Prevalence of Dyslipidemia in Middle-Aged Employees of the Postal Sector

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Abstract

This study investigates the prevalence of dyslipidemia among middle-aged employees in the postal sector. With a focus on gender, age, and comorbidities, it identifies high-risk groups and proposes effective interventions. The findings reveal an alarming prevalence of dyslipidemia (66.6%), particularly among males and older employees. These results highlight the urgent need for targeted health programs to address this issue.

Introduction

Dyslipidemia, characterized by abnormal lipid levels in the blood, is a critical risk factor for cardiovascular diseases (CVDs). It contributes significantly to global morbidity and mortality. The postal sector, characterized by sedentary job roles and occupational stress, presents a unique demographic at risk for metabolic disorders like dyslipidemia.

This study aims to assess the prevalence and risk factors of dyslipidemia among middle-aged postal employees. By understanding the role of gender, age, and comorbid conditions such as hypertension and diabetes, this research underscores the importance of workplace interventions in mitigating health risks.

Methodology

A cross-sectional study was conducted involving 508 employees from various postal sector workplaces. Participants were selected based on their willingness to participate and their demographic alignment with the study criteria (middle-aged, 40–60 years).

Data Collection:

Medical examinations, lipid profiles, and self-reported questionnaires were used to gather data.

Measured Variables:

- Lipid profile abnormalities (high LDL, low HDL, elevated triglycerides).

- Demographic details (age, gender).

- Prevalence of comorbidities (hypertension, diabetes).

Statistical analyses were conducted to determine associations between dyslipidemia prevalence and risk factors.

Results

Overall Prevalence: The overall prevalence of dyslipidemia among the study population was 66.6%.

Gender Differences: Males were 1.6 times more likely to have dyslipidemia than females ($p<0.00$).

Age-Related Risk: Participants above 55 years were 1.4 times more likely to develop dyslipidemia.

Impact of Comorbidities: Individuals with hypertension or diabetes exhibited significantly higher risks ($p<0.01$).

Table 1: Dyslipidemia Prevalence by Category

Category	Prevalence (%)
Overall	66.6
Males	75.4
Females	47.1
Above 55 years	74.2
With Hypertension	81.3
With Diabetes	78.9

Discussion

The findings reveal a significant burden of dyslipidemia among postal employees. Occupational stress, sedentary behaviors, and suboptimal health practices contribute to the high prevalence. Tailored health interventions can mitigate this issue effectively.

Conclusion

This study highlights the pressing need for tailored health interventions in the postal sector. By addressing modifiable risk factors and promoting regular health monitoring, the burden of dyslipidemia can be significantly reduced.

References

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