

20/11/2017

# Prevalence of Obesity and Being Overweight among Belgian Nurses

Liesbeth Van Heck  
Hanna Aerts



HoGent

Overview

Position

Research

References



# Overview

SCHEDULE

TEAM

# SCHEDULE

**1**

Introduction

**2**

Goals

**3**

Methodology

**4**

Position of the Investigation

**5**

References

# TEAM

Organizational chart



# TEAM

Organizational chart



Hanna Aerts

University College Ghent, Department  
Nutritional Sciences, Faculty of  
Sciences and Technology

Lector Food Sciences

# TEAM

Organizational chart



Liesbeth Van Heck

University College Ghent, Department  
Nursing, Faculty of Education, Health  
and Social Work

Head of Department Nursing



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University College Ghent, Department  
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Overview

Position

Research

References

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Introduction

Goals

Methodology



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Research

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The **prevalence** of obesity and being overweight among nurses

internationally between **55% and 79%**

from **non-representative** samples (Bogossian et al., 2012)

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The **prevalence** of obesity and being overweight among nurses

internationally between **55% and 79%**

from **non-representative** samples (Bogossian et al., 2012)

**Scottish study** (Kyle et al., 2016),

representative of the **National Nursing Corps**

**7 out of 10** Scottish nurses were **overweight**,  
**3** of which are **obese** as well

# Introduction

Research

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no representative prevalence

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nursing profession.

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being overweight or obese is a **present  
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in context of an **international** scale?

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being overweight or obese is a present  
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Furthermore, it is not currently possible to compare the prevalence of this concern to other occupational groups.

# Goals

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Measure the prevalence of overweight and obese nurses in Belgium (2008 – 2013)

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Compare with the benchmarks from other occupational groups in care

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Determine risk factors and health-related behaviours

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Compare the benchmarks with the Scottish data (Kyle et al., 2016) and the English data (Kyle et al., 2017)

Determine risk factors and health-related behaviours

Formulate recommendations for policy makers in healthcare institutions

# Methodology

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prevalence measurement

dataset Belgian Health survey data  
(2008-2013)

national representative sample

examining other health  
parameters, such as alcohol, drug  
usage, physical activity

Belgian Health survey data  
(2008-2013)

descriptive analysis

social-demographic variables

nurses, other healthcare  
providers, unqualified healthcare  
professionals, non-healthcare  
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will be updated along the research

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Position

Research

References

# Position

of the investigation

within  
collaborations

within  
existing  
research

within  
existing policy  
initiatives



# within existing research

Position of the investigation



Kyle R.G., Neal R.A., Atherton I.M., (2016). Prevalence of overweight and obesity among nurses in Scotland: A cross-sectional study using the Scottish Health Survey. *International Journal of Nursing Studies*, 53 126 – 133.

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# within existing policy initiatives

position of the investigation



## WHO Objectives

European Food and Food Action Plan 2015-2020

Physical Activity for the WHO European Region  
2016-2025

Health Targets WHO 2020

# within existing policy initiatives

position of the investigation



## WHO Objectives

European Food and Food Action Plan 2015-2020

Physical Activity for the WHO European Region  
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Health Targets WHO 2020

## Flemish Health Goals 2025

The Flemish people will be living healthier lifestyles in 2025 in the areas of healthy eating, sedentary behavior, physical activity, tobacco, alcohol, and drugs

Increasing percentage of healthcare providers providing and following the available prevention methods

# within collaborations

Organizational chart



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Faculty of Medicine and Health Sciences



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HoGent

Overview

Position

Research

References

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Thank you for your attention!

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Position

Research

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