



Diabetes and Workplace

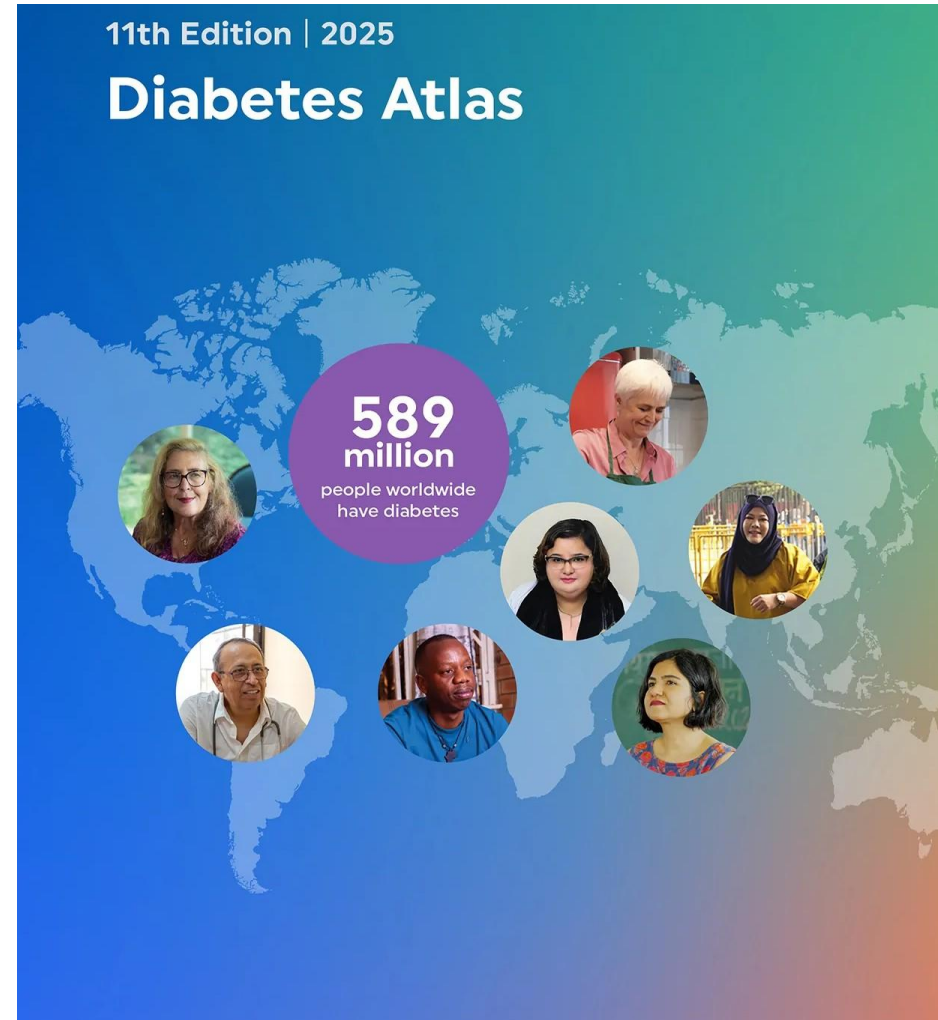
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Diabetes: An epidemic

- 589 million people aged 20-79 years are living with Diabetes
- 7 out of 10 Diabetic person are in work
- Prevalence rate in Bangladesh is 13.2% in 2024

Source: IDF report 2024



Prevalence by occupation

- Prevalence of Type 2 DM in men in work place: 5.2% , in women: 3.2%
- Highest prevalence in motor vehicle drivers (8.8%)
- Lowest in University teachers and Physiotherapists

Bangladesh scenario

- A study done in 2024 among 247 corporate employee in Dhaka: Fasting blood glucose on average was 7.11 mmol/L with SD 3.27
- Another study found Bangladeshi workers recorded highest DM prevalence in Kuwait (16.2%)

Shahidul Islam SM, Laskar N. (2024) Blood Sugar Levels among Corporate Employees with Sedentary Lifestyles: A Cross-Sectional Study in Dhaka, Bangladesh. *Genesis J Surg Med.* 3(1): 1-3

Ali A, Alfajjam S, Gasana J. Diabetes Mellitus and Its Risk Factors among Migrant Workers in Kuwait. *Int J Environ Res Public Health.* 2022 Mar 25;19(7):3943. doi: 10.3390/ijerph19073943. PMID: 35409622; PMCID: PMC8997920.

Risk factors for professionals

- Stress
- Late night/irregular meal
- Skipping breakfast
- Long working hour without breaks
- Limited access to healthy food
- Prolonged sedentary time and screen time
- Lack of screening

11-19% loss in productivity



COSTS OF AN UNHEALTHY WORKPLACE

4x

more likely to lose
talented workers

7x

more costly workers
compensation claims

9x

more sick days taken per year

BENEFITS OF A HEALTHY WORKPLACE

3x

more productive

50%

less injuries

5x

more engaged workers

Management of DM in work place

Employee	Employers
Develop own action plan and daily routine	Ensure healthy environment
Keep supplies in hand	Support with emergencies
Communicate with employer and colleagues	Provide reasonable accommodation
Manage stress	Offer health screening
Incorporate physical activity	Education and awareness campaigning
	Benefit and insurance

Workplace healthy eating

- Avoid unhealthy impulse choice at work
- Keep fruits, nuts, seeds at desk for snacks
- Stay hydrated. Avoid sugary beverage, take plenty water.
- Limit processed food
- Do not skip meal specially breakfast



Workplace exercise

- Incorporate movement through out the day: Take short breaks to walk around, stretch or exercise, less sitting time
- Use walking meetings, exercise snacks
- Try standing desks
- Climb stairs, avoid elevator
- Encourage activity like yoga session or group activities





*Walking meetings
increase creativity
by 81% to 100%*

HRMORNING

Exercise snacking

- First introduced by American cardiologist Howard Hartley in 2007
- Beneficial for busy people
- Frequent short duration activities through out the day
- Examples are: climbing stairs, 20 second sprints, squats, jumping



Work place health screening

- BMI
- Waist circumference
- Blood sugar
- Blood pressure
- Lipid profile
- Yearly health check up



Work place health benefits



Work place health education













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much!

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pretty ribbons
personalized gifts
with a personal touch