

Well-being and quality of life in a sample of bakers and confectioners from the central region

Filipa Custóias¹, João Lima², Maria Catarina Pinheiro³, Soraia Rodrigues⁴, Valéria Caraus⁵, Ana Sofia Sousa⁶, Cidália Pereira⁷

¹Escola Superior de Saúde do Instituto Politécnico de Leiria, Portugal, fvcustoias@gmail.com

²Escola Superior de Tecnologia da Saúde de Coimbra, Instituto Politécnico de Coimbra, LAQV – Requimte, GreenUPorto, Portugal, joao.lima@estescoimbra.pt

³ Escola Superior de Saúde do Instituto Politécnico de Leiria, Portugal, catarinapinheiro96@gmail.com

⁴ Escola Superior de Saúde do Instituto Politécnico de Leiria, Portugal, soraiaraquelrodrigues@gmail.com

⁵Escola Superior de Saúde do Instituto Politécnico de Leiria, Portugal, valeriabcaraus@hotmail.com

⁶Universidade Fernando Pessoa, Portugal, sofia.limas.sousa@gmail.com

⁷ Escola Superior de Saúde do Instituto Politécnico de Leiria, Portugal, cidalia.pereira@ipleiria.pt

ABSTRACT

BACKGROUND: Quality of life is influenced directly by working conditions, being fundamental factors for the physical and psychological well-being of the employees^[1,2]. The profession of baker and confectioner is characterized by low work safety due to high physical effort, night work schedules and constant exposure to risk factors, namely transport of heavy loads, contact with high temperature apparatus, contact with dust and dust, associating the risk of asthma and rhinitis in these workers^[3]. Thus, it is pertinent to evaluate the well-being and quality of life in this population. **OBJECTIVES:** Characterization of health and quality of life in a sample of bakers and confectioners. **METHODS:** An observational study was carried out in a sample of bakers and confectioners from central Portugal (n = 30), evaluating sociodemographic variables, self-reported weight and height, quality of life and parameters related to the physical component (physical function, body and general health), using the Medical Outcomes Study SF-36 questionnaire adapted to the Portuguese population. The study was authorized by the Ethics Committee of the Polytechnic Institute of Leiria and obtained free informed consent for participation in the study of all individuals. Data was analyzed using SPSS statistical software, using non-parametric tests. **RESULTS:** Quality of life was assessed by almost half of the participants as being 'good' (46.7%), 'good' (26.7%), 'fair' (23.3%) and 'excellent', and these results may be associated with the young age of the respondents ($\Sigma = 39$). The mean value of the score obtained in the functional capacity domain was 92.1, meaning that the sample had very good physical capacity, not presenting limitations in daily activities. Body pain had a mean score of 80.2, which did not affect daily tasks. As for the general health self classification, the mean score was 65.7, and in this case, this being the domain with the lowest mean score. **CONCLUSIONS:** This sample of bakers and confectioners demonstrates a good quality of life, not reporting physical limitations or pain, that affect their daily

activities. Health in general was the domain with the lowest mean value (65.7), revealing that the sample is not considered in perfect health conditions, and this value may not be related to the profession, but to external factors, given the scores obtained in other areas.

Keywords: *quality of life, bakers, confectioners, physical capacity, body pain*

References:

[1] Drobnič S, Beham B, Präg P. Good Job, Good Life? Working Conditions and Quality of Life in Europe. *Social Indicators Research*. 2010; 99(2): 205–225. Available from: <https://doi.org/10.1007/s11205-010-9586-7>.

[2] Kuhnert KW, Palmer DR. Job Security, Health, and the Intrinsic and Extrinsic Characteristics of Work. *Sage Journals*. 1991; 16(2): 178–192. Available from: <https://doi.org/10.1177/105960119101600205>.

[3] Brisman J, Järholm B, Lillienberg L. Exposure-response relations for self reported asthma and rhinitis in bakers. *Occup Environ Med*. 2000; 57. Available from: <https://doi.org/10.1136/oem.57.5.335>.



**Health & Well-Being
Intervention**

INTERNATIONAL CONGRESS

May 31st and June 1st 2019

Instituto Piaget
University Campus of Viseu

Organization

