GIH THE SWEDISH SCHOOL OF SPORT AND HEALTH SCIENCES

HEALTH PROMOTION DEVELOPED BY HPI SINCE 1976

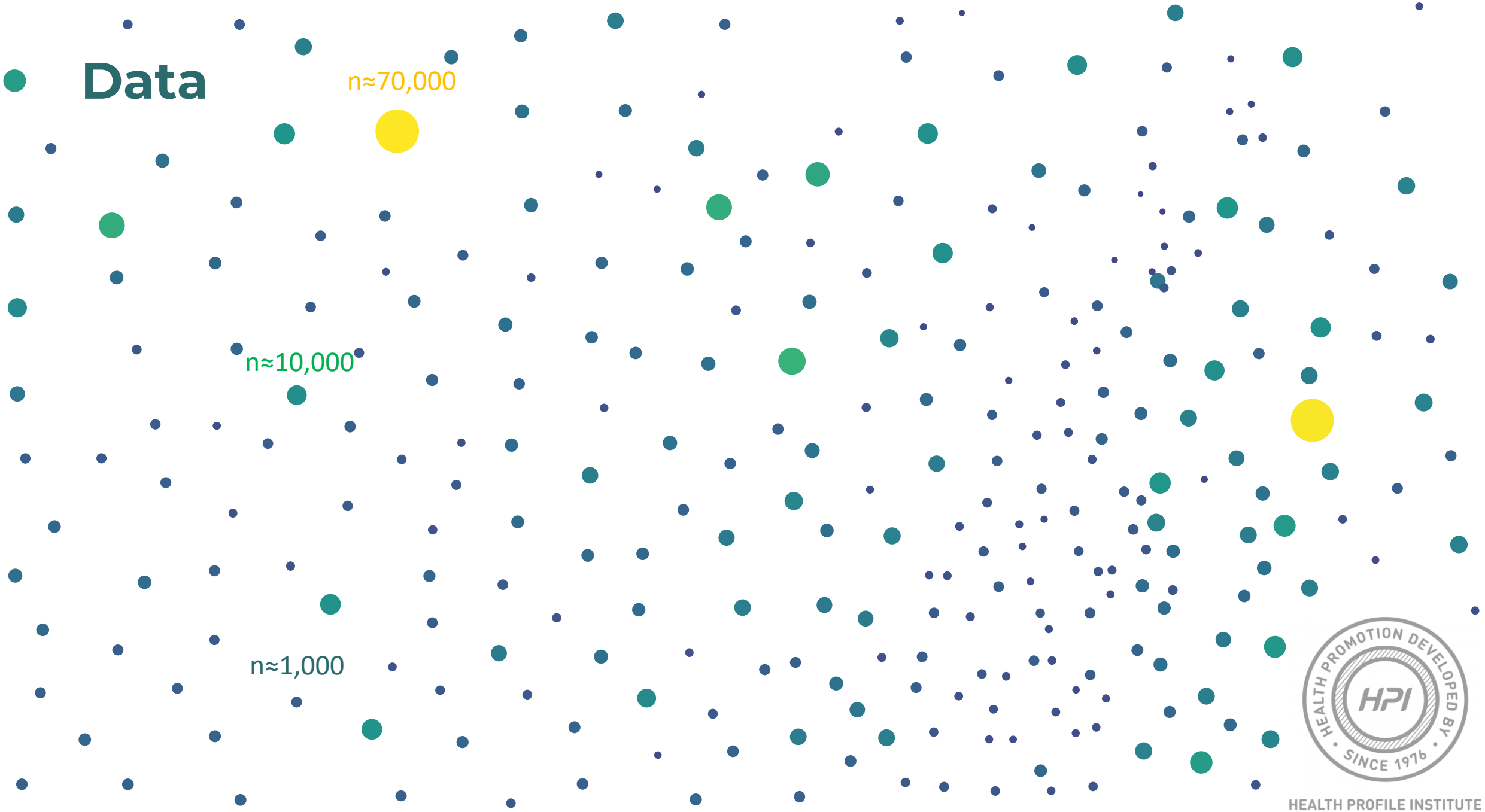
HEALTH PROFILE INSTITUTE

Kondition, fysisk arbetsbelastning och livsstilsrelaterade faktorer i yrkesgrupper

Företagshälsovårdsdata i forskning

Daniel Väisänen

Data



HEALTH PROMOTION DEVELOPED BY HPI SINCE 1976

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Data

Hälsoprofilbedömning - Metod som kombinerar

- Questionnaire
- Physiological tests
- Interview with test leader

HEALTH PROMOTION DEVELOPED BY HPI SINCE 1976

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Data

Health Profile Assessments - Method combining

- Questionnaire
- Physiological tests
- Interview with test leader

Questionnaire
Physical activity pattern
Other lifestyle variables
Perceived health and symptoms

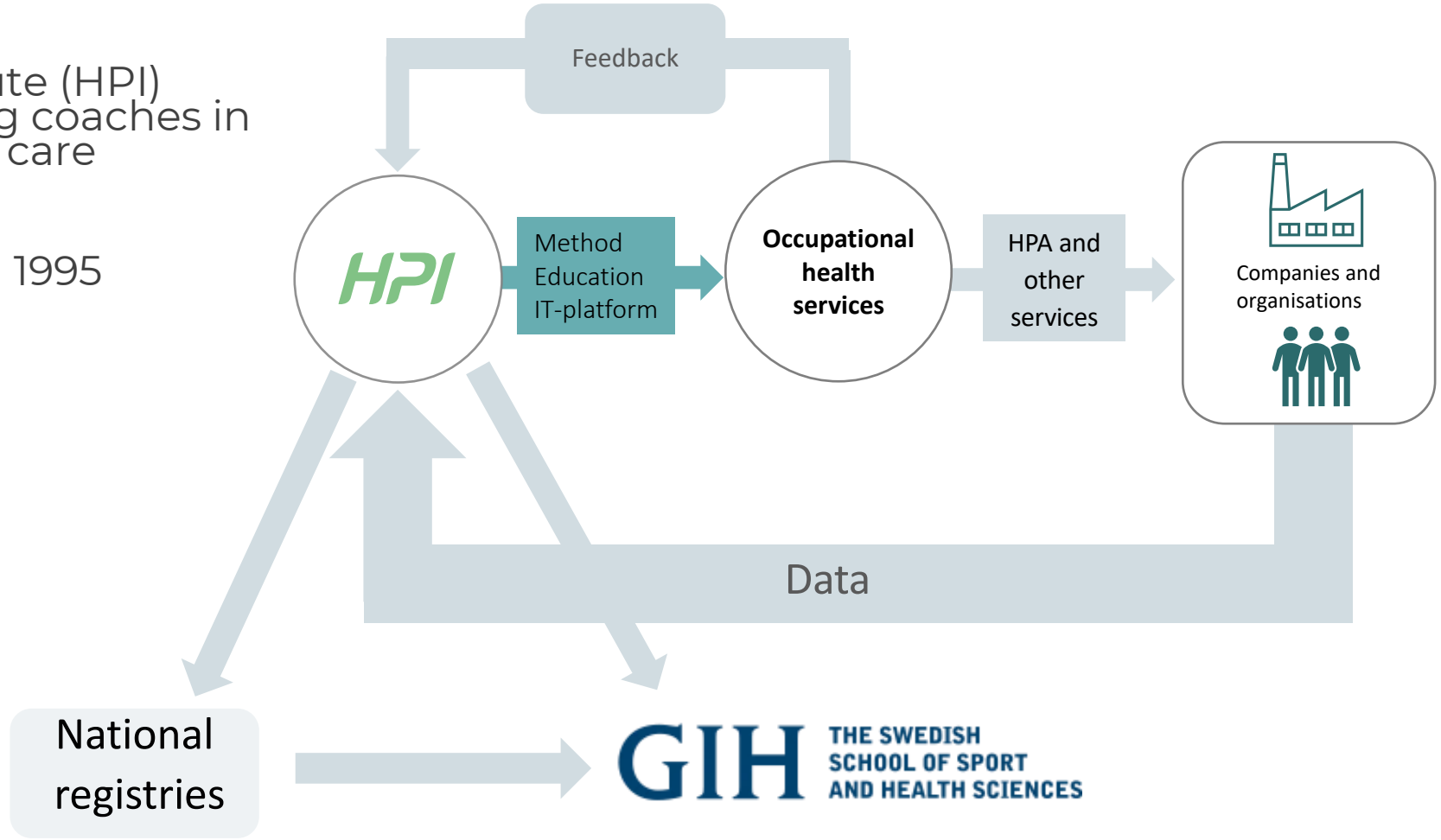
Physiological measurements and tests
Cardiorespiratory fitness (Åstrand test)
Blood pressure
BMI

Register data
Cardiovascular disease (National Board of Health and Welfare)
Sickness absence (Swedish Social Insurance Agency)
Occupational codes (Statistics Sweden)

Data

Health profile institute (HPI)
Started 1976, training coaches in occupational health care companies

Central database in 1995



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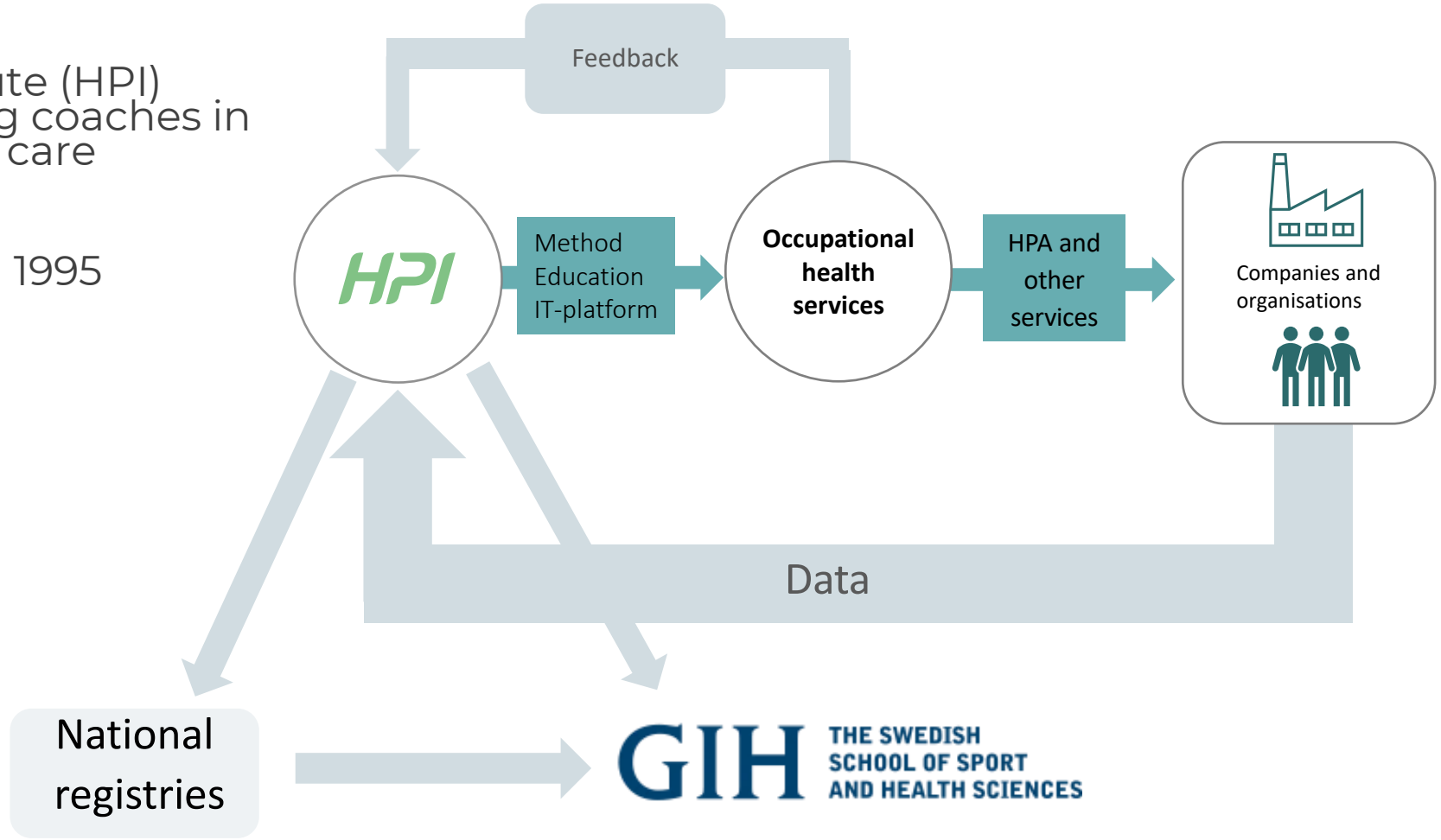

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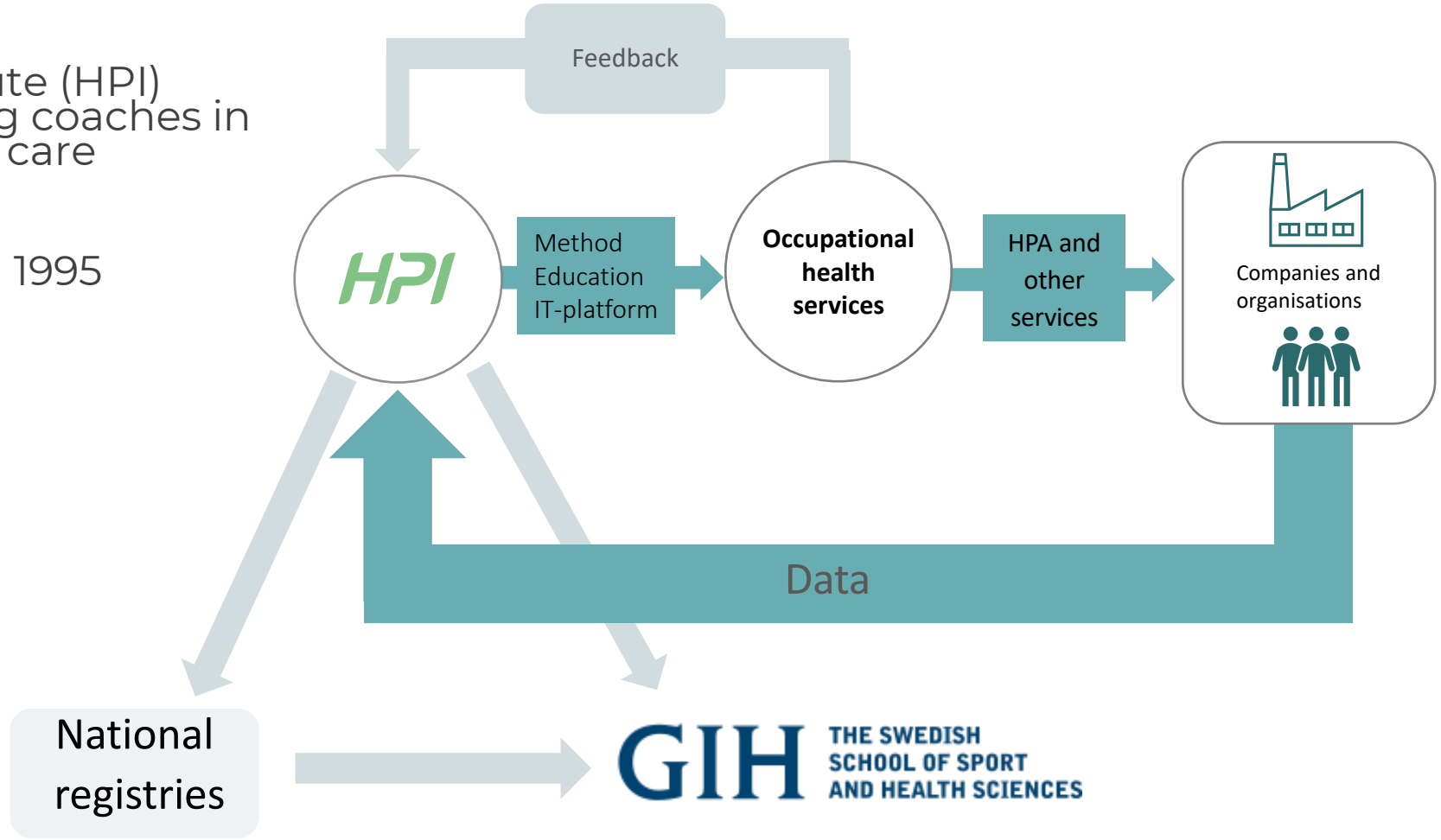

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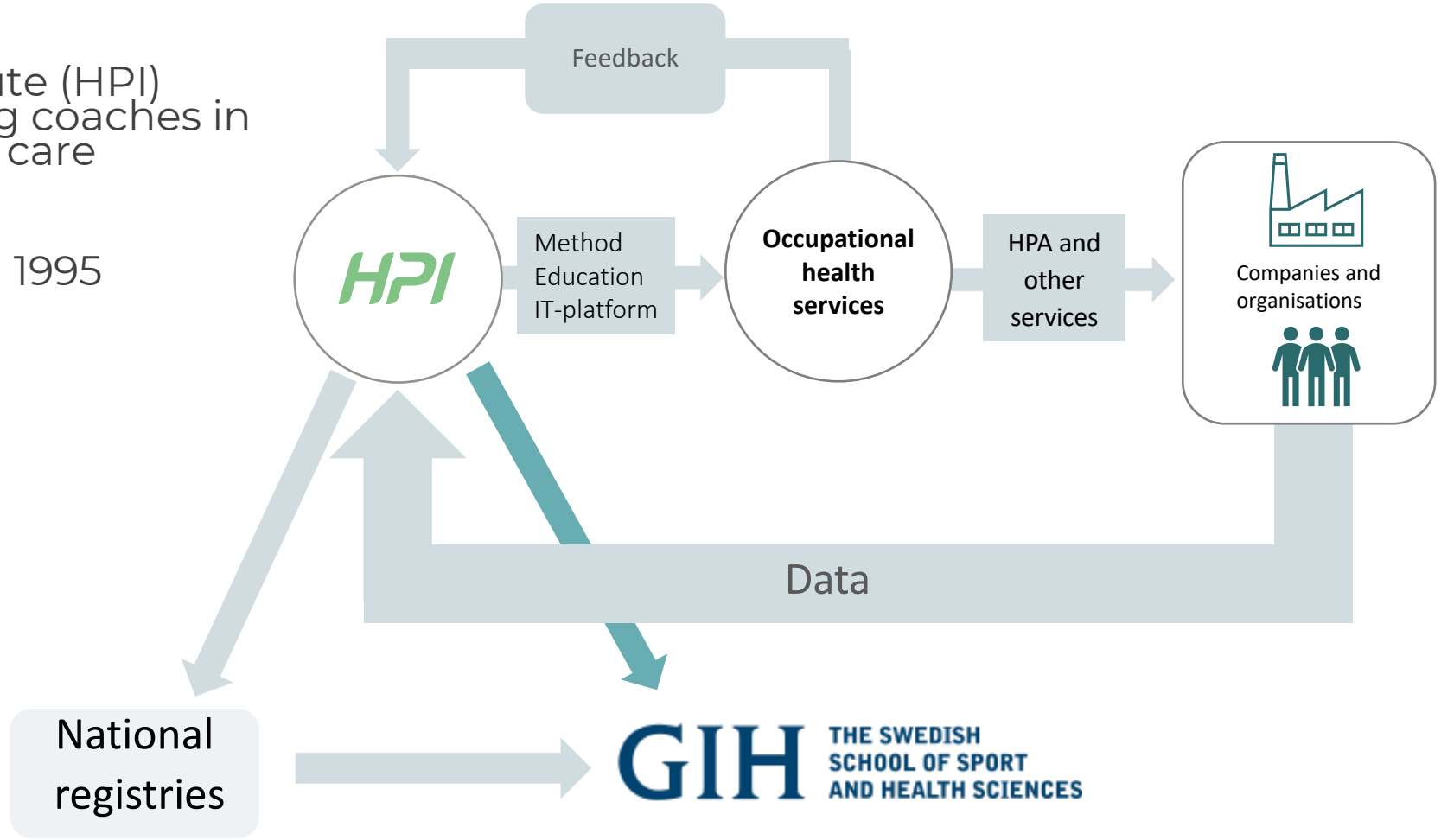

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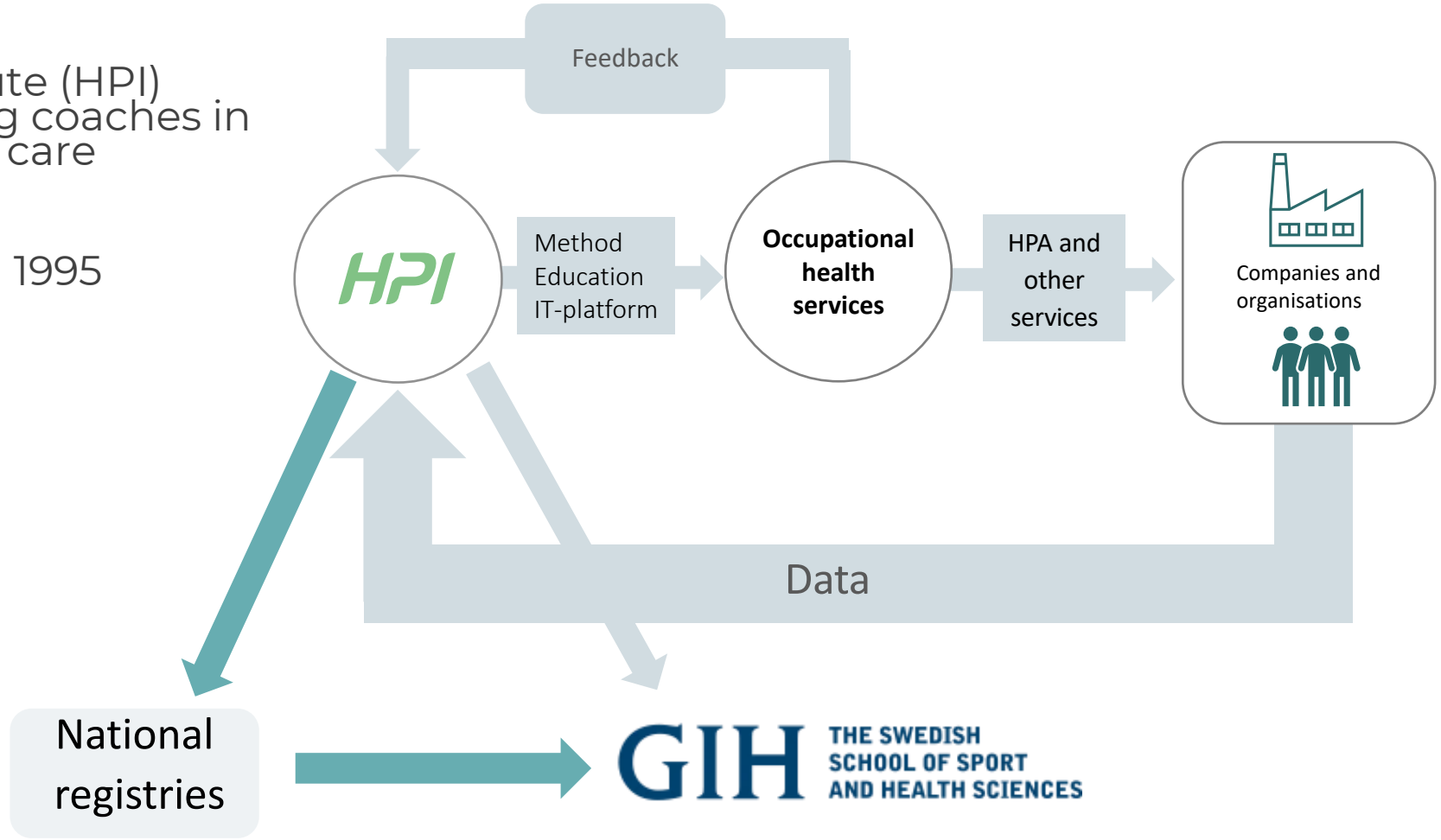

Paper I

Väisänen D, Kallings LV, Andersson G, Wallin P, Hemmingsson E, Ekblom-Bak E. **Lifestyle-associated health risk indicators across a wide range of occupational groups: a cross-sectional analysis in 72,855 workers.** BMC Public Health. 2020 Nov 4;20(1):1656.

Identifiera livsstilsfaktorer I olika yrkesgrupper

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Kopplat till patientregistret för att undersöka hjärt och kärlssjukdom

Paper IV

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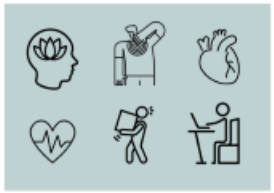

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Undersöka sekulära trender I kondition

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Design and characteristics

Cross-sectional observational study

Lifestyle-related risk factors

- No regular exercise
- High sitting in leisure
- Physically demanding work
- High sitting at work
- Daily smoking
- Poor diet
- Poor perceived health
- Low Cardiorespiratory fitness
- Obesity
- Hypertension

Year: 2014-2019

Participants: 72,855

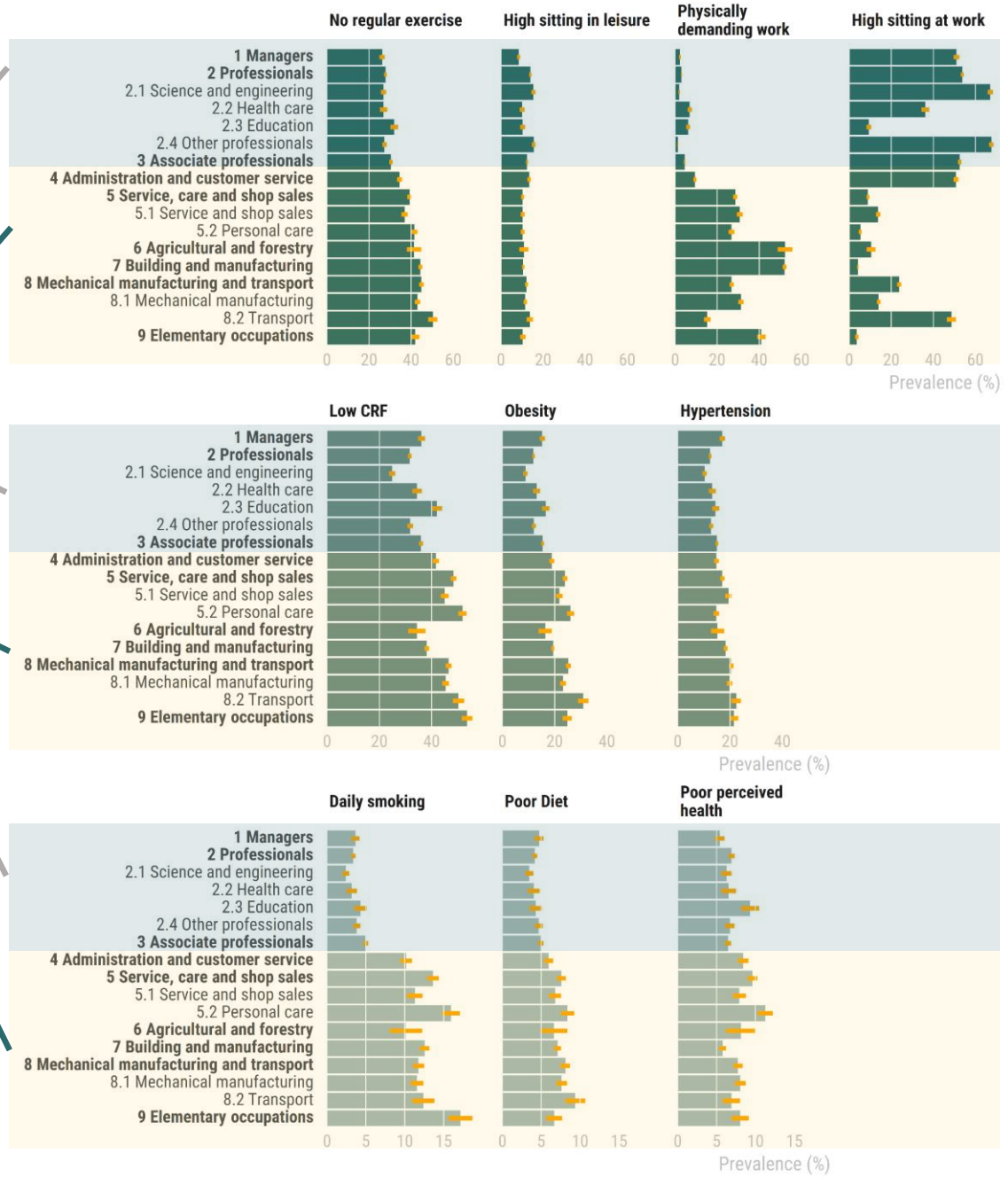
Men: 59%

Results

Prevalence of lifestyle related health risk factors

White-collar high-skilled

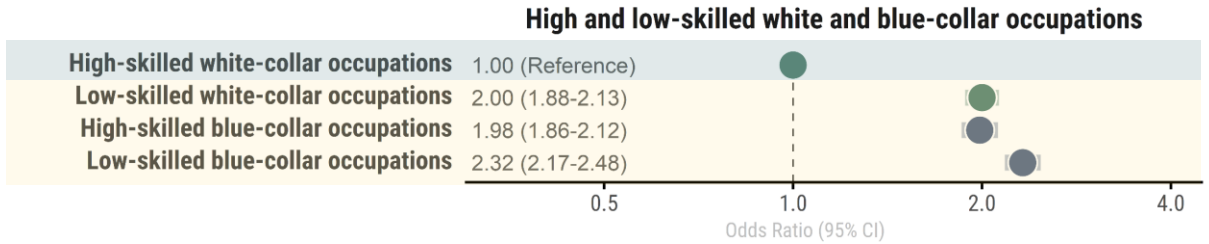
Blue-collar and low-skilled



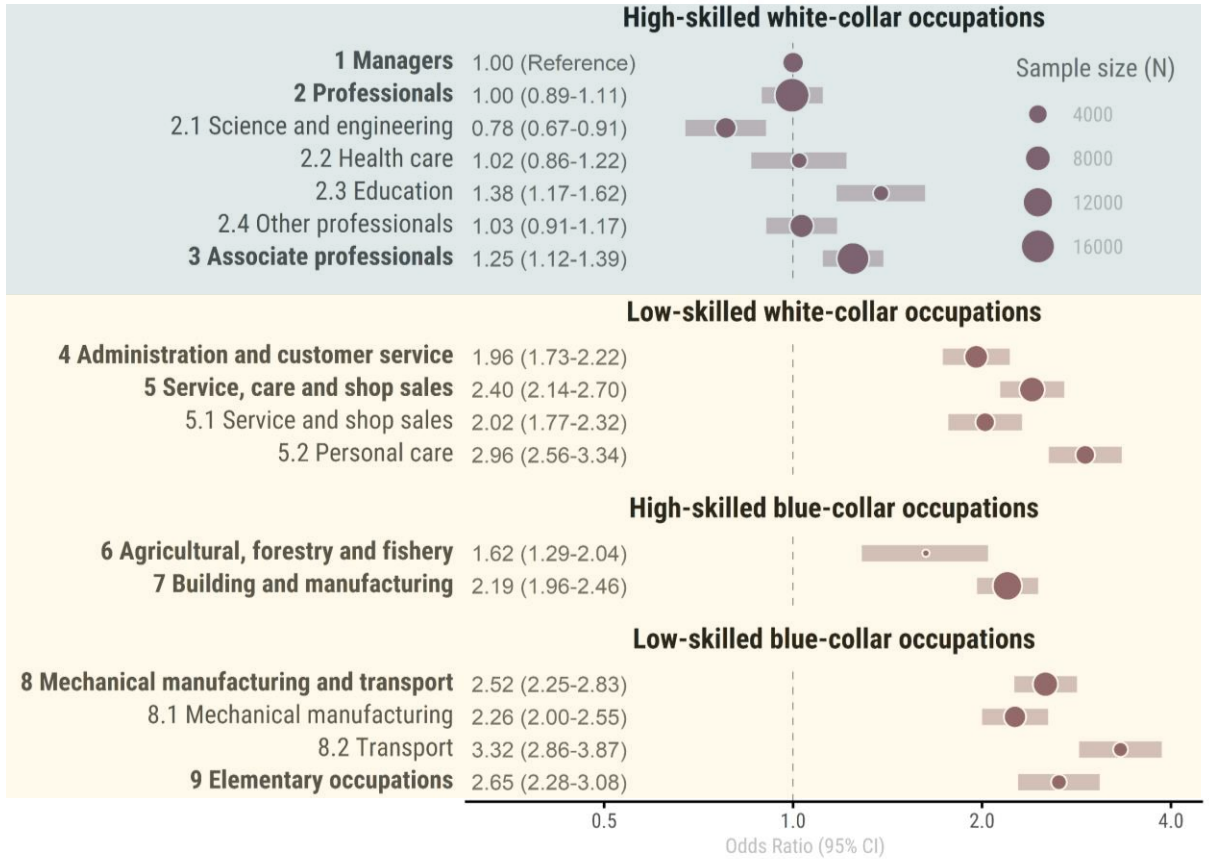
Results

Clustered risk of 3≥ health risk factors.

A



B



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Undersöka sekulära trender I kondition

Design and characteristics

Cross-sectional

Secular trends

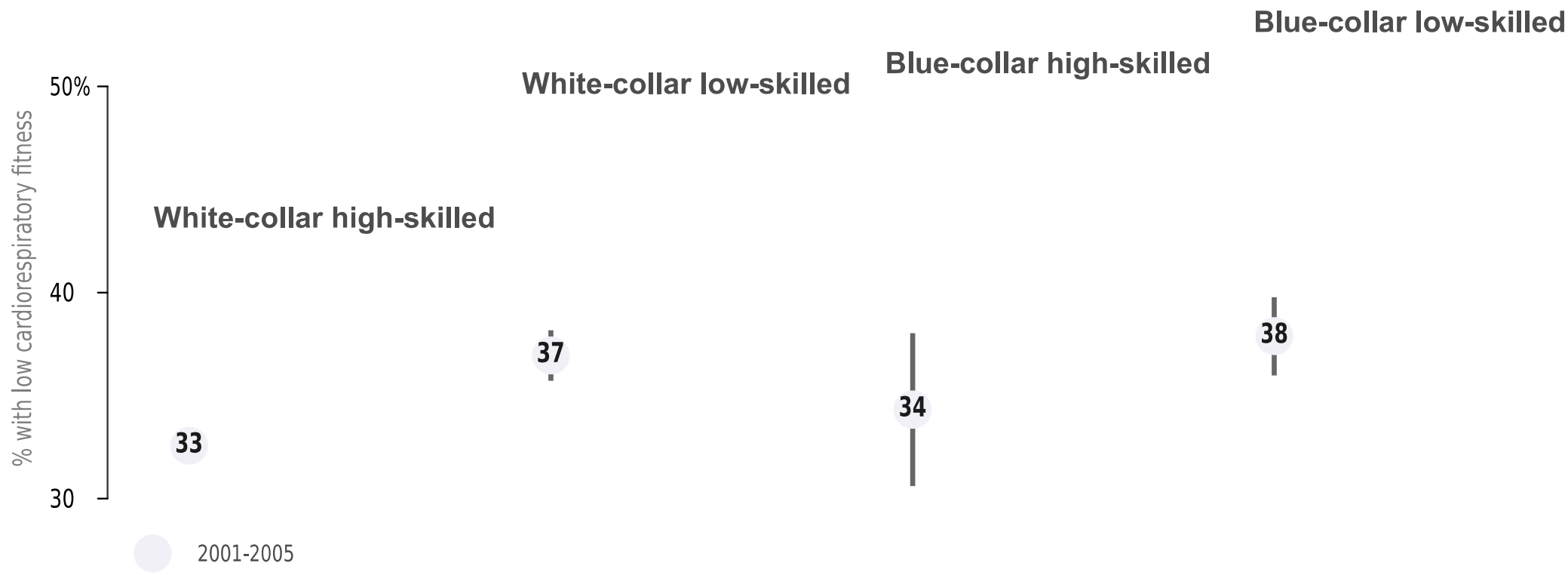
Estimated VO_2max

Åstrand test

Years: 2001 to 2020
Assesments: 516,122

Results

Proportion with, and relative change of proportion with low cardiorespiratory fitness (<32 ml/min/kg)



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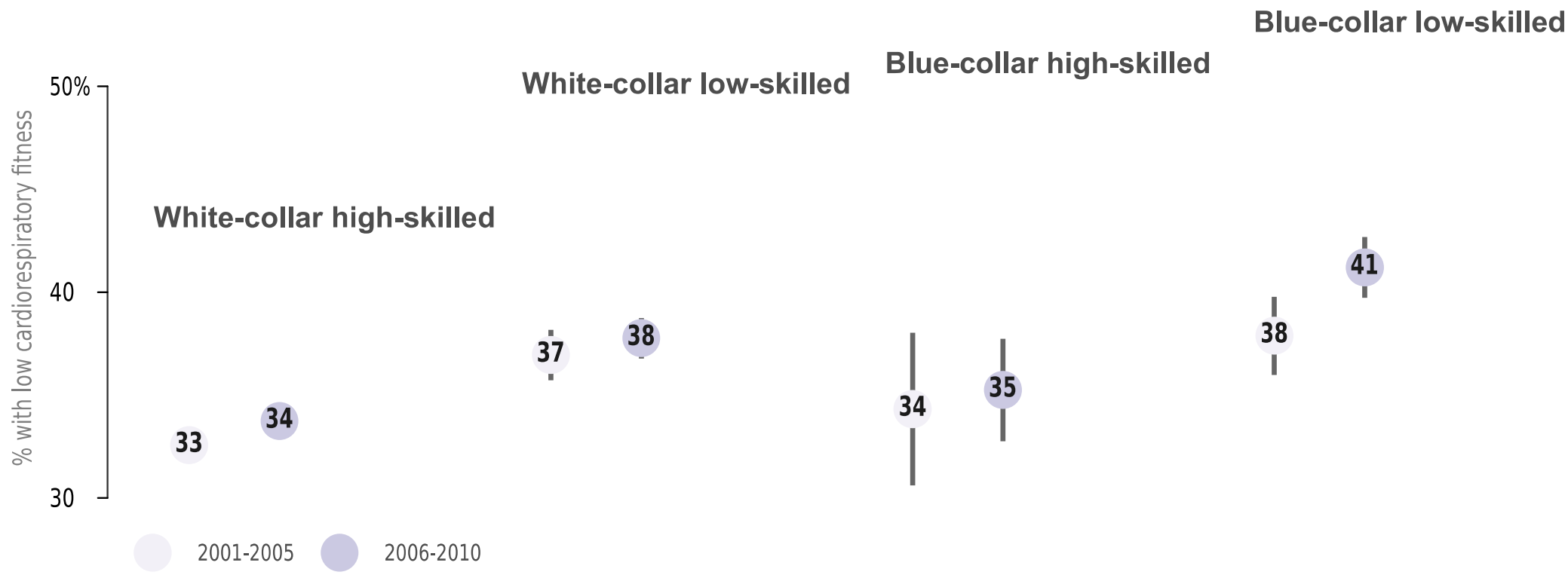

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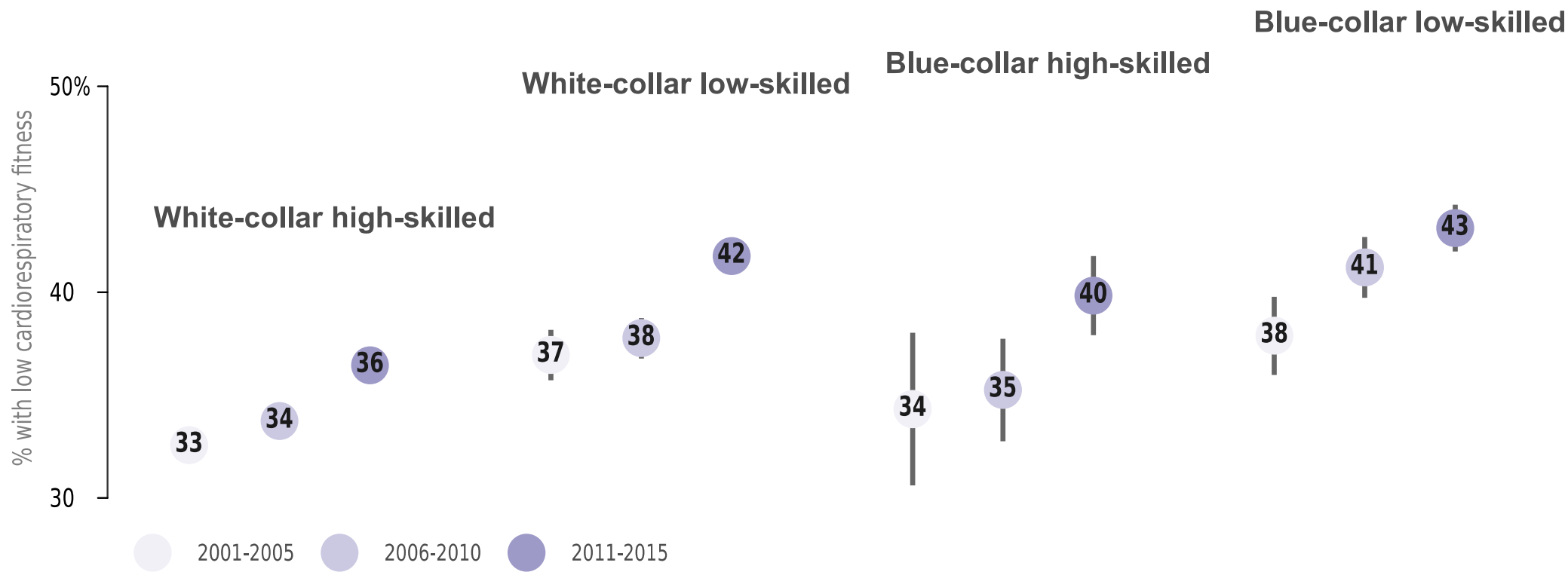

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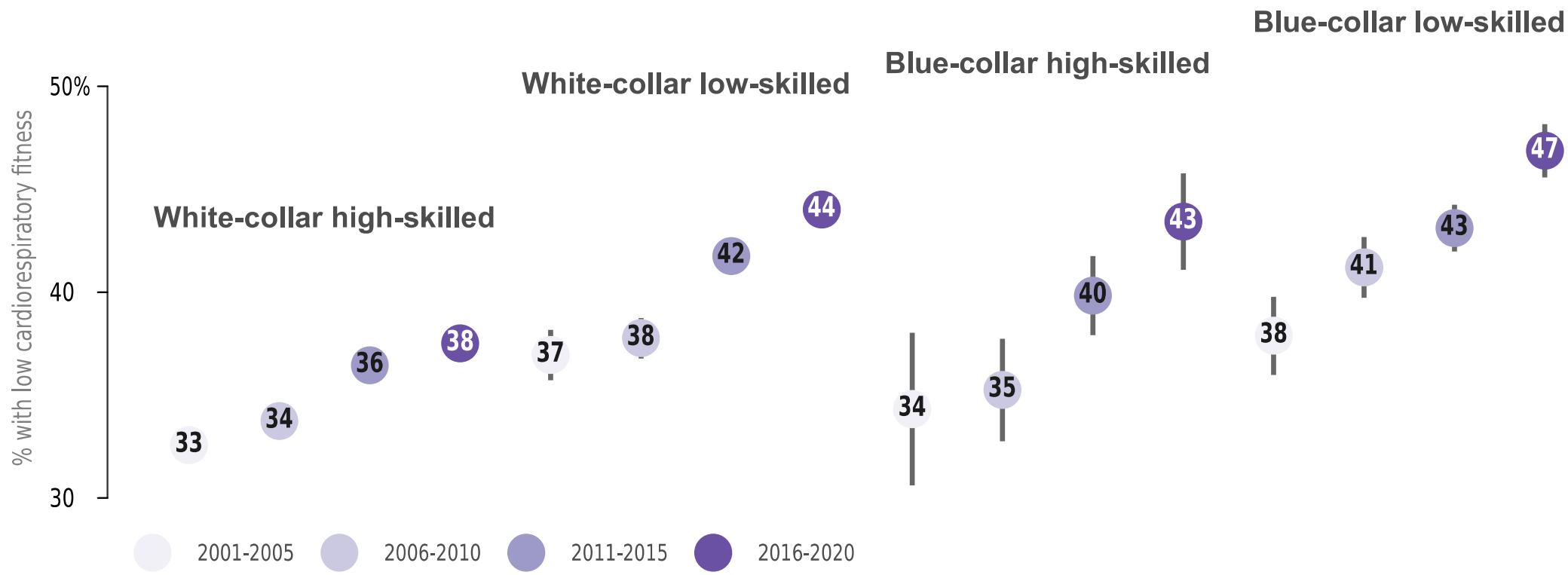

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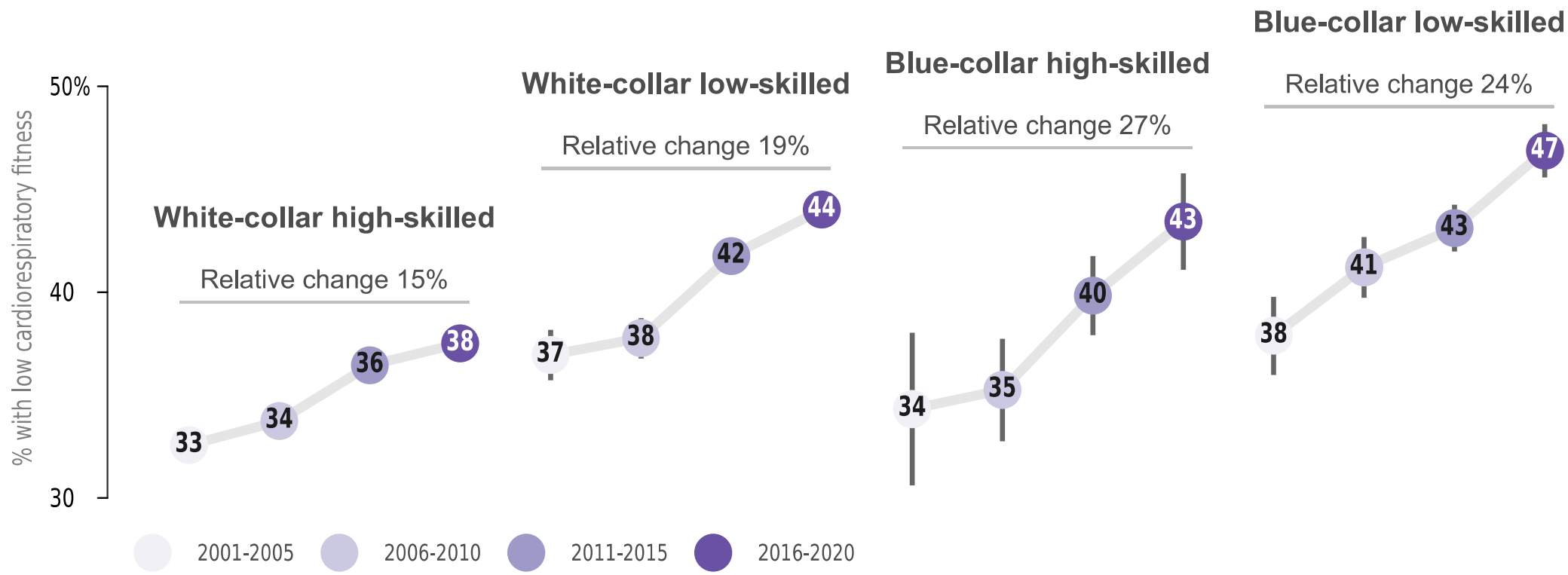
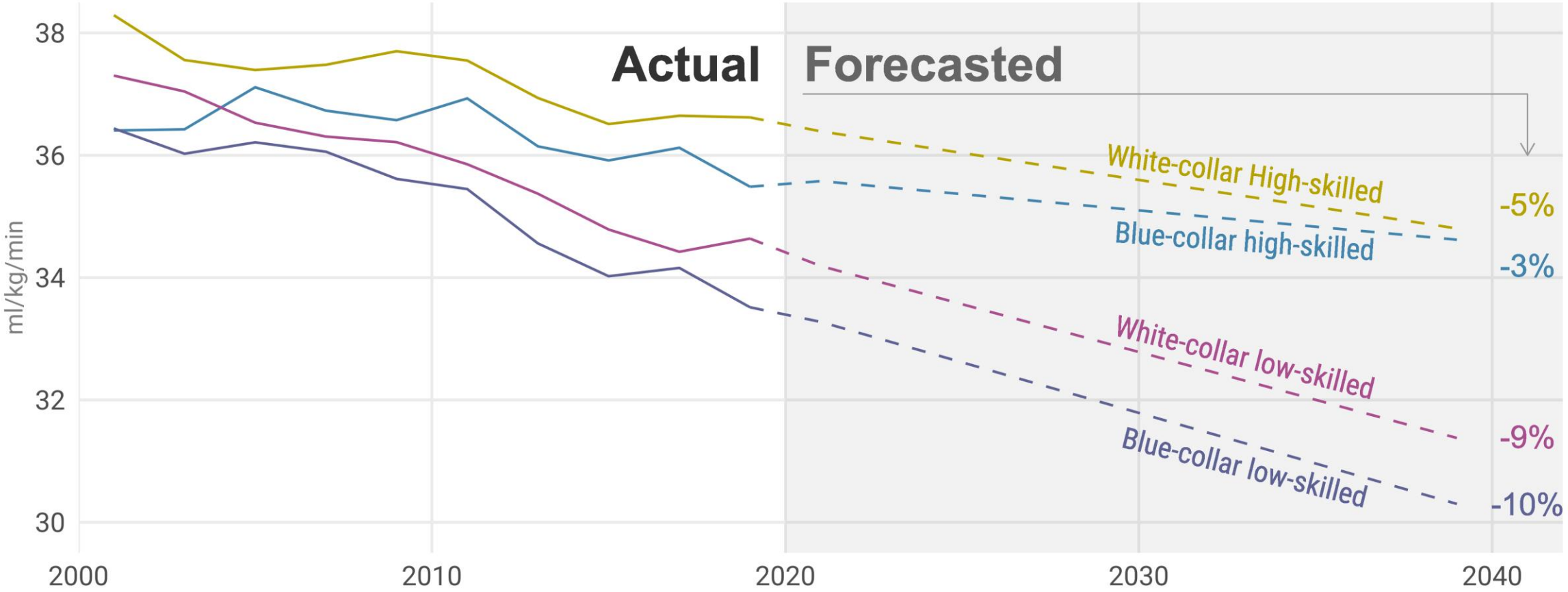


Results

Trends in fitness in occupational groups and future forecast



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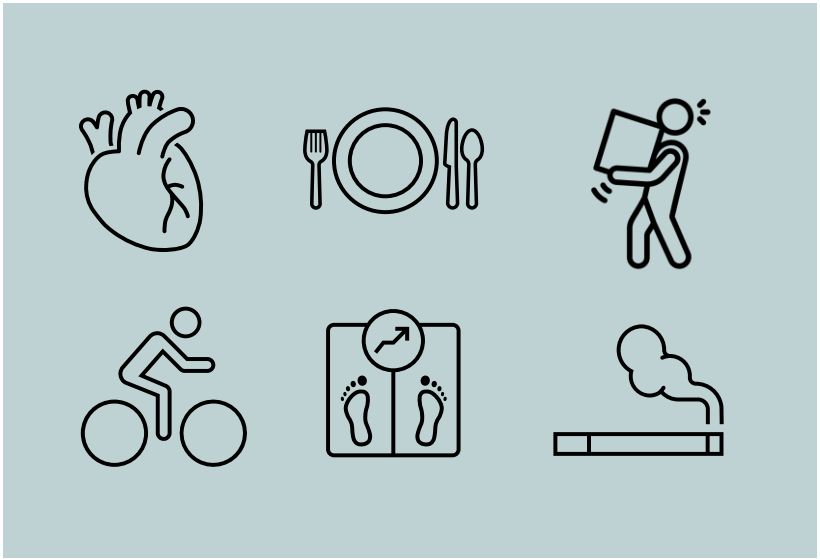


Design and characteristics

Cohort-study

Exposure: Occupation
Outcome: Cardiovascular disease

Mediatiors:
Cardiorespiratory fitness (ml/min/kg)
Cardiorespiratory fitness (ml/min/m^2)
BMI
Smoking
Exercise
Diet

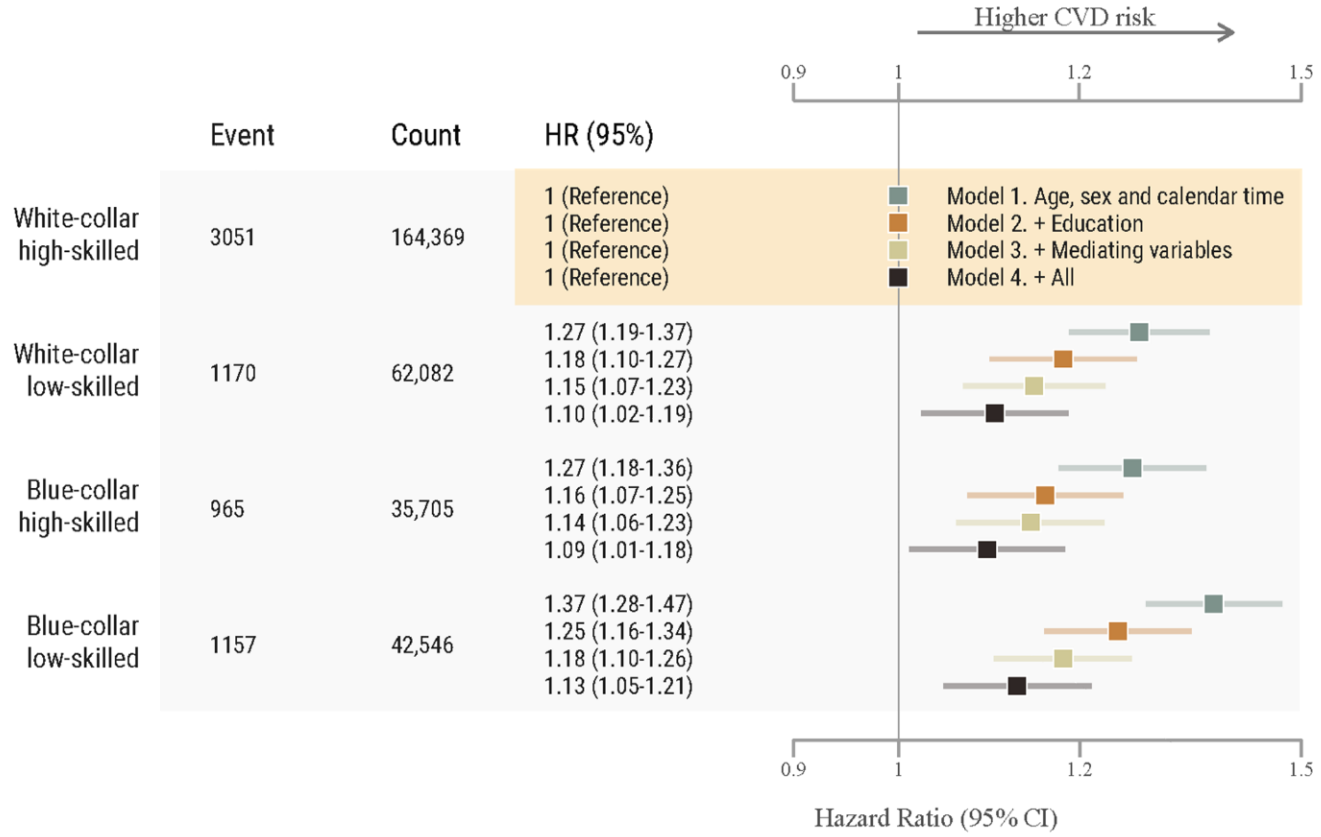
Participants: 304,702

Age: 42.5 years (18–75)

Women: 47%

Results

Associations between occupational group and cardiovascular disease



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Kopplat till patientregistret för att undersöka sjukskrivning

Design and characteristics

Cohort study

Inclusion criteria:

- Mainly low education occupational groups
- Variation in occupational physical workload

Exposure: Occupational groups

Outcome: Sickness absence in

- Psychiatric
- Musculoskeletal
- Cardiorespiratory

Year: 1982-2020

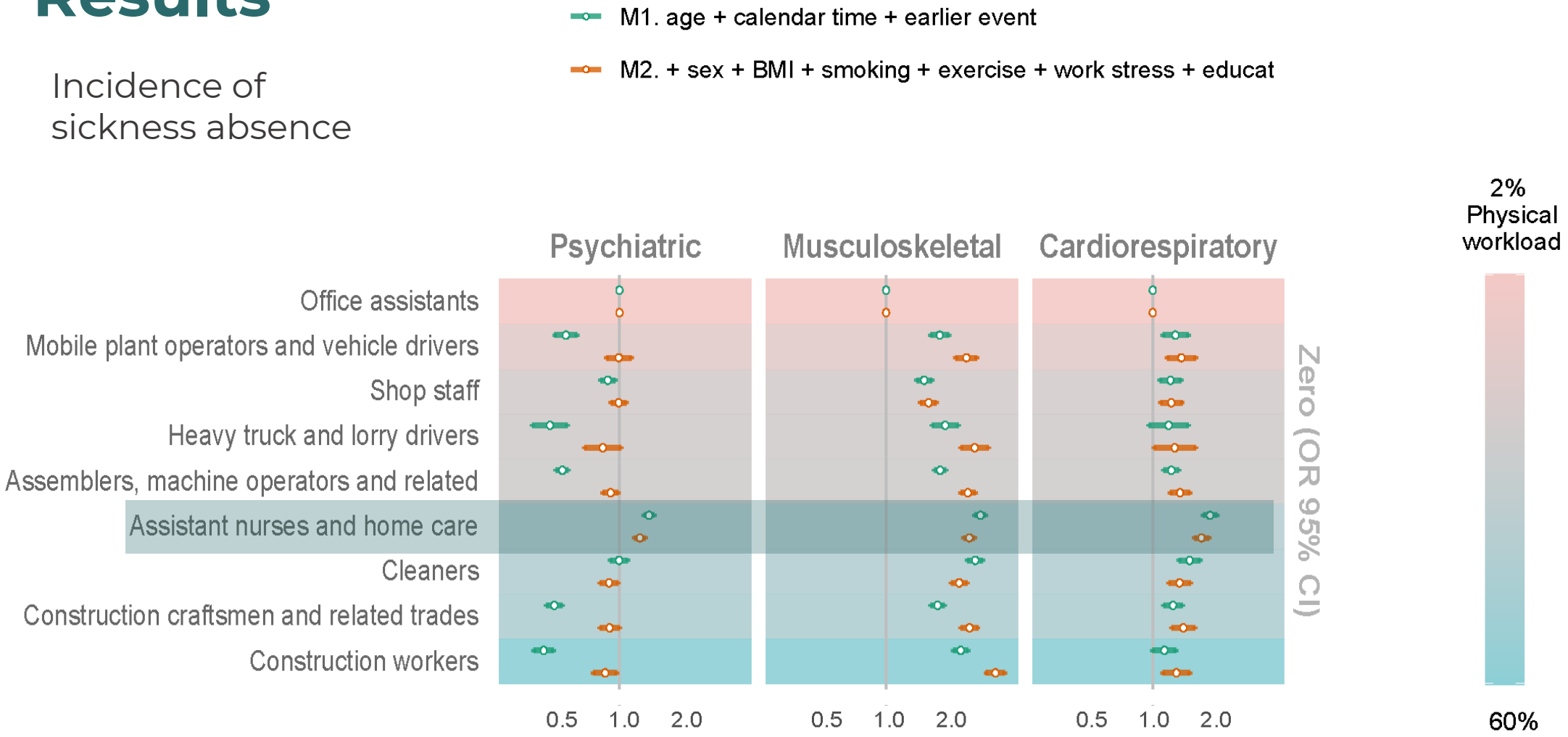
Participants: 77,366

Incidence rate: 31%

Sick days: 4,852,589 during a median of 10.8 years

Results

Incidence of
sickness absence



Konklusion

Data från företagshälsovården är användbar för forskning på den arbetande befolkningen

Efter etiskt godkännande är det fritt fram att använda registerdata

Det handlar om stora mängder data där det finns stora möjligheter att studera olika forskningsämnen.

Thank you


GIH
FORTE
HPI
Thank you
Supervisors
Occupational health care companies and health coaches