

PP71

**The association between selected anthropometric measurements and physical activity among female garment factory workers**

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**Objective:** To determine the association between selected anthropometric measurements and physical activity among female workers in a selected garment factory in Ratmalana area.

**Methods:** The study was done among 310 female workers in a private sector garment factory, Ratmalana. International Physical Activity Questionnaires (IPAQ) was used to analyze the physical activity level and was categorized as inactive, minimally active and Health Enhancing Physical Activity (HEPA) categories. Several anthropometric measurements (weight, height, waist, hip, mid thigh and mid arm circumferences, biceps, triceps, mid thigh, abdominal and sub scapular skin folds) were obtained. Body mass index (BMI) and body fat percentage were calculated using these measurements.

**Results:** According to our findings, 60.6% of the study population were minimally active according to IPAQ. Among them, 53.2% were of normal BMI, 69% belonged to high fat content category, 69% to less risk category of acquiring non communicable diseases considering the waist hip ratio. Mean values for the waist thigh ratio was 1.7, mid-upper arm circumference was 26.8 and biceps skin fold was 19.6. 64% of minimally active were less than 40 years. The majority of inactive category were educated up to grade 9 and above. Sixty nine percent of machine operators were minimally active while the majority of inactive group were supervisors. Furthermore there was an association between physical activity and body fat ( $p=0.017$ ) and BMI ( $p=0.014$ ).

**Conclusion:** As the majority of female garment factory workers in a private sector garment factory, Ratmalana were minimally active and belong to high fat category despite normal BMI, they are more vulnerable to cardiovascular and metabolic diseases. Introduction of an exercise regimen to maintain normal body fat percentage in order to prevent non-communicable diseases is suggested.

PP72

**Violence caused by patients against nursing officers in different units, in Teaching Hospital Karapitiya (THK)**

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**Objectives:** The objective of this study was to determine the prevalence of patients causing violence against nursing officers working in THK and to assess the nurses' knowledge on violent patient management.

**Method:** The study was conducted at THK, using systematic random sampling method 136 nurses were selected from all the units in THK. Data was collected using interviewer administered questionnaire. Questionnaire was based on focus group discussion which included a consultant psychiatrist. Before data collection, the necessary approval was obtained from the Ethical Review Committee of the Faculty of Medicine at University of Ruhuna. Statistical Package for Social Sciences (SPSS) version 20 was used to analyze the data.

**Results:** The majority (67.6%, n=92) of the participants were above 35 year of age and 27.25% (n=37) of participants were in the 28-34 year age group. Most participants (90.4%, n=123) were females. Of the 136 of respondents 88 (64.7%) had been exposed to some kind of violence with (n=34) 25% to physical assault, (n=77)