

The Weight of Icelandic Fishermen

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Introduction

- * Why is overweight increasing amongst fishermen
- * The aim of this study



Research Questions

- 1 What is the weight of Icelandic fishermen.
- 2 What is the Body Mass Index (BMI) of Icelandic fishermen.
- 3 Does age have effect on weight and BMI?
- 4 Do Icelandic fishermen see themselves as overweight – underweight or of the right weight?
- 5 Have Icelandic fishermen gained weight, lost weight or is their weight the same as 5 years ago?
- 6 How many Icelandic fishermen should not have their license to work on board fishing ships due to weight problems?

Data Collection

- * Information sent to fishing ships
- * Data gathered on board and in health examinations
- * Voluntary participation
- * Data gathered from August to October 2012



Questionnaire

- * The undersigned is a nurse at Akkilles slf. a company that is responsible for health care of fishermen. I am also a student in Master of Maritime Health. A part of my studies is to perform a research connected with health issues of seafarers. I have decided to look at the weight of Icelandic fishermen. No information regarding name, cpr., position, ship or company will be used. Participation is voluntary.

- * If you are ready to help me please, fill out the questionnaire and then give it to the nurse

Height	kg
Weight	cm

Age	years
Sex	male () female ()

I see my self as: (mark X were appropriate)

Underweight	
Right weight	
Overweight	

For the last 5 years I have been (mark X were appropriate)

Gaining weight	
Same weight	
Loosing weight	

Weight

- * Overweight and Obesity increases the risk of certain diseases

- * Body Mass Index (BMI):

weight in kilograms divided by height in meters squared

$$\frac{\text{kg}}{(\text{m} \times \text{m})}$$

- * Research on seafarers weight problems



Physical fitness and fishing as an occupation

- * Dangerous occupation
- * Importance of physical fitness
- * Fishermen are aging
- * Health promotion



Diet onboard

- * To many calories
- * Blame it on the chef (cook)



Guidelines on the medical examination of seafarers

The aim of the medical examination is to ensure that the seafarer being examined is medically fit to perform his or her routine duties at sea and is not suffering from any medical condition likely to be aggravated by service at sea, to render him or her unfit for service or to endanger the health of other persons on board.



Results

- * 405 Questionnaires usable.
- * All fishermen working on fishing ships of 500 GT or larger
- * Sample is over 20 % of the population (1900)
- * Average age was 41.8 years (range: 18 – 69 years)

Age (years)	18-30	31-40	41-50	51-60	61-70
%	17.5	28.9	29.2	21.2	3.2

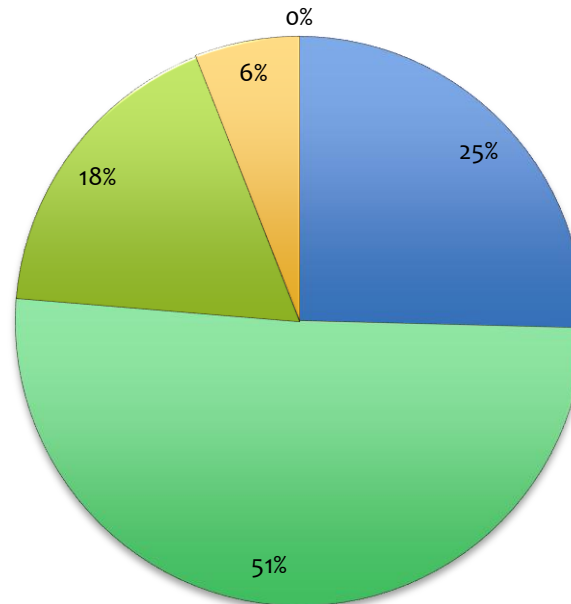
Results cont.

- * Average weight was 90.0 kg (range: 61.5 – 148.5)
- * Average BMI was 27.7 (range: 20.4 – 42.6)

BMI	Definition	Number	Percentage
< 18.5	Underweight	0	0
18.5-24.9	Normal	103	25.4
25.0-29.9	Overweight	206	50.9
30.0-34.9	Obese	72	17.8
> 35	Obese	24	5.9

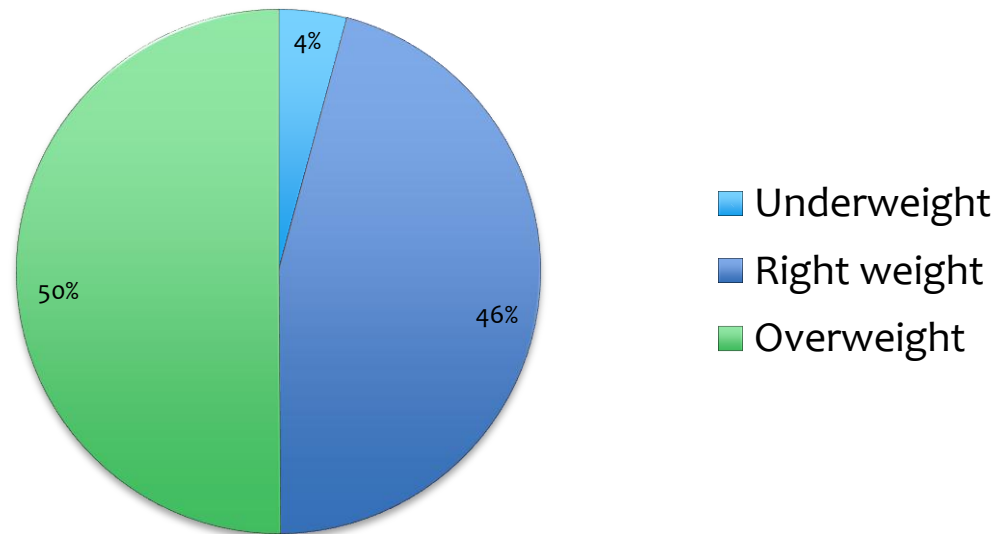
BMI distribution

■ BMI < 18,5 ■ BMI 18,5-24,9 ■ BMI 25,0-29,9 ■ BMI 30,0-34,9 ■ BMI > 35



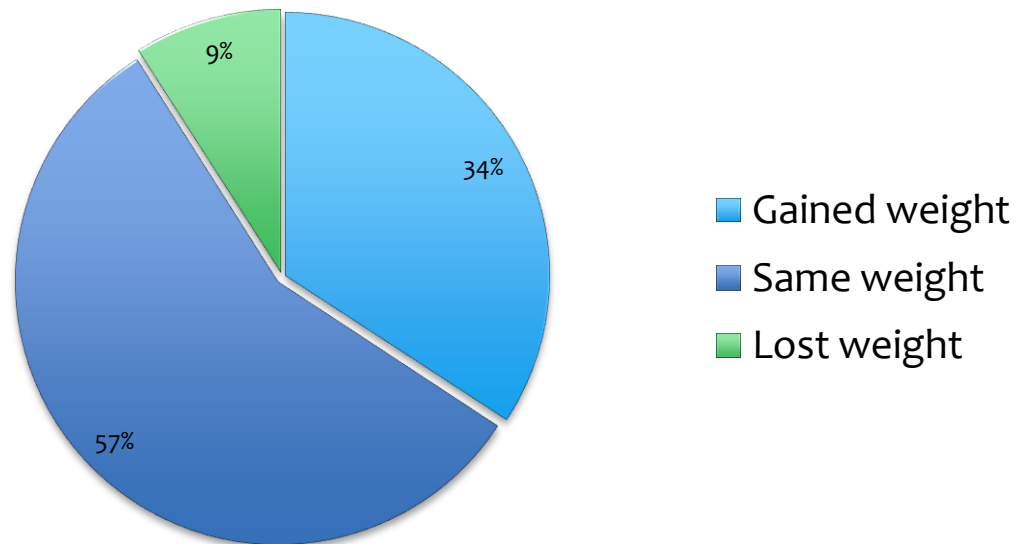
Results cont.

What do think of your own weight



Results cont.

What has happened to your weight in the last 5 years



Discussion

- * What to do
 - * Only 25 % are of optimal weight
 - * 24 % are in the obese group and 6% of these have BMI > 35
 - * Diet onboard
 - * Convenience stores onboard
 - * Regular exercises
 - * Health promotion



Thank you



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