

# **ASSOCHAM**

# **BUSINESS**

# **BAROMETER**

## **Preventive Health Care And Corporate Female Workforce**

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## INTRODUCTION

For the occasion of Women's Day, the team of Assocham Research Bureau (ARB) designed a questionnaire that focused on the issues of corporate female employees and health problems they perceive. ARB targeted companies present in ASSOCHAM database. Apart from the database, a random sample of individual working female employees was also aimed, through field surveys, further requesting them to forward it to some of their colleagues. (Refer Annexure I).

- In total ASSOCHAM received responses from around **72 companies** across India.
- **103 total working females** participated in the survey. The survey have targeted only those females that are permanent employees (*they are not employed on temporary or casual basis; neither they are working from home*).
- In terms of organization strength, respondents ranged from very small (6 employees) to very large (1, 44,500 employees) company size.
- The survey was conducted for two months period i.e December 2008–January 2009.

**NOTE:** As per the respondents request we have kept information strictly confidential regarding individual and organization identity and analysis is done only in the aggregate.

## **68 per cent of the working females afflicted to lifestyle disease: ASSOCHAM Survey**

While the world celebrates Women's Day, the Assocham Study released on the eve expresses concern over the deteriorating health condition of the working women in urban places as in a survey of 103 employed females, more than two-third reported to be suffering from lifestyle diseases.

As 27 per cent of females in urban India are employed, their health issues are a major concern both for society and business, ASSOCHAM analyze the issue through survey based study "**Preventive Health Care and Corporate Female Workforce**", revealing that 68 per cent of the working females surveyed under the age bracket of 21- 52 years were found to be afflicted to lifestyle disease such as obesity, depression, chronic backache, diabetes, hypertension etc.

On the eve of Women's Day, ASSOCHAM's study based on the survey of 103 corporate female employees from 72 various companies/organizations across 11 broad sectors of the economy focused on the health issues of corporate female employees. The study analyzed that high psychological job demands like long working hours, working under deadlines, without clear direction leads 75 percent of the working females suffer depression or general anxiety disorder than those women with lowest level of psychological job demands.

However, it was found that factors such exposure to industrial pollutants and environmental toxins found in daily life, poor quality sleep, lack of exercise and sunlight exposure, poor nutrition, excessive intake of alcohol consumption and drug abuse (like cocaine etc) too causes depression among working females.

"Females' plays vital and multiple roles, especially those who are employed as a balance needs to be maintained by them both at home and workplace, thus ignorance of health care can have multiple implications on her surrounding environment such as her

family, workplace and social network”, said Mr. D.S. Rawat, Secretary General, ASSOCHAM.

Ladies employed in sectors demanding more time such as media, KPO, touring jobs are unable to take leaves when un-well, pulling themselves to work mainly due to job insecurity specially in time of the on-going financial crisis.

Work pressure and deadlines often lead 53 per cent of the survey respondents to skip their meals and munch more of junk food.

Seventy seven per cent of the working female respondents have avoided visiting the doctor. The reasons varied such as 26 per cent were unable to take out time from their busy work schedule, 20 per cent were afraid of the outcome, 17 per cent preferred to take home remedial measures, 9 per cent were too embarrassed to visit the doctor's while 5 per cent didn't like to visit the doctor.

Corporate female employees’ hectic schedule of balancing workplace and home along with balancing between social and personal requirements causes their health care to get ignored.

Hence, to balance the body certain nutrients are required to strengthen the immune system, increase energy levels and support the balancing of the female hormones.

The survey revealed that corporate females’ dietary/nutrient supplement includes multi-vitamins that is consumed by nearly 36 per cent of the respondents, followed by 19 per cent take Vitamin D capsules (that include allopathic and herbal).

To overcome iron deficiency 21 per cent of females prescribe to iron based dietary supplement, 26 per cent of the working ladies intake calcium supplements.

Assocham's working female employees' healthcare survey found 47 per cent of the respondents who are suffering with cold, flu, headaches and stress spend less than Rs 500 on their health care in a year, 22 per cent of the employees spend in the range of Rs 500-5000 in a year as they suffer with health problems such as obesity, depression, spondolysis etc.

Twenty nine per cent of the sample population are spending in the range of Rs 5,000-50,000 on their health care in a year as they are afflicted to high blood pressure; low blood pressure, diabetes, heart diseases, asthma, bladder/urinary infection, arthritis etc.

Merely 2 per cent of the female employees spend more than Rs. 50,000 as they suffer chronic heart/cardiovascular disease, paralytic attack; slip disk, internal injury etc.

**PREVENTIVE HEALTH CARE and  
FEMALE WORK FORCE IN CORPORATE SECTOR**

**QUESTIONNAIRE**

The purpose of this survey is to collect information regarding preventive health care and how does it impact the female work force of the Indian corporate sector. This will help us to understand the related issue better.

The responses provided **would be kept strictly confidential** and analysis will be done only in the aggregate. The information shall be used only for research purpose.

We appreciate your time and effort in completing the questionnaire.

Thanking You

Age \_\_\_\_\_ year(s) Total Work Experience \_\_\_\_\_ year(s)

Name of the Organization \_\_\_\_\_

Sector \_\_\_\_\_ Designation \_\_\_\_\_ Marital status \_\_\_\_\_

**Please tick (✓) the appropriate circle for the following questions**

**Q1) In general, rate your health:**

- Excellent     Very good     Good     Poor     Bad

**Q2a) Major disease you suffer: (Plz refer (\*), after Q13)**

- Acute disease     Chronic Disease     Lifestyle disease     All     No disease

**Q2b) Indicate the disease (s) you are suffering, if any:**

- Diabetes     High blood pressure     Low blood pressure     Cervical     Asthma
- Tension Type Headaches     Cancer     Osteoporosis     Arthritis     Spondolysis
- Slip Disk     Heart Disease     Chronic backache     Obesity
- Stroke     Bladder/urinary infection     No disease at all
- If any other, plz mention.....

**Q3) On a regular basis do you feel any symptoms of:**

- Sleeping disorder     Fatigue     Depression     Regular Headaches
- No such symptoms at all

**Q4) How many hours do you sleep (on daily basis):**

- Less than 6 hours     6-8 hours     above 8 hours

**Q5) How many hours a week do you exercise:**

- I don't exercise     less than 1 hour     1-3 hours  
 3-6 hours     above 6 hours

**Q6) Is there any self-destructive lifestyle habit(s), (You can tick more than one box)**

- Smoking     Excessive intake of junk food     None

**Q9) Maximum amount being spent by you on your health check up(s) in a financial year is:**

- Less than Rs 500     Rs. 500-5000     Rs 5000-50,000     More than Rs 50,000

**Q10) Do you visit any doctor/physician on a regular basis?**

- Yes     No

**Q11) If No, the reason for not visiting the doctor is:**

- Busy work schedule     Afraid of outcome     Home remedy is effective  
 Embarrassed to visit the doctor     Didn't like to visit the doctor

**Q12a) To balance the in-sufficient nutrients, your dietary supplement is in form of:**

- Allopathic     Herbal     Do not take any

**Q 12b) Your dietary (nutritional) supplement includes:**

- Vitamin D     Iron     Calcium     Multi-Vitamin     Protein     None

**Q 13) Your dietary (nutritional) supplement is prescribed due to:**

- Osteoporosis     Fatigueness     Allergy     Depression     General Fitness  
 Any other health problem.....

**Kindly provide further information or suggestions on the topic:**

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*\* Reference for Q2*

Lifestyle Disease	Chronic Disease	Acute Disease
Lifestyle diseases` is also called as `diseases of longevity` or `diseases of civilization`. It is a disease associated with the way a person or group of people lives.	A 'chronic disease' is defined as a `disease of long duration and generally slow progression`	Acute Disease' can be defined as an illness that is of short duration, rapidly progressive, and in need of urgent care.
<b>It include diseases such as:</b>		
Depression	Heart diseases	Influenza
Obesity	Cancer	
Asthma	Diabetes	Pneumonia
Type 2 diabetes	Hypertension (BP)	
Cancer	Chronic backache	Bronchitis
Stroke	Spondylolysis	
Heart disease	Osteoporosis	Leukemia
Low Blood Pressure	Chronic respiratory diseases	
Diseases associated with smoking, alcohol and drug abuse		

***For further queries or detail please contact:***

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