relationships between levels of physical activity and other behaviours as well as specific health indicators in students attending college.

Methods A convenience sample of 147 college students, ages 18 to 24 years, participated in this research study at Imam Abdulrahman Bin Faisal University. The data were obtained through interview questionnaire and trained investigators collected weight, height, blood pressure and blood sugar measurements.

Results Forty-five percent of the students were either overweight or obese (21.8% and 23.1%) while 17.0% of the students were current smokers and 7.5% of them were ex-smokers. The majority of the students (91.8%) had fast food (hamburger, French fries, and soft drink) and out of these 62.9% had it three times or more weekly. Furthermore, 35% or more of the students did not have breakfast or drink milk or have vegetables on a daily basis. Also, 22.4% of the students were inactive. Ten percent of the participants were hypertensive while 1.4% had impaired random blood sugar with increased risk for diabetes mellitus. All of these students were unaware that they had hypertension or high random blood sugar. There was a significant statistical relationship between living in-campus at university and frequency of consumption of fast food ($p=0.003$).

Conclusion This study shows that there were high rates of risky lifestyles, namely, obesity, smoking, unhealthy diet, and inactivity among health sciences students, while some have health issues such as hypertension and high risk of diabetes.

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TRANSFÓRMATE: WORKPLACE HEALTH PROMOTION AND WELLNESS PROGRAM AT GRUPO PROGRESO

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Objective Reduce chronic non-communicable disease risk factors associated to poor diet and physical inactivity, plus increase knowledge about healthy lifestyles in employees at Grupo Progreso.

Methods Chronic diseases kill more than 38 million people every year, and almost three quarters of deaths occur in low and middle income countries. Metabolic syndrome is a cluster of risk factors that increase the risk to present cardiovascular disease and is becoming a public health problem. In Latin American the prevalence is 25%.

Metabolic syndrome is a set of 3 or more altered factors, for example:

Waist circumference, HDL cholesterol 'also known as good cholesterol', blood pressure, Triglycerides, Fasting glucose or pharmacotherapy for the last 3 factors. We decided to implement a wellness program called Transfórmate.

Labour intervention study in 1308 employees. We implemented a health promotion and wellness program, previously validated in a pilot project. Educational workshops were given where the main topics were: Dietary Guidelines for Guatemala, physical activity, pedometer program and stress management. All participants received personalised dietary treatment, practical sessions of physical activity, weekly text messaging, educational material, analysis of lipid profile, fasting glucose and drug treatment when needed. An assessment of initial and final knowledge was performed. Effectiveness in reducing risk

factors for chronic non-communicable disease was calculated for people who had metabolic syndrome at the start of the program (N: 301). The data were analysed in STATA SE 13.0. measures of central tendency and dispersion were calculated. Hypothesis tests were performed using the Wilcoxon test for quantitative and McNemar Chi 2 for qualitative variables.

Results Of the 301 employees, 90.7% was men and 9.3% women with a median age of 40 (IQR 35–47). The set of strategies achieved a 47% reduction of the metabolic syndrome. Compared to other programs, in Korea they reported 30% of reduction and in Italy 35%. The combination of educational, behavioural and biomedical interventions may explain this high percentage. The chronic non-communicable disease risk factors that reduced significantly were: low HDL-cholesterol 18% ($p\leq 0.001$), high triglycerides 14% ($p\leq 0.001$), low consumption of fruits and vegetables 13% ($p\leq 0.001$) and physical inactivity 8% ($p=0.025$). The median of daily steps were 8559 (IQR: 5,813–10,765), the median of the initial knowledge assessments were 70 (IQR: 50–80) and final 90 (RIC: 80–100).

Conclusion A significant reduction in metabolic syndrome and chronic non-communicable disease risk factors associated with an unhealthy diet and sedentary lifestyle was observed, in addition to an increase in knowledge about healthy lifestyles after implementing the program at the corporate level.

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DEVELOPMENT AND EVALUATION OF A TRAINING PROGRAMME ON SCIENTIFIC RESEARCH AND OCCUPATIONAL HEALTH SURVEILLANCE IN TURKEY

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Introduction The general aim of the programme is to strengthen the occupational health expertise and scientific capacity of the Public Health Institution of Turkey (PHIT) by organising trainings, mentoring, exchange visits and networking.

Methods Following the ADDIE model (Analysis, Design, Development, Implementation and Evaluation), five training modules have been developed and implemented in the course of 2016. At present, we evaluate the training programme to see if the learning objectives have been met and to gather information in order to further enhance the efficiency and success rate of the project. Qualitative evaluation forms questioning the content and format of the trainings, the organisation and the trainers were filled in by the 44 participants from PHIT after each training module. Trainees also rated quantitatively on a scale from 0 to 10, all parts of the training. To measure changes in knowledge and skills regarding occupational health surveillance and research, a self-efficacy questionnaire was developed and administered three times. Descriptive statistics were computed.

Results Overall, very high rankings and positive comments were generated. No major recommendations for improvement of the trainings were formulated. Some minor issues concerned the amelioration of the learning environment and conditions e.g. a better time management to assimilate the new