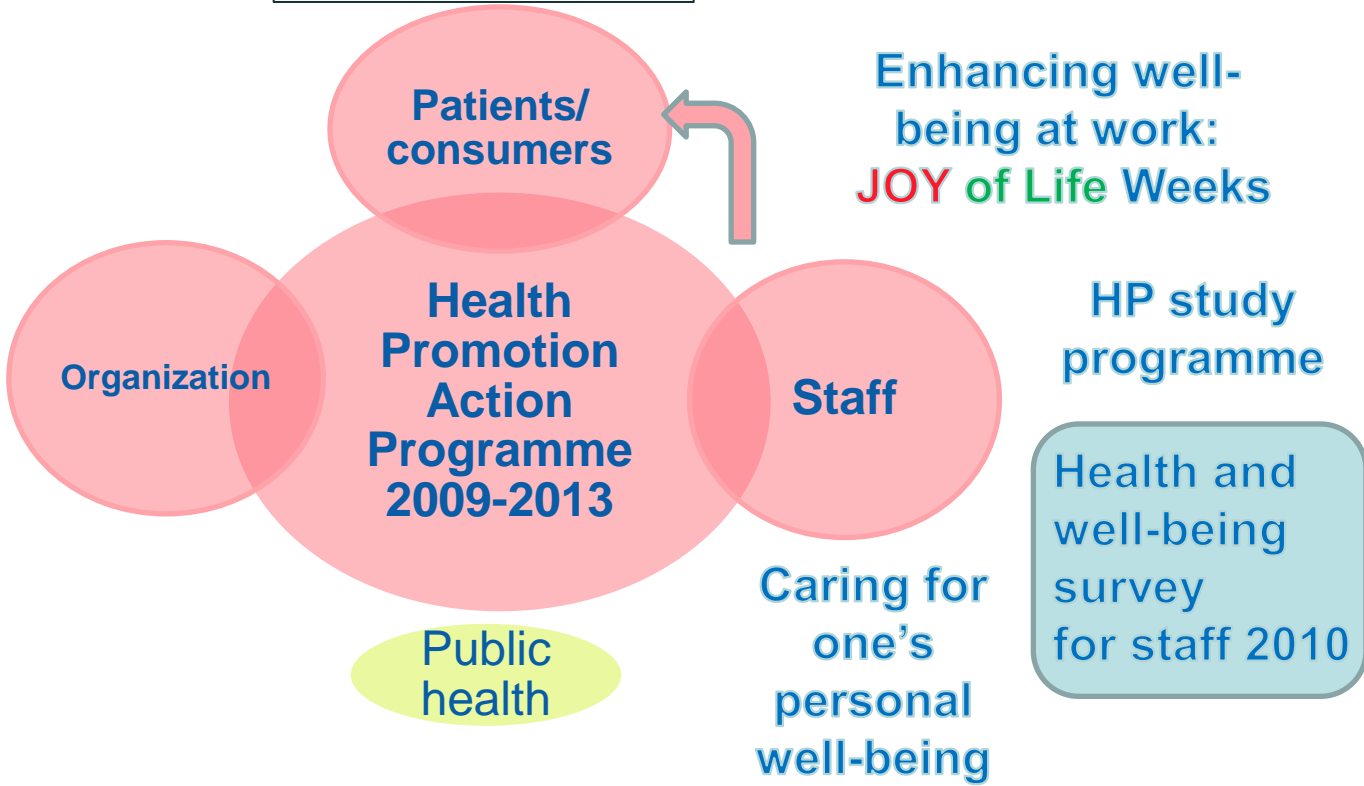
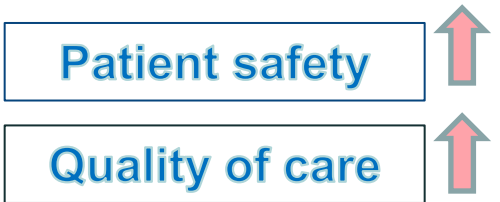
Health promoting hospitals  
in Finland

ksshp 

Central Finland Health Care District



# Central Finland Health Care District's Health promotion strategy





# Data and topics

The data was collected in 2010 with a web-based Webropol-questionnaire.

Rate of respondents: 54 % (n=1952) of personnel

The research themes were designed according to the health promotion strategy

TOPICS	SUBJECT/INDICATOR	QUESTIONS (pcs)
<b>Background variable</b>		7
<b>Health and work ability</b>		4
Mental wellbeing	<b>MHC-SF</b>	14
	<b>Depression</b>	3
	Sleeping habits	8
	Domestic violence	6
Physical activity	General	3
	<b>FIT</b>	3
Nutrition and eating habits	General	2
	Eating at work	2
	Food, drinks	18
	Mouth and dental health	4
	<b>BMI</b>	2
Alcohol and addictions	<b>AUDIT C</b>	3
	Intoxicants, Drugs	2
Smoking	<b>Tobacco</b>	6
	<b>General Opinion</b>	3
Other	<b>Life-style changes</b>	5
	Need for support	19
	<b>Total</b>	<b>114</b>

This presentation is based on Tiina Ahtiainen`s Master`s Thesis in which 75 questions were analyzed using statistical cross tabulation, correlation testing and logistic regression analysis.



# Perceived health and working ability

## Of the respondents

76% perceived their health as good,  
21% as mediocre and  
3% bad

## Of the respondents

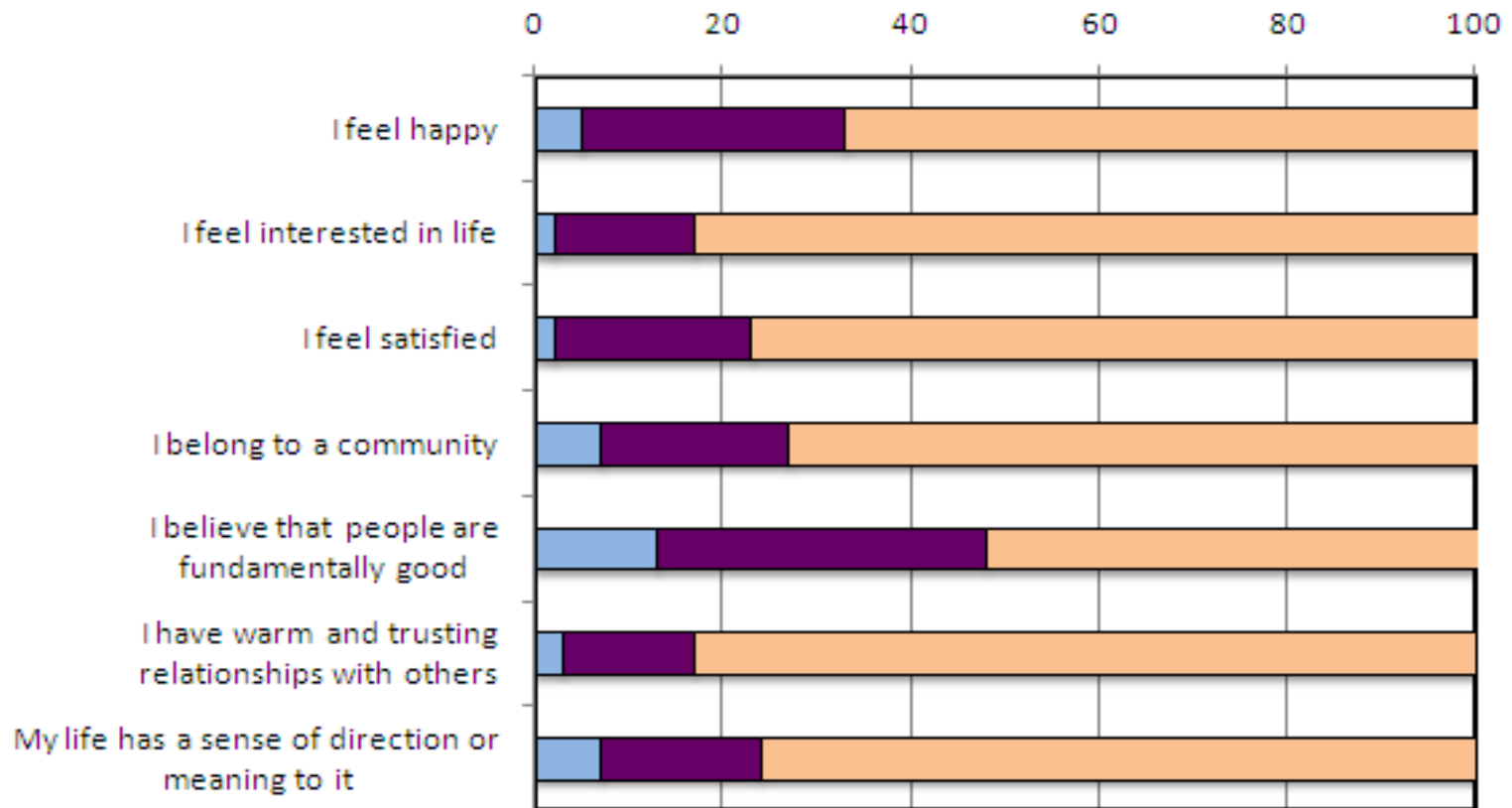
80% perceived their working ability as  
good,  
18% mediocre and  
3% bad

**Good health and good working ability are  
not necessarily comparable!**



# Mental well-being

■ Never or once or twice in a month   ■ One to three times a week   ■ Daily or almost every day



These results are part of the MHC-SF questionnaire used in this research. More information: Corey L.M.Keyes The Mental Health Continuum – Short Form (MHC-SF) for adults [www.talentinontwikkeling.org/mhc-sf-brief-description.pdf](http://www.talentinontwikkeling.org/mhc-sf-brief-description.pdf)



# Depression

## During two weeks prior to the survey:

- ❖ 18% of the respondents had felt lack of interest to do things or the ability to enjoy doing things
- ❖ 23% had felt melancholic, depressed or hopeless.
- ❖ According to the PRIME MD-classification 7% of the respondents would need and want help with their symptoms of depression

## Symptoms of depression were forecasted by:

Feeling of dissatisfaction (3.7-6.9), sleepiness when waking up (2.0), rare feeling of having a direction or meaning in one's life (2.8-2.8), waking up during night time (1.6), alcohol consumption (1.3) and moderate (1.3) or bad (2.3) working ability (**logistic regression analysis**)<sup>6</sup>



# Physical exercise FIT

**According to the FIT-index measuring the amount, intensity level and duration of physical exercise the respondent can be classified as follows:**

26 % extremely active

25 % active

40 % somewhat active

9 % inactive

**Low physical activity was forecasted by:**

Satisfactory (7.8) or bad (25.5) perceived physical condition,  
lack of interest towards sport club activities (4.2);  
female gender (2.0); regular smoking (2.2);  
rare sense of belonging to a community (1.6)



# Body Mass Index

## Of the respondents:

- ❖ 50 % are normal weight (BMI 18,5–24,9)
- ❖ 34 % are overweight (BMI 25,0–29,9)
- ❖ 16 % are obese (BMI  $\geq$ 30,0)

## Overweight or obesity was forecasted by:

Satisfactory(3.4) or bad (3.7) physical health;  
age  $\leq$ 30 (1.0-4.3), male gender (2.1);  
felt happiness often (2.3);  
consumption of tobacco (1.6-1.3)



# Alcohol use

**10% of the respondents do not use alcohol.**

**Amongst the users alcohol is consumed;**

- ❖ 27% 1-2 times in a month or less
- ❖ 38% 2-4 times a month
- ❖ 21% 2-3 times a week
- ❖ 4% 4 times a week or more

**AUDIT C-test (score limit for women  $\geq 4$ ; for men  $\geq 5$ )  
->41% of the respondents belong in the alcohol use  
in high-risk group and should benefit from AUDIT10  
intervention**



# Smoking habits

## Use of tobacco products

(cigarettes, cigars, pipe or snuff):

- ❖ 54,3 % has never used
- ❖ 26,5 % has quit use
- ❖ 9,7 % use occasionally
- ❖ 9,5 % use regularly

Of tobacco users 66% would like to quit.

During the working hours 30% of the tobacco user used tobacco products and 6% used nicotine replacement medication.

**Of the respondents 79% supported the idea of smoke free hospital area**



# Life style changes

## Respondents feel dissatisfied and...

	No change %	Wish to change %	has started the change %
❖ Mental well-being	-	<b>51</b>	49
❖ Eating habits	2	42	56
❖ Exercise habits	-	<b>53</b>	47
❖ Drug and alcohol use	6	34	60
❖ Tobacco use	8	<b>60</b>	32

Thank you for your attention!

