

## ABSTRACT

### OCCUPATIONAL FACTORS THAT LEAD TO OBESITY

This research was conducted to determine if there was a correlation among occupational classifications, time spent engaging in leisure-time physical activity, and frequency of onsite cafeteria food consumption. The main goal was to determine if these factors lead to obesity. The study population, which included 185 employees of Anlin Industries in Clovis, California, was asked to complete survey questionnaires. Out of the 185 employees, 94 returned completed surveys. The results of the study were statistically analyzed using SPSS. Upon review of the analyzed data, it became apparent that there were no statistical correlations among occupations, utilization of the onsite cafeteria, and leisure-time physical activity.

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