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Eating habits of exercising and exercising workers, with an emphasis on healthcare workers

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Eating Habits, can be determined by a lot of factors, environmental, behavioral, preferences, ethics, culture, ideals, status and of course work-related. The purpose of this thesis is to record the eating habits of adults and examine how working hours, workload and physical activity can affect their diet, psychology and their general physical condition. With particular emphasis being given to people working in healthcare. The research took place in Thessaloniki, Greece, In June 2020. The participants where 400 adults, aged 18-64, of the 400 participants, 120 of them were healthcare workers. The data collection was done with the completion of a survey which contained 52 questions scattered into 5 sections, 1) anthropometric characteristics, 2) social characteristics, 3) physical condition and lifestyle, 4) psychological characteristics and lastly 5) a weekly food frequency questionnaire. The conclusions of the research, gave a nice insight of how rotating and regular working hours affect, the eating habits, the daily habits and the general mental health of healthcare and non-healthcare workers.

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