

3rd International Conference and Exhibition on Addiction Research & Therapy

August 04-06, 2014 Hilton-Chicago/Northbrook, Chicago, USA

Health profile of workers of Mexican Institute of Social Security

Maria Eugenia Velasco Contreras
Mexican Institute of Social Security, México

There is sufficient evidence that lifestyle affects the health of people. Population is related to patterns of behavior, which in turn affect their health. In 2001, the World Health Organization (WHO) identified lifestyle as major determinant of health and weight of the disease. The state of health and disease is determined by factors: Human biology, environment, lifestyle, and system characteristics health care. The Pan American Health Organization (PAHO) defines risk approach as a working method for organizing the health of populations, communities, families and individuals; to determine characteristics associated with the damage to health; as an individual or a group is likely to suffer from some ill-health. There are techniques and methods to recognize the risks of individuals or populations to direct the actions of health promotion and preventive care.

Objective: To determine the association between eating habits, physical activity, consumption of snuff and alcohol, obesity, hypertension, diabetes mellitus, heart attack, chronic obstructive pulmonary disease, cirrhosis and liver cancer in workers of the Mexican Social Security Institute (IMSS).

Material and methods: From March to December 2009, 20,000 surveys were administered to health care workers and other randomly selected job categories in the 35 delegations of IMSS. The study variables included: Affiliation, sex, and age, and employment status, registration of known diseases, smoking, alcohol addiction, exercise habits and diet.

Results: Workers with unhealthy eating habits and sedentary lifestyle have obesity and hypertension; those with smoking, diabetes mellitus or chronic obstructive pulmonary disease; those who drink abusively, cardiac infarction, cancer and liver cirrhosis.

Conclusions: IMSS workers have a high exposure to risk factors associated with chronic diseases and their complications triggered by smoking and alcohol consumption. It is necessary to enable them to change their lifestyle to live without addictions and thereby improve their health profile. In the presentation, the author will illustrate the possible mechanisms that are triggered by each lifestyle factor.

Biography

Maria Eugenia Velasco Contreras is a specialist in internal medicine who graduated in 1982, with title of the Faculty of Medicine of the National Autonomous University of Mexico. She has worked for the IMSS from 11 January 1983 until March 1989; General Hospital on a second-level care in the City of Mexico. She has participated in the review and update of the National Standards for the Prevention and Control of pulmonary tuberculosis; cervico-uterine cancer, breast cancer, diabetes mellitus, hypertension, obesity, and dyslipidemia. In 2008, she was given the task of establishing the program IMSS snuff smoke free, thus ensuring that they remove the CMN XXI Century "smoking areas" and the introduction of a guide to good medical practice for the prevention and control of smoking on health services.

maria.velasco@imss.gob.mx