ABSTRACT

The association of the type of occupation and obesity among Indonesian workers based on the 2018 Indonesian Food Barometer (IFB) data

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Background and objectives: Obesity has emerged as one of the global public health challenges. Obesity rates among adults in Indonesia have doubled over the past two decades, including among workers. Obesity among workers can lead to lower productivity and early retirement. Occupational factors have been associated with the prevalence of obesity at the workplace. However, the relationship between occupation type and obesity in Indonesia has not been clarified. Therefore, this study aims to investigate the association between occupation type and obesity among Indonesian workers using data from the 2018 Indonesian Food Barometer (IFB).

Methods: A quantitative cross-sectional study used the secondary data of the 2018 Indonesian Food Barometer (IFB). It included 894 Indonesian (18–64) male and female workers (excluding housewives, students, and retirees). The chi-square test and binary logistic regression were applied to investigate the association between occupation type and obesity based on the Body Mass Index (BMI) ≥ 27 kg/m^2. BMI was calculated based on the subjects' weight and height measurements, while occupation and other sociodemographic factors were determined through interviews.

Results: Around 19.8% of the subjects were obese. There is a significant relationship between the type of occupation and obesity ($p < 0.05$). After controlling for the confounding variables of gender and education level, professional workers have a 2.7 (95% CI: 1.381–5.282) times higher risk of obesity than labour workers.

Conclusion: A professional worker has a higher risk of obesity than a labour worker. Thus, the obesity prevention at workplace should be focused on professional workers.

Keywords: Indonesian Food Barometer, Obesity, Occupation, Worker

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