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## Trends in lifestyle-related health indicators among Belgian workers

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I have no conflicts of interest to disclose

## Aim

Cardiovascular disease and diabetes are growing health problems worldwide.

What is the **evolution of lifestyle-related health indicators** in the last decade in Belgian workers?

Are there differences between **economic sectors**?



## Population

**Workers** that had a health examination by IDEWE, a large Belgian external occupational health service.

**Between 2011 and 2019**

Approximately 190.000 workers yearly



## Methods

Trend analysis by means of **multiple logistic regression models**.

### Outcomes (dependent variables)

- Treatment for hypertension, hyperlipidaemia, diabetes
- Overweight (BMI  $\geq 25$ ) and hypertension ( $\geq 140/90$  mm/Hg), measured during health examination

### Covariates

Calendar year and age

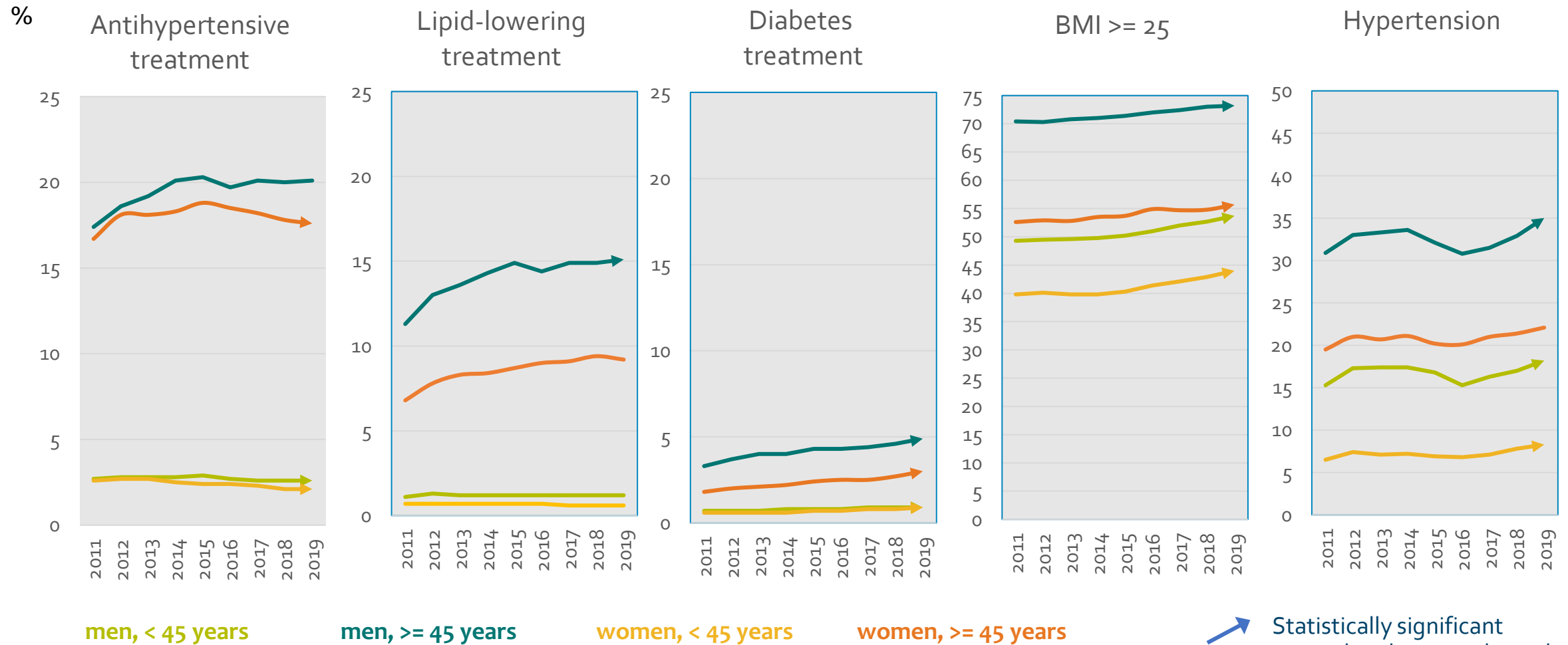
### Stratified for 4 age-gender groups

- men  $< 45$  years, men  $\geq 45$  years, women  $< 45$  years, women  $\geq 45$  years

**Analysis per sector**

# Results

## Trend of lifestyle-related health indicators between 2011 and 2019



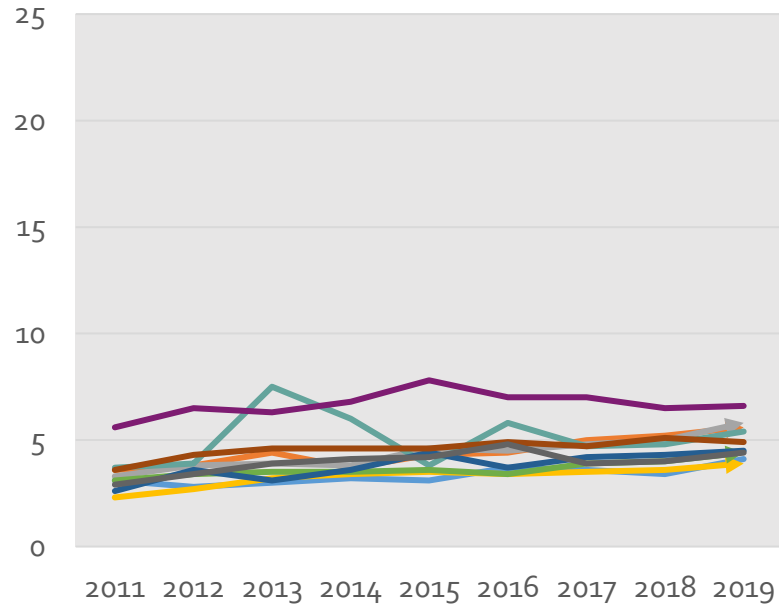
# Results

## What about economic sectors?

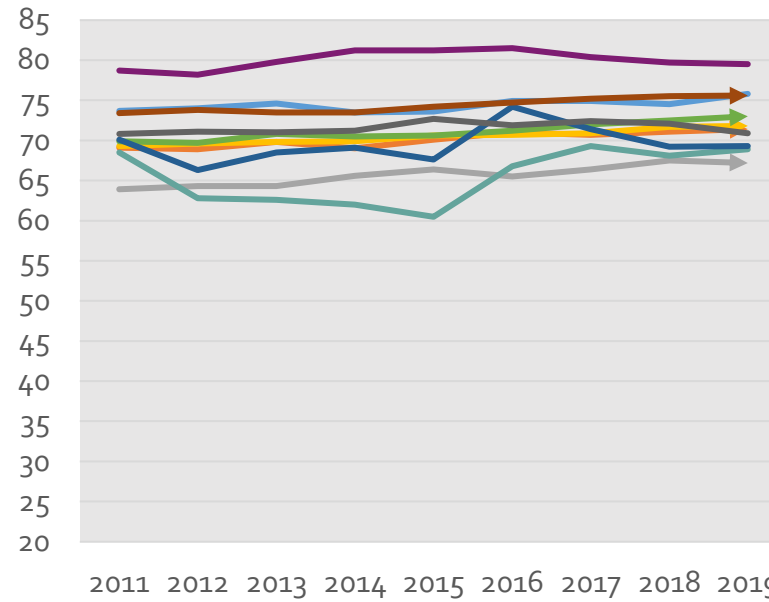


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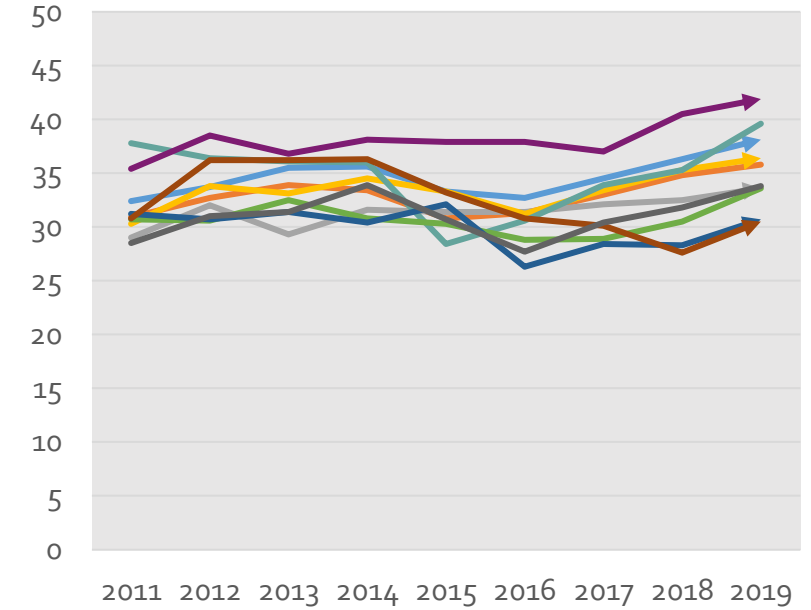
Diabetes treatment  
men  $\geq 45$  years



BMI  $\geq 25$   
men  $\geq 45$  years



Hypertension  
men  $\geq 45$  years



- Construction
- Health care
- Accommodation and food service
- Education
- Other
- Services
- Distributive trade
- Manufacturing
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Statistically significant  
upward or downward trend

# Results



**15 %**

of older (45+) men used **lipid-lowering medication** in 2019.

**Overweight, hypertension and the use of diabetes medication** increased significantly from 2011 to 2019 in Belgian workers.

Since 2011 the prevalence of **overweight, hypertension and the use of diabetes medication** is highest in the **transport** sector.

The use of **lipid-lowering medication** showed a significant increase in men 45 years or older between 2011 and 2019.

The use of antihypertensive medication was slightly decreasing between 2011 and 2019.

**7 %**

of older (45+) men in the **transport** sector was **treated for diabetes** in 2019.

# Conclusion



Analysis of health data collected during follow up of Belgian workers showed a **significantly increasing trend of overweight** and its health consequences: **hypertension, diabetes and dyslipidaemia**.

To counter this evolution, it is necessary to convince employers as well as employees of the importance of a **healthy lifestyle** and of the gains that can be made by investing in measures that support this.

