

## Teachers' Lifestyle in Poland

Marta Dania

### Abstract:

The aim of the study was to assess the lifestyle of teachers in Poland. It was the first such research in Poland conducted on such a large scale. The study was performed in the Łódź region. The stratified sampling method was applied, taking into account the type of school (primary school, junior high school, high school, profiled high school, technical school, vocational school, special school) and place (voivodeship city; city > 5,000 inhabitants; town < 5,000 inhabitants; village). Out of 650 questionnaires, 416 were returned (64%). The study group consisted of 71 men (17%) and 345 women (83%). Their average age was  $47.6 \pm 8.2$  and work experience -  $21.6 \pm 9.2$  years. The study used three questionnaires - KomPAN (developed by the Committee of Human Nutrition Science of the Polish Academy of Sciences), a survey prepared by the Department of Occupational Physiology and Ergonomics, NIOM, Łódź, and the International Physical Activity Questionnaire. The study shows that teachers lead a healthy lifestyle, as evidenced by proper diet (only 2% of the respondents displayed moderately unhealthy traits), low alcohol consumption (86.8% do not drink strong alcohol at all), small percentage of smokers (10% men, 8% women) and high/sufficient physical activity (52%). The average BMI was within normal limits and equaled  $25.05 \pm 6.7$ , only in men it was slightly exceeded ( $26.6 \pm 6.6$ ). The research results suggest that teachers, as a professional group, are aware of the lifestyle impact on health. To check whether this positive observation applies to all teachers in Poland, further research is planned embracing the whole country.

**Keywords:** Teachers, lifestyle, diet, physical activity, smoking.