

Research Article

A STUDY OF PREVAILING SANITATION, METHODS OF WASTE DISPOSAL AND PERSONAL HYGIENE OF THE FOOD HANDLERS OF REGISTERED HOTELS IN KAKINADA, EAST GODAVARI DISTRICT, ANDHRA PRADESH

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ABSTRACT

Objectives: 1)To study the sanitation and waste disposal in the registered hotels 2)To study the personal hygiene of food handlers working in these hotels.

Materials and methods: Study design: Cross-sectional,

Study sample: 10(20%) registered hotels (total registered are 52) and all the workers present at the time of the visit in these hotels (110). A pre-tested questionnaire was used to carry out the study. Data analysed by Epi info 2000. Arbitrary weighed scoring system was devised for assessing the sanitation. Statistical tests include chi-square.

Results: Waste disposal is found good only in 20% of the hotels. Sanitation is not found to be good in any of the hotels observed. Only 50% of the hotels have an above average sanitation and waste disposal. Most (72%) of the workers belong to <35yrs age group. 2.7%of the workers were aged less than 14years, 70% are males and 30% are females. More than 1/3rd (37%) were illiterate. Majority (71%) of the workers belong to schedule caste and tribes.

Conclusion: In the present study only 20% had good infrastructure. Sanitation and waste disposal is above average in 50%of the hotels. Good personal hygiene is found in only 20% of the workers. Child labour practice was observed (2.7%). Personal hygiene is found to be directly associated with SES, educational status and age of the workers. None of the workers received any medical checkup in the past 6 months. Only 2% of the workers received de worming treatment.

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INTRODUCTION

India is predominantly an agricultural country. Unsustainable development, loss of traditional livelihoods along with rapid growth of population have all resulted in heavy migration of people from rural areas to industrialized areas like metropolitan cities and towns. This has led to the necessity of eating outside the home at any place where food is readily available and at a cheaper price. As a result of which there was a tremendous increase in the number of food establishments. In recent years there has been an increasing trend towards the sale and consumption of outside food due to changes in lifestyles. Eating and drinking in public establishments such as hotels, restaurants and fast food centers is a common practice in many urban centers. Sanitation of food and proper waste disposal in the eating establishments is a challenging problem in Public health.

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The chances of food getting contaminated depend to a large extent on the health status of the food handlers, their personal hygiene and their knowledge of food hygiene. Owing to the paucity of the studies conducted on the sanitation, waste disposal in hotels and personal hygiene of the food handlers in this region, the present study was undertaken.

MATERIALS AND METHODS

It is a cross sectional study undertaken from June 2014 to August 2014. About 20% (10 out of 52) of randomly selected, registered eating establishments were studied. All the workers who were present at the time of visit (110) were examined. A pre tested questionnaire was used to carry out the study.

An arbitrary weighted scoring system was devised to assess:

- The sanitation and waste disposal of the eating establishments and

• Assess the personal hygiene of the food handlers. Sanitation and waste disposal together were given a score of 100 including five components each given score of 20. The five components being

- Premises,
- Dining,
- Kitchen and store,
- Sanitary latrine and
- Waste disposal.

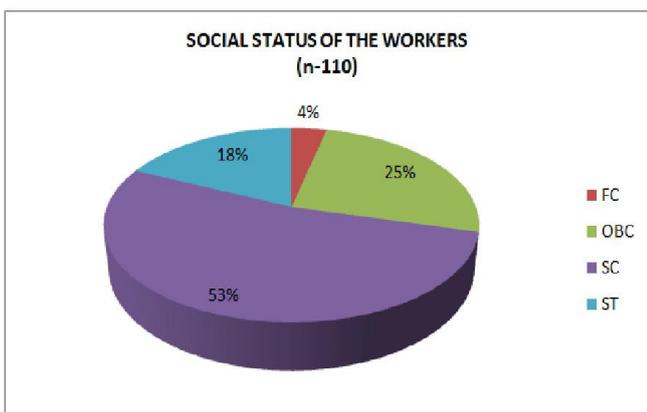
Personal hygiene of the food handlers is assessed by a score of 10, components being

- Appearance,
- Dress,
- Apron and cap,
- Nails,
- Well combed hair,
- Skin free of infections,
- Daily bath,
- Use of soap for and washing,
- De worming,
- Medical checkup. Grading: Good:>75%,

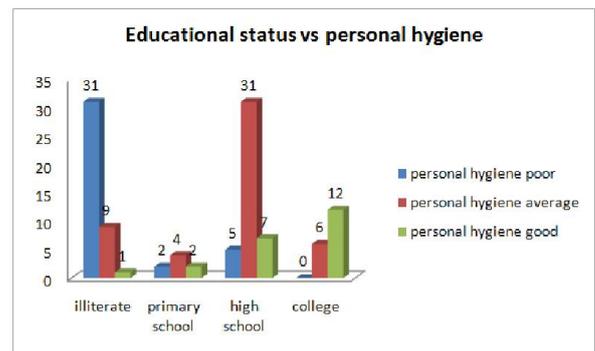
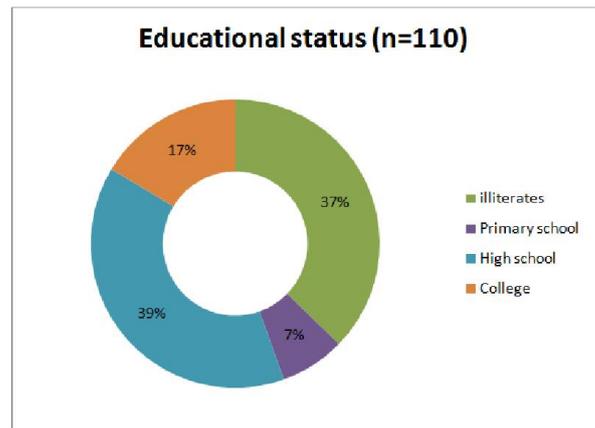
Average: 50-75% Poor : <50%. Socio economic status was assessed using B.G. Prasad scale. Data was analyzed by using Epi info – 2000. Statistical tests include chi –square

RESULTS

Only 20% of the hotels were maintaining good sanitation and waste disposal activity and 20% did not have any sanitary facility. Only open drains were observed in all the establishments. Solid waste disposal was done on daily basis by the municipal workers. 70% of the workers were males and the rest were females.



About 3% of the workers were below 14yrs. age. Takalkar et al. (2011) in their study reported similar finding (Takalkar et al., 2011) Most (72%) of the workers were <35 yrs age. Udgiri, 2007 has similar observation (Udgiri Rekha and Masali, 2007) Illiteracy was found among 37% workers. Mudey A.B et al in their study quoted similar result (Mudey et al., 2010).



Majority of them (71%) belong to socially backward class. Most of them (95%) belong to low socio economic status. Prabhu and Shah, (2014) report similar finding in their study (Prabhu and Shah 2014). More than one third (40%) have minor ailments at the time of visit. Mudey A B also reported similar finding (Mudey et al., 2010). Upper respiratory infections and worm infestations (32% and 27%) were predominant ailments that were observed. Good personal hygiene was observed among 20% of the workers only. Similar observation was reported by Takalkar et al (2011). Personal hygiene was seen to be associated with level of education. Prabhu and Shah, (2014) also reported similar finding (Prabhu and Shah, 2014). Poor personal hygiene (42%) was seen more among workers belonging to <25 age group. Udgiri R also had similar finding. (Udgiri Rekha and Masali, 2007)

Conclusion

In the present study only 20% had good infrastructure. Sanitation and waste disposal is above average in 50%of the hotels. Good personal hygiene is found in only 25% of the workers. Personal hygiene is found to be associated with SES, educational status and age of the workers. This is found to be statistically significant (p <0.001). None of the workers received any medical checkup in the past 6 months. Only 2% of the workers received de - worming treatment.

Recommendations

Periodical inspection of the eating establishments by the local Public Health authorities; Pre placement health examination of the workers and regular health checkups are needed. Food handlers should be educated regarding personal hygiene in particular about hand washing;

The managements need to be motivated to provide necessary personal gear, separate toilet facilities and periodical medical checkups to all the food handlers. The managements should be aware of laws regarding child labour.

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