

Healthy Living

Your daily dose of health

Study-Long office hrs raises heart disease risk by 67%

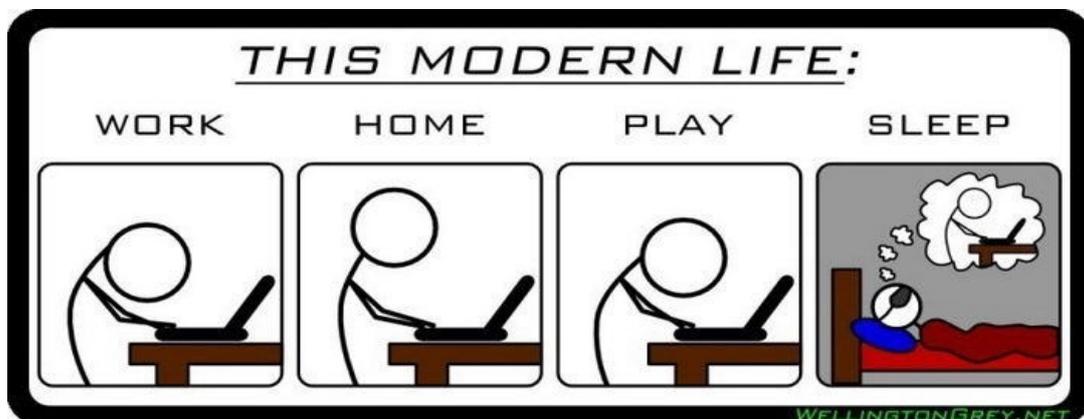
Christine Stomes · Tuesday, April 5th, 2011



Are you workaholic? If so, you might be interested in the latest research that revealed people who work long hours may face an increased risk of heart diseases. The study has been published in the journal *Annals of Internal Medicine*. Research concluded that people who spend more than 11 hours at work increase their chance of having a heart disease by 67%.

About the Study

The research was led by Professor Mika Kivimaki, University College London (UCL) Epidemiology & Public Health. In the study, researchers looked at more than 7,000 British civil servants, aged between 39 and 62, working in Whitehall over a period of 11 years. The researchers collected data about heart health, including those who had suffered from heart attacks, from medical screenings every 5 years, hospital data, and health records. They focused on risk factors, such as age, blood pressure, cholesterol levels, smoking habits, and diabetes. Researchers asked participants how many hours they worked (daytime and work brought home) on an average weekday to determine the affect of long working hours on the heart health.



Results of the Study

The researchers found that more than half (54%) people worked in between seven and eight hours a day, while 21% worked a nine-hour day, and 15% spent 10 hours on the job daily. Slightly more than 10% labored 11 hours or more.

During the 11-year follow-up, researchers found that a total of 192 participants suffered a heart attack, however, the study determined that people who worked more than 11-hours a day increased their risk of heart disease by 67% compared to their co-workers who work for standard seven or eight hours.



Professor Kivimäki said: “We have shown that working long days is associated with a remarkable increase in risk of heart disease. Considering that including a measurement of working hours in a GP interview is so simple and useful, our research presents a strong case that it should become standard practice.

The research funded by the Medical Research Council, the BUPA Foundation, the British Heart Foundation, National Institutes of Health and the National Heart, Lung and Blood Institute.

It is very common practice of working for long hours in many countries like Europe, Japan, India and others. These long working hours not only disturb the personal life of people but also disturb their digestion and metabolism. Many times people at work do not get access of healthy food and end up eating junk food which is readily available in the organizations. These factors might be a contributing factor for putting people at a risk of heart attack.

Via

This entry was posted on Tuesday, April 5th, 2011 at 12:50 pm and is filed under [Diseases](#), [Health & Fitness](#), [Health News](#)

You can follow any responses to this entry through the [Comments \(RSS\)](#) feed. You can leave a response, or [trackback](#) from your own site.