

87 - PROFILE OF GROWTH, NUTRITIONAL STATE AND MOTOR EVALUATION OF THE STUDENTS FROM THE RIVERINE REGION AT IGARAPÉ MIRÍ MUNICIPAL DISTRICT, A CASE STUDY.

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1-INTRODUCTION

Brazil is a country in development with immense demographic density, with regions different from each other and different cultures; it presents situations quite diversified in relation to the nutrition and in consequence a growth profile and the child's development also differentiated. Several factors influence in the variation of that profile, as climatic subjects with some very cold or very hot areas. The North Region, focus of our research, has a hot tropical climate. According to Malina & Bouchard apud MACHADO (1997), children and adolescents in hot climates tend to be lower and to present smaller corporal weight. Perez apud MACHADO (1997), the increase in height is favored during the spring and the summer, and the earnings of corporal weight are proper in the autumn and the winter. The higher the altitude the smaller the corporal weight and the stature.

The environmental and genetic factors and their human relations, when related to the status, practice of physical activity and the life conditions, are directly related to the process of the child's development. Perez apud MACHADO (1997) states that the more favorable socioeconomic conditions for the growth and development are the ones that make possible the regular sleep, appropriate feeding, basic hygiene, secure housing and possibilities to do regular physical activities. Children that live in more favorable socioeconomic conditions tend to be on average, larger, heavier and fatter than the poorest ones. Job & Pierson apud COPETTI, (1996) mention that the environment in which the person grows has particularly powerful influences, contributing positively to the accomplishment of the genetic plan or negatively presenting obstacles. The environment includes conditions of material life such as feeding and nutrition and, also the physical atmosphere (socioeconomic, lifestyle) and the family and cultural atmosphere.

This research focus attention in the aspect of environment and children development interaction because it takes place in an unusual space that is the Riverside Region where children's life reality is different from the one in big cities and the habitat involves direct living with nature, that is, the spaces are the yard always full of natural plantations typical in the wet land region, the river, and the stilts houses. Children develop their motor aspect in these spaces according to the local activities, such as: rowing small boats, climbing trees, swimming, walking on mud, jumping in the river, walking in plump bridges or trees that are cut to serve as paths, throwing, digging and others. It is in this reality that we want to look for subsidies to trace a profile of growth, nutritional status and motor development of school children of the region bordering the city of Igarapé Miri aged 5 to 10 years, attending the series from literacy to the fourth grade of elementary school, besides making relations with the environment, that is, looking for a deep knowledge of the children's life reality.

2 – METHODOLOGY

The sample was made with students of both sexes in a total of 53 students: 26 girls (n = 26) and 27 boys (n=27) enrolled in the garden groups and from the first to the fourth series of the Fundamental teaching of Municipal Schools: Santo Antônio, Almirante Tamandaré and N. Sra. do Perpétuo Socorro in the Riverside area of Igarapé Miri Municipal district. The students are inside the age group from 05 to 10 years.

The material used to measure the stature was a Sordish – steel measuring tape, with subdivision 0,1cm. A Day-home-ed-307 digital scale was used to check the corporal weight; its platform had the maximum capacity for 150 kg. The motor evaluation was made through the Test of Gross Motor Development (TGMD-2), proposed by Ulrich (2000), that consists of evaluating the gross motor performance, through 12 tasks, divided in two subtests - Locomotor and objects control.

For the evaluation of the physical growth and nutritional state the children were classified according to the adaptation stature/age and weight/age, the curves of growth of the " NCHS " (National Center for Health and Statistics) are used as a reference pattern, they are recommended by the World Health Organization (WHO) and the nutritional state referred according to criteria of Waterlow (1976), using the NCHS as a reference pattern and also the Evaluation program of the Nutritional State in Pediatrics (PED), where a weight, stature and age adequacy happens. The classification of the nutritional state involved the following categories: large Obese, overweight Obese, Eutrophic, and Undernourished. The Malnutrition is classified in current Malnutrition and past Malnutrition. With relation to the motor evaluation the children's performance in each task was qualitatively evaluated through acting criteria proposed by the test, after the application of the test the evaluation of the filmings was accomplished. This evaluation was accomplished by the evaluator/researcher, with approximate duration of 40 minutes per couple. In each one of the sub-tests 24 criteria of success were observed, each test accomplished twice. If the child presented the appraised criterion he received the score 1 and if he did not he received the punctuation 0. The reported scores for the test include gross scores, standard scores, the standard score and the descriptive motor pattern classify the child according to his performance as "very poor", "poor", "below the average", "medium", "above the average", "superior" and "very superior".

3- RESULTS AND DISCUSSION

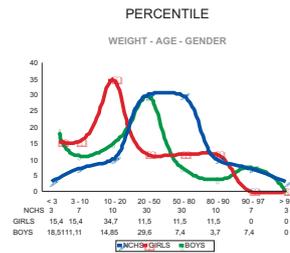
The results will be presented in topics according to the proposed objectives, and in each one of them the analysis and the discussion of the subjects that orientated the study are present meditated and that directly contributed to answer the objectives of this research. The stature curves, corporal weight and nutritional state are presented in the beginning; they are compared with the curves of the referential NCHS, detaching the masculine and feminine gender. In a second moment the analysis of the motor development in a global way will be presented by gender, average of pattern scores of locomotion skills and objects control and comparison between chronological age and motor age of locomotion; motor age of objects control, results found with the students of the riverine area at the Igarapé Miri Municipal district.

3-1 Stature and Weight:

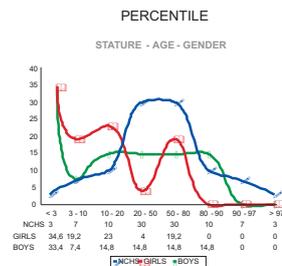
The results for physical growth or stature were transformed in a scale of percentages through the curves of NCHS, with the adjusted scores for the age. Based in that distribution, it was obtained the number of children that should be located in each one of the intervals of the Normal Curve (expected frequency) and the number of children that indeed appeared in each

interval (observed frequency).

Graph 1 - Distribution of the sample in percentile stature/age/gender according to Graph



2 - Distribution of the sample in percentile weight/age/gender according to NCHS

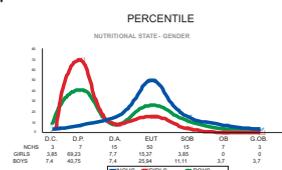


It is possible to observe that the results to stature/age/gender for students from the riverine area are very different from the standard CNHS ones, they show the majority for both boys and girls below the percentile <3, with 124 cm for boys and 120 cm for girls on average in ages from 6 to 10. These differences were already observed in similar researches. “In general, children from the Amazon Region are small when we compare them to the ones from reference population”. Coimbra Jr. & Santos, (1991). In a study realized by Krebs and Soares (2006) in Acre about growth profile and nutritional state of students from the Fundamental teaching in the State public schools, high scores were found in the interval from the percentile <3 to the percentil 20 and very low scores if related to the ones found in higher levels, featuring a small stature population. Santos (1993), in his study about Physical growth and Nutritional State of Brazilian Native indians, observed in the majority of the studies, a big difference between the growth curves of the National Center for Health Statistics – NCHS and the results found mainly for stature that is on average to low. It seems that the results suggest the few differences found in the majority of studies are a result of genetic components and their ethnic racial impact as suggested in other studies (KREBS, 2001; PIRES & LOPES, 2004).

The results for both boys and girls also differ considerably from the curves of the NCHS, mainly the curve of the girls that is not compared with the reference curves in any interval, the average weight for boys is 26,6 kg, and for girls is 24 kg for an age group from 6 to 10 years, values considered very low. According to the graph mainly the girls are in their majority in the percentile 10-20, comparable values to the graph of the stature and weight curves of the study accomplished by Soares and Krebs (2006) in Acre. Researches accomplished in almost all the regions of Brazil with the intention of verifying the nutritional state of children and adolescents in school phase verified that in the Southeast, Northeast, North and Center-west regions the students presented larger malnutrition indexes than the students from the South region, pointing out that the cases of obesity and/or overweight are more frequent in the South region of the country (LIRA, 1990; DINOÁ, 1993; SAITO, 1993; HAEFFNER, 1995; DOCKHORN, 1996; SOUZA, 1997; ZANINI, 1999; LIMA; GRILLO, 2000).

3-2. Nutritional State

Graph 3 - Distribution of the sample in percentile: nutritional state - gender according to the NCHS.



What is observed in the result of the nutritional state of the riverine students is what was already observed before in the results for growth profile; the index for Past Malnutrition for both girls and boys is the highest. Result that is compared with research accomplished by Moura (2005) in the Municipal district of Pinhão - PR, where students from 6 to 10 years of the fundamental teaching had their nutritional state researched, it also pointed a high index of past malnutrition; Souza & Cruz (2006) in their research about the nutritional state of students in infantile teaching in Rio Branco city verified high index of light malnutrition, other two works that get our attention about the malnutrition belongs to Farias & Souza (2005): corporal adiposity and nutritional state in indigenous villages of the Kaxinawa Tribe in Southwest Amazon, Acre State; and Farias & Petroski (2003): nutritional state and physical activity of students from Porto Velho city - RO. Most of those researches point out approximate values for past malnutrition, however they do not surpass the values found in this research.

3-3. Motor evaluation:

The motor evaluation accomplished through the TGMD2 test shows the values found according to the protocol of the test. Superior (SU); Above Average (ABV); Average (AV); Below Average (BWA), Poor (PO)

Graph 4 - Distribution of the sample according to the percentiles, Motor Evaluation/Gender.

	SU	ABV	AV	BWA	PO
Feminine	4%	7%	58%	23%	8%
Masculine	0%	7%	56%	33%	4%
Total	2%	7%	57%	28%	6%

According to the results presented that show the performance of the motor evaluation in both sexes in the TGMD2 test, it is observed that there is hardly significant difference between the masculine and feminine genders, mainly in the total

average. On average the results are practically similar with a few differences in the classifications below the average, poor and superior. It is worth to point out that in the total we just found a result in the superior strip and that was feminine gender. Andrade et al (2006) in research accomplished at a private school in Londrina-PR, using the TGMD2, verified general motor coefficient very poor for the girls and poor and below the average among the boys making contrast with the result found.

Graph no. 5 - Average of the values of the Standard Score of Locomotion - MEEPLOC, Average of the Standard Score of Object Control - MEPCO and Sum of the Average of the Standard Score - SMESCPA.

	MEEPLOC	MEPCO	SMESPA
Feminine	9,53	8,4	18,66
Masculine	10,25	8,84	18,38

The illustration no. 5 displays the result of the average among genders for the abilities of objects control and motor locomotion, great differences are not observed for boys and girls in Rio Santo Antonio's riverine area, the boys are better than the girls in a difference that does not surpass 1%, therefore, insignificant. Different from the study accomplished by Cattuzzo et al (2006) with children in the age group from 6 to 10 years of Muzambinho city - MG, using TGMD-2, the appraised children presented performance differences in relation to the gender in locomotion abilities. In the research accomplished by Marramarco (2007) in the Municipal district of Farroupilha - RS using TGMD2, where some results were per age group, it was observed that the results of locomotion abilities in relation to the age, in spite of no differences neither significant statistics correlation, a better result can be observed, the one obtained by 5 years old children, independent of the gender. Using the descriptive classification 6,7 and 8 years old children had their performance classified as poor and 5,9 and 10 years old children as below the average. Castro (2008) researching on the influence of the context in the pre-students and students fundamental motor abilities in Erechim city - RS verified that the newest children present better motor performance than the oldest ones, however, there were not significant differences among the genders.

Following the observations done previously, it was also verified by the results presented in the test that in the abilities of object control, there are not significant differences among the masculine and feminine gender.

It is observed that even in the adverse conditions of habitat, soaked lands by the high tide and constant rains, houses in form of stilts, schools that do not offer conditions of developing sport practices, the students of the riverine area presented results of motor performance (for both locomotion abilities and object control) that are inside the average in a very expressive percentage.

Graph nº6 Evaluations: Age Chronological (AC); Age Motor Objects Control (AMOC); Age Motor Locomotion (AMLOC).

	AC	AMOC	AMLOC
Feminine	8,30	7,57	6,67
Masculine	9,00	8,66	8,36
Average	8,65	8,12	7,52

In the results for chronological age in comparison with the motor ages of locomotion and objects control, found with the application of the TGMD2 test, some differences are observed, mainly in the feminine gender that presents a percentile of 1,63% of the chronological age for the age of object control, the other results present results of less than 1% between ages and genders, making contrast with Andrade's et al results (2006), that presented a very inferior performance to the chronological age. In comparison with the research of Marramarco (2007), the results are compared with the age that shows significant differences between the age groups of 6 and 8 years in relation to the children of the 10 year-old strip.

4 - CONCLUSIONS

According to the objectives proposed in this work, it was observed that, in agreement with the results for growth profile and nutritional state found, even in a natural habitat and with a feeding that is mainly based on "açai" that is rich in nutrients, the index that appears below the normality for the stature and past malnutrition was very high among the children. That fact gets our attention for the need of more meticulous researches inside the nutritional area, in order to know the causes and lacks that are interfering in the infantile development of the riverside ones. The shortage of information concerning the physical growth of the Amazon populations will only be remedied through the accomplishment of a larger number of field investigations. Longitudinal studies should be prioritized because they will make possible an appropriate evaluation of the individuals' physical growth along the time. Besides, it would be important to develop comparative approaches involving data collection simultaneously in several populations, in order to increase the discoveries comparisons.

The motor evaluation results surprised by the characteristics of the place that does not offer spaces for sport practices, as in most of the urban centers, on the contrary, the land where the houses are built are soaked and muddy, the houses are small in form of stilts, the school does not offer sport activities because of the lack of infrastructure and the physical education is given in form of small recreational games that do not demand many resources of motive ability, however, inside the adversities, the riverine children always look for being in movement in their habitat in agreement with the needs of the task as: to row, to fish, to climb trees, to swim and many other activities that are specially found in that place. It is important to point out that the test TGMD2 evaluates the fundamental basic movements of locomotion and object control without a deep analysis of the motive abilities, even so the results pointed a very good index for the local reality and mainly in comparison with the results of growth profile and nutritional state that pointed out a significant deficit. In conclusion, therefore, the riverine children's daily motive activities even in unfavorable conditions of environment, physical space, nutritional state and life quality, offer conditions so that they acquire fundamental motive abilities and form a base for the learning of more complex abilities.

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PROFILE OF GROWTH, NUTRITIONAL STATE AND MOTOR EVALUATION OF THE STUDENTS FROM THE RIVERINE REGION AT IGARAPÉ MIRÍ MUNICIPAL DISTRICT, A CASE STUDY.

ABSTRACT:

This research aims to trace the profile of growth, nutritional status and motor development of school children of the region bordering the city of Igarapé Miri aged 5 to 10 years, attending the series from literacy to the fourth grade of elementary school. The sample was made with students of both sexes in a total of 53 students: 26 girls (n = 26) and 27 boys (n = 27). The material used to measure the height was a Swordfish - steel tape measure with subdivision 0.1 cm. A digital Day-home-ed-307 scale was used to check the weight, with a platform capacity of 150 kg. Motor development was assessed through the development of extensive test-Moto TGMD2 proposed by Ullrich (2000). The growth curves of the National Center for Health and Statistics' – NCHS; the nutritional status according the criteria of Waterlow (1976) and the TGMD2 test protocol for motor evaluation were used as reference for analysis of the results for profiles of growth and nutritional status. The results found show a high percentile index below three (<3) revealing a short stature, both for boys and girls, the same result for the nutritional status, 54.71% was selected as malnourished and low index to obesity. In motor assessment both boys and girls showed the average rate higher than expected taking into account the results of the profile of growth and nutritional status specially related to the environment in which they live.

KEYWORDS: Nutritional status, obesity and malnutrition

PROFIL DE LA CROISSANCE, DE L'ÉTAT NUTRITIONNEL ET DE L'ÉVALUATION DES ÉLÈVES DANS LA REGION RIVERAINE DE LA VILLE DE IGARAPÉ MIRI, UNE ÉTUDE DE CAS

RÉSUMÉ:

Le but de cette recherche est de déterminer le profil de croissance, de l'état nutritionnel et du développement moteur des élèves, âgés de 5 à 10 ans, des classes d'Alphabétisation jusqu'à la « 4ª série » du « Ensino Fundamental » des écoles autour de la ville d'Igarapé Miri. Cette étude porte sur un échantillon effectué auprès d'élèves des deux sexes pour un total de 53 étudiants, soit 26 filles (n = 26) et 27 garçons (n = 27). Pour mesurer la taille des élèves, nous avons employé un ruban à mesurer en acier Swordsish - Tape - Rule avec une subdivision de 0.1cm. Et pour vérifier leur poids corporel, nous avons pris une balance numérique Day-home-ED-307, avec une capacité de 150 kg. En ce qui concerne le développement moteur des élèves, nous

avons utilisé la batterie de tests de développement moteur (TGMD2) proposé par Ulrich (2000). Le résultat du profil de croissance et de l'état nutritionnel a été basé sur des courbes de croissance standard du National Center for Health and Statistics (NCHS), tandis que la situation a été analysée en fonction de critères Waterlow (1976) et le protocole de test TGMD2 pour l'évaluation du développement moteur. Il y a, en conclusion, d'après les résultats, un taux élevé du percentile inférieur à trois (<3). Cela montre qu'il y a une faible taille pour les garçons et les filles. Le résultat a été similaire pour l'état nutritionnel, pour lequel 54,71% des étudiants ont été identifiés comme malnutris et présentent un faible taux d'obésité. Concernant l'évaluation moteur, en tenant compte des résultats du profil de croissance et de l'état nutritionnel, mais aussi de leur environnement, les garçons et les filles ont obtenu une moyenne plus élevée que prévue.

MOTS-CLÉS: Statut alimentaire ; obésité; malnutrition .

EL PERFIL DE CRECIMIENTO, ESTADO NUTRICIONAL Y EVALUACIÓN MOTOR DE NIÑOS LA ESCUELA DEL ÁREA RIVERINE DEL DISTRITO MUNICIPAL DE IGARAPÉ MIRÍ, UN ESTUDIO DE CASO.

EL LO ABSTRACTO:

Esta investigación apunta para rastrear el perfil del crecimiento, estado nutritivo y desarrollo motor de niños escolares de la región riverine de la ciudad de Igarapé Miri envejecido 5 a 10 años, mientras asistiendo a la serie de Alfabetización en la cuarta calidad de escuela elemental. La muestra era hecho con los Estudiantes de ambos sexos en un total de 53 estudiantes y: 26 muchachas (n = 26) y 27 muchachos (n = 27). El material medía la altura era una medida de la cinta Swordfish - acero - la cinta - la regla con la subdivisión 0.1 cm. para verificar el peso que usa una balanza digital para marcar Día-casa-ed-307, una plataforma con a a 150 kg. Se evaluó el desarrollo de motor a través del desarrollo de extenso prueba-Moto TGMD2 propuso por Ulrich (2000). Para el análisis de los resultados para los perfiles de crecimiento y el estado nutritivo se usó como una referencia el crecimiento encorva del Centro Nacional para la Salud y Estadísticas - NCHS, y también el estado nutritivo y que el criterio de Waterlow (1976) y el protocolo de la prueba para la evaluación el motor de TGMD2. Las notas a los resultados encontrados en el índice del percentil alto debajo de três (<3) mostró una estatura corta, ambos para los muchachos y para a las muchachas. El mismo resultado para el estado nutritivo dónde se seleccionaron 54.71% como el malnourished e historia del índice abajo a la obesidad. Cuanto a la evaluación motor, muchachos y " muchachas mostraron la media proporción superior que esperó la toma en la cuenta de los resultados del perfil de crecimiento y el estado nutritivo y, sobre todo, con el respeto el ambiente en que ellos viven.

LAS PALABRAS CLAVES: El estado nutritivo, obesidad y desnutrición.

PERFIL DE CRESCIMENTO, ESTADO NUTRICIONAL E AVALIAÇÃO MOTORA DOS ESCOLARES DA REGIÃO RIBEIRINHA DO MUNICÍPIO DE IGARAPÉ MIRÍ, UM ESTUDO DE CASO

RESUMO:

Esta pesquisa visa traçar o perfil de crescimento, estado nutricional e desenvolvimento motor dos escolares da Região Ribeirinha do Município de Igarapé Mirí na faixa etária de 5 a 10 anos, cursando as séries da alfabetização a quarta série do Ensino Fundamental. A amostra foi feita com escolares de ambos os sexos em um total de 53 alunos sendo 26 meninas (n= 26) e 27 meninos (n= 27). O material utilizado para medir a estatura, foi uma trena Swordsish – steel – tape – rule, com subdivisão 0,1cm. Para verificação do peso corporal utilizou-se uma balança digital de marca Day-home-ed-307, de plataforma com capacidade máxima para 150 kg. O desenvolvimento motor foi avaliado através do Teste amplo de desenvolvimento Moto-TGMD2 proposto por Ulrich, (2000). Para análise dos resultados para perfil de crescimento e estado nutricional foi utilizado como padrão de referência as curvas de crescimento do National Center for Health and Statistics - NCHS, e o estado nutricional referido segundo critérios de Waterlow (1976) e o protocolo do teste TGMD2 para a avaliação motora. Observa-se no resultado encontrado índice alto no percentil abaixo de três (<3) demonstrando uma estatura baixa, tanto para meninos quanto para as meninas, o mesmo resultado para o estado nutricional, onde 54,71% foram selecionados como desnutrido progresso e índice baixo para obesidade. Quanto à avaliação motora tanto meninos como meninas apresentaram índice na média acima do esperado levando em consideração os resultados de perfil de crescimento e estado nutricional e principalmente com relação o ambiente em que vivem.

PALAVRAS CHAVE: Estado Nutricional, Obesidade e Desnutrição.

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