

**EVALUATION OF EFFECTIVENESS OF WORKSITE INTERVENTION FOR
OBESITY AMONG OVERWEIGHT STAFFS IN HOSPITAL TENGGU AMPUAN
AFZAN, KUANTAN**

ABSTRACT

The increasing numbers of overweight staffs in the Hospital Tengku Ampuan Afzan, Kuantan are serious and the efforts towards curbing this problem are crucial for controlling the risk of chronic disease. The general objective of pre-post test experimental study was to evaluate the effectiveness of the Worksite Obesity Intervention Module for body weight loss through the intervention conducted within 6 months for 154 respondents selected by simple random sampling method. Respondents were divided into a control group and an intervention group with a total of 77 people per group. The control group consisted of 9 men and 68 women aged between 23-51 years. Intervention group consisted of 15 males and 62 females aged between 24-50 years. Anthropometric measurements were recorded and questionnaires were used to collect sociodemographic data, level of knowledge, attitude and practice. There were no significant differences in weight (kg) and BMI (kg/m²) between the control and intervention groups ($p>0.05$). However, the result showed there were significant differences in intervention group body weight ($p<0.05$) before the intervention (62.0 ± 5.9 kg) and after the intervention (61.2 ± 6.6 kg). There were significant differences in levels of knowledge between the control and intervention group ($p<0.05$). Based on analysis of the knowledge construct, both groups mean had increased whereby intervention group had higher mean with (9.4 ± 0.6) before and after intervention (9.9 ± 0.2). There was no significant difference of attitude between the control group and intervention group ($p>0.05$). Overall, positive attitude of both groups were not significantly different after the intervention with the control group (43.5%) and intervention group (42.9%). There was a significant difference in practice between the control and intervention group ($p<0.05$). The control group respondents who practice positive behavior were (1.3%) respondent as compared to the intervention group (29.2 %) after the intervention. The results showed a significant relationship ($p<0.05$) between attitude and body weight loss. In conclusion, this module was effective in reducing body weight. Through the improvement of behavior modification interventions in the module, the body weight loss result will be more pronounced.