

**Women's health
behaviors in terms of
well-being and
maintaining the work
ability**

Survey's results

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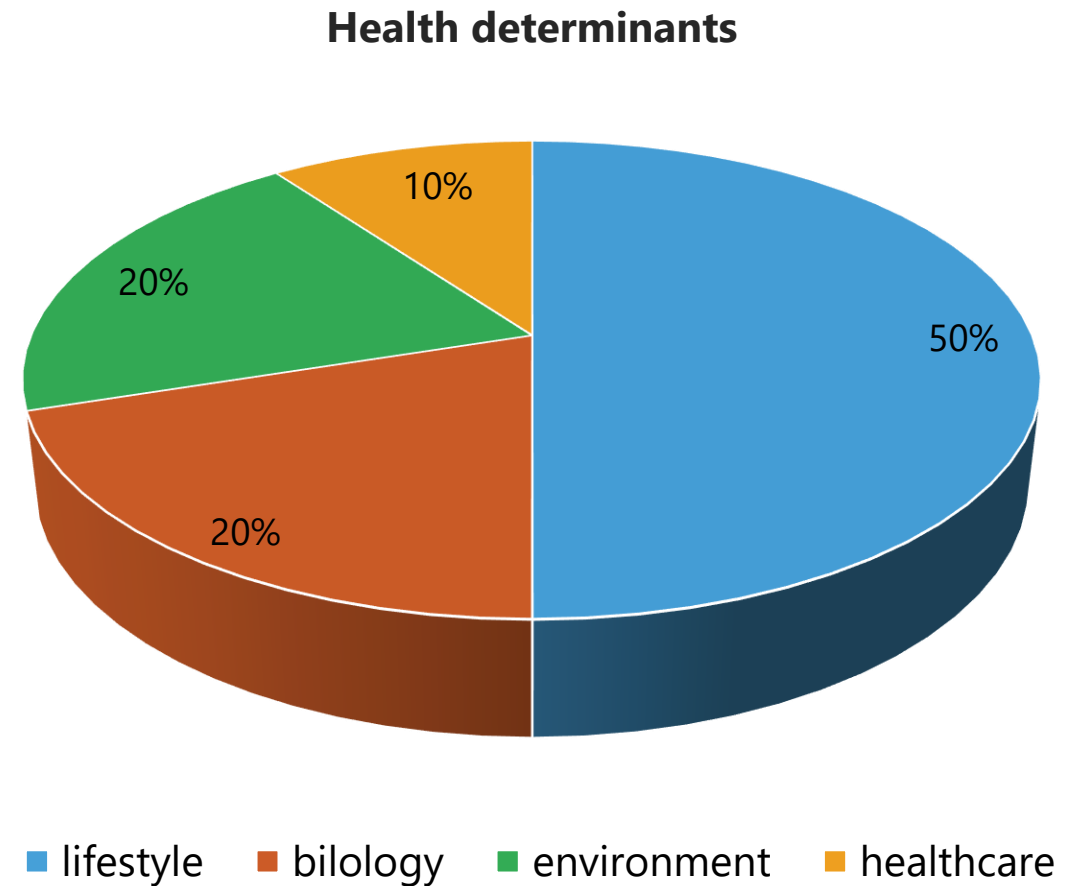
Central Institute for Labour Protection – National Research Institute

Reasons for undertaking research

- **Women are a specific group** of employees due to numerous burdens, both professional work and caring responsibilities for dependent people (mainly children); unlike men, women are more burdened with these responsibilities. Therefore, it may cause (or worsen) various health problems and ailments. The lack of balance between work and life is associated with worse health and less care for health;
- **Women rate their general health** worse than men, and they more often declare the occurrence of chronic diseases and mental health issues;
- **Women play an important role in health education**, both at home and outside it. They are often the first to notice disturbing health symptoms among the immediate family members , encouraging them to undergo appropriate tests;
- **Inappropriate health behaviors** may contribute to the development of various occupational ailments and diseases, which may ultimately reduce the work ability, which is especially important in the context of prolonging working life.

Health and its determinants

Health is a state of complete physical, mental and social well-being and not only the absence of disease or disability (WHO, 1948).

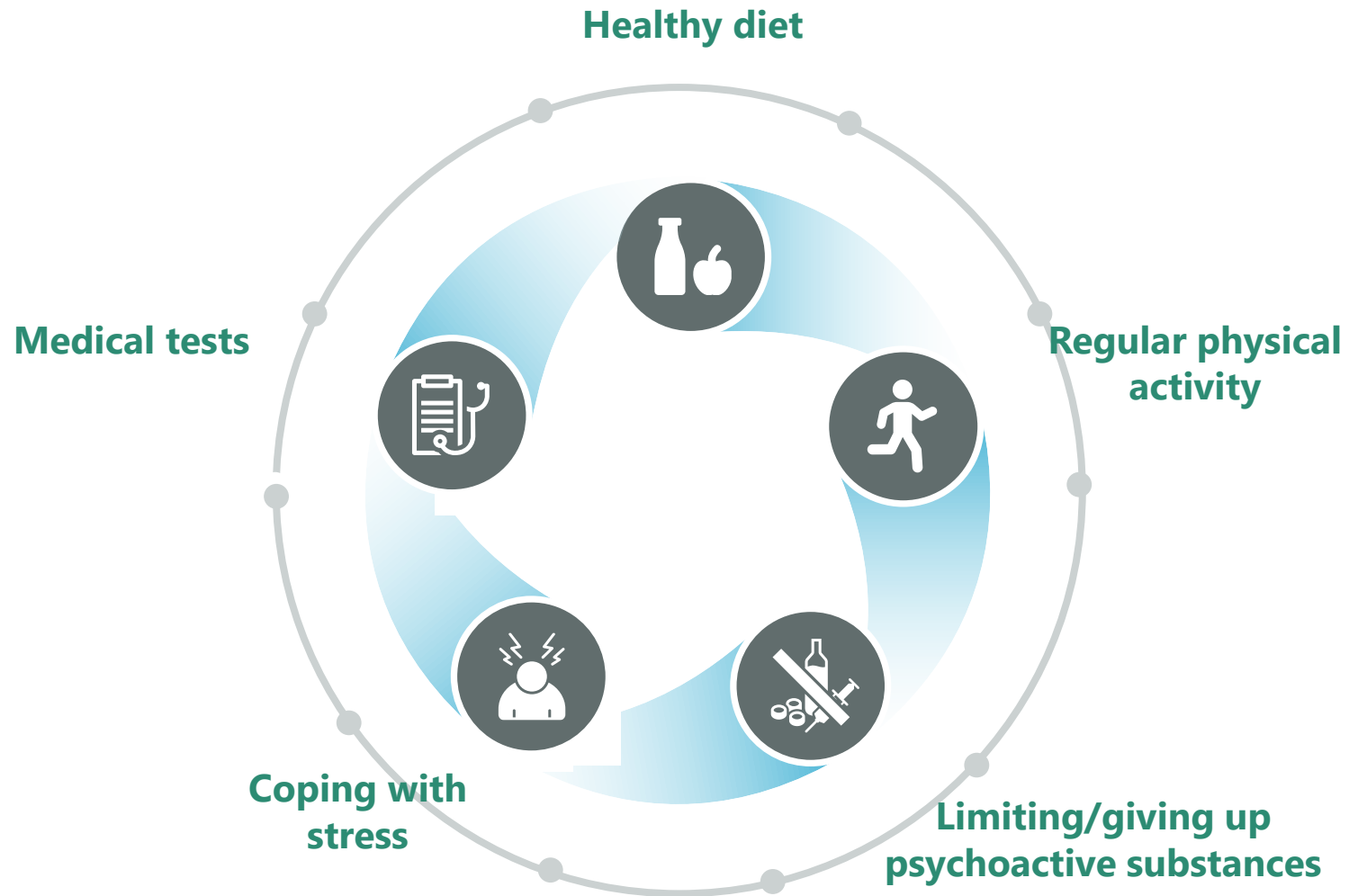


Lalonde, 1974

Healthy lifestyle

„collective patterns of health-related behavior based on choices from options available to people according to their life chances“

Healthy lifestyle areas





Lack of healthy diet



Lack of physical activity



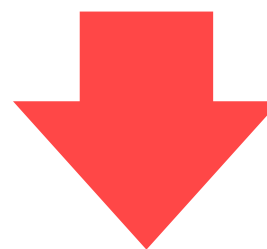
Smoking cigarettes



Excessive alcohol consumption



Hazards in the work environment – physical and psychosocial factors



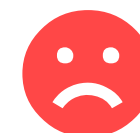
OVERWEIGHT



EXCESSIVE CHOLESTEROL/GLUCOSE



HIPERTENSION



LACK OF WELL-BEING

Our research



The aim of the project

The main purpose of the project is to develop a health education program for women to increase their knowledge and awareness of a healthy lifestyle, and thus maintain their work ability and well-being.

Specific objectives:

- Assessment of women's health-promoting behaviors (including nutrition, physical activity, coping with stress, performing preventive tests) and health-threatening behaviors (including smoking, alcohol and drug abuse),
- Assessment of the relationship between health behaviors and women's work ability,
- Assessment of the relationship between health behaviors and wellbeing of women,
- Identifying the predictors of women's health-promoting behaviors,
- Identifying the needs of women in the field of health education.

CAWI – *Computer-Assisted Web Interview*

- Personal questionnaire developed for the needs of the project, contains personal data and questions about: self assessment of health, care for health and wellbeing, sources of informations about health
- Positive Health Behaviour Scale
- Multidimensional Health Locus of Control scale
- Work Ability Index
- Copenhagen Psychosocial Questionnaire (COPSOQ)
- The World Health Organisation – Five Well-Being Index

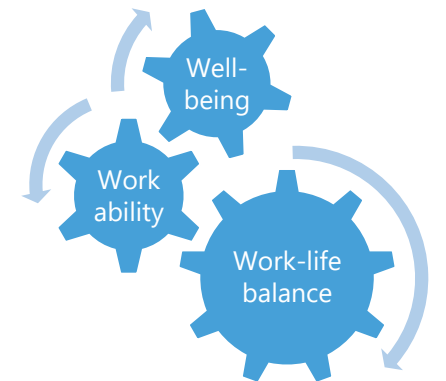


Sample: 927 women aged 18-65, performed physical, mental work and mixed (mental and physical) work.

Selected factors determining women's health behaviors

Based on a review of the literature, including reports on the health of Polish women and men, the following factors determining women's health were selected:

- Demographic and socio-economic factors: age, education, financial situation, having children and other dependents under care
- Health locus of control (internal vs. external)
- The place of health in the hierarchy of values
- Self-efficacy
- Work-life balance
- Type of work (mental/physical/mixed)



Results of study



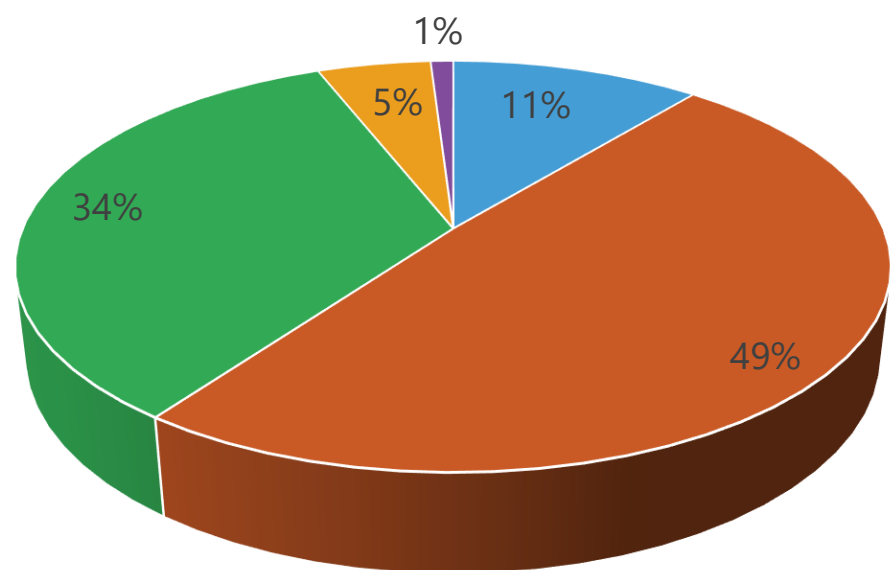
The characteristic of surveyed women

- 23% of the surveyed women lived in villages, 14% in small towns, 27% in medium-sized towns, and 37% in large cities;
- 33% of respondents had higher education, 29% secondary education, 19% vocational education, and 13% post-secondary education, 8% had lower education;
- Nearly 74% of respondents were in a relationship and 66% had children. 19% of the surveyed women took care of a dependent person;
- Nearly 51% of respondents assessed their financial situation as average, and 35% as good;
- 34% of women performed mental work, 33% did physical work, and 33% did mental and physical work;
- 55% of women had normal body weight, 27% were overweight, 14% were obese, 4% were underweight.



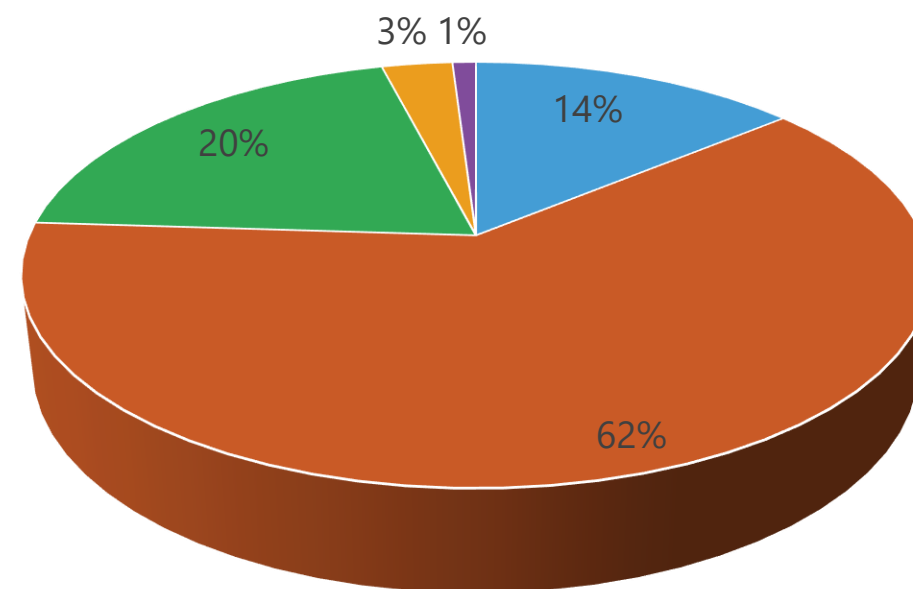
Self-assessment of health an care for health (n=927)

Self-assessment of health



■ very good ■ good ■ so so ■ bad ■ very bad

Self-assessment of health care for health



■ I care very much ■ I rather care ■ so-so
 ■ I rather don't care ■ I don't care

Positive health bahaviors among women by type of work (N=927)

Variable	Total		Mental work		Physical work		Mixed work		$F_{(2;924)}$
	M	SD	M	SD	M	SD	M	SD	
Positive Health Behaviors Scale (0-102 points)	60,30	16,52	63,74	15,26	57,29	17,48	59,75	16,17	12,38***
Nutrition (0-27 points)	14,52	5,64	15,63	5,38	13,56	5,80	14,35	5,57	10,89***
Care for body (0-27 pointes)	16,95	5,59	18,05	5,23	16,10	5,76	16,66	5,61	10,26***
Mental health (0-21 points)	11,22	4,52	11,93	4,39	10,89	4,68	10,82	4,41	5,93**
Safety behaviors (0-15 points)	11,66	3,04	12,10	2,69	11,08	3,26	11,80	3,06	9,51***
Physical activity (0-12 points)	5,94	2,93	6,03	2,89	5,67	2,95	6,12	2,96	2,04

* $p<0,05$; ** $p<0,01$; *** $p<0,001$.

Positive health behaviors among women by age (N=927) (1)

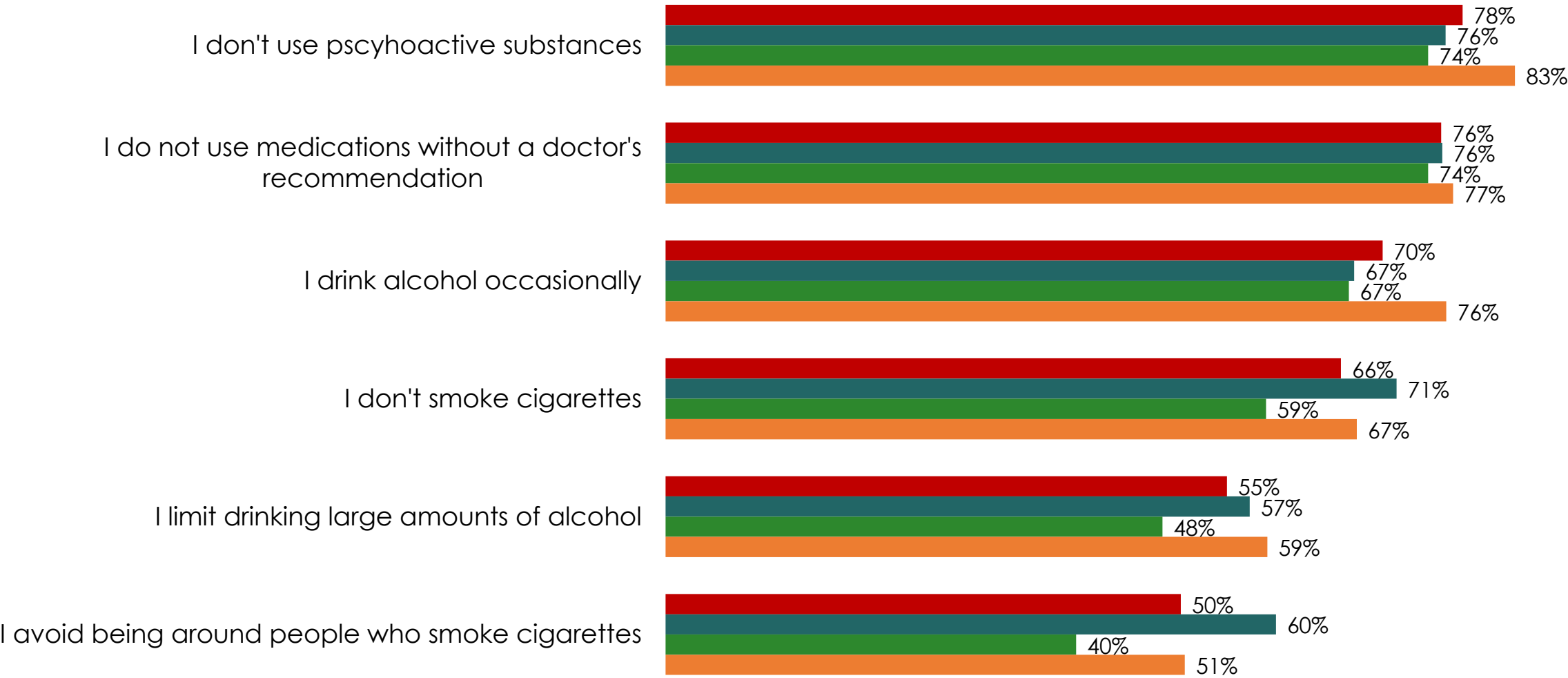
Variable	Age	M	SD	p<
Positive Health Behaviors Scale (0-102 points)	18-33	58,31	17,57	0.00
	34-48	58,31	16,19	
	49-65	64,54	14,81	
	total	60,30	16,52	
Nutrition (0-27 points)	18-33	14,10	5,77	0.00
	34-48	13,95	5,66	
	49-65	15,57	5,35	
	total	14,52	5,64	
Care for body (0-27 points)	18-33	15,96	5,78	0.00
	34-48	16,40	5,55	
	49-65	18,61	5,05	
	total	16,95	5,59	

Positive health behaviors among women by age (N=927) (2)

Variable	Age	M	SD	p<
Mental health (0-21 points)	18-33	11,02	4,69	0.02
	34-48	10,86	4,28	
	49-65	11,80	4,52	
	total	11,22	4,52	
Safety behaviors (0-15 points)	18-33	11,02	11,12	0.00
	34-48	10,86	11,31	
	49-65	11,80	12,63	
	total	11,66	3,04	
Physical activity (0-12 points)	18-33	6,09	3,02	0.42
	34-48	5,79	2,99	
	49-65	5,92	2,77	
	total	5,94	2,93	

Avoiding risk behaviors among women (N=927)

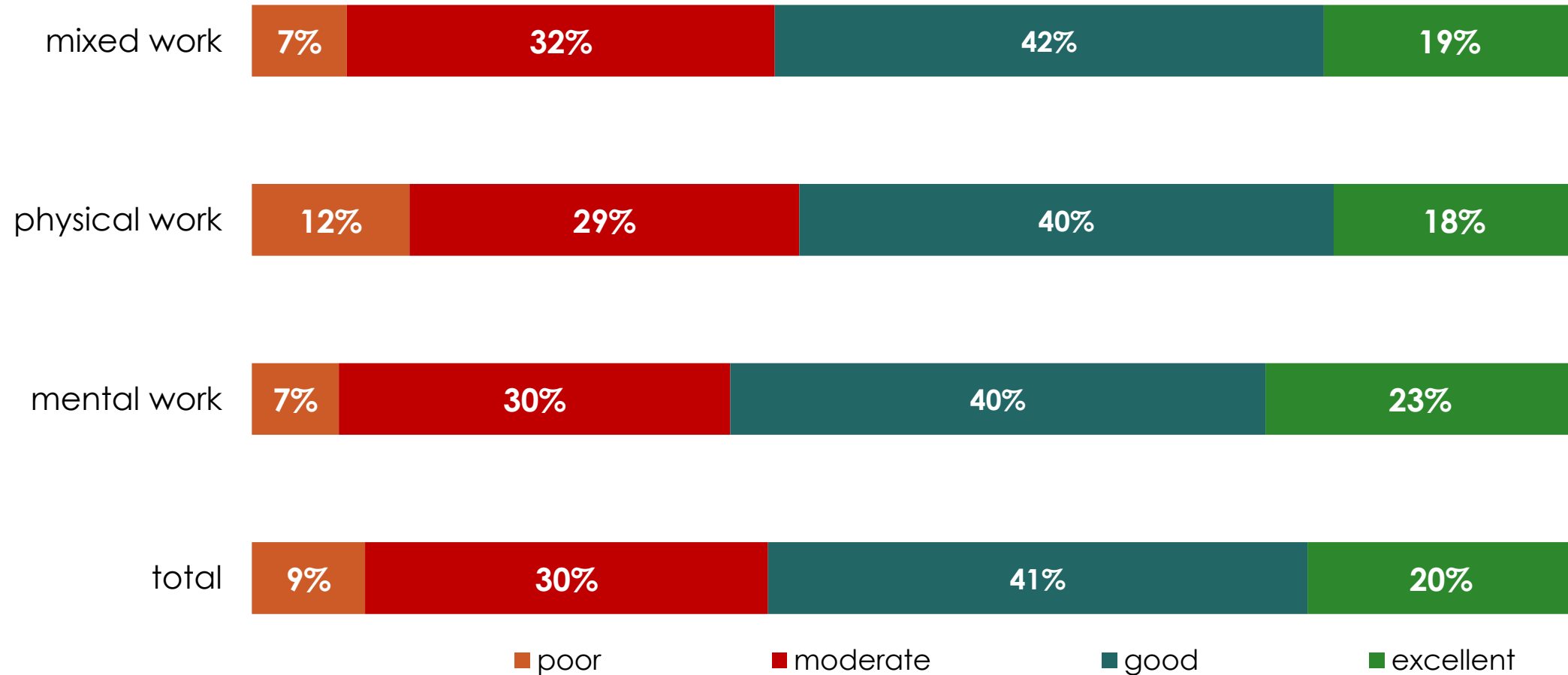
■ total ■ mental work ■ physical work ■ mixed work



Women's well-being (N=927)

	Well-being (WHO-5, 0-25 points)		Well-being self-assessment (0-10 points)	
	M	SD	M	SD
Total	12,71	5,351	6,39	2,07
Type of work				
Mental	12,66	5,37	6,59	2,03
Physical	12,78	5,69	6,28	2,20
Mixed	12,70	4,99	6,28	1,95
Age				
18-33	12,75	5,13	6,38	2,02
34-48	13,10	5,38	6,44	2,11
49-65	12,28	5,55	6,33	2,08

Women's work ability (N=927)



* $p < 0,05$;

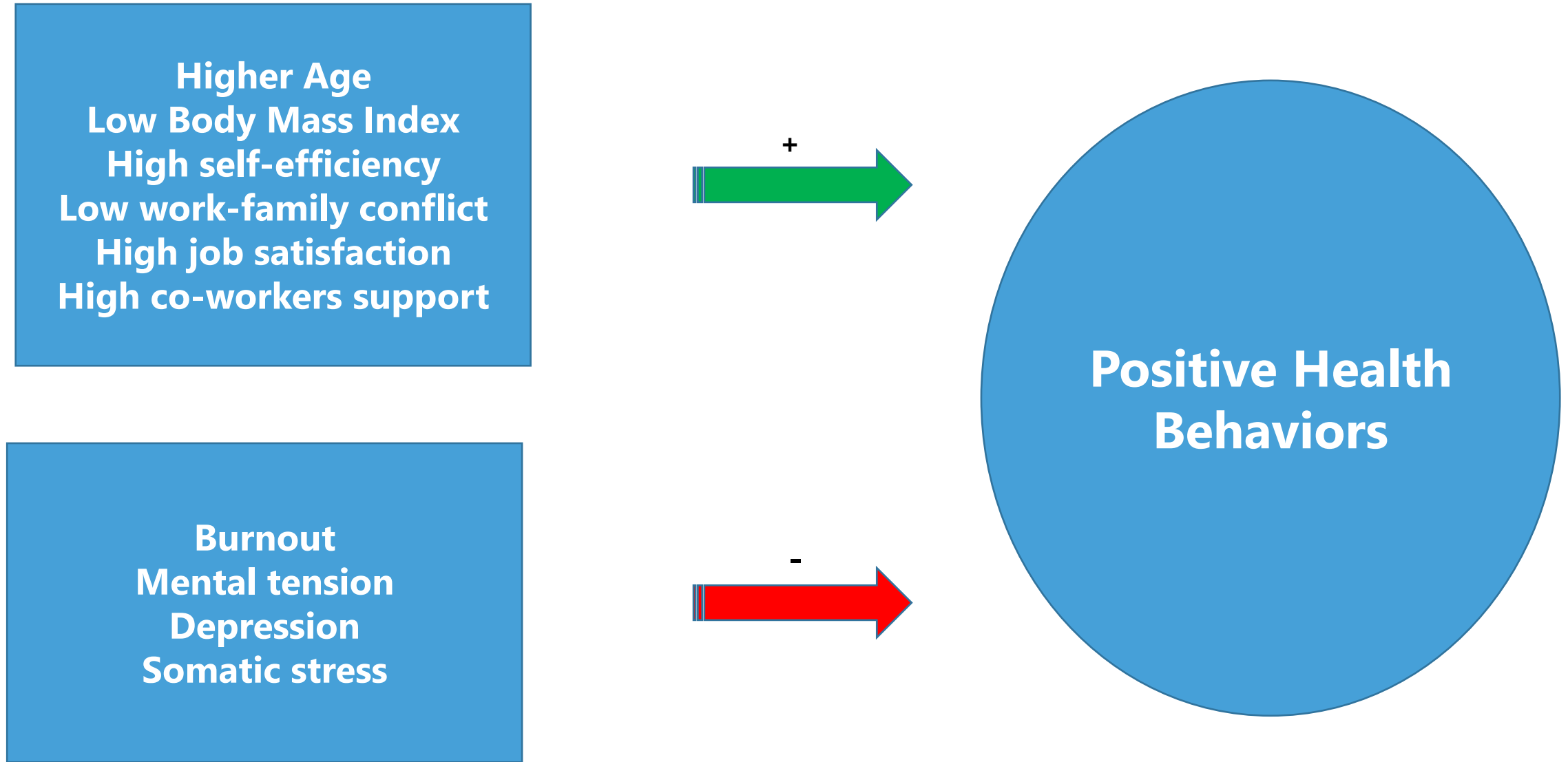


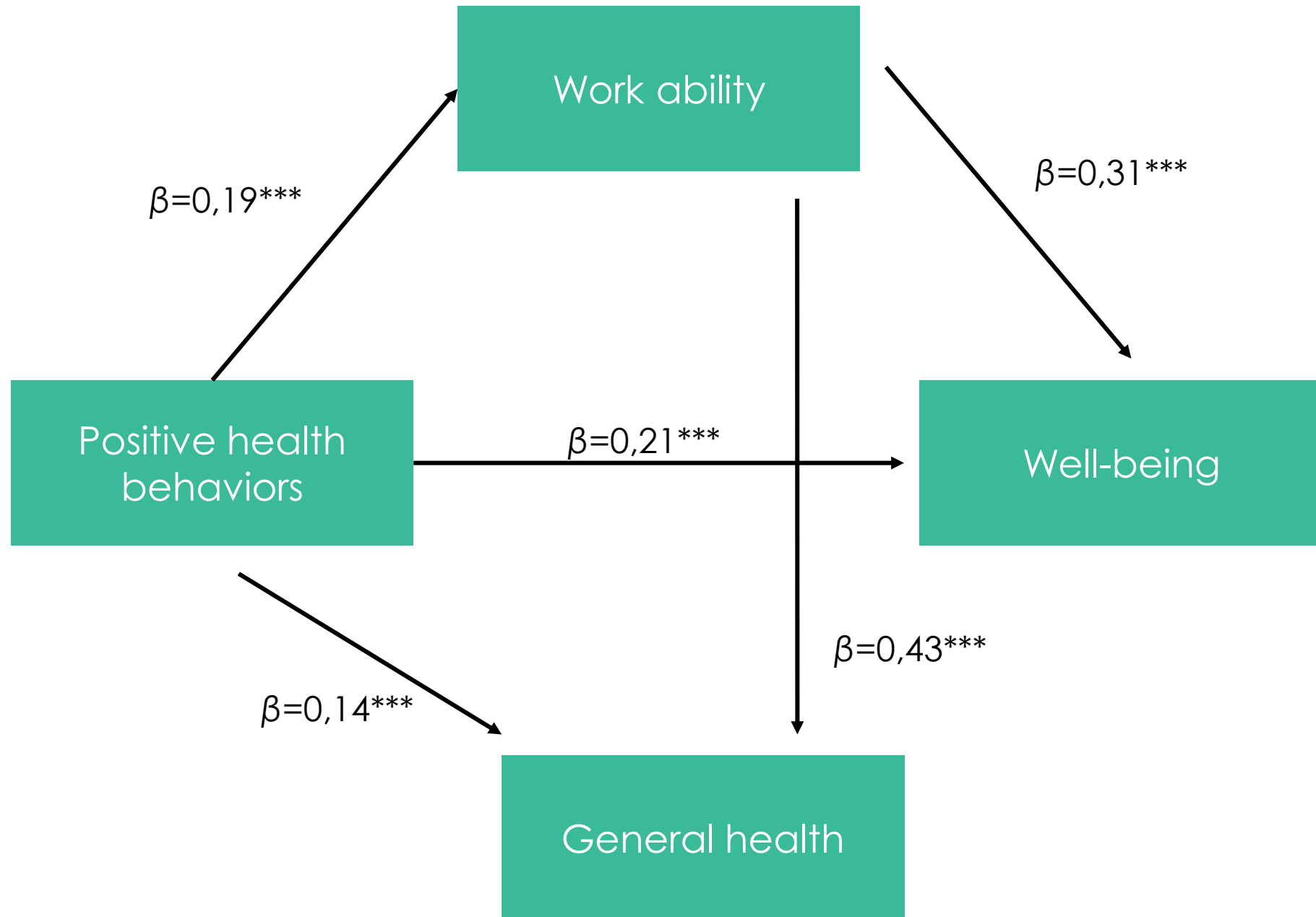
Psychosocial factors in opinion of women (N=927)

Variable	total		Mental work		Physical work		mixed		$F_{(2;924)}$
	M	SD	M	SD	M	SD	M	SD	
Work-family conflict	43,52	25,24	41,33	24,96	44,35	24,90	44,96	25,78	1,86
Family-work conflict	20,36	27,96	20,85	28,00	20,76	28,77	19,45	27,15	0,24
Co-workers support	48,17	24,66	47,75	24,16	46,95	25,32	49,81	24,50	1,10
Supervisor support	45,10	27,73	45,45	26,69	43,87	28,32	45,97	28,23	0,48
Development opportunities	51,90	25,15	57,54	22,96	43,19	26,15	54,79	24,00	30,08***
Meaning of work	59,92	25,49	63,39	24,62	55,94	25,40	60,35	25,98	6,78**
Job insecurity	36,14	26,38	34,50	26,67	37,36	26,97	36,62	25,46	0,98
Job satisfaction	65,24	19,49	67,72	16,74	62,03	21,56	65,89	19,56	6,96**

* $p<0,05$; ** $p<0,01$; *** $p<0,001$.

Positive health behaviors's predictors





*** $p<0,001$

Conclusions

1. Women rated their health and care for health average
2. Women care for health measured by Positive health behavior scale is average
3. Healthy lifestyle increases with age
4. Psychosocial factors impact healthy lifestyle – it decreases with stress, burnout, depression
5. It is necessary to support mental health
6. It is necessary to support young women in healthy lifestyle

Thank You for Your attention!

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