

Dietary supplement consumption among hospital personnel in central Bangkok

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Introduction: The dietary supplement consumption (DSC) in the developed countries becomes popular due to its potential to increase nutrients and relief disease. Demographic and lifestyle factors associated with the use of dietary supplements. However, varied results were found from different settings and study groups. This study aimed to assess dietary supplement use and factors associated with DSC among personnel in Rajavithi hospital, a tertiary hospital in central Bangkok, Thailand.

Methods: A cross-sectional study was conducted between January and June 2016. Staffs who had worked in this hospital at least 1 year were recruited, and completed a self-administered questionnaire. The questionnaire consists of demographic characteristics such as age, sex, education, occupation, underlying diseases, health behavior, types of supplement and reasons for choosing dietary supplement. The differences of qualitative and quantitative variables were performed using Chi-square and Student t-test. Binary logistic regression was employed for factors associated with DSC. This study was approved by the ethics committee, Rajavithi hospital.

Results: Most of participants were female. Mean age was 40.4±11.2 years old. Almost 56% had normal BMI. The use of dietary supplement was 25.5%. The most popular supplement was weight loss supplements. Five factors were significantly associated with DSC; increasing age (OR = 0.97; 95%CI: 0.95-0.99), higher education than bachelor degree (OR = 2.55; 95%CI: 1.23-5.28, gastric disorders (OR = 2.16; 95%CI: 1.05-4.45), poor sleep quality (OR = 1.93; 95%CI: 1.17-3.18) and abstain from some food (OR = 1.90; 95%CI: 1.09-3.31). The most common reasons for dietary supplement use are the approval of food and drug administration and convenient channels for distribution.

Conclusions: Dietary supplement consumption is quite low compared to literature. Age, education, gastric disorders, sleep quality, and abstain from some food are factors associated with DSC. The hospital personnel should take special care to use supplement rationally and concern about risk.

สำเนาถูกต้อง

ฉันทน์ มาแก้ว

