

Life style and nutritional status of food service personnel in selected hotels

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ABSTRACT: The hospitality is the only industry which serve essential food and shelter and make the customers to feel at home. Thereby we take our food in outside restaurants. Hence personnel working in the hotel industry who serve food should be nutritionally fit and active, then only they can provide good food to the customers. A survey was conducted regarding the life style and nutritional status of the food service personnel in selected hotels from Trichirapalli district. Hundred samples of male personnel were selected in purposive random sampling method from production, service and dishwashing areas because these are the main areas where the hygienic practices should be followed strictly. An interview schedule was framed with questions regarding life style pattern, Dietary intake personal hygiene and their nutritional status is analysed by Selected Antropometric measurements, Biochemical assessment and by Dietary survey method. The results showed that Majority of the food service personnel were not following healthy lifestyle and they have lot of stress due to long working hours and they have improper meal timings and their nutritional status were not satisfactory.

1.INTRODUCTION

“ Only a healthy person can serve healthy food”

Catering industry is the one which provides both food and shelter in a better way. Inorder to get rid off our mechanical life, we like to spend our leisure times by going away from home. Thereby, we take our food in outside restaurants. Such foods taken from outside should be very hygienic and should be very good in terms of quality and quantity.

The food service personnel working inside the hotel industry who prepare and serve food should be healthy and active, so that they can provide healthy food to the people who eat food in their premises.

Unhealthy life style and dietary habits places a person at increased risks of certain major diseases like diabetes, blood pressure and high cholesterol levels in the blood. Jelliffe(1996) study assessed to determine the type, magnitude and distribution of malnutrition in different areas. Eastwood(1997) work on nutritional assessment were based on the data from biochemical tests, body measurements and various clinical observations to evaluate nutritional status of an individual. History information such as

individual's health history, drug history, socio-economic history and diet history were considered for nutritional assessment report of Whitney (1999). Williams..S.R (1989) study was based on the medical record of the client is interviewed in health history and the factors that may affect the person's nutritional status with the help of health history.

2. METHODOLOGY

The study was conducted in Trichirappalli district. Purposive random sampling method were used for the selection of sample size [n=100]. Hundred male subjects from production, service and dishwashing areas from the selected hotels namely Sangam, Ramyas, Femina and Rajasugam were taken. An interview schedule was framed by using questionnaire and the data was collected with the following information like lifestyle pattern, Dietary intake, Anthropometric measurements, clinical assessment and biochemical assessment and nutrient intake was analysed by 24-hour recall method. The collected data was analyzed and the results and reported.

3. RESULTS AND DISCUSSION

The study revealed that they are interested in knowing about healthier food choices but due to long working hours they are unable to follow proper meal pattern and they follow unhealthy lifestyle habits like consumption of alcohol and cigarette smoking. They consume food only to relieve their hunger and no preference for better nutrient choice of food.

Table 3.1 Mean Nutrient intake of personnel

Sno	Nutrients	MALE			
		Sedentary Work		Moderate Work	
		RDA	Mean value	RDA	Mean value
1.	Energy[Kcal]	2425	2485	2875	2274
2.	Protein[gm]	60	99	60	75
3.	Fat[gm]	20	20	20	15
4.	Fiber[gm]	-	23	-	28
5.	Calcium[gm]	400	1152	400	1271
6.	Iron[mg]	28	31	28	31
7.	Vitamin A i] beta carotene[µg]	2400	2354	2400	2567
	ii] Retinol[µg]	600	158	600	157
8.	Thiamine[mg]	1.2	1.4	1.4	1.4
9.	Riboflavin[mg]	1.4	1.5	1.6	1.6
10.	Niacin[mg]	16	20	18	19
11.	Vitamin-c[mg]	40	177	40	177

It was observed from the table 3.1 that majority of the food service personnel took rice hence the mean nutrient intake of calorie levels are higher than the RDA. But the fiber levels are low when compared to fat. Though the Iron intake are adequate most of the respondents are anaemic this may be due to poor absorption of Iron. Eventhough some of the vitamins and other nutrients mean intake was adequate their clinical signs are were not healthy and shows poor status.

Table 3.2 Percentage distribution of alcoholics,smokers and Tobacco consumers and frequency of consuming.

Sl.no	Type	Daily	Weekly	Once In 15 Days	Once In A Month	Special Occasion	Number Of Respondents[N =100]
1.	Alcohol	3	6	2	8	4	23
2.	Smoking	22	3	1	-	1	27
3.	Tobacco	5	-	-	-	-	5

From the table 3.2,it is evident that, among 100 individuals 55 percent of the personnel had the habit of smoking,drinking alcohol and consuming tobacco.Around 23 percent of the personnel consumed alcohol,27 percent were smokers and 5 percent of the foodservice personnel had the habit of consuming tobacco daily.They said that they consumed these inorder to get rid off from workstress and heavy work load.Eventhough they are aware of these bad lifestyle practices they consumed to make themselves better from stress.

Table 3.3 Type of fast foods consumed by the respondents

S.No	Type Of Food	Percentage Of Respondents[N=100]
1.	Noodles	45
2.	Canned foods	2
3.	Pizza	34
4.	Cutlet	41
5.	Packed soups	7
6.	Samosa	10

From the table 3.3,it it observed that ,majority[60 percent] of the personnel had the habit of taking junk and preserved foods in order to relish.45 percent consumed noodles,2 percent consumed canned foods,34 percent have the habit of taking pizza and 41 percent ,7 percent,10 percent of the individuals consumed cutlet, packed soups and samosas respectively.They consumed because it was easily available in their premises itself and also enjoyed the taste without analyzing their impact on their health.

4.SUMMARY AND CONCLUSION

Around 100 food service personnel were selected through purposive random sampling method from dishwashing, production and dining area. Interview schedule was framed and questions regarding life style and dietary pattern were analyzed to check their nutritional status. The findings shows that the personnel did not have the habit of even planning menus. Life style habits such as alcohol consumption, smoking and long working hours psychologically affected the personnel and these factors may highly affect the nutritional status rather than the diet. The nutritional status was not that much poor but not good. It was observed that the life style habits affected personnel healthy living rather than diet.

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