

IMPACT OF PROVIDING WORKING LUNCH ON HEALTH: A CASE STUDY IN STICH RIGHT LIMITED FIRM AT TONGI IN DHAKA

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This study was designed to determine the impact of working lunch on employees health in terms of BMI and identify the employees were at risk to develop different disease, with the vision to assist employer and/or authority to take necessary intervention for improvement of health status and reduce risk to develop disease among the employees. It was a cross sectional mixed method study. The study period was from October'10 to October'11 and the intervention was given in a factory with name 'Stich Right Limited (SRL)' which was been selected purposively. All the workers (total of 742) of that factory received the intervention were surveyed. Body Mass Index (BMI) of each worker was calculated both in the base line (October'10) and end line (October'11). The study revealed that during baseline 13.6 percent workers had under-nutrition (according to WHO which classified as workers with BMI less than 18.5) as compared to that of 8.6 percent at the end year. Hence, under-nutrition statuses of the workers were corrected by 4.9 percent. Standard nutritional status (BMI is 18 to 25) improved by 1.5percent. Percent of workers with 'overweight' (BMI is 26 to 30) and 'obese' (BMI greater than 30) status also proportionately increase by 3.2 and 0.3 percentage point respectively though the increases were not statistically significant. Further, it was found that, among male employees under nutrition correct by 2.66percent and among female employees under nutrition correct by 6.26. Successful and effective implementation of any intervention through service center (work place) is possible. Employee's positive health, well-being could ensure in work place by the intervention of employer that actually takes a role for increase the productivity of work and employees were able to lead a socially and economically productive life.

BIOGRAPHY

Rafia Rahman working as an assistant professor at University of Dhaka, Bangladesh. After completion of medical graduation, she started profession with national NGO operating 25 districts of Bangladesh. Then worked for different National and international NGO in different position for about seven years. Where her task was mainly to monitoring, supervision, implementation and evaluation of different programs of USAIDs. Also maintained liaison with different government bodies and compliance accordingly donor, government and organization. She organized and provided training for employees and develop manual. Beside compliance with different task provided from institute also she works with UNICEF, SURCH and KOIKA in different research. She has published around 09 papers in reputed journals.

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