

# Musculoskeletal disorders, ageing and overweight in the workforce – the Esbjerg Cohort Study

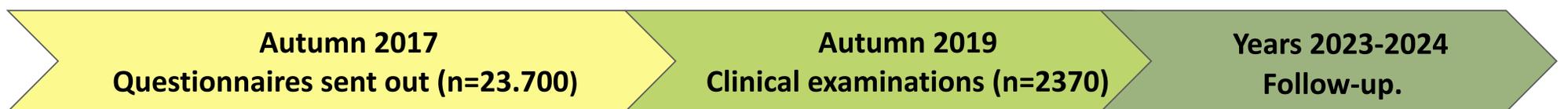
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## Purpose

To describe work exposure, lifestyle and age-related changes in physical capacity among a working population and evaluate the impact of occupational workload and lifestyle on bodily degenerative changes. Data on nutritional status, workability and experienced general occupational demands related to current job are presented.

## Background

In Denmark, initiatives to keep the workforce at the labour market has resulted in a higher average retirement age. This will likely lead to an increased incidence of musculoskeletal disorders, but whether that would be due to lifestyle and age-related bodily degenerative changes or due to longer durations of occupational exposure is not clear. There may also be an effect of the anticipated increase in bodyweight.



## Methods

This longitudinal, epidemiological study, comprises a web-based questionnaire on condition at work, workload, workability, and general health, sent to all residents (5065 years of age) in the municipality of Esbjerg, Denmark (n=23,700). A randomly selected group (age 50-65) years corresponding to 10% of the study population will autumn 2019 be invited to participate in interviews on work exposure and clinical examination. Five years follow-ups on questionnaires and clinical examinations will be conducted.

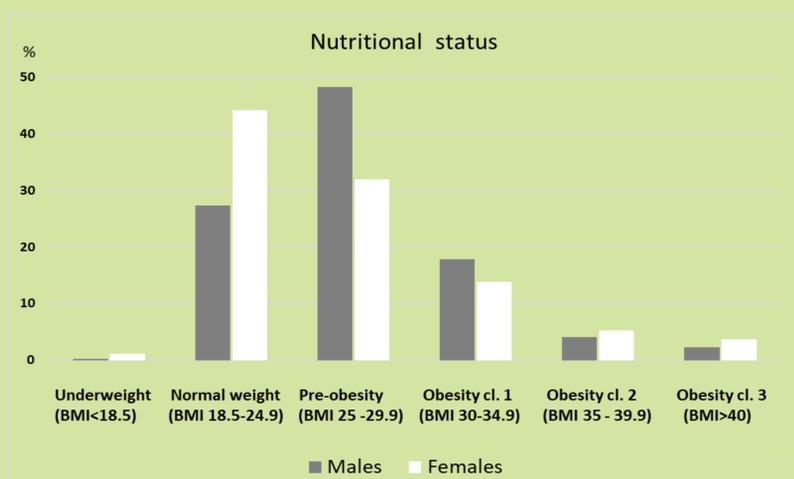
## Perspectives

The cohort study is in its initial phase. Promising response rate of 49,8% and good dispersion regarding workload provides good conditions for achieving new knowledge on age-related degenerative changes and the importance of work exposure and lifestyle in relation to higher retirement age.

## Results

A total of 11.810 participants have responded to the questionnaire (♀:n = 6208, ♂: n= 5602). Mean (sd) age (years): 59 (4).

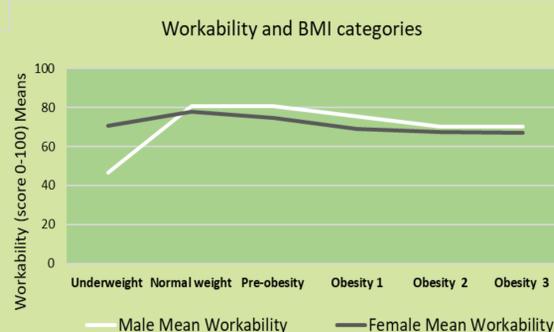
**BMI, (kg/m<sup>2</sup>) (distributed in ranges):**



72% of the males have BMI>25 and 54% of the women have BMI>25

### Work ability:

The mean workability (score 0-100) was 76.5 (27.7) (male: 78.8±25.9, females:74.4±29.1)



Ratings of physical ability related to current job: very bad (3%), bad (6%), moderate (21%), good (51%), very good (19%).

Ratings of mental ability related to current job: very bad (2%), bad (4%), moderate (15%), good (56%), very good (23%)

## Experienced mental and physical demand in current job

