|  |
| --- |
| **Title of Research Presentation** (Sentence case)Health inequality between physicians and nurses on physical activity – role of profession vs. gender |
| **Maximum 2500 characters (including spaces but excluding title)****Background/Objectives**Health inequalities associated with social determinants are commonly observed in the community. Our study aimed to examine whether such phenomenon existed in hospitals among health professionals on their physical activity, and if so, how such inequality was associated with gender and profession.**Methods**Data of physicians and nurses was retrieved from a nationwide cross-sectional survey among full-time employees in 100 hospitals across Taiwan in 2011, with a total of 3998 physicians and 30229 nurses. Information on profession, gender, age, body mass index (BMI), stress score, management status, marriage, being in a health promoting hospital or not, etc. was included into the analysis. Being physically active was defined as having 3 or more days with physical activity exceeding 30 minutes in last week.**Results**Prevalence of being physically active was higher in males (41.2% vs. 26.2% in females) and physicians (38.8% vs. 26.4% in nurses). However, role of profession on physical activity only existed in females, among whom the prevalence in physicians was 31.0%, slightly higher than 26.1% in nurses. Among males, on the contrary, the prevalence was slightly higher in nurses (42.2%) than physicians (41.1%). Gender ratio (M/F) in physicians and nurses were 1.33 and 1.62, respectively. In multiple logistic regression model adjusting for age and BMI, female gender (OR=0.704, p<0.001), nursing profession (OR=0.829, p=0.011), and management status (OR= 0.883, p=0.008) were all associated with significantly lower probability of being physically active, and working in a health promoting hospital (OR=1.076, p=0.003) was associated with higher prevalence. Furthermore, there was significant extra protective effect associated with being a male nurse (OR=1.499, p=0.001).**Discussion**Both gender and profession were associated with health inequality on physical activity between nurses and physicians. Gender gap was higher in nurses than in physicians. Health status of female nurses deserved high attention, even though female is the dominant gender in nurses. Implementing health promoting hospital initiative seemed to be associated with independent beneficial health effect for both physicians and nurses.**Keywords**physical activity, health promoting hospital, health inequality, nurses’ health |