

205 - WORKER'S HEALTH AND LIFESTYLE: A MULTI-SECTORIAL VIEW OF THE PHYSICAL FITNESS

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1 INTRODUCTION

The present study is intended to describe the health profile of workers from different jobs, on the scope of physical fitness, nutrition and disease risk factors based on their daily multiple realities. With the purpose of supplying the workers with resources that can strengthen the importance of healthy behaviors, as well as to provide them with resources to assume more favorable attitudes in the distinct environment they move through, since the diseases and the risk conditions occur indistinctly in institutionalized companies or not. The environment and working relations are affected by the contemporary changes in all kind of areas, which impacts strongly on life and health conditions of a large group of formal, informal and unemployed workers (WÜNSCH FILHO, 2004).

The influence of the new productive paradigm introduces radical changes with immediate consequences for the companies, which face a global competition scene and structural changes in the production process. Under the aegis of globalization processes, production restructure and technological innovation, the seeking for production optimization ways and accelerated increasing of working productivity is constant. This situation demands healthier workers with new capabilities and more qualifications. In this point of view, the term quality becomes incorporated as a need to guarantee good results, demanding from the job market efficient investment not only in property and services produced, but mainly in people who produce them (MEZOMO, 2001; VASCONCELOS, 2001). Although the "instability of job situations" persists, there is an inadequate classic system of protection covering these situations. (CASTEL, 1998, p.127).

These challenges in the area of worker's health remit to the need of new strategies, when health is understood as the result of a set of conditions experienced by the people, involving food, hygiene, home, income, leisure, work, medical assistance and the remaining variables that may interfere in their daily life. In this perspective health promotion procedures turn out to be essential, being life style the main focus of this measure, as it establishes the way that people or groups behave and make their daily life options, based on personal choices or on a certain group choice. (SCHWARTZ, 2002).

Nevertheless habits of personal choices are established and, therefore, susceptible to changes, the lifestyle is also the result of the power convergence of the social environment (VILASANTE, 2002). The contemporaneous lifestyle adopted is characterized by the constant search of comfort and well-being, regulated by attitudes which require less and less physical strength. This lifestyle results in the increasing of sedentary people, especially in industrialized countries. (PITANGA, 2005). Risk factors as sedentarism, tabagism and inadequate alimentary habits, directly associated to lifestyle, also represent in Brazil, more than 50% of the total risk to develop a chronic disease. According to the Health Ministry, this aspect is more significant than the combination of genetic and hereditary factors (BRASIL, 2007, apud MARTINS, 2008). In addition to this, local epidemiologic data indicated that Santa Cruz do Sul shows a high prevalence of patients with chronic-degenerative diseases associated to obesity. Emphasizing that the weight excess can be observed in teenagers, as demonstrated by the recent research with the youths members of the "pupil project" (Projeto Pupilo), carried out by the company Pioner Sementes together with the university, where low healthy rates of body mass and central fat distribution could be observed. This scenario requires health promotion actions in working environment, resulting in benefits for the employees and savings for the companies (BASSINELLO, GONÇALVES, MANCINI, 2006).

In face of the scientific evidences which show the lifestyle as one of the main factors which direct or indirectly is associated to the showing up of the so called "civilization diseases", mainly the cardio respiratory diseases, one of the challenges imposed to the structure of the basic attention is the incorporation of new healthy behaviors. To reverse this situation it is necessary to enlarge the performing strategies related to health/work combined with the production process, as health promotion in the working environment results in benefits for the workers and savings for the companies. (BASSINELLO, GONÇALVES, MANCINI, 2006).

Therefore, it is important to understand and comprehend the current form of the worker's health, adding to particularities and sickening heterogeneous standards, with the high incidence of working accidents which results in quality losses of working life. (LAURELL, 1983; MINAYO-GOMEZ & THEDIM-COSTA, 1997).

These subjects have encouraged the search for information about the risk factors and the protection against chronic illnesses in workers (PINHEIRO, 2006), specially the effects of the transformations occurred in the job market on the determinants of health-sickness, on the morbid mortality list, health practices organization and working safety (SILVA, JUNIOR, SANT'ANA, 2003). As a result of these concerns, the present study searched for the typifying of the physical fitness of formal workers from diverse business, in anthropometric, muscle-skeletal and cardio respiratory health aspects, differentiating the profile by gender.

3. METHODOLOGY

This study integrates the Project "Workers health and lifestyle" (Saúde do Trabalhador e Estilo de Vida), proposed and approved by the Ethic Committee of the University of Santa Cruz do Sul, based on the resolution CNS 196/96, under protocol nr. 4.911-07. It is a transversal survey, exploratory-descriptive, which, based on the 29.341 formal workers in the district of Santa Cruz do Sul (informed by the Working and Employment Ministry data - RAIS/RAISENTAB (2005)), a representative sample was taken out and calculated according to Arkin e Colton (apud TAGLIACARNE, 1978). The sample is formed of 400 workers, from both gender, formally hired in different activity fields, that is, industry, commerce, services, civil construction, and agriculture. The evaluations consisted by a lifestyle questionnaire, previously validated in a pilot study carried out in 2007, and physical fitness test. After the involved companies' approval the participants were chosen, by voluntary adhesion to the research, through a free and clear agreement term. The obtained data was tabulated in an electronic spreadsheet (Excel, Microsoft Office 2000) and analyzed on the Statistical Package for Social Sciences for Windows (SPSS – versão 9.0).

For the evaluation of the individuals the following methodological procedures were followed: to provide information

and tools to the researchers and scholarship holders for procedure's unification referent the use of the tools for data gathering; contact the companies for individual's selection; application of the data gathering tools, by using a questionnaire; physical fitness evaluation through anthropometric tests, muscle-skeletal health and cardio respiratory capacity; data typing and compiling, feedback of the data to the project's participants as well as to the participant's companies; organization, analysis and interpretation of the data gathered; organization and divulgation in scientific events of the group's scientific papers and partial report preparation. Referring to the importance of the results of the questionnaire we are favoring the data obtained by physical evaluation.

This evaluation consisted of tests and records to evaluate body composition, muscle-skeletal health and cardio respiratory capacity. To evaluate body composition we used the body mass index BMI (Kg/m²), grading the results according to the World Health Organization (BOUCHARD, 2003), waist and hip circumference (which interferes in the cardiac risk), measured and graded according to Heyward (2004). For fat rate estimate were used Jackson and Pollock, Siri equation and Pollock, and Wilmore classification (2003).

The muscle-skeletal health was evaluated by flexibility and dynamic muscle resistance tests, using the rotator cuff, sitting and reaching, press-up and abdominal tests, according to criteria and rating of the American College of Sports Medicine (ACSM, 2006). The cardio respiratory condition was estimated based on Rockport mile test and graded by ACSM (2006), besides resting blood pressure and respective grading observing the V Brazilian guidelines in arterial hypertension (2006).

4. RESULTS

From the participants of this research, 235 are male and 165 female, with age average of 30 years old (DP 9,8), ranging from 17 to 64 years old. From these workers, 44,1% are between 20 and 30 years old and 30,1% from 31 to 40 years old, age intervals also predominant in 25,1% and 20,0% of men and in 24,2% and 17% of women (table 1). In other words, 74,2% of the individuals are aged between 20 and 40 years old, indicating a young group.

Table 1 – Gender and age group of the individuals of the research

Variables	General		Male		Female	
Gender	(n)	%	(n)	%	(n)	%
Male	235	58,8	235	100,0	-	-
Female	165	41,3	-	-	165	100,0
Total	400	100,0	235	100,0	165	100,0
Age Group:						
Less than 20 years old	25	6,3	16	6,8	09	5,5
20 – 25 years old	99	24,8	59	25,1	40	24,2
26 – 30 years old	77	19,3	49	20,9	28	17,0
31 – 35 years old	69	17,3	44	18,7	25	15,2
36 – 40 years old	51	12,8	28	11,9	23	13,9
41 – 45 years old	35	8,8	15	6,4	20	12,1
46 – 50 years old	22	5,5	11	4,7	11	6,7
51 – 55 years old	17	4,3	10	4,3	07	4,2
More than 55 years old	05	1,3	03	1,3	02	1,2
Total	400	100,0	235	100,0	165	100,0

In the anthropometric extension, body mass index %G, waist-hip ratio and waist circumference were evaluated. Referent the body mass index, it was possible to observe that 48,9% of the individuals presented results above 25 kg/m², showing overweight, classification that also predominated in 55,4% of men, forming the most expressive percentage in relation to this variable. In a research carried out by Souza et al (2007), with workers on duty in Health Units of the city of Teresina, the results showed overweight (> 25kg/m²) in 53,72% of the researched individuals, likewise in 57,68% of men and 51,27% of women. At the same time, Bassinelo et. al (2006), in a research carried out with workers from and alcohol and sugar industry, found 46% of the workers above the ideal weight. Studies carried out by Castanheira (2003) and Costa (2004), with urban population from the State of Rio Grande do Sul, with the cut-off point in > 25kg/m², mentioned by Bloch et al (2006), indicate the prevalence of weight excess, in the first study in 48,2% of the tested, in 58,6% of men and 50% of women, in the second research in 53,1% of the individuals, in 51,7% of men and 53,2% of women, similar results to the found in the present research with 48,9% of the individuals, 55,4% of men and 39,4% of women. In relation to the fat percentage (%G), the most expressive results were graded as "good, and above average" in 32,6% of the individuals, the same results were found in 38,3% of the male workers, while in the female prevailed the classification "below average and poor" in 44,8% (Table 2).

In relation to cardio respiratory diseases' risk, expressed by the waist-hip ratio (WHR), could be observed that 75,8% of the individuals were classified in the group "low to moderate risk" being on the same group 83,9% of men and 64,2% of women. The fat regionalization profile shows a higher cardiovascular risk in women, expressed now by the waist circumference (WC), with 74,5% showing "normal risk", while in male this rate comes to 82,6% and in female 65,5% (Table 2). With the divergent results in this research, Ramos et al (2006), in a transversal research accomplished with weight control program patients, evidenced that 159 individuals (147 women and 12 men), 89% of women and 83% of men had the waist circumference above the reference rate.

Table 2 – Anthropometric data of the research individuals

Variables	General		Male		Female	
BMI	(n)	%	(n)	%	(n)	%
< or = 24,9	205	51,3	105	44,7	100	60,6
> or = 25	195	48,9	130	55,4	65	39,4
Total	400	100,0	235	100,0	165	100,0
% G						
Excellent	63	15,8	59	25,1	04	2,4
Good and above average	130	32,6	90	38,3	40	24,2
Average	61	15,3	29	12,3	32	19,4
Below average and poor	119	29,8	45	19,2	74	44,8
Very poor	27	6,8	12	5,1	15	9,1
Total	400	100,0	235	100,0	165	100,0
WHR						
Low and moderate risk	303	75,8	197	83,9	106	64,2
High and very high risk	97	24,2	38	16,1	59	35,8
Total	400	100,0	235	100,0	165	100,0
WC						
Normal risk	298	74,5	194	82,6	108	65,5
Level 1	60	15,0	21	8,9	36	21,8
Level 2	42	10,5	20	8,5	21	12,7
Total	400	100,0	235	100,0	165	100,0

In the extent of muscle skeletal health were evaluated the variables of dynamic muscle flexibility and resistance. Related to the flexibility rate of the right rotator cuff (rRC) could be observed that 69,3% of the individuals showed levels "below the average and low condition", keeping the same classification for 69,8% of the male individuals and 68,5% of the female. Referent the left rotator cuff (lRC) the results of 60,3% of the tested were "below average and low condition", being noticed the

same classification in 67,3% of men and 50,3% of women. Also on the sit and reach test, the predominant rating was "below the average and low condition" in 63,5% of the tested individuals, the same as in 58,3% of men and 70,9% of women. The results show low flexibility rates in the tests proposed.

Concerning the dynamic muscle endurance, in the press-up test, the most expressive rating was "average to excellent" in 60,6% of the evaluated, maintaining this classification for 60,5% of male and 67,8% of female. Regarding the abdominal endurance, 72,3% of the individuals obtained the classification as "below average or poor"; in gender classification the results were similar in 71,4% of men and 73,3% of women (Table 3).

Table 3 – Muscle skeletal health data of the individuals of the research

Variables	General		Male		Female	
	(n)	%	(n)	%	(n)	%
rRCd (flexibility)						
Superior	54	13,5	34	14,5	20	12,1
Above average and average	69	17,3	37	15,7	32	19,4
Below average and low condition	277	69,3	164	69,8	113	68,5
Total	400	100,0	235	100,0	165	100,0
IRC (flexibility)						
Superior	34	8,5	20	8,5	14	8,5
Above average and average	125	31,3	57	24,3	68	41,2
Below average and low condition	241	60,3	158	67,3	83	50,3
Total	400	100,0	235	100,0	165	100,0
Sit and reach						
Superior	28	7,0	20	8,5	08	4,8
Above average and average	118	29,5	78	33,2	40	24,3
Total	400	100,0	235	100,0	165	100,0

Referring to the cardio respiratory condition through resting blood pressure test, could be observed that 62,5% of the individuals showed classification levels as "normal". This classification could also be observed in 48,5% of men and 82,4% of women. Concerning the maximum oxygen consumption, the most expressive result was level "excellent and good", in 64,6% of the individuals, with the same classification for 72,8% of male and 53,7% of female (Table 4).

Table 4 – Cardio respiratory answering data of the individuals of the research

Variables	General		Male		Female	
	(n)	%	(n)	%	(n)	%
Resting blood pressure						
Normal	250	62,5	114	48,5	136	82,4
Normal High	60	15,0	49	20,9	11	6,7
Light hypertension	65	16,3	51	21,7	14	8,5
Moderate hypertension	19	4,8	16	6,8	03	1,8
Serious hypertension	06	1,5	05	2,1	01	0,6
Total	400	100,0	235	100,0	165	100,0
VO2 max. test						
Excellent and good	258	64,6	171	72,8	87	53,7
Regular	92	23,0	47	20,0	45	27,3
Weak and very weak	48	12,0	17	7,3	31	18,7
Not performed	02	1,2	-	-	02	1,2
Total	400	100,0	235	100,0	165	100,0

In summary, the individuals' classification enables us to observe the prevalence of young age group with voluntary adherence to the Project, what may have influenced in some tested parameters. Referring to the anthropometric variables, in this research, it was possible to observe the prevalence of weight excess in the body mass index test, result also found by Costa (2004) in his study. Another aspect detected was the higher percentage of men in this classification, result also found in Castanheira's (2003) research. It is important to point out that these two studies were accomplished with individuals of Rio Grande do Sul. On the other hand, the percentage related to body fat and the regionalized fat were considered healthy. Referent fat percentage, the rating "good and below average" prevailed, the male individuals presented healthier results, different from the female individuals, where lower results were obtained. In the regionalized fat the results show a higher percentage in women with cardiovascular risk, in the test of WHR and WC.

What refers to muscle-skeletal health, the results showed low indexes of flexibility in all tests, as well as on abdominal muscle endurance, differently from the presented on the press-up test, where the results were positive in relation to health.

In the cardio respiratory condition, the oxygen consumption levels (VO2 max.) were "good and excellent" for most of the individuals, with a positive distinction for the male gender. On the other hand the resting blood pressure showed altered indexes, with a negative distinction on the male gender.

5 CONCLUSION

Among the seeking of concrete conditions to face the chronic degenerative diseases, the consciousness of the distribution of risk factors in the group of workers is one of the strategies to deal with this problem. The voluntary adherence of the workers to the Project is a demonstration of commitment and their concerns with health, as well as the attitudes that demonstrate consciousness of the risks inherent to the negative habits, which can have influenced the results.

Even with the workers concern with health and nevertheless the positive results in some variables which characterize the healthy physical condition, the low indexes of muscle-skeletal health tests suggest the need of more attention in this aspect to revert this situation. In this way, it is important to empower results which correspond to the concerns of the evaluated group, as a way to improve their quality of life.

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WORKER'S HEALTH AND LIFESTYLE: A MULTI-SECTORIAL VIEW OF THE PHYSICAL FITNESS ABSTRACT

Introduction: The increasing prevalence of chronic-degenerative diseases requires risk factors' identification in the diverse population, especially on workers. **Objectives:** The objective was to describe the workers' health profile in the diverse business, scoping physical fitness, nutrition and risk factors. **Methodology:** It is a descriptive-exploratory survey, based on the evaluation of 400 formal workers in Santa Cruz do Sul, in 2008 and 2009, from both gender and in distinct working business. **Anthropometric data** were gathered: body mass index (BMI = kg/m²), waist/hip ratio (WHR), waist circumference (WC) and body fat percentage (BF%); **muscle-skeletal health:** sit and reach tests (SRT), rotator cuff flexibility (RC), abdominal tests (AbT) and press-up (an exercise in which the body is alternately raised from and lowered to the floor by the arms only) in dynamic muscle endurance; the cardio respiratory fitness was estimated by Rockport test (VO₂) and the cardiovascular by resting blood pressure (BP). **Results:** The individuals' results demonstrate 51,3% with body mass index < 25 kg/m², in G, 32,6% rated "good and above average" and 44,8% of women with "below average and poor"; in the Waist-hip ratio "low or moderate risk" in 75,8%; and, in waist circumference "normal risk" in 74,5%. The flexibility index is "below average and low condition" in the right rotator cuff (69,3%) and left (60,3%), and 63,5% in the sit-and-reach test, as well as in the abdominal test 72,3%, the muscular dynamic endurance in the press-up exercise 60,6% from "average to excellent". The blood pressure test presented "normal" rate in 62,5%, and VO₂ with "excellent and good" results in 64,6% of the evaluated individuals. **Conclusion:** Although the results were favorable in a few variables, the low rates in flexibility and abdominal tests (AbT) are negative, requiring more attention in these aspects.

KEYWORDS: Worker's health, lifestyle, physical fitness, health profile.

SANTÉ DU TRAVAILLEUR ET STYLE DE VIE: UNE VISION MULTISECTORIAL DE L'APTITUDE PHYSIQUE RESUMÉ

Introduction: La croissance de maladies chroniques dégénératives exige l'identification des facteurs de risque dans différentes population, qui touche aussi les travailleurs. **Objectifs:** L'objectif fut caractériser le profil de la santé des travailleurs employés dans différents secteurs, dans le domaine de la capacité physique, de la nutrition et facteurs de risque. **Méthodologie:** Concerne une recherche descriptif exploratoire, furent évalués en 2008 et 2009, 400 travailleurs formels de Santa Cruz do Sul, appartenant à divers secteurs d'activités des deux sexes. Furent recueillis des données "antropométriques": index de masse corporelle (IMC=kg/m²), relation ceinture/hanches (RCQ), circonférence de la ceinture (CC) et pourcentage de graisse (%G); de la santé musculaire-esquelette: des essais de s'assoier et d'atteindre (QSA) et "manguito rotateur" (MR) dans la flexibilité; essais abdominaux (Tab) et appui en face au sol (Tap) dans la résistance dynamique musculaire; la condition cardiorespiratoire à été calculé par essais de Rockport (VO₂), et le cardiovasculaire à travers la tension artérielle (PA) de repos. **Resultats:** Les résultats des sujets démontrent 51,3% avec IMC > 25 kg/m², dans %G, 32,6% "bon et au dessus de la moyenne" et 44,8% des femmes étant "au dessous de la moyenne et mauvais", dans RCQ "peu de risque ou modéré" en 75,8%; et dans CC le risque normal" dans 74,5%. Dans la flexibilité index "au dessous de la moyenne et basse condition" dans le MR droit (69,3%) et gauche (60,3%), et 63,5% dans TSA, aussi dans le Tab 72,3% ce de la résistance musculaire dynamique dans Tap 60,6% de "moyenne à excellent". La PA avec index "normal" avec 62,5%, et VO₂ avec des résultats excellents et bon", dans 64,6% des évalués. **Conclusion:** Malgré que le résultats ont été favorables dans quelques variables, les index dans les tests de flexibilité et dans le Tab sont négatives demandant une attention dans cet aspect.

MOTS CLEFS: Santé du travailleur, style de vie, aptitude physique, profil de santé.

SALUD DE LOS TRABAJADORES Y ESTILO DE VIDA: UNA VISIÓN MULTISECTORIAL DE LA APTITUD FÍSICA

Introducción: Entre los desafíos de la salud pública está la creciente prevalencia de las enfermedades crónico-degenerativas, decurrentes principalmente de los hábitos personales, familiares y sociales. Conocer la distribución de los factores de riesgo en los distintos grupos poblacionales es una estrategia para la reducción de ese problema, que acomete también a los trabajadores. **Objetivos:** Caracterizar el perfil de salud de los trabajadores de distintas ocupaciones, en los ámbitos: aptitud física, nutrición, factores de riesgo. **Metodología:** Pesquisa transversal, de carácter descriptivo-exploratorio,

fueron evaluados en 2008 y 2009, 400 trabajadores formales de Santa Cruz do Sul, de distintos sectores de actividad, de ambos los sexos. Fueron colectados datos antropométricos: índice de masa corporal (IMC=kg/m²), relación cintura-cuadril (RCQ), circunferencia de la cintura (CC), porcentaje de gordura (%G); en la salud músculo-esquelética: prueba de sentar y alcanzar (TSA), manguito rotatorio (MR) en la flexibilidad; prueba de abdominal (TSb), apoyo de frente al suelo (TAp) en la resistencia muscular dinámica; condición cardiorrespiratoria estimada por la prueba de Rockport (VO₂) y cardiovascular por la presión arterial (PA) de reposo. Resultados: Los resultados muestran 51,3% con IMC > 25 kg/m², %G, 32,6% “bueno y por encima de la media” y 44,8% de las mujeres con “abajo de la media y malo”; RCQ “riesgo bajo o moderado” en 75,8%; CC el “riesgo normal” en 74,5%. En la flexibilidad índice “abajo de la media y baja condición” en el MR derecho (69,3%) y izquierdo (60,3%), 63,5% en el TSA, en el TAb 72,3% de la resistencia muscular dinámica, no TAp 60,6% de “media a excelente”. La PA con “normal” en 62,5%, VO₂ con resultados “excelentes y bueno” en 64,6% de los evaluados. Conclusión: Aunque los resultados hayan sido favorables en algunas variables, los índices bajos en las pruebas de flexibilidad y en TAb fueron negativos, necesitando cuidados en estos aspectos.

PALABRAS-CLAVE: Salud de los trabajadores, estilo de vida, aptitud física, perfil de salud.

SAÚDE DO TRABALHADOR E ESTILO DE VIDA: UMA VISÃO MULTISSETORIAL DA APTIDÃO FÍSICA RESUMO

Introdução: Entre os desafios da saúde pública esta a crescente prevalência das doenças crônico-degenerativas, decorrentes principalmente de hábitos pessoais, familiares e do meio social. Portanto conhecer a distribuição dos fatores de risco nos diferentes grupos populacionais é uma das estratégias para a redução desse problema, que acomete também os trabalhadores. Objetivos: O objetivo foi caracterizar o perfil de saúde dos trabalhadores de diferentes ocupações, no âmbito de aptidão física, nutrição e fatores de risco. Metodologia Trata-se de pesquisa transversal, de caráter descritivo-exploratório, foram avaliados, em 2008 e 2009, 400 trabalhadores formais de Santa Cruz do Sul, de diferentes setores de atividade, de ambos os sexos. Foram coletados dados antropométricos: índice de massa corporal (IMC=kg/m²), relação cintura/quadril (RCQ), circunferência da cintura (CC) e percentual de gordura (%G); da saúde músculo-esquelética: testes de sentar e alcançar (TSA) e manguito rotador (MR) na flexibilidade; testes abdominal (TAb) e apoio de frente para o solo (TAp) na resistência muscular dinâmica; a condição cardiorrespiratória foi estimada pelo teste de Rockport (VO₂) e a cardiovascular pela pressão arterial (PA) de repouso. Resultados: Os resultados dos sujeitos mostram 51,3% com IMC > 25 kg/m², no %G, 32,6% “bom e acima da média” e 44,8% das mulheres como “abaixo da média e ruim”; no RCQ “risco baixo ou moderado” em 75,8%; e, na CC o “risco normal” em 74,5%. Na flexibilidade índice “abaixo da média e baixa condição” no MR direito (69,3%) e esquerdo (60,3%), e 63,5% no TSA, também no TAb 72,3% esse da resistência muscular dinâmica no TAp 60,6% de “média a excelente”. A PA com índice “normal” em 62,5%, e VO₂ com resultados “excelente e bom” em 64,6% dos avaliados. Conclusão: Embora os resultados tenham sido favoráveis em algumas variáveis, os baixos índices nos testes de flexibilidade e no TAb são negativos, requerendo cuidados nestes aspectos.

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