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Title of Research *	Physical Activity in Law Enforcement Officers Beyond Self-Report
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Introduction & Purpose *

Background: while police self-report being more physically active than counterparts in the general population, it is unclear what this activity involves and the degree to which they expend energy on and off the job. One concern is that while officers' report being physically active, the rates of CVD and obesity in this group consistently exceed those found in the general population; data are needed beyond self-report. The purpose is to: 1) compare physical activities between work days and days off, 2) examine the differences in physical activity based on gender, ranks, and departments, and 3) to explore the relationship between stress, BMI, and other covariates in the study. Police work in the public domain and chronic disease poses a fiscal burden for society.

Experimental Design *

Sample: data were collected from 6 departments (n=119) including a Pacific Islander group. Framework: this study is underpinned by the Stress-Disequilibrium Theory. This model purports that stress leads to chronic disease by de-regulating processes that control the cardiac and endocrine system. This equilibrium leads to changes in glucose regulation, sleep cycles, and other processes, and ultimately to CVD. Methods: participants completed instruments to evaluate sleep, depression, and general health; an activity log; and wore an activity monitor to record total energy expenditure, step counts, and METs for three workdays and one day off. Data were analyzed using paired t-tests, t-test, nonparametric analysis, and correlation analysis.

Results *

Results: BMI values were correlated with physical activity measurements ($p = .05$); approximately 31% of officers reported mild, moderate or severe depression; and officers tended to be more active on their days off than during their work hours supporting the hypothesis that the profession is primarily sedentary.

Conclusions *

Conclusions: findings support the need for nurses to intervene to address depression, obesity and CVD risk factors in police.

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