

## **A51 Changes of physical activity among healthcare workers after HEAL@work intervention programme in selected government hospitals, Kuala Lumpur**

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Obesity has been recognised as a global problem occurred recently due to lack of physical activity and sedentary lifestyle. Obesity is generally the result of imbalance between energy intake and energy expenditure. The aim of the study is to determine the changes of physical activity levels among healthcare workers after HEAL@work intervention programme for the participants. The present intervention programme - HEAL@work was a quasi-experimental pre-intervention and post-intervention study among healthcare workers in two selected government hospitals in Kuala Lumpur. A total of 33 healthcare workers from the intervention group participated in the 3-month HEAL@work intervention programme, while another 34 healthcare workers from another government hospital were assigned as control group without receiving any intervention programme. The changes level of physical activity for both groups were assessed by using the Global Physical Activity questionnaire (GPAQ). At baseline, a majority of the respondents in the control group (64.8%) was reported to have high physical activity level, but about half of the respondents in the intervention group (45.5%) was classified as having low physical level ( $p < 0.005$ ). After completing 3 months of HEAL@work intervention programme, there was a significant change in physical activity levels among intervention group, whereby two of the respondents at low physical activity level (6.1%) have changed to moderate physical activity level (pre-intervention: 45.5%; post-intervention: 39.4%) and the number of respondents who reported to have high physical activity level have increased from 30.3% at pre-intervention to 48.5% at post-intervention. At post-intervention, those who were in the high physical activity level in the control group were found to have decreased in physical activity level, from 64.7% decreased to 58.8%. In conclusion, the findings from this study showed that the HEAL@work programme improved physical activity of the healthcare workers in government hospital.