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LiveWell Initiative





LWI/BusinessDay 2013 Health Report on Disease Proneness in Nigeria

- LWI conducted a research project in collaboration with BusinessDay Research & Intelligence Unit
- The research project aimed to measure disease proneness and patterns among various formal and informal across the Nigerian multi-sector.
- As you may be aware, LWI runs basic health tests and personalised counselling to different organisations across the economy in Nigeria.



Disease Proneness

The research project results were generated and analysed into these categories across various professions:

- Occupational status
- Familial
- Lifestyle



Bankers

- Sedentary lifestyle
- Highly Stressed
- Targets
- Less than 6 hours sleep in every 24 hours
- Little or no relaxation
- Poor Diet, Late eating hours...
- Prone to Syndrome X



Vulcanisers

- Active lifestyle
- Hardly Stressed
- Few Targets
- Likely more than 6 hours sleep in every 24 hours
- Plenty of relaxation and daytime (occupational) napping
- Poor Man's Diet
- Earlier eating hours (Titus fish?) Fish oils are good for the heart...
- Little or no Proneness to Syndrome X



Insurance Marketers

- Sedentary lifestyle
- Very Highly Stressed
- Very High Targets
- Less than 6 hours sleep in every 24 hours
- Little or no relaxation
- Poor behavioural lifestyle i.e. poor diet, late eating hours...
- Proneness to Syndrome X



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Market Women

- Very Active lifestyle
- Hardly Stressed
- Modest Targets
- Likely More than 6 hours sleep in every 24 hours
- Plenty of relaxation
- Poor Man's Diet
- Normal eating hours, lots of fruits and drinking water...
- Less Proneness to Syndrome X



Truck Drivers / Drivers

- Little or No Physical Activity (sedentary state)
- Highly Stressed
- High Targets
- Less than 6 hours sleep in every 24 hours
- Little or no relaxation
- Poor Man's Diet
- Late eating hours...
- Irresponsible sexual behaviour – risk of sexually transmitted diseases STDs
- Prone to Syndrome X



Conclusion

- The LWI/BusinessDay Health Report gives an interesting overview on health status of Nigerians in various sectors in the economy.
- It is useful reference book in governing corporate health policy and formulation
- Strongly recommend acquiring a copy of the health report today



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Thank You

For more information

Kindly visit our website

www.livewellng.org

or

www.businessdayonline.com