

Introduction

Although health professionals & those working in the health care industry like medical representatives (MRs) may be assumed to make healthier lifestyle choices & have better health outcomes than others; due to greater health literacy, little is known about their actual health as compared to the overall population.

Aims & Objectives

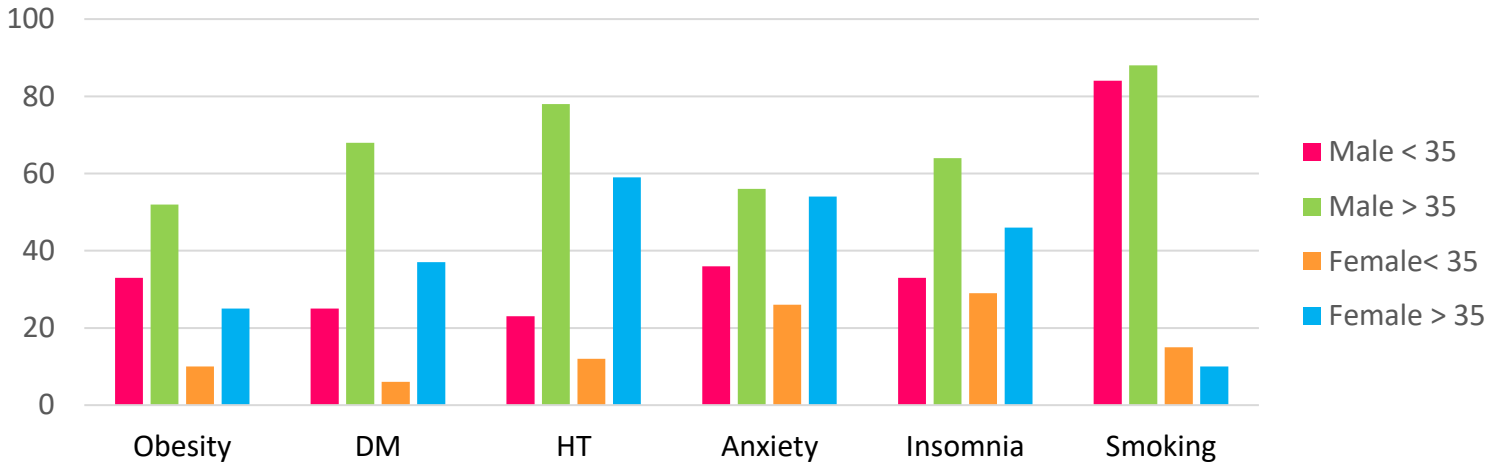
Prevalence of obesity, diabetes, hypertension & health behaviours (smoking, alcohol use, and exercise)

Material & Methods

Sample size - 550 (360 Males, 190 females)
Questionnaire-based test
Detailed history along with vital parameters, BMI, Sugar
Multivariable logistic regressions of each disease & behaviour adjusted for age, race, sex etc

Results

Prevalence rate of obesity (30%), diabetes (34 %) & hypertension (43 %) were higher
Many (43%) suffered from anxiety & sleep abnormalities
Almost half (49.25%) were tobacco smokers



Conclusions

Although being a close part of healthcare, MRs face many chronic health issues. Problems were compounded by long waiting hour, competition with others, economic issues & anger management, reaching targets etc.
Annual health checkups above the age of 35 years must be included. More RCTs

References & Acknowledgment

Holtzclaw et al. The Health of Health Care Professionals. Am J Lifestyle Med. 2020 Dec
The support of all medical representatives (MRs) who helped us to complete this study & our statistician Dr Naveen Raju. Staff of Ankoor Fertility Clinic, Mumbai