**LIFE-STYLE CHARACTERISTICS AND CARDIOVASCULAR DISEASES IN TOUR MANAGERS**

Y-C Tseng, F-Y Lan, **H-R Guo**

Chang Jung Christian University, National Cheng Kung University Hospital, Taiwan

*Objectives*: To assess the prevalence of high-risk life-style characteristics for cardiovascular diseases (CAD) in tour managers and revaluate whether they have a higher risk of CAD. Background: Tourism is rapidly developing worldwide, and many workers engaged themselves in this growing industry. Because of frequent travel, tour managers might have higher prevalence of various life-style characteristics that are risk factors for CAD such drinking, smoking, and lack of sleep. However, data on the health conditions of this working population are limited.

*Methods:* We recruited tour managers and office staff in tour agencies in Taiwan and sent anonymous questionnaires to the participants to collect data. Life-style characteristics, medical history, and recent symptoms were compared between these two groups.

*Results*: A total of 390 workers, including 152 tour managers and 238 office staff participated in this study. We found tour managers had significantly higher prevalence of drinking (p < 0.01) but slept less (5.8 ¡Ó 1.3 versus 6.9 ¡Ó 1.2 hours during a typical work day, p < 0.001). They also have a higher proportion of smokers with marginal statistical significance (20.8% versus 12.8%, p = 0.06). In addition, tour managers had a significant higher prevalence of hypertension (odds ratio [OR]: 2.3, 95% confidence interval [CI]: 1.2-4.4) and a higher prevalence of palpitation at the time of survey with marginal statistical significance (OR: 3.2, 95%CI: 0.8-13.1).

*Conclusions*: We observed higher prevalence of hypertension and palpitation in tour managers compared to office staff. Intervention measures should be introduced to prevent and control CAD in this occupation.