Association between body mass index, stress, and physical activity levels among bank officers in selected banks in Colombo District, Sri Lanka

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Bank officers are at increased risk for sedentary lifestyle-related health issues due to prolonged sitting and high job stress. This study aimed to assess the association between Body Mass Index (BMI), stress, and physical activity levels among bank officers in selected banks in Colombo District, Sri Lanka. A descriptive cross-sectional study was conducted among 120 bank officers aged 18–60 years from People's Bank and Sampath Bank. BMI was calculated using standardized height and weight measurements. Stress and physical activity levels were assessed using the Perceived Stress Scale (PSS10) and the International Physical Activity Questionnaire–Short Form (IPAQ-SF), respectively. Data analysis employed the chi-square test using Statistical Package for the Social Sciences (SPSS) version 23 to examine associations between variables. Of the 120 bank officers studied, 55.8% (n = 67) were male, with a mean age of 36.28 ± 9.77 years. The majority (26.7%, n = 32) had a normal BMI. Low physical activity levels were reported by 46.7% (n = 56), and 40.0% (n = 48) experienced moderate stress. Significant associations were found between BMI and stress (p=0.032), BMI and physical activity (p=0.001), and physical activity and stress (p=0.001). The findings highlight key associations between low physical activity, high stress, and increased BMI, reinforcing the need for workplace strategies to enhance health among bank officers.

Keywords: *Body mass index*, *Physical activity*, *Stress*, *Bank officers*