CHARACTERISTICS AND RISK FACTORS FOR HIGH FASTING BLOOD GLUCOSE AMONG MANAGERS AND GOVERNMENT OFFICIALS IN THE PHILIPPINES

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Background:
Diabetes ranks fifth among the top causes of mortality in the Philippines. In the 2013 National Nutrition Survey (NNS), the prevalence of high fasting blood glucose (FBG) was highest among government officials and managers (10.3%) compared to all other occupation groups. This specific occupation group includes officials of the government and special interest organizations, corporate executives and specialized managers, general managers or managing proprietors, and supervisors.

Objective:
The study aimed to determine the association between socio-demographic characteristics and selected non-communicable disease (NCD) risk factors with the prevalence of high FBG among government officials, executives, managers, supervisors, and proprietors in the Philippines.

Methods:
The study was a cross-sectional analysis of the 2013 NNS using a multi-stage stratified sampling design. Filipinos – 20 years old and above working as managers of any enterprise, government office and other organizations, with data on FBG and other NCD risk factors – were included in the study. Descriptive statistics were generated using Stata version 12.0. Simple logistic regression was used to determine the association of NCD risk factors with high FBG.

Results:
Majority of the participants (n=1,021) were females (61.6%) and had a mean age of 46.5 years. They had a mean blood pressure of 123.2/79.7 mmHg, mean FBG of 100.9 mg/dL, and mean triglyceride level of 171.6 mg/dL. The mean body mass index (BMI) was 25.2 kg/m². Result showed that age (≥40 years), elevated blood pressure (≥140/90 mmHg) and triglyceride level (≥150 mg/dL), family history of diabetes, BMI of ≥25 kg/m², high waist circumference and waist-hip ratio, and drinking alcoholic beverages were associated with high FBG. No significant relationship was observed between sex, educational background, HDL-cholesterol level, smoking status, fruit and vegetable intake, and physical activity with high FBG.

Conclusion and Recommendations:
This study identified a high prevalence of high FBG among managers in the Philippines and the risk factors that are significantly associated with this condition. Interventions in the workplace to prevent and control high FBG and diabetes through early diagnosis and risk management, treatment, and explicit health policies on workplace diabetes risk assessment should be initiated.