

GOVERNMENT BANKERS LEAD A SEDENTARY LIFE STYLE WITH TENDENCY FOR PHYSICAL INACTIVITY: MYTH OR A FACT?

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Cardiovascular diseases (CVDs) are the foremost cause of deaths globally. Over three quarters of CVD deaths occur in low and middle-income countries. Bankers are known to have a sedentary lifestyle with physical inactivity which is a known risk factor for CVDs. The objective of the study was to assess the level of physical activity of government bankers. A descriptive cross-sectional study was carried out in 25 selected branches of a government bank in Western Province, Sri Lanka. Managerial and officer grade participants were recruited through simple random sampling. Level of physical activity was assessed using an interviewer - administered structured questionnaire. Physical activities were categorized as strenuous (brisk walking, jogging) and mild to moderate (house work, walking, gardening). Strenuous exercise of more than 2 hours per week and mild to moderate exercise of

more than 18 hours per week were considered as satisfactory. Data were collected from 403 bankers, males (n=113; 28%) and females (n=290; 72.0%) belonging to 25-45 age group. Only 212 (52.6%) have engaged in satisfactory level of physical activity. Among them, 49 have been involved in strenuous physical activity but have failed to show any statistically significant association with age (p=0.446), gender (p=0.519) or with occupational status (p=0.156). 163 (40.4%) were involved in mild to moderate physical activity, the majority were females (n=127) and statistically significant association was shown with gender (p=0.028). In conclusion, there is a need to implement life style changes in government bankers in Western Province to sustain a satisfactory level of physical activity.

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