



# A Brief Report: Evaluating a Workplace Wellness Programme's Impact on Cardiometabolic Risk in Moroccan Factory Workers

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## Abstract

Non-communicable diseases linked to cardiometabolic risk are a significant public health concern in Morocco. The workplace presents a potential setting for health promotion, but evidence for programme effectiveness within Moroccan industrial contexts is scarce. This brief report aimed to conduct a preliminary evaluation of a workplace wellness programme's impact on key cardiometabolic risk factors among factory workers in the Casablanca-Settat region. A single-group, pre-post intervention design was employed. The 12-week programme for factory employees incorporated structured group physical activity sessions and individual nutrition counselling. Anthropometric measurements (weight, waist circumference) and fasting blood glucose were assessed at baseline and programme completion. Preliminary analysis of participants (n=47) indicated a modest reduction in mean fasting blood glucose. The proportion of participants classified with central obesity, based on waist circumference, decreased from 38% to 28% post-intervention. The findings suggest a structured workplace wellness programme may positively influence certain cardiometabolic risk indicators in this worker population. Implementation within the factory setting was feasible. Further robust evaluation using a controlled study design and longer follow-up is warranted. Future programmes should be tailored to shift patterns and consider broader organisational factors to enhance sustainability and impact. workplace health, cardiometabolic risk, non-communicable diseases, health promotion, Morocco, occupational health This report provides initial, context-specific evidence from Morocco on the potential of workplace interventions to address the rising burden of cardiometabolic disease.

**Keywords:** *Workplace health promotion, Cardiometabolic risk factors, North Africa, Physical activity intervention, Nutrition counselling, Occupational health, Non-communicable diseases*

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