

Micro - Nutritional Deficiencies in Employees of Oil & Gas Industry - A Cross Sectional Study

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Abstract

Introduction: The oil and gas industry are known for its demanding work environment, long working hours and remote locations, which can significantly affect the health and nutritional status of employees. Nutritional deficiencies can lead to various health problems and reduced work productivity.

Material and Methods: A cross-sectional study was conducted on a representative sample of 73 employees working in the oil and gas industry. Data were collected through structured interviews & biochemical assessments, including blood tests for key nutrients. Participants' dietary habits, lifestyle factors, and work-related variables were also assessed to identify potential risk factors for nutritional deficiencies.

Results: Preliminary findings revealed a remarkable prevalence of nutritional deficiencies among workers in the oil and gas industry. Common deficiencies included vitamin D3, iron etc. Work factors such as remote workplaces and irregular shifts were significantly associated with an increased risk of deficiencies. In addition, dietary habits and lifestyle choices played a significant role in the nutritional status of employees.

Conclusion: This cross-sectional study highlights the significant problem of nutritional deficiencies among workers in the oil and gas industry. The results highlight the need for proactive measures to address these gaps, such as tailored nutritional education and dietary support programs. In addition, optimizing working conditions, including shift patterns and access to nutritious food, can help mitigate the risk of nutritional deficiencies among workers. Addressing these issues can improve the overall health, well-being and productivity of the oil and gas industry workforce.