

THE ASSESSMENT OF COUNSELLING INTERVENTIONS REDUCING EMPLOYEES' CARDIOVASCULAR RISK FACTORS

Project implementation period: 2015-2016.

Aim – to assess the effectiveness of counselling interventions reducing employees' cardiovascular risk factors.

3 tasks were set to reach the aim: 1. To systematically review scientific evidence about the effectiveness of counselling interventions aimed at reducing employees' cardiovascular risk factors. 2. To describe the most effective interventions (or their groups) in detail. 3. To determine the applicability of the described interventions to Lithuanian enterprises based on expert opinion.

Methodology. Used methods: systematic review, meta-analysis, expert opinion survey. The experts' opinion was analysed using the method of qualitative content analysis.

Main results. 10 studies were included in the systematic review. The interventions aimed at promoting physical activity and healthy eating. They lasted 3-12 months. Individual counselling was mostly provided by specialist dietitians. 1 study was rated as having high quality, 2 studies – moderate quality, 7 studies – poor quality. 6 studies were included in the meta-analysis. Mean differences in body mass index change between intervention and control groups were statistically significant ($p < 0.05$). The effect size of the interventions was -0.31 (95% PI = -0.49 ; -0.14) kg/m^2 . The heterogeneity of the studies was high ($I^2 = 78\%$). Mean differences in waste-to-hip ratio and resting heart rate between intervention and control groups were statistically insignificant ($p < 0.05$).

Conclusions: Workplace interventions that ensure participants receive individual counselling can reduce employees' body mass index. There is a lack of evidence whether they can reduce waste-to-hip ratio or resting heart rate. Workplace interventions involving individual counselling are in line with Lithuanian enterprises' needs concerning occupational health promotion. The implementation of such interventions in Lithuanian enterprises is feasible or partially feasible.

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