

“Obesity and work absence”

Obesity, lifestyle- and work intervention



By

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Will lifestyle rehabilitation with work intervention increase work ability?



The aim of this study was to test, develop and improve methods to strengthen the work capacity of persons with morbid obesity, as well as providing support to master health related or social problems that affect their work ability in a negative way.

Methods

- Data collection at; Baseline, six and twelve months
- Behaviour:
 - ✓ Self-reported forms (Health, work/employment, physical capacity, quality of life, food habits)
 - ✓ Tests (Vo^2 peak, weight, high)
 - ✓ Journal
- Attitude:
 - ✓ Interview

QUAN results

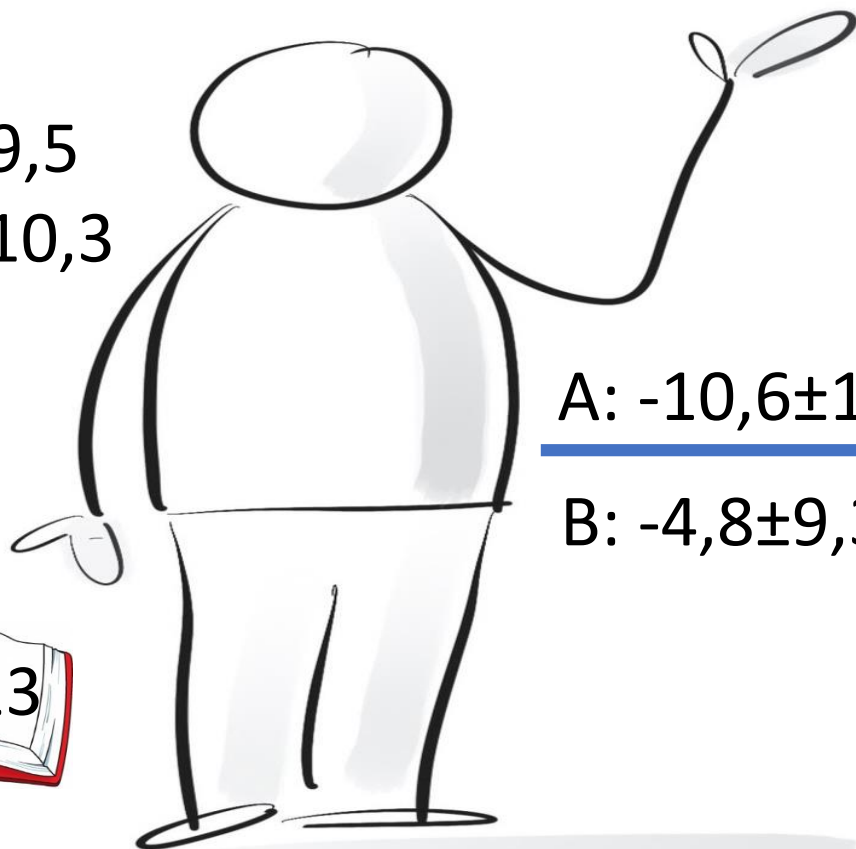
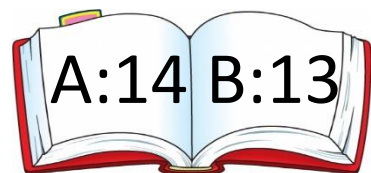
Age:

A: $42,7 \pm 9,5$

B: $43,9 \pm 10,3$

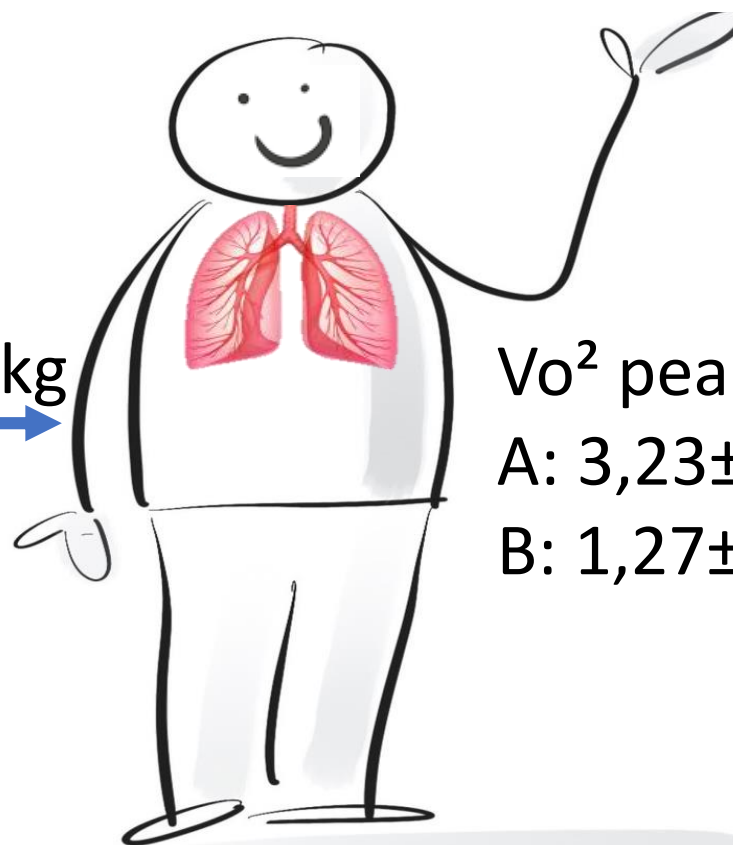
♂: 39

♀: 60



A: $-10,6 \pm 13,2$ kg

B: $-4,8 \pm 9,3$ kg



Vo² peak

A: $3,23 \pm 4,76$ ml/kg/min

B: $1,27 \pm 4,22$ ml/kg/min



ARBEIDOGHELSE.NO

Nasjonal kompetansetjeneste for
arbeidsrettet rehabilitering

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QUAL results

Overall a focus on lifestyle change, intervention notwithstanding.

- Barriers:
 1. lack of recognition
 2. health problems
 3. to feel a bit different
- Promoting factors
 1. receiving recognition
 2. It works! – experiencing improved quality of life
 3. self-confidence through mastery and knowledge



Conclusion

Work intervention should be a permanent contribution in all future lifestyle treatment for people with morbid obesity.

The focus of work should be clarified, preferably at the time of access to lifestyle rehabilitation to maintain focus on improvement in capacity to work.

THANKS!

