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Chronic illness, stress, heart-healthy habits among health worker area 8

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Background and Aim: In Spain about 60% of deaths are caused by cancer, heart and cerebrovascular disease, chronic lower respiratory diseases and diabetes. We intend to quantify toxic, heart-healthy habits, the prevalence of chronic disease and stress that causes us our job. We intend to intensify programs for early detection and intervention to prevent morbidity and premature mortality, starting with us: health worker.

Method: Cross-sectional study made with total health workers in the four Health Centres área 8 Mar Menor (146). Using a questionnaire previously validated of 19 items. Statistical Analysis T-student, G-STAT 2.0 software, considered significant at $P < 0.05$.

Results: Sex: men 36.30 % ,women 63.70 %.Media aged 48.2. Professionals: doctors 46.58 %, nurses 36.30 %, 17.12 % auxiliaries. Years in practice 24.5. Chronic illness: 35.62 %, taking drugs for disease 30.82 %. Chronic diseases increase with age $P < 0.0001$. Psychotropic drugs: 4.79 %. Smoking 21.23 %, 38.36 % social drinker. Perform a sport 70.55 %. 91.10 % heart-healthy diet. In daily practice to 66.44 % suffers stress, and 19.86 % are considered 'burned' (Burnout Syndrome), attributing it 43.84 % to overcrowding in our consultations. There is an association between stress and sex, in favor of women, with $p = 0.006$. We found no statistically significant relation between 'burned' or 'stress level' and work center or years of practice professional.

Conclusions: It is necessary to emphasize training on healthy habits (diet, in Spain there is a 23% obesity, or physical exercise, in Spain only 56% of the population does some sport), as well as decrease the consumption of toxic (in Spain smokes 24% of those over 15 years, about alcohol each Spanish consumes on average per year of 11.62 liters).Not forgetting to take care of our professionals.