

Pattern and Correlates of Exercise in Hospital Staff

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ABSTRACT

Regular exercise beneficial to health is a public recommendation for health promotion. Hospital staff responsible for health promotion are expected to play a key role in getting exercise, but how active they are has not been revealed. The objective was to examine the exercise pattern of hospital staff and the factors associated with their exercise. This study used Social Cognitive Theory to develop studied factors, and hypothesized that perceived benefit of exercise, perceived barrier of exercise, like to exercise, self-efficacy to exercise, personal influence on getting exercise, place for exercise and situation about exercise could affect exercise in hospital staff. A cross-sectional study using a self-administered questionnaire was conducted in a random sample (n=320), selected from a hospital staff list. Eighty three per cent of respondents reported getting exercise but only 8% reported getting sufficient exercise. The older staff got more exercise than the younger one. The staff without disease reported getting more exercise than those with disease. Factors affecting exercise included situation about exercise, place for exercise, like to exercise and perceived barrier of exercise. These findings suggested that most hospital staff got insufficient exercise and interventions to initiate and promote all of them to get sufficient exercise required.

Key words: Exercise pattern, Exercise correlates, Hospital staff, Social Cognitive Theory

INTRODUCTION

Background

Regular exercise can reduce the risk of several health problems, such as cardiovascular disease, diabetes, obesity, colon cancer and osteoporosis (Clara et al., 2003; Plotnikoff et al., 2004; Kandula and Lauderdale, 2005). Exercise can also provide advantage to mental health (Bergasa et al., 2004; Dunn et al., 2005) and improve quality of life (Teoman et al., 2004). Thus, exercise is a public recommendation for health promotion. In Thailand, the Ministry of Public Health's concern with health promotion has led to the plan of health-promotion hospital in 2000. The plan objective is to promote health of all hospital staff in order that they would further transfer and initiate patients, patients' relatives and people in the community to participate in health-promoting activity. This studied hospital has used exercise as an activity to promote health since 2000. It was found that general practitioners who got exercise tended to be more active in helping patients to get exercise than those who did not (Brotons et al., 2005). Therefore, hospital staff could play a key role to get exercise for health promotion. As a result, this study aimed to examine how many hospital staff get exercise, what exercise pattern they do and what factors determined getting exercise.