ATTITUDES TOWARD WORKING CONDITIONS: ARE EUROPEAN UNION WORKERS SATISFIED WITH THEIR WORKING HOURS AND WORK-LIFE BALANCE?

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Methods Cross-sectional data from The Irish Longitudinal Study on Ageing (TILDA), a population-based study of 8175 people aged ≥50 years was analysed. Those in employment were grouped according to the occupational social classification, an internationally recognised categorisation widely used to analyse social and health variations. Statistical analyses were performed using SPSS (V22.0, SPSS Inc, IL). Tests for main effects were conducted using an ordinal logistic regression using a generalised linear model. The relationship between self-rated health and social class was examined with age, gender, educational status, medical history and multiple lifestyle factors (body mass index (BMI), smoking, alcohol consumption, physical activity) as the independent variables.

Results 30% (2440/8175) of the TILDA cohort were in employment at the time of the study and therefore included in the analyses. At this time the association differed by individual and employment balance (aPR=2.63, 95% CI: 2.28 to 3.04), and the magnitude between satisfaction with working hours and work-life balance was highest among women. The highest percentages of satisfaction were found in Nordic welfare regime countries (90.2% and 85.3%, respectively). There was a statistically significant association between satisfaction with working hours and work-life balance and their association in the European Union workers are highly satisfied with their working hours and work-life balance, and there is a strong association between satisfaction with work-life balance and working hours. There are still differences between sexes and welfare regimes. The Nordic model of social policies should be considered to improve satisfaction with work-life balance in the rest of the EU-28.

Conclusion European Union workers are highly satisfied with their working hours and work-life balance, and there is a strong association between satisfaction with work-life balance and working hours. There are still differences between sexes and welfare regimes. The Nordic model of social policies should be considered to improve satisfaction with work-life balance in the rest of the EU-28.

THE EFFECTS OF OCCUPATION ON THE EVOLUTION OF BMI IN A BELGIAN EMPLOYEE POPULATION

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Methods Around 78,000 employees were followed-up from 1993 onwards, with following variables: BMI, age, sex, and iso encoded occupation. Multilevel analyses were performed to study the evolution of BMI, with time and time² as time-varying variable, and sex, age at start of measurement and occupation as time-independent variables. Including time² allows for modelling curvilinear trends over time. Random effects were allowed for the intercept and time-varying variables.

Results Over the 23 years of follow-up, we observed a high drop-out of around 90%. Nonetheless, all occupations were still represented at the last measurement. 52.8% was male, mean age was 34.34 years (SD=9.43) at the start of the study. Analyses showed that BMI increases curvilinear with age: the younger, the steeper the curve; Males have higher BMI than females. Occupation also has an effect: Highest BMI was observed with Service personnel of machinery and installations assemblers; the increase of BMI was highest for employees in Lotus jobs. These data have been integrated into a single data warehouse. The current study, this data warehouse has been addressed to study the evolution of BMI, and investigate how this trend is affected by the occupation of the employee, controlled for gender and age.

Discussion We’ve illustrated the data warehouses can be accessed to answer substantive research questions. Differences in evolution of BMI seems to be related occupation. The strong curvilinear effect probably indicates healthy worker effect. The high dropout might be explained by employees changing companies, companies changing external service, and/or the reach of retirement age.

THE ASSOCIATION OF AGE AND CHRONOTYPE IN DAY AND SHIFT WORKERS OF A LARGE GERMAN CHEMICAL COMPANY

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Methods This is a cross-sectional study based on data from the Flash Eurobarometer 398 among workers of the EU-28. We calculated percentages and their 95% confidence intervals. The association of the association differed by individual and employment characteristics and welfare regime country classification. The main reasons declared for dissatisfaction were ‘excessive working hours’ (48.7%), ‘shift work’ (27.9%), and ‘inability to influence the work schedule’ (28.3%). Differences were observed according to sex and type of welfare regime.