

# Job strain, immigration status and smoking in female hotel room cleaners in Las Vegas

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## Background

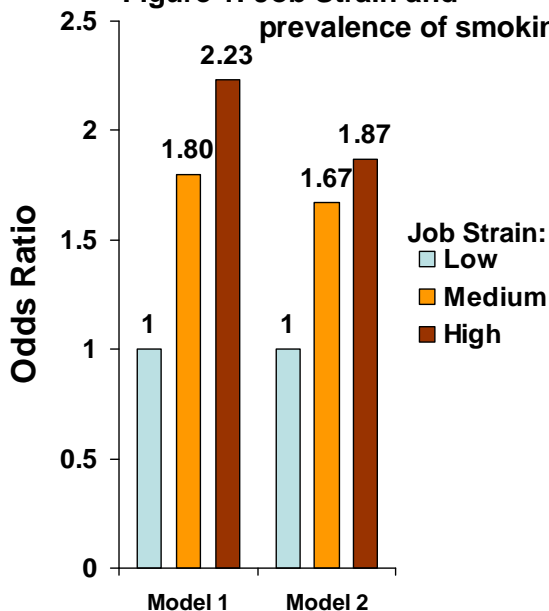
Little is known of the impact of the work environment on smoking among women holding low-paid jobs in the service sector. In this study, we investigated the association between psychosocial working conditions and prevalence and intensity of smoking among female hotel room cleaners.

## Methods

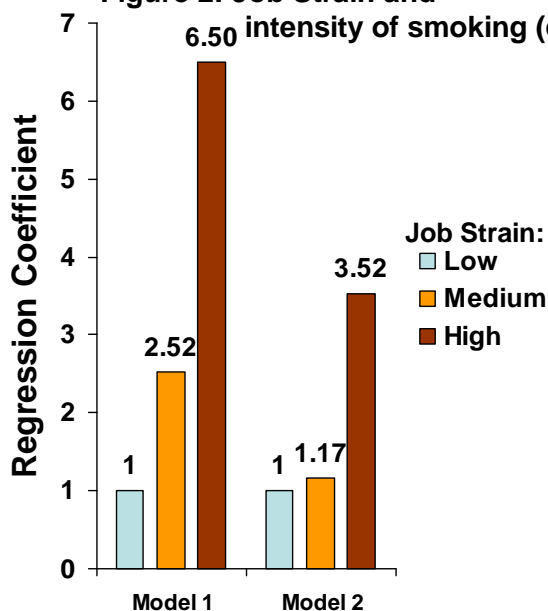
We conducted a survey on work and health among 776 female hotel room cleaners, mostly immigrants, in Las Vegas. Psychosocial working conditions were measured with the demand-control model. Associations between job strain and smoking were analyzed with multivariate regression analyses.

## Results

**Figure 1: Job Strain and prevalence of smoking**



**Figure 2: Job Strain and intensity of smoking (cigarettes per day)**



**Model 1:**  
Adjusted for age, education, marital status, self-rated health, physical workload, and type of hotel

**Model 2:**  
Model 1 plus further adjustment for ethnicity

Job strain (combination of high psychological demands and low decision latitude) was associated with both smoking prevalence (Figure 1) and smoking intensity (Figure 2). Effect sizes were attenuated after further adjustment for ethnicity, but remained statistically significant (OR=1.87,  $p=0.04$  and regression coefficient=3.52,  $p=0.03$  for high job strain and smoking prevalence and high job strain and smoking intensity, respectively, Figure 1 and Figure 2). Further analyses revealed that ethnicity was strongly associated with place of birth (within or outside the USA). When we conducted separate analyses with room cleaners of Hispanic ethnicity only (76.2% of the sample), we found job strain to be associated with smoking intensity (coefficient=4.83,  $p=0.01$ ). Further adjustment for place of birth changed the regression coefficient only slightly (4.57,  $p=0.03$ ). There was no statistically significant association between job strain and smoking prevalence among Hispanics, whether adjusted for immigration status or not.

## Conclusion

Workplace smoking cessation programs may benefit from a primary prevention component reducing job strain among service workers. More research is needed on perceived and objective differences in psychosocial work characteristics across ethnic, immigrant, and other social groups.

## Reference

Rugulies, R., Scherzer, T., & Krause, N. (2008). Associations between psychological demands, decision latitude and job strain with smoking in female hotel room cleaners in Las Vegas. *International Journal of Behavioral Medicine*, 15(1), 34-43.