

The aim of the study was to determine the associations of some parameters of physical activity and disease prevention among men engaged in mobile work in the Arctic zone of Russia depending on the length of expeditionary shift work.

Methods. The object of the study was a “random” representative sample of male workers engaged in expeditionary shift work at the industrial enterprise EURACORE in the Arctic latitudes of the Tyumen region. The sample consisted of 750 men aged 25–54, and the response rate was 82.4%. The length of work in the Arctic was assessed according to three parameters: 1) 3 years or less; 2) 4–9 years; 3) 10 years or more. Attitudes towards physical activity, health and disease prevention were assessed using the standard WHO MONICA-MOPSY questionnaire.

Results. Regardless of the years of expedition shift work in the Arctic zone of Russia, the lowest level of responsibility for their health was observed in the groups with low physical activity. Low awareness of the risks of non-communicable diseases was observed in the groups with low physical activity at the minimum duration of expeditionary shift work experience, and the most positive attitude to disease prevention was observed in the groups with the maximum duration of expeditionary shift work experience and the absence of low physical activity.

Conclusion. Thus, the results of determining the associations of low physical activity and the parameters of attitudes to disease prevention in the organized population of oil and gas extraction workers, depending on the length of work in the expeditionary shift method, should be used as an important part of a comprehensive preventive program at industrial enterprises in the Arctic region.