

# Nutritional status and lifestyles of workers from two regions in Chile Estilos de vida y estado nutricional de trabajadores en empresas públicas y privadas de dos regiones de Chile

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Background: Lifestyles and a poor nutritional status are two factors influencing the high prevalence of non communicable chronic diseases among Chilean workers. Aim: To characterize lifestyles and nutritional status of workers from the public and private sector, residing in the Fifth and in the Metropolitan regions of Chile. Material and methods: Nutritional status, blood pressure, cholesterol, glycemia, previous medical history, feeding habits and smoking status were assessed in 1,036 women and 709 men aged  $38\pm 11$  years. Results: Feeding habits were characterized by a low consumption of fruits, vegetables, fish and dairy products and a high consumption of fat and sugar. Forty five percent smoked and 88% were sedentary. Forty two percent were overweight, 18% were obese, 39% had high blood cholesterol, 23% hypertension and 4% diabetes. There was a positive relationship between obesity and hypertension with an odds ratio (OR) adjusted for sex and educational levels of 2.6 (95% confidence