

**FOOD HYGIENE PRACTICE AMONG FOOD  
HANDLERS AND KITCHEN HYGIENE  
PRACTICE IN RESTAURANTS AND KITCHENS  
OF HOTELS, MOTELS IN NGAPALI BEACH AND  
THANDWE TOWNSHIP, RAKHINE STATE**

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## ABSTRACT

Considering local community and tourists' health protection in Ngapali beach, one of the most attracting places in Myanmar, assessment of awareness and practice related to food and kitchen hygiene is the essential requisite to prevent occurrence of foodborne diseases and improve food safety in food services. Therefore, cross-sectional study to determine food hygiene knowledge, attitude and practice among food handlers and kitchen hygiene practice in Ngapali beach and Thandwe township was conducted during August to December, 2023. In this study, 73 kitchens of restaurants, hotels, motels were observed by checklist and 228 food handlers were recruited to answer guided self-administered questionnaire and their scores were categorized with median value.

Satisfactory kitchen hygiene level was 61.6% but more than half of the kitchens were unqualified in prevention for entrance and harboring of pests to buildings and plans to protect food against dust, mites, insects and rodents. Satisfactory food hygiene knowledge, attitude practice percent were 52.2%, 52.6% and 52.2% respectively. However, the food handlers were weak at detail knowledges about hand washing, food borne diseases and recommended temperatures for food storage and only half of participants changed work clothes and used mask during processing/serving food and some respondents missed standard guidelines for food handling.

By bivariate analysis, eight factors such as knowledge, education status, kitchen type, job position, monthly income, experience, training and certificate were statistically associated with food hygiene practice level. In multiple logistic regression, there was only one factor, knowledge with AOR 2.5 (95%CI 1.25,4.98) being still statistically associated with food hygiene practice. The more food hygiene knowledge, the better food hygiene practice. Therefore, every food handler should get basic training about food and kitchen hygiene to enhance required knowledge. Television, Social media and Health workers should be chosen to share knowledge. Hotels, motels and restaurants should be encouraged to strictly abide the food safety rules and guidelines as quality assurance and control programs. The respective authorities need to monitor food and kitchen hygienic status regularly. Moreover, further studies should be conducted on focusing the health status of food handlers and isolation of bacteria from food samples, water samples and utensils.