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JOB CONDITIONS MAY CONTRIBUTE TO EXTRA POUNDS

A study of thousands of male and female government workers in Finland suggests that job fatigue and overtime may contribute to weight gain. A new study published in the *International Journal of Obesity* and reviewed by WebMD.com, says job dissatisfaction and anxiety may play a part in the complicated cycle of eating, emotion, and energy.

In both men and women, fatigue and extra hours were associated with weight gain. About a quarter of the women studied and 19 percent of the men reported they had gained weight in the previous year. The researchers said much remains unknown about the findings, including what the participants ate and what type of exercise they got. The authors of the study suggested, "Those reporting work fatigue might...be too tired to consider a healthy diet and prepare healthy meals, instead replacing them with industrial snacks, fast food, and sweets, behavior associated with weight gain."