Healthy behaviors among carpet weavers in Golestan Province, Iran

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The carpet industry developed various types of respiratory disorders, pulmonary function (1,2), musculoskeletal disorders, injuries, eyesight problems (1,3), nerve disorders, carpal tunnel syndrome (1,4) and skin problems (1,3). Developing such types of disorders occur as a result of poor environmental conditions coupled with unhygienic conditions (1, 5). On the other hand, lack of appropriate knowledge and perceived barriers among the weavers led to existing problems in the carpet industry. Most of these diseases and health problems can be avoided by proper precautions and care (1). According to the importance of the subject, the current study was designed and made with the aim of determining Healthy behaviors among carpet weavers in Golestan Province, Iran.

This is a cross-sectional study with descriptive-analytical approach that was done in 2013. A total of 200 carpet weavers in Aq-qala and Bandar-Torkaman districts in Golestan province (northwest of Iran) were selected by using the census method. Data were collected by using a reliable and valid questionnaire through the interview. Data were analyzed through SPSS15 software and one way ANOVA.

Mean age of the carpet weavers was 35.63±11.64 and the age range was 14-76 years old. All of the carpet weavers were women. The mean score of healthy behavior was 64.33±14.40(score range 0-100).11.5% of whom followed safety tips, 8.5% used mask, 42.5% of workshops had ventilation, 36% washed wools, 59% consumed fruit and vegetable, 51.5% of workshops had enough light, 26.5% vaccinated at the right time for tetanus. There was a significant association between behavior and educational level (P=0.024 F=3.20).

Healthy behavior of carpet weavers was not in a desirable level. Another study in Iran (5) revealed hand woven carpet industry faces occupational health. So, it seems health status of carpet weavers should promote for preventing various disorders. We recommended appropriate interventions such as health service, education improvement and advocacy for promoting healthy behaviors of carpet weavers.

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Implication for health policy makers/practice/research/medical education: In order to design appropriate interventional program, especially educational intervention to reduce the prevalence of unhealthy behaviors in carpet weavers.

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