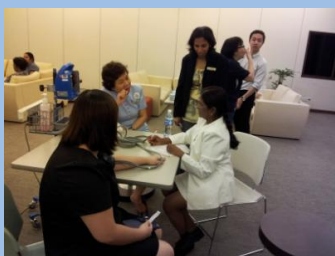


Aim(s)

KK Women's & Children's Hospital (KKH) conducts staff health screening annually. Health screening consists of measurement of height, weight, blood pressure, fasting lipid panel & glucose. Our aim in health screening is for early detection, prevention and timely intervention of major diseases such as heart attack, diabetes and hypertension. We analysed KKH staff's health demographic based on health screening 2013 result to determine the health status of KKH staff.

Methodology

4425 staff were invited to participate in the annual health screening via emails, roll calls, etc. The screening took place from 1 Oct to 31 Oct 2014. Fasting glucose and lipid, BMI, blood pressure were obtained and an online questionnaire was used to evaluate the general health status of the staff including: medical history, physical activity, dietary practices, perceived level of stress, hobbies, etc.



Participant checked their blood pressure

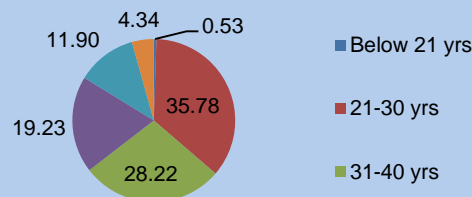


Participants measure their height and weight

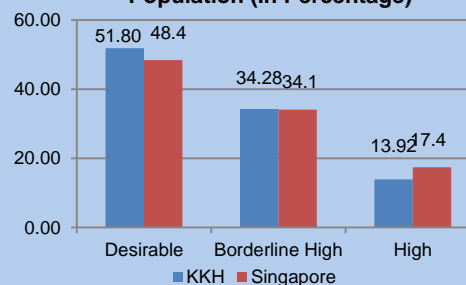
Result

3103 out of 4425 staff (70%) participated in the health screening 2013. 13.9% of staff are at high risk for total cholesterol (Total cholesterol ≥ 6.2 mmol/L) compare to 17.4% for Singapore population. 2.5% of staff have Fasting glucose ≥ 7.0 mmol/L and 5.25% have fasting glucose > 6.1 mmol/L. 16.4% of staff are at high risk Asian BMI (BMI ≥ 27.5 kg/m²) compare to 23% for Singapore population. For blood pressure, 8.65% of staff are in stage 1 or stage 2 of hypertension (Systolic ≥ 140 mmHg or diastolic ≥ 90 mmHg) compare to 23.5% for Singapore population. 3.9% of staff identified themselves at extremely stress category.

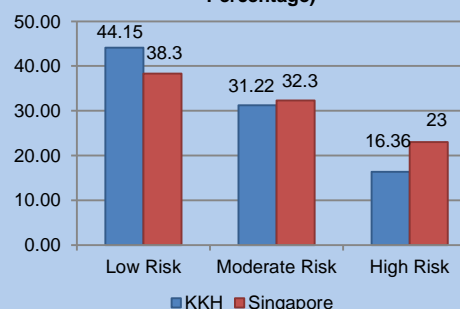
Age Profile of Health Screening Participants (%)



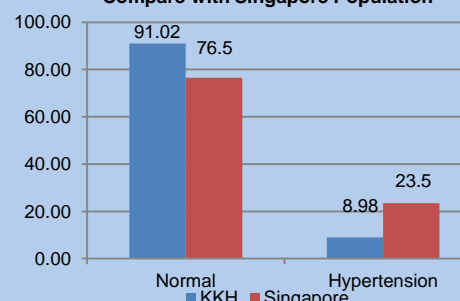
Cholesterol Level of KKH Staff Compare With Singapore Population (In Percentage)



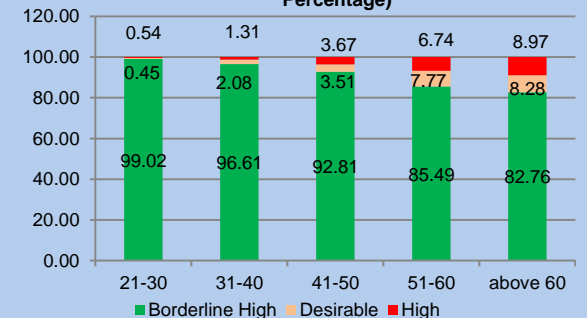
BMI Risk Level of KKH Staff Compare With Singapore Population (In Percentage)



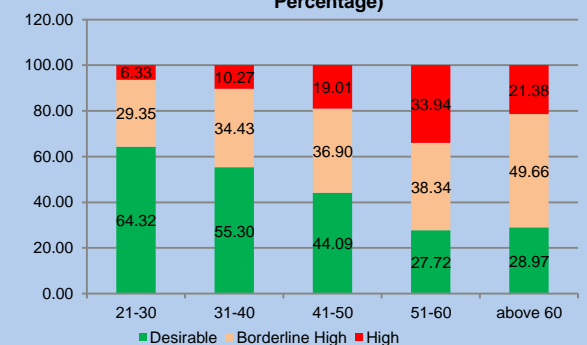
Blood Pressure Level of KKH Staff Compare with Singapore Population



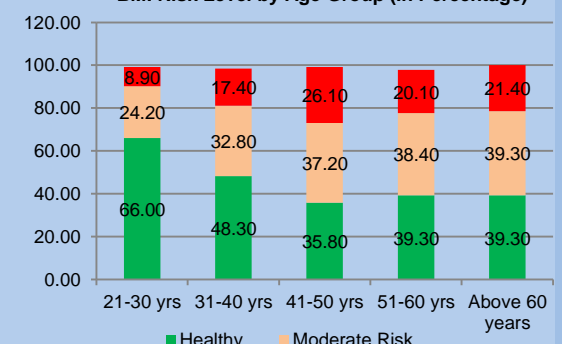
Glucose Level Category By Age Group (In Percentage)



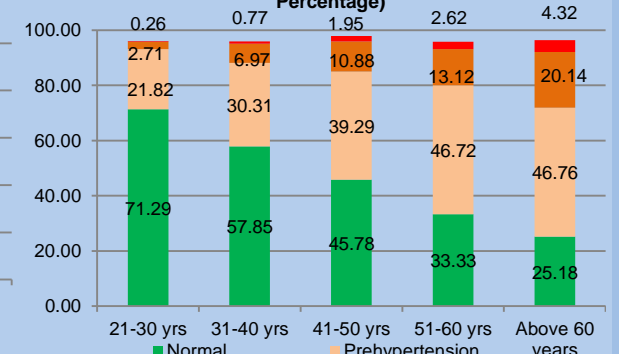
Cholesterol Level Category By Age Group (In Percentage)



BMI Risk Level by Age Group (In Percentage)



Blood Pressure Category by Age Group (In Percentage)



Conclusion

We identified total cholesterol level and BMI as 2 main parameters that need intervention due to high percentage of high risk category (13.9% and 16.4% respectively). We need to focus the intervention at age group 41 years and above as they have significant increase in risk level. Further study can be done in term of awareness, education and pharmaceutical research to tackle this growing health problem.