

PNC153

# HEALTHY LIFESTYLE CAMPAIGN AND SMOKING CESSATION PROGRAMME AMONG FACTORY WORKERS DURING COVID-19

# **AUTHORS**

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# INTRODUCTION

Non-Communicable diseases (NCDs) also known as chronic diseases are a significant and growing global public health problem affecting all countries, regardless of income<sup>1</sup>. In Malaysia, non-communicable diseases are among the biggest killers<sup>2</sup>, and rates of these diseases are expected to escalate including the industry employees.

# **OBJECTIVE**

This study aimed to promote health awareness and lifestyle modification programmes on NCDs and smoking cessation among factory staff of Chemical Industry in Gebeng Kuantan, Pahang during the pandemic covid-19.

# **METHODOLOGY**

A cross-sectional study was carried out at one chemical industry company in Gebeng, Pahang. The staff were invited to join the programme via email in August 2020 to February 2022. Due to the pandemic covid-19 standard operation procedure, the programme approach was modified accordingly, and the groups were divided into a few small groups according to their shift work.

They were required to respond to the questionnaire eforms prior to blood investigations. The virtual education seminars on NCDs were performed. All smoker staff were invited to enrol in a smoking cessation programme for 6 months as in the guideline protocol of QSC. The behavioural and pharmacotherapy were given via physical and virtual clinic follow-up. All consented participants who were recruited in the study were given Champix (Varenicline) or Nicotine patches medication regime with or without Nicotine gum as per guideline protocol.



# **RESULTS**

286 of the workers attended the blood screening and health seminars on NCDs but only 99 of them responded to the health screening e-questionnaire. Most participants were Malays (98%), male (72%), and aged between 31 to 40 years old (39%). The self-health status of the respondents showed in figure 1.

There was 50% obesity, 12% active smokers, 88% dyslipidaemia, 33% hyperuricemia, and 6% abnormal HbA1c.

In the intervention phase, 14 participants enrolled in a smoking cessation programme but only 13 of them completed 6 months of follow-up. The quit rate was 85% at 6 months (figure 2)

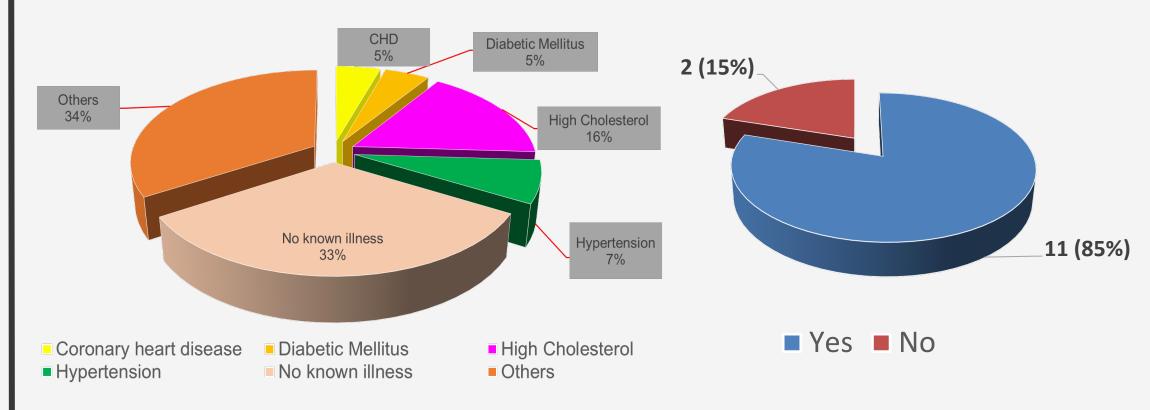


FIGURE 1: Self-Health Status Among Respondents (N=99)

FIGURE 2: Quit Rate of Tobacco at 6 months (n=13)

# **DISCUSSION AND CONCLUSION**

- The health campaign during the pandemic covid-19 is a challenge and required a new approach with a mix of physical and virtual sessions of health promotion, counselling and follow-ups.
- Most of the factory workers suffered from NCDs such as obesity, dyslipidaemia, hyperuricaemia, and diabetes mellitus which are higher than their self-health status declaration.
- The smoking cessation programme with both behavioural and pharmacotherapy have successfully reduced one of the risk factors of NCDs.

## **REFERENCES**

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NCD, non-communicable diseases

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#### HEALTHY LIFESTYLE CAMPAIGN AND SMOKING CESSATION PROGRAMME AMONG FACTORY WORKERS DURING COVID-19

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Introduction: Non-Communicable diseases (NCDs) also known as chronic diseases are a significant and growing global public health problem. This study aimed to promote health awareness and lifestyle intervention on NCDs at workplaces during the pandemic COVID-19. Methods: A cross-sectional project was conducted among the staff of the chemical industry in Gebeng, Pahang from August 2020 to February 2022. All staff were invited via email. There were divided into several groups according to their shift work. They were required to respond to the e-questionnaire prior to blood investigations. The virtual education seminars on NCDs were performed. All smoker staff were invited to enrol in a smoking cessation programme for 6 months. Both behavioural and pharmacotherapy were given via physical and virtual clinic followup. Results: 286 participants came for blood screening and 99 of them responded to the health screening questionnaire e-form. Most participants were Malays (98%), male (72%), and aged between 31 to 40 years old (39%). There was 50% obesity, 12% active smokers, 88% dyslipidaemia, 33% hyperuricemia, and 6% abnormal HbA1c. In the intervention phase, 14 participants enrolled in a smoking cessation programme with a guit rate of 85% in 6 months. Conclusion: Most of the workers suffered from NCDs such as obesity, dyslipidaemia, hyperuricaemia, and diabetes mellitus which require health awareness, especially during movement control order of COVID-19. The smoking cessation programme has successfully reduced one of the risk factors of NCDs.