

23 - PUPIL PROJECT AND ACTIONS IN HEALTH: PERSPECTIVE OF YOUNG PEOPLE ENTERING IN THE JOB MARKET

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INTRODUCTION

With the technological progress and the consequent automation, the contemporary world tends to be sedentary, either in the education, leisure or at work. Through the awareness and other information regarding to health care, that includes the recommendation for more corporal movement, people are changing their life habits. We know that the only way to prevent the inactivity's damages is to keep active along the vital cycle. Because, most of the time, health is a factor that we can control and promote, preventing the appearance of some pathologies (SARDINHA et al., 1999). In that context, several institutions have been investing in actions to promote health, measures that became more important and less onerous than the healing ones, appearing in an indubitable way as an instrument for assuring positive habits in health.

The public health has faced with the prevalence increase of chronic-degenerative diseases, caused, most of times, by personal, family and environment habits, making different institutions to engage in the reversion of such condition. Although there are several information about the care to be taken, it still is necessary the individuals' compromising in health maintenance for, besides the high economical costs originated by certain pathologies, also the productive sections suffer with the removal from work, a lot of times of qualified professionals, in consequence of those damages (MILITÃO, 2001).

As an example to promote changes in behavior among the teenagers we can point out the initiative of the company Pioneer Sementes of Santa Cruz of Sul/RS - Brazil, that is eminence in social responsibility actions with the community where it is inserted. One of the actions developed by the company, in partnership with the University of Santa Cruz do Sul (UNISC) and the catering company Prato Feito is the Pupil Project (Projeto Pupilo). In this project teenagers with ages between 16 and 24 years old are qualified to enter in the job market, receiving instructions in administrative services, including cares with the adoption of healthy habits in relation to the health. Besides the difficulties in entering in the job market, due to the reduction of the workstations in the current conjuncture, there are also other situations that make it more difficult for the teenager to enter in the job market: the increasing demand of more qualified hand work, the social vulnerability, the lack of knowledge about the health cares, as well as, a larger understanding on behalf of more effective actions

Santa Cruz do Sul is located in the central area of Rio Grande do Sul State, 150 km away from the capital and it integrates the macro-region of the Valleys, more specifically, one called Vale do Rio Pardo. Its population, according to data from IBGE (2008), is around 117.000 inhabitants who are predominantly in the urban area. The city's economy is influenced strongly by the tobacco industries that are installed there. It is regional reference in economy and health services and it belongs to 13rd Regional Coordination of Health (CRS). Epidemic municipal data have been revealing that the city presents high prevalence of patients with chronic-degenerative diseases associated with obesity and the current complications. Consequently it is justified health promotion projects that can, through educational processes, to intervene and, if possible, to revert this situation.

It is in that context that the Pupil Project is inserted, as a proposal of actions developed for the qualification of teenagers who participate on the project. The participation of professors and scholarship students from the Physical education area focused the importance of lifestyle and positive behaviors in relation to the health, besides establishing the health profile of those teenagers. Although teenagers are considered the healthiest segment in relation to the other population groups, that smaller susceptibility to the negative conditions in relation to the health does not mean that they are not confronted in that phase of life with problems of that order (MATOS and SARDINHA, 1999). Many times those problems come from behaviors and attitudes influenced by the social environment, as tobacco, alcoholism, sedentary habits, and bad feeding. It is important to emphasize that behaviors and healthy habits adopted in that phase of life can, in great measure, influence the adult lifestyle.

Although there are several dimensions proposed in the Project, in this presentation was prioritized the aspects related to health care. For such, as indicative parameters of the health condition we evaluated the physical fitness of the project members, through the anthropometric profile definition, the muscle-skeletal health, and the cardio respiratory capacity, aiming to identifying signs and symptoms of health risks.

METHODOLOGY

This transversal research, of exploratory descriptive character, had as participants 20 teenagers of both sexes, with average age of 17 years old ($17 \pm 0,81$), finishing High School, and potentially entering in the job market. We applied tests and protocols of corporal composition, muscle-skeletal health, and cardiovascular condition. For the corporal composition evaluation we used the Body Mass Index (BMI-kg/m²), classifying the results according to the World Organization of Health (Bouchard, 2003), waist circumference (WC), and waist-to-hip ratio (WHR), that infers the heart risk was measured and classified according to Heyward (2004). For estimating the fat percentile (% G) it was used Jackson and Pollock, Siri's equation, and classification of Pollock and Wilmore (2003). The muscle-skeletal health was evaluated by the tests of flexibility and dynamic muscular resistance, being used the tests of rotator cuff, sit and reach tests, press-up test and abdominal, according to criteria and classification of the American School of Sports Medicine (ACSM, 2006). The cardiovascular condition was estimated starting from Rockport's mile test, and classified by ACSM (2006), besides the resting blood pressure, observing the classification of 5th Brazilian guidelines in arterial hypertension (V Diretrizes Brasileiras de Hipertensão 2006).

The data obtained were tabulated in electronic spreadsheet (Excel, Microsoft Office 2000) and analyzed in Statistical Package for Social Sciences for Windows (SPSS - version 9.0), through descriptive statistics.

RESULTS AND DISCUSSION

Regarding to anthropometric aspects, in BMI 5% of the evaluated subjects were classified with "low weight" and 20% with "overweight"; yet considering the % G, 25% was classified as "from below the average to poor" and 30% "very poor", denoting the precocious presence of overweight and obesity. Considering WHR, 25% of the Pupil Project participants were classified as having "moderate risk" and 30% "high risk" and "very high" in presenting cardiovascular problems. It was also

observed in the values obtained by WC, with 25% presenting "increased risk". Those alterations were more evident in the feminine sex, with 33,3% of overweight, 50% of %G "very poor", 33,3% of "high" heart risk and "very high", as well as of increased risk by WC (Table 1).

Table 1 – Subjects' anthropometric data

Variables	General		Male		Female	
	(n)	(%)	(n)	(%)	(n)	(%)
BMI						
Low Weight	01	5,0	01	12,5	-	-
Ideal	15	75,0	07	87,5	08	66,7
Overweight	04	20,0	-	-	04	33,3
Total	20	100,0	08	100,0	12	100,0
WHR						
Low	09	45,0	04	50,0	05	41,7
Moderate	05	25,0	02	25,0	03	25,0
High	02	10,0	01	12,5	01	8,3
Very High	04	20,0	01	12,5	03	25,0
Total	20	100,0	08	100,0	12	100,0
WC						
Normal	15	75,0	07	87,5	08	66,7
Increased	05	25,0	01	12,5	04	33,3
Total	20	100,0	08	100,0	12	100,0
%G						
Excellent	07	35,0	07	87,5	-	-
Above Average to Average	02	10,0	01	12,5	01	8,3
Below Average to Poor	05	25,0	-	-	05	42,6
Very Poor	06	30,0	-	-	06	50,0
Total	20	100,0	08	100,0	12	100,0

In muscle-skeletal health results, here considered the dynamic muscular resistance, we highlight the participants' low condition in the abdominal test, with 50% of them classified with "poor" condition, and such results were presented by 75% of the women. But in the press-up, 45% of the teenagers group presented "medium" classification, what was also found in 50% of the men and 41,7% of the women.

Table 2 – Data from the subjects' strength and resistance answers

Variables	General		Male		Female	
	(n)	(%)	(n)	(%)	(n)	(%)
Abdominal						
Excellent	02	10,0	02	25,0	-	-
Above Average	05	25,0	02	25,0	03	25,0
Average	03	15,0	03	37,5	-	-
Below Average	-	-	-	-	-	-
Poor	10	50,0	01	12,5	09	75,0
Total	20	100,0	08	100,0	12	100,0
Press-up						
Excellent	01	5,0	-	-	01	8,3
Above Average	05	25,0	03	37,5	02	16,7
Average	09	45,0	04	50,0	05	41,7
Below Average	-	-	-	-	-	-
Poor	05	25,0	01	12,5	04	33,3
Total	20	100,0	08	100,0	12	100,0

In the flexibility, another component of muscle-skeletal health, 45% of the subjects were classified as "below the average to the low condition", in right rotator cuff (RRC), such classification was repeated in 58,4% of participants of female sex. But in the left rotator cuff (LRC) evaluation, 55% of the participants presented classification "above average to average", reaching 67,4% of the women. Considering the masculine sex, in both, RRC and LRC, they presented "excellent" classification in 62,5% and 50%, respectively. The low flexibility condition in the sit and reach test can be evidenced in 40% of the subjects classified as "below average to low condition", what was verified in 50% of men and 68,7% of women. Such result was contrasting with the literature, which presents the women as more flexible in that age group (ALTER, 1999; ACHOUR Jr., 2004).

Table 3 – Muscle-skeletal health data

Variables	General		Male		Female	
	(n)	(%)	(n)	(%)	(n)	(%)
Right Rotator Cuff						
Excellent	07	35,0	05	62,5	02	16,7
Above Average to Average	04	20,0	02	25,0	03	25,0
Below Average to Low Condition	09	45,0	01	12,5	07	58,4
Total	20	100,0	08	100,0	12	100,0
Left Rotator Cuff						
Excellent	05	25,0	04	50,0	01	8,3
Above Average to Average	11	55,0	03	37,5	08	67,4
Below Average to Low Condition	04	20,0	01	12,5	03	25,0
Total	20	100,0	08	100,0	12	100,0
Sit and Reach						
Excellent	04	20,0	01	12,5	01	8,3
Above Average to Average	02	10,0	03	37,5	04	33,3
Below Average to Low Condition	14	70,0	04	50,0	07	58,3
Total	20	100,0	08	100,0	12	100,0

Concerning to the cardio respiratory aptitude test, 65% of the evaluated subjects were classified with "good", and the remaining presented a result corresponding to "excellent", indicating a cardio respiratory condition compatible with their health and age group. Regarding to the values of Blood Pressure, two male teenagers presented altered values, classified with "light hypertension". (Table 4).

Table 4 – Data from the subjects' cardiovascular answers

Variables	General		Male		Female	
	(n)	(%)	(n)	(%)	(n)	(%)
Resting Blood Pressure						
Normal	18	90,0	06	75,0	12	100,0
Light Hypertension	02	10,0	02	25,0	-	-
Total	20	100,0	08	100,0	12	100,0
Oxygen Consumption (VO2)						
Excellent	07	35,0	04	50,0	03	25,0
Good	13	65,0	04	50,0	09	75,0
Total	20	100,0	08	100,0	12	100,0

The results here described are reasons for worry once it is a young group, whose behaviors can reflect on the adult

life, with propensity to muscle-skeletal and chronic-degenerative diseases prognostic, justifying the concern and intervention with the population in that age group.

CONCLUSIONS

The results point out a good physical condition related to cardio respiratory system, however, considering the Project participants' age group, the indexes of overweight and central fat distribution indicated a little healthy condition. Considering the muscle-skeletal health, the conditions were also beyond the expected, mainly in the abdominal test, sit and reach and right rotator cuff.

Thus, we highlight the need to promote the consciousness and a rethinking those young people's lifestyle, aiming an improvement in their life quality, mainly incentivating the practice of a more active life and the adoption of healthier alimentary habits, aiming to reduce the risk of chronic-degenerative diseases, and of a more promising future in health.

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PUPIL PROJECT AND ACTIONS IN HEALTH: PERSPECTIVE OF YOUNG PEOPLE ENTERING IN THE JOB

MARKET

SUMMARY

Introduction: Due to the difficulty that young people face to get in the labor market, mainly who are socially vulnerable, the initiative of Pioneer Sementes company, through Pupil Project, shows its social responsibility and contribution for the society. It is developed in partnership with the University of Santa Cruz do Sul (UNISC) and the catering company Prato Feito, aiming the youths' training for entering the labor market, including health care. **Objective:** This study's objective was to identify the project participants' health profile, regarding to physical fitness. **Methodology:** Twenty teenagers were evaluated, ranging from 16 to 19 years old. The data collected were: body mass index (BMI), waist circumference (WC), waist-to-hip ratio (WHR), flexibility test (cuff and sit and reach tests), abdominal test (AbT) and push-up, and Rockport mile test. Results: In BMI, 20% of the subjects were classified as "overweight"; 25% "from below the average to poor", in the % G; and 25% "out "increased" cardiovascular risk, in WC; and 30% "high risk" and "very high risk", in WHR; more evidenced in the feminine sex. In the dynamic muscular resistance 50% of the subjects obtained "poor" classification, in AbT, and 45% "average" in press-up test; in the flexibility, 45% and 40% were "below the average to the low condition", in right cuff and sit and reach tests, respectively. In the cardio respiratory aptitude 65% of the subjects were classified as "good", 10% indicated presence of light hypertension. **Conclusion:** We observed good cardio respiratory physical condition; however, considering their age group, the indexes of weight excess and central fat distribution were little healthy, like the muscle-skeletal health. It indicates the necessity to rethink those teenagers' lifestyle, aiming an improvement in their life quality.

KEY- WORDS: job market, lifestyle, actions in health.

PROJET PUPILLE ET ACTIONS EN SANTÉ: PERSPECTIVE DE L'ACCÈS DES JEUNES DANS LE MARCHÉ DU

TRAVAIL

Introduction: Face à la difficulté à l'insertion dans le marché du travail, surtout celui qui se trouve socialement vulnérable, la démarche de l'entreprise Pioneer Sementes, avec le Projet Pupille, manifeste sa responsabilité sociale et une contribution face à la société. Ce projet est développé en partenariat avec l'Université de Santa Cruz do Sul (UNISC) et l'entreprise Prato Feito, cherchant la capacitation des jeunes à l'insertion dans le marché du travail. **Objectifs:** L'objectif de cet étude a été d'identifier le profil de santé des participants du Projet, en relation à l'aptitude physique. **Méthodologie:** On été évalués une vingtaine des jeunes, de seize à dix-neuf ans. Ont été pris en compte la collecte des données de: index de masse corporelle (IMC), circonférence de la ceinture (CC), relation ceinture-hanche (RCQ), test de flexibilité (manguito rotateur et de s'asseoir et d'atteindre), tests abdominaux (TAb) et appui en face au sol (TAp), et le test de Rockport. Résultat: Dans l'IMC, 20% ont été classifiés "surpoids"; 25% "au dessous de la moyenne à mauvais", dans %G; et 25% risque cardiovasculaire "en augmentant", dans CC; et 30% "haut risque" et "très haut", dans RCQ; accentué dans le sexe féminin. Dans la résistance musculaire dynamique 50% ont obtenue "mauvaise" classification, dans le tab, et 45% moyenne dans le TAp; dans la flexibilité, 45% et 40% sont restés au "dessous de la moyenne à basse condition", dans le manguito rotateur droit de s'asseoir et d'atteindre, respectivement. Dans l'aptitude cardiorespiratoire 65% se sont classifiés comme "bon", 10% ont présenté légère hypertension. **Conclusion:** On peut observer une bonne condition physique cardiorespiratoire, toutefois, en considerant la moyenne d'âge des participants, les index de surpoids et distribution centrale de la graisse ont été peu saines, également observé dans la santé musculaire-esquelette. Indicateurs que font repenser le style de vie des ces jeunes.

MOTS CLEFS: aptitude physique, style de vie, actions en santé.

PROYECTO PUPILO Y ACCIONES EM SALUD: PERSPECTIVA DE JÓVENES INGRESANTES EM EL MERCADO DE TRABAJO

Introducción: Ante la dificultad de inserción en el mercado de trabajo, especialmente los socialmente vulnerables, la

iniciativa de la empresa Pioneer Sementes, con el Proyecto Pupilo, manifiesta su responsabilidad social y contribución social. Este proyecto se desarrolla en aparcería con la Universidad de Santa Cruz do Sul (UNISC) y empresa Prato Feito, buscando la capacitación de jóvenes para la inserción en el mercado de trabajo, incluso los cuidados con la salud. **Objetivos:** Identificar el perfil de salud de los participantes del proyecto, con relación a la aptitud física. **Metodología:** Fueron evaluados veinte jóvenes, de 16 a 19 años. Constó de la colecta de datos: índice de masa corporal (IMC), circunferencia de la cintura (CC), relación cintura-cuadril (RCQ), prueba de flexibilidad (manguito rotatorio y sentar y alcanzar), prueba de abdominal (TAB), apoyo de frente al suelo (TAp), porcentaje de gordura (%G), prueba de milla de Rockport. Resultados: en el IMC, 20% fueron clasificados con "sobrepeso", 25% "abajo de la media a malo", no %G; 25% "riesgo cardiovascular aumentado", en la CC; 30% "riesgo alto y muy alto" en la RCQ, evidenciado en el sexo femenino. En la resistencia muscular dinámica 50% obtuvieron clasificación "malo", en el TAB, y 45% "media" en el TAp; en la flexibilidad, 45% y 40% quedaron "abajo de la media a baja condición", en el manguito rotatorio derecho y sentar y alcanzar, respectivamente. En la aptitud cardiorrespiratoria 65% se clasificaron como "bueno", 10% indicaron presencia de "hipertensión liviana". **Conclusión:** fue posible observar buena condición física cardiorrespiratoria, todavía, considerando la edad de los participantes, los índices de exceso de peso y distribución central de la gordura fueron poco saludables, observación similar en la salud músculo-esquelética. Indicativos que llevan a repensar el estilo de vida de esos jóvenes, con la meta de una mejora en su calidad de vida.

PALABRAS-CLAVE: mercado de trabajo, estilo de vida, ações em saúde.

PROJETO PUPILO E AÇÕES EM SAÚDE: PERSPECTIVA DE JOVENS INGRESSANTES NO MERCADO DE TRABALHO

Introdução: Diante da dificuldade da inserção do jovem no mercado de trabalho, em especial o que se encontra socialmente vulnerável, a iniciativa da empresa Pioneer Sementes de Santa Cruz do Sul/RS - Brasil é um destaque entre suas ações de responsabilidade social dentro da comunidade a qual esta inserida. Uma das ações desenvolvidas pela empresa, em parceria com a Universidade de Santa Cruz do Sul (UNISC) e empresa Prato Feito, é o Projeto Pupilo, onde jovens com idades entre 16 e 24 anos são capacitados para a inserção no mercado de trabalho, recebendo instruções em serviços administrativos, incluídos aí cuidados com a adoção de hábitos saudáveis em relação à saúde. **Contexto e Objetivos:** Os professores e alunos do Curso de Educação Física da UNISC, através da intervenção voluntária junto a esse Projeto, buscando identificar indicadores de saúde dos participantes, através da avaliação do Índice de Massa Corporal (IMC), a Relação Cintura-Quadril (RCQ) e a Aptidão Cardiorrespiratória, possibilitando classificar os alunos em relação à obesidade, risco de desenvolver doenças crônico-degenerativas. Sendo que os alunos participantes do projeto foram orientados sobre importância dos testes aplicados, enquanto indicadores dos níveis de saúde, justificando, desta forma, a importância da atenção a estes fatores. **Material e Métodos:** foram avaliados 20 participantes do Projeto Pupilo, de ambos os sexos, com idades compreendidas entre 16 e 19 anos. Como forma de realizar as avaliações foram utilizados os testes de IMC (relação entre peso e estatura), medida antropométrica da circunferência da cintura e do quadril, e o teste de milha (1.600 metros). **Resultados:** através da análise dos resultados podemos verificar que 5% dos avaliados apresentou a classificação de baixo peso no IMC e 30% com sobrepeso. Já na relação entre cintura-quadril, percebe-se que 25% dos participantes do Projeto Pupilo classificaram-se como tendo risco moderado e 15% tanto para risco alto, como para risco muito alto. Quanto ao teste de aptidão cardiorrespiratória 65% dos avaliados apresentaram como resultado a classificação de aptidão cardiorrespiratória boa, e o restante dos avaliados, 35%, apresentaram o resultado correspondente a excelente. **Conclusão:** Os resultados apontam uma boa condição física a nível de sistema cardiorrespiratório, contudo, considerando a faixa etária dos participantes do Projeto, os índices de excesso de peso e de distribuição central da gordura indicaram condições pouco saudáveis. Com esses indicativos busca-se um repensar no estilo de vida desses jovens, com intuito de uma melhoria na sua qualidade de vida, principalmente com estímulo a prática de uma vida mais ativa e a adoção de hábitos alimentares mais saudáveis, com vistas à redução do risco de doenças crônico-degenerativas, e de um futuro mais promissor em saúde.

PALAVRAS-CHAVE: mercado de trabalho, estilo de vida, ações em saúde.

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