

Health-promoting Lifestyles in Workers of a Marine Platform in the Gulf of Mexico

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Akal C. Offshore Oil Processing Installation.



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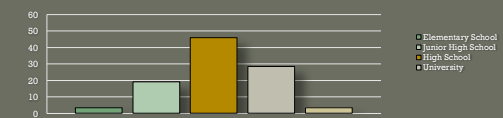


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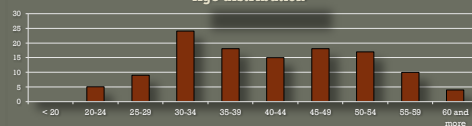
- Methodology
- Health Promoting Lifestyle Profile I (HPLP) Test:
 - Self-actualization
 - Health responsibility
 - Exercise
 - Nutrition
 - Interpersonal support
 - Stress management

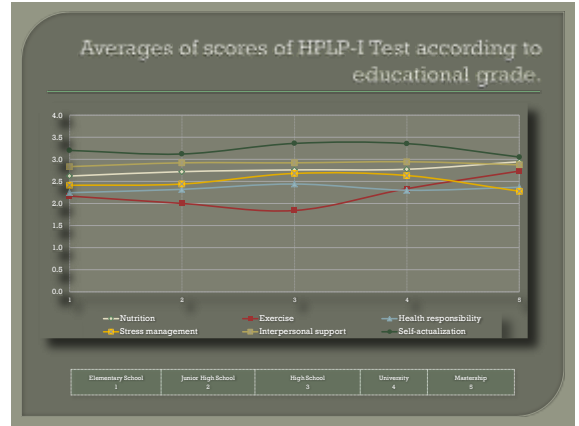
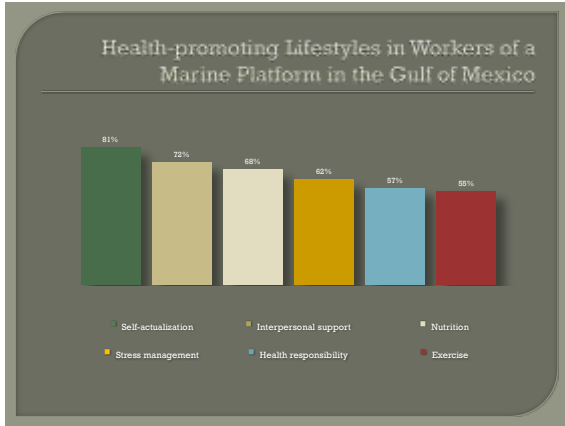


Percentage distribution by educational grade



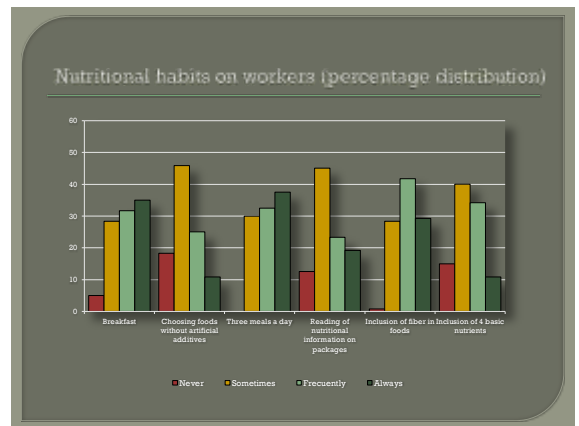
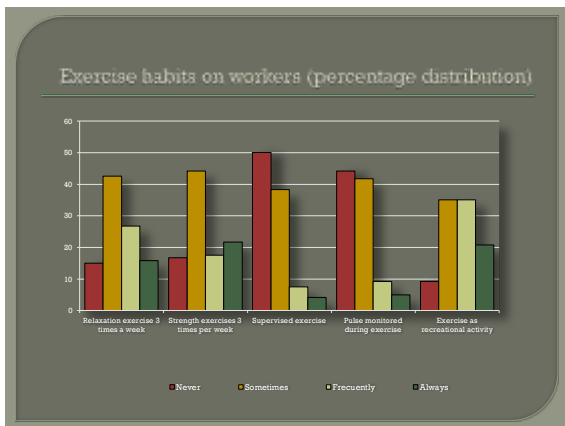
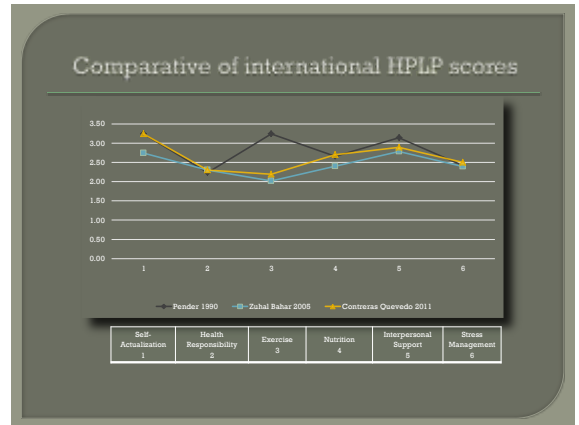
Age distribution





Comparative of international HPLP scores

Study	Results	N
Predicting Health Promoting Lifestyles in the Workplace. Pender et al. (1990)	2.82	250
Health Promoting Behaviors and Factors related to Lifestyle among Turkish Workers. Zuhail Bahar et al (2005)	2.66	264
Health-promoting Lifestyles in Workers of a Marine Platform in the Gulf of Mexico. Contreras Quevedo (2011)	2.64	120
Blue Collar, Skilled Trade White Collar Workers. Lusk et al. (1995)	2.60	638
Health Behaviors of Lecturers Tokgoz (2002)	2.53	282



From research to practice

- Integrate sub-elements of the health-promoting behaviors as a specific program of education.
- Increasing exercise is the goal for 2012.
- Integration of a physical trainer within the multidisciplinary team on board, and to adapt new gyms.
- The nutritional discussions must change in order to be dynamics of participation.
- Conduct a study similar in each Workplace.

Discussions

- It is necessary to improve health promotion concept in workers
- How to inspire workers to do what they know in theory they should do?



Discussions

- While workers do not want to have a better lifestyle, and do not make the effort to develop it by themselves, it is not possible to take advantage of the full potential that Health Programs can offer.
- Link between public life and private character.
- Propagate the "Lose Weight Gain Health" Campaign to the Elementary and Junior High Schools.