

A cross-sectional research study of blue-collar worker's health in relation to their life style and cardiovascular diseases

Naseer Ahmed, and Farry B Jeffrey

Bright Future College of Nursing and Allied Health Sciences, Pakistan

According to World Health Organization, the cardiovascular disease was the leading cause of NCD (Non-communicable diseases) deaths in 2012 and was responsible for 17.5 million deaths or 46% of NCD-caused deaths. The purpose of this study to signify a key in the development of an area of research by identifying the importance of cardiovascular disease among blue-collar workers and timely measure for maintenance of their better health status. Using a cross-sectional research analysis, this study analyzed the incidence of cardiovascular disease among blue-collar workers. Prevalence of cardiovascular disease was proven to be relatively high. However, the awareness treatment and the control of cardiovascular disease in this population were very low; the prevalence was higher in Indians compared to Pakistani and Bangladeshi or other nationalities. Risks were higher among those who were having the smoking habit or high cholesterol food intake. Also and the majority was married, overweight or obese. It is hoped this study will contribute to the information on the issue and possibly add some useful information for policy makers and blue-collar workers (industrial or occupational workers) about management practices of good cardiovascular health. This study clearly answers (addresses) the question why blue-collar workers are having more cardiovascular diseases than white-collar workers and further more studies are required to discuss this issue world-wide. Human resources development is one of the main fields which require attention in successful organizations. Blue-collar workers are the backbone on any country's economy; to get powerful economy of the country therefore it is very necessary to look for the blue-collar workers' health. According to the World Health Organization (WHO), non-communicable diseases such as cardiovascular disease, cancer, chronic respiratory disease and diabetes cause 60% of all deaths globally, 80% of this mortality occurs in low and middle income countries. Dubai's labor force depends on these low middle income countries like India, Pakistan, Bangladesh and other South Asian countries. In this population cardiovascular diseases are very common due to many reasons like there is no check and balance on governmental healthcare facilities, financial issues and health education etc. Ignorance of these life threatening conditions leading them to carry this burden till they end up in hospitals. If blue-collar workers would be fit physically and mentally then the result would be in the form of powerful economy and booming industrial zones. This research teaches us many facts regarding medical and social aspects of the life of blue-collar workers and just little help and care can save many lives of this very important community called blue collar-workers. This study clearly answers the question why blue-collar workers are having more cardiovascular diseases than white-collar workers and further more studies are required to discuss this issue world-wide.

Biography

Naseer Ahmed is currently working as the Principal and Faculty of Public Health at Bright Future College of Nursing and Allied Health Sciences.