

199 - RISK FOR CARDIOVASCULAR DISEASE OF PARTICIPANTS OF THE FAIR ECOLOGICAL 5R's THE CITY OF JOINVILLE

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INTRODUCTION

Obesity is every year becoming a major topic of discussion when it comes to public health locally and globally. Each day, the rate of obesity has increased, this fact is explained by genetic factor, but also the bad habits of life adopted among the vast majority of the population.

The current disdain for the quality of life was what made the implementation of this project, and engage students in a social cause demonstrably important today. Decorated two stands, a place where he was the guidance and encouragement related to changing lifestyle in the food and physical activity and another in which the measurements were made with the classification and reference tables for this population.

Due to this fact, are essential programs and projects related to health promotion, prevention of obesity and cardiovascular disease, according to recent data from the International Fight Against Obesity (IOTF) in ABESO (2001), the prevalence of obesity has increased markedly in recent decades, studies indicate that 13.3% of Brazilian women are obese and 36.8% of men are overweight, a worrying situation because it is directly related to health.

You need a special attention to this social problem that has been gradually getting worse, people have overlooked the important principles of health and quality of life.

This project aimed to clarify the importance of frequent practice of physical activity and a balanced diet, and through hard data and recognized methods emphasize the risks of overweight for health in general and heart.

According to White (1993), the absence of such principles, which characterize this generation, can be seen in his disregard for the laws of life and health. Thus, the moral faculties are weakened, because men and women do not live in obedience to the laws of health, not make this issue a personal duty.

In order to research, develop posters, build food pyramid made of bottles pets, among other materials used to present the issue proposed for the fair, was the remarkable involvement of the students studied the subject, from this awareness is that it became real and clear the work presented.

Encouraging the practice of regular physical activity, and restoration of good eating habits for the maintenance of physical and mental health, which should be a priority in today's society, otherwise, obesity will have more space in the reality of the population, and Lobo Lopes (2001) state that gradually the importance of physical activity, aiming at the quality of life has been established, it is a basic requirement for healthy growth and development, besides being a regulator of body fat; comment though gradually the importance of physical activity, aiming at the quality of life has been established, it is a basic requirement for healthy growth and development, besides being a regulator of body fat.

The quality of life in general, which includes eating habits and physical activity, and psychological and social issues, have great influence on body composition, we must also consider the genetic background, both are factors in the morphological profile.

"The style of life seem to have a greater impact on subcutaneous fat than genetics. The evidence about the importance of genetic transmission of obesity comes from data showing that the Body Mass Index (BMI) of adopted children is more similar to their biological parents than their adoptive parents." (HOWLEY and Franks, 2000).

The quality of life in addition, the appearance of food and physical activity, includes second Felce (1997), areas of life in six areas: physical, mental, social, productive, emotional and civic life.

To cultivate a good quality of life is paramount to pay attention to the habits adopted in day to day, so if there is a high calorie intake and low energy demand, the tendency or probable result is obesity and other diseases.

White (1993) argues that we must be careful to avoid the extremes, the body must have enough nourishment. The God who gives His beloved sleep, also provided them with proper nutrition to keep them the physical system in a healthy condition.

While genetics plays a role in the development of obesity, the main reason for obesity according to Howley and Franks (2000) is the lifestyle, the decisions made on caloric consumption and demand are prevalent in this factor if the consumption is greater than the energy demand, the positive balance makes the increase of total body fat a result.

Obesity has become a social problem, caution is attitude and such a reality, cities should be concerned to provide the population basic conditions and incentives for the cultivation of a healthy lifestyle; projects involving different age groups, and safety and specific structures for the sport. Ghorayeb N e Barros (1999) argue that the collection and preservation of quality of life are directly related to lifestyle, their eating habits and practice regular physical activity.

When it comes to weight maintenance in the long run, Howley and Franks (2000), Nieman (1999) and Pollock and Wilmore (1993), enter into agreement to say that daily exercise is essential, though not yet clear whether sedentary lifestyle which leads the individual to develop obesity or whether obesity directs the person to the lifestyle more sedentary.

It is proven that for a good quality of life is reached we must re-educate the habits and practice regular physical activity. For there is a change in body composition profile of an individual, as Howley and Franks (2000) will require fundamental changes: reducing the total intake of calories, the amount of fat and increase physical activity regularly.

There is consensus in the scientific literature, when referring to the causes of obesity, there is no single cause to explain the development of this disease, several factors are related, such as genetics, diet and physical activity as well as social and psychological factors.

Eating habits must be re-educated so that there is a better quality of life and a faster response to exercise. Pollock and Wilmore (1993) also consider the important nutritional factor, after overeating promotes dramatic increases in body fat and are concerned about the increasing amount of fat and simple sugars in the food of children and adults.

Nieman (1999) also cites the diet as a cause of obesity, he said, foods high in fat are key factors to develop and worsen

the problem.

An inadequate diet, as foods rich in fats, collaborate to increase the incidence of obesity, we need to involve the practice of regular physical activity to a healthy diet rich and, thus, are preventable diseases, among them obesity .

Powers and Howley (2000) say there is no single cause for obesity, because it is related to environmental and genetic factors. The genetic problem, the practice of intense physical activity and regular, or social campaigns against obesity may alter the genetic predisposition in some cases, after all, several social factors are also directly linked to the problem of obesity.

Genetics is not the only cause of obesity is one of the causes, so it is possible to contain the genetic influence through a healthy lifestyle, proper nutrition and regular physical activity.

According to Nieman (1999) The genetic influence explains 25 percent of cases of obesity since studies show that people are more likely to develop the disease than others, which can be explained by lifestyle and heredity.

Nieman (1999) says that overweight people are more vulnerable to a variety of diseases, such as emotional difficulties, osteoarthritis, hypertension, increased cholesterol levels, higher incidence of diabetes, increased propensity for cardiovascular disease, premature death and cancer .

METHODOLOGY

After the students' awareness about the importance of regular physical activity and adopt healthy eating habits, started implementing the project with the students researching and crafting the material for exposure.

During the Fair's Eco-5R, which happened at Shopping Cidade das Flores in the city of Joinville, SC, the students in 9th grade told the audience about the importance of adopting healthy lifestyles, in the case of nutrition and physical activity.

Were also carried out, physical assessments to establish what level of obesity in the population and the risk for cardiovascular disease for it were collected measures of waist, hip, body mass and height, the data were tabulated and ranked in reference tables, explained the study population, in addition to offering fruits, to stimulate consumption of healthy foods.

Was assessed a total of 144 people, including 92 women and 52 men with profile as Table 1 below:

The profile of age, body mass and height is below in Table 1.

Table 1. Data of the sample during the Fair Ecological 5R's.

Sample	Age (years)	Body weight (kg)	Height (m)
Women	31,9±15,4	60,8±10,5	1,63±0,07
Man	26,3±13,2	71,9±20,2	1,74±0,11

Immediately after collection was performed waist, hips, height and weight data were tabulated into a spreadsheet by the students prepared for the event and results for the profile and risk for diseases in general and cardiovascular system, has been printed, and explained delivered to the charge assessed by the students.

RESULTS

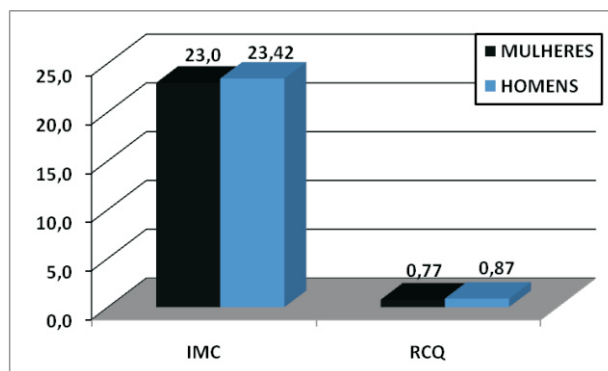
The results obtained by calculating the Body Mass Index (BMI) and Waist-Hip Ratio (WHR) are presented in Table 2 below and compared between genders in Figure 1.

Table 2. Results of BMI and WHR of the sample.

Sample	Mass Index (BMI)	Waist-Hip Ratio (WHR)
Women	23,0±3,89	0,77±0,08
Men	23,4±4,84	0,87±0,11

In Figure 1 you can see the results obtained in the evaluations, and indicate for both men and women a moderate risk for cardiovascular disease risk.

Figure 1. Results of Body Mass Index and Waist-Hip Ratio of the population evaluated in Ecological Fair 5R's. (n = 144 Women and Men = 92 = 52)



According to the reference table of the World Health Organization (WHO) BMI is within the range of acceptable or ideal weight for maintaining overall health, but the result of WHR as the reference table Applied Body Composition Assessment, (1996) indicates moderate risk for cardiovascular disease for both women and men.

The results confirm the existence of such indices and drive us to take action cases related to health care through healthy eating and physical activity.

CONCLUSION

The results confirm the tendency to cardiovascular disease, urging us to take steps to advance related to health care, related to changes in lifestyle, by adopting a healthy diet and regular practice of physical activities.

Through the diagnosis of the trend towards the development of cardiovascular disease and the encouragement and guidance for rehabilitation eating habits and physical activity time to adopt changes aimed at prevention, the gains from the implementation of this project are relevant to the population involved and the success in achieving the same, an incentive for the expansion and new achievements.

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RISK FOR CARDIOVASCULAR DISEASE OF PARTICIPANTS OF THE FAIR ECOLOGICAL 5R's THE CITY OF JOINVILLE

INTRODUCTION:

A few years ago obesity was considered a disease prevalent among adults, but it has become too common among children and adolescents, and is now considered a worldwide epidemic, affecting the general population, not respecting older or social class. The major factor that causes this effect is the change in lifestyle that the general population has adopted, characterized by a high calorie diet, high stress and physical inactivity. The realization of projects related to obesity, to encourage physical activity and adopt healthy eating habits, it is essential in view of this social problem. OBJECTIVE: This project aimed to clarify the importance of frequent practice of physical activity and a balanced diet, and through hard data and recognized methods, to emphasize to the population served the risks of overweight for health in general and heart. METHODS: We performed physical assessments for Ecological Fair 5R's (Recycle, reuse, reduce, reforestation and relate), promoted by the network of Adventist education, held at Shopping Cidade das Flores in the city of Joinville, SC, where 144 people were evaluated (92 women and 52 men). The men and women studied had an average body mass index (BMI) acceptable for maintaining overall health but through the Waist-Hip Ratio (WHR) was established a moderate risk for cardiovascular disease in both groups. CONCLUSION: These results demonstrate a propensity for heart disease, urging us to take action cases related to health care, related to changes in lifestyle, by adopting a healthy diet and regular practice of physical activities.

KEYWORDS: Quality of life, obesity and healthy eating

RISQUE DE MALADIE CARDIOVASCULAIRE DES PARTICIPANTS DE LA FOIRE ÉCOLOGIQUE 5R DE LA VILLE DE JOINVILLE

CONTEXTE:

Il ya quelques années, l'obésité a été considérée comme une maladie fréquente chez les adultes, mais il est devenu trop fréquent chez les enfants et les adolescents, et est maintenant considérée comme une épidémie dans le monde entier, affectant la population en général, ne respectant pas plus âges ou classe sociale. Le principal facteur qui cause cet effet est le changement de mode de vie que la population générale a adopté, caractérisé par une alimentation hypercalorique, le stress élevé et l'inactivité physique. La réalisation de projets liés à l'obésité, d'encourager l'activité physique et adopter de saines habitudes alimentaires, il est indispensable en raison de ce problème social. OBJECTIF: Ce projet vise à clarifier l'importance de la pratique fréquente de l'activité physique et une alimentation équilibrée, et par des données concrètes et des méthodes reconnues, à souligner à la population desservie les risques de surcharge pondérale pour la santé en général et du cœur. MÉTHODES: Nous avons effectué des évaluations physiques pour (Recycle Foire écologique 5R, la réutilisation, de réduire, de reboisement et concernent), promu par le réseau de l'éducation adventiste, tenue à Shopping Cidade das Flores dans la ville de Joinville, SC, où 144 personnes ont été évalués (92 femmes et 52 hommes). Les hommes et les femmes étudiées avaient un indice de masse corporelle moyen (IMC) acceptable pour maintenir une santé globale, mais par la taille Hip-Ratio (WHR) a été créé un risque modéré pour les maladies cardiovasculaires dans les deux groupes. CONCLUSION: Ces résultats témoignent d'une inclination pour la maladie de cœur, en nous exhortant à prendre des cas, des actions liées aux soins de santé, liés à des changements de mode de vie, en adoptant une alimentation saine et la pratique régulière d'activités physiques.

MOTS-CLÉS: Qualité de vie, l'obésité et l'alimentation saine.

RIESGO DE ENFERMEDADES CARDIOVASCULARES DE LOS PARTICIPANTES DE LA FERIA ECOLÓGICA 5R DE LA CIUDAD DE JOINVILLE

ANTECEDENTES:

Hace unos pocos años la obesidad se considera una enfermedad frecuente entre los adultos, pero se ha vuelto muy común entre los niños y adolescentes, y ahora es considerado una epidemia mundial, afectando a la población en general, no respetando de esa edad o clase social. El principal factor que provoca este efecto es el cambio en el estilo de vida que la población en general ha adoptado, que se caracteriza por una dieta alta en calorías, la tensión alta y la inactividad física. La realización de proyectos relacionados con la obesidad, para fomentar la actividad física y adoptar hábitos de alimentación saludables, es esencial en vista de este problema social. OBJETIVO: Este proyecto tiene por objeto aclarar la importancia de la práctica frecuente de actividad física y una dieta equilibrada, ya través de datos duros y métodos reconocidos, para enfatizar a la población que atiende los riesgos del exceso de peso para la salud en general y el corazón. MÉTODOS: Se realizaron evaluaciones físicas para (Feria Ecológica 5R de reciclar, reutilizar, reducir, la reforestación y se refieren), promovido por la red de la educación adventista, que se celebró en el Shopping Cidade das Flores en la ciudad de Joinville, SC, donde 144 personas fueron evaluados (92 mujeres y 52 hombres). Los hombres y las mujeres estudiadas tenían un índice de masa corporal (IMC) es aceptable para mantener la salud general, pero a través de la cintura-cadera Ratio (CCR) se estableció un riesgo moderado de enfermedad cardiovascular en ambos grupos. CONCLUSIÓN: Estos resultados demuestran una propensión a las enfermedades del corazón, que nos instan a tomar los casos de acción relacionados con la salud, relacionados con cambios en el estilo de vida, mediante la adopción de una dieta saludable y la práctica regular de actividades físicas.

PALABRAS CLAVE: Calidad de vida, la obesidad y la alimentación saludable.

RISCO PARA DOENÇAS CARDIOVASCULARES DOS PARTICIPANTES DA FEIRA ECOLÓGICA 5R's DA CIDADE DE JOINVILLE**INTRODUÇÃO:**

Há alguns anos a obesidade era considerada uma doença predominante entre adultos, porém ela vem se tornando também comum entre crianças e adolescentes, sendo já considerada uma epidemia mundial, atingindo a população geral, não respeitando mais idade nem classe social. O grande fator causador dessa incidência é a mudança no estilo de vida que a população em geral vem adotando, caracterizado por uma alimentação hipercalórica, alto nível de estresse e inatividade física. A realização de projetos relacionados à obesidade, que incentivem a prática de atividade física e a adoção de hábitos alimentares saudáveis, torna-se indispensável diante desse problema social. **OBJETIVO:** Este projeto teve como objetivo esclarecer a importância da prática freqüente de atividades físicas e de uma alimentação balanceada, e através de dados concretos e métodos reconhecidos, enfatizar para a população atendida os riscos do sobrepeso para a saúde em geral e do coração. **METODOLOGIA:** Foram realizadas avaliações físicas durante Feira Ecológica 5R's (Reciclar, reutilizar, reduzir, reflorestar e relacionar), promovida pela rede de educação adventista, realizada no Shopping Cidade das Flores na cidade de Joinville/SC, onde foram avaliadas 144 pessoas (92 mulheres e 52 homens). Os homens e mulheres avaliados, apresentaram em média um Índice de Massa Corporal (IMC) aceitável para manutenção geral da saúde porém através da Relação Cintura Quadril (RCQ) foi possível constatar um risco moderado para doenças cardiovasculares em ambos os grupos. **CONCLUSÃO:** Tais resultados comprovam a propensão para doenças cardiovasculares, nos impulsionando a tomar iniciativas prévias relacionadas ao cuidado com a saúde, relacionadas à mudanças no estilo de vida, através da adoção de uma alimentação saudável e da prática regular de atividades físicas.

PALAVRAS CHAVE: Qualidade de vida, obesidade e alimentação saudável.

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