

**KNOWLEDGE, ATTITUDE AND PRACTICE ON  
FOOD HYGIENE AMONG FOOD FACTORY  
WORKERS AND HYGIENIC CONDITIONS OF  
SELECTED FOOD FACTORIES IN  
MAHAR-AUNG-MYAY DISTRICT, MANDALAY**

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## ABSTRACT

Food hygiene is a crucial aspect of public health because illnesses are caused by contaminated food that is of poor quality from the point of production to the point of consumption. A cross-sectional study was conducted among (145) workers from (10) food factories in Mahar-Aung-Myay district in Mandalay Region from August to December 2023 to assess the knowledge, attitude, and practice of food hygiene and the hygienic condition of these factories using face-to-face interviews with pretested questionnaires and an observational checklist. Most participants were aged within 18 to 22 years, female, single, attained high school education, and had monthly income less than and equal to 200,000 Myanmar Kyats. About thirty percent worked at finished product storage section, nearly two-thirds had less than and equal to 5 years of total service in current factory, and more than half were permanent workers. Regarding food safety training, around 4% receive food safety training. Nearly two-thirds got information about food hygiene mainly from parents, relatives, friends and co-workers. Nearly half of the participants had high knowledge (46.2%), had positive attitude (49%), and more than half of the participants (56.6%) had good hygienic practice on food hygiene. There were statistically significant association between knowledge and job position ( $p < 0.001$ ), and food safety training ( $p = 0.009$ ). Attitude had statistically significant association with education status ( $p = 0.026$ ), employment pattern ( $p < 0.001$ ) and source of food hygiene information ( $p = 0.019$ ). Practice had also statistically significant association with age ( $p = 0.047$ ), monthly income ( $p = 0.004$ ), job position ( $p = 0.022$ ), and source of food hygiene information ( $p < 0.001$ ). There were statistically significant association between knowledge and practice ( $p = 0.040$ ), attitude and practice ( $p < 0.001$ ). Most factories had good hygienic conditions according to checklist but only one factory had provided food safety training to workers. Therefore, it is important to give specific health education and food safety training to the factory workers.