29 - HEALTH OF WOMEN OVER FIFTY YEARS OLD PRACTITIONERS OF REGULAR PHYSICAL EXERCISE, BOTUCATU - SP

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INTRODUCTION

Preparing for longevity has been the concern of most teenagers and young adults, resulting in several problems at later ages of life, especially related to health. Added to those raised by Neri et al. (2004), to highlight the cause of aging as physical decline, which may limit the autonomy and hinder activities of daily living.

The setting looks even more negative than in the female population. Several studies have shown physical activity levels lower for this population (Azevedo et al., 2008; Tenorio et al., 2010). According Crespo et al. (1996), since moments earlier, the lifestyle has performed more present in women, the elderly and people with lower education levels.

Similarly, the chronic diseases related to unhealthy lifestyle has occupied a prominent space between the causes of deaths (WHO, 2010). According to American College of Sports Medicine, focused on health behaviors in its general aspects decrease the incidence of various types of disease, and provide greater autonomy in daily life situations and therefore increase the quality of life. It is pointed out that people with higher levels of physical fitness, considering good rates on each of its components, are less likely to develop diseases and / or functional disabilities (ACSM, 1998).

Thus, this study aims to estimate the prevalence of health problems among women over fifty years of practicing regular physical exercises supervised two sports institutions in Botucatu, São Paulo.

MATERIALS AND METHODS

Study type cross subsidized by retrospective components related to health behavior.

Subjects from the Study

The study population included women aged over fifty years, participants of physical activity programs, and supervised sports offered by different institutions in Botucatu, São Paulo, Brazil. For inclusion in the study included individuals who presented weekly at least two days a week and at least three months of regular physical activity. Participants were forty-eight women (n = 48), twenty-five sports institution 1 (N1) and twenty-three sports institution 2 (N2).

Instrument

For this study, it was necessary to use a questionnaire developed specifically for use in this research required.

Procedures

We conducted a pretest with five individuals who also met the selection criteria and not participating in the study.

Subsequently, the research proposal was presented to both institutions surveyed. The instruments were properly reviewed and approved by the commission directors of both institutions surveyed. The questionnaires were administered between January and August 2009.

RESULTS

The study included 48 subjects, all women, practitioners of regular physical exercises in two sports institutions (N1 and N2) from Botucatu - SP, aged 50 and 78 years. Highlight is the high number of participants aged 50 to 59 years (43.8%) and that they are all members of the group N1, while, on the other hand, all participants (27.1%) of the age group 70 and above belong to the sporting institution 2 (N2).

Table 1: Distribution of women participating in the study, according sporting institution and sociodemographic variables, Botucatu-SP.

		N1	%	N2	%	Total	%
Age*	50-59 years old	21	84,0	-	-	21	43,8
	60-69 years old	4	16,0	10	43,5	14	29,1
	70 anos and above	0	0	13	56,5	13	27,1

(*) significant difference between groups N1 and N2. ANOVA p = 0.000

According to data generated by the survey questionnaire (Table 2), about 8% of those present said heart problems (N1 = 4.0%; N2 = 13.0%); Most respondents in both sports institutions (56 2%) reported suffer from problems osteoarticular, being 48.0% of the N1 group and 65.2% of the N2 group. Approximately 52% reported hypertension, N1 being 36.0% and 69.5% N2. Furthermore, 16.6% of respondents reported other health problems unrelated research.

Table 2: Distribution of women participating in the study according, sports institutions and health problems, Botucatu-SP.

	N1	%	N2	%	Total	%
Cardiac	1	4,0	3	13,0	4	8,3
Respitatory	-	-	2	8,7	2	4,2
Renal	-	-	-	-	-	-
Osteoarticular	12	48,0	15	65,2	27	56,2
Psychological	1	4,0	4	17,4	5	10,4
Diabetes	1	4,0	4	17,4	5	10,4
Hypertension	9	36,0	16	69,5	25	52,1
Others	5	20,0	3	13,0	8	16,6

DISCUSSION

We identified significant differences between the groups investigated in relation to age, making comparisons, and considering the influence of this variable in determining disease prevalence (Salles-Costa et al., 2003). Therefore, we chose to discuss the description of each group.

In the present study, the prevalence of hypertension was 52.1%, while for N2 values reported were 69.5%. The prevalence of osteoarticular was 56.2%. Hypertension and osteoarticular problems are the most frequently reported chronic diseases, confirming observations made by Firmo; Barreto and Costa (2003). The author emphasized the prevalence of hypertension in 49.7% for the population above 60 years. Regarding the percentage of women affected by osteoarticular diseases, the same study showed a total of 43.6% for the same age group. Similar data were presented by Sebastião et al. (2008), which to investigate the epidemiology of non-infectious chronic diseases in the elderly in the city of Rio Claro, São Paulo, also found hypertension and osteoarticular problems between major injuries. However, the present data should be considered based on the claim Lebrão et al. (1991), to carry out a survey about the health conditions of the population in Botucatu, São Paulo. The authors point out the difficulty of comparing the results obtained with the work of peers, in relation to differences in the methods used, pointing to the need for the standardization of these studies. Another important aspect to note refers to studies of self-reported, as of Firmo; Barreto and Costa (2003), which may underestimate the prevalence of diseases or chronic conditions, due to memory problems and / or lack of diagnosis.

Although the results presented similarity with the literature, studies suggest considering other variables related to the epidemiological profile of this population, such as income, education, use of medications and types of physical activities. Expand knowledge about conditions and lifestyle could subsidize new ways of meeting the needs of women over fifty, more encouragement for physical activity oriented and their contributions to the health scenario in the later years of life.

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HEALTH OF WOMEN OVER FIFTY YEARS OLD PRACTITIONERS OF REGULAR PHYSICAL EXERCISE, BOTUCATU – SP

ABSTRACT

We observed a policy of encouraging physical activity, note that sedentary lifestyle has affected various social levels and age groups. The setting seems more negative than in women, the elderly and people with lower education. Thus, this study aims to estimate the prevalence of health problems among physically active women above fifty years in two sports institutions in Botucatu, São Paulo. We used a cross-sectional study subsidized by questionnaires. Among the results, we highlight older women in N2 ($p < 0.001$). Approximately 8% reported heart problems, 56.2% and 52.1% osteoarticular problems hypertension. From the data presented, it was observed similarly to the literature. Also noteworthy is the complexity of variables involved in determining active lifestyle and understanding the relationship physical activity and active lifestyle. It is suggested studies considering other variables related to the epidemiological profile of this population, such as income, education, use of medications and types of physical activities. Still indicates the expansion of knowledge about conditions and lifestyle that could support new ways of meeting the needs of women over fifty, encouraging greater physical activity oriented and their contributions to the health scenario in the later years of life.

KEYWORDS: Physical activity, women, prevalence, health, disease.

LA SANTÉ DES FEMMES DE PLUS CINQUANTE ANNEES DE PRATICIENS D'EXERCICE PHYSIQUE REGULIER, BOTUCATU – SP

RÉSUMÉ

Nous avons observé une politique d'encouragement de l'activité physique, notez que la sédentarité a affecté différents niveaux sociaux et les groupes d'âge. Le scénario semble plus négative que chez les femmes, les personnes âgées et les personnes moins scolarisées. Ainsi, cette étude vise à estimer la prévalence des problèmes de santé chez les femmes

physiquement actives au-dessus de cinquante ans dans les institutions sportives deux en Botucatu, São Paulo. Nous avons utilisé une étude transversale subventionné par questionnaires. Parmi les résultats, nous mettons en évidence chez les femmes âgées de N2 (p <0,001). Environ 8% ont signalé des problèmes cardiaques, 56,2% et 52,1% ostéo-articulaire problèmes d'hypertension. Selon les données présentées, il a été observé de manière similaire à la littérature. Il faut aussi souligner la complexité des variables qui interviennent dans la détermination de mode de vie actif et la compréhension de l'activité physique et la relation mode de vie actif. Il est suggéré d'études envisagent d'autres variables liées au profil épidémiologique de cette population, tels que le revenu, l'éducation, l'utilisation des médicaments et des types d'activités physiques. Indique encore le développement des connaissances sur les conditions et modes de vie qui pourrait soutenir de nouvelles façons de répondre aux besoins des femmes de plus de cinquante ans, en encourageant une plus grande activité physique orientée et leurs contributions au scénario de la santé dans les dernières années de la vie.

MOTS-CLÉS: activité physique, les femmes, la prévalence, la santé.

SALUD DE LAS MUJERES HACE MÁS DE CINCUENTA AÑOS PRACTICANTES DE EJERCICIO FÍSICO REGULAR, BOTUCATU – SP

RESUMEN

Se ha observado una política de fomento de la actividad física, tenga en cuenta que el estilo de vida sedentario ha afectado a diversos niveles sociales y edades. La situación parece más negativo que en las mujeres, los ancianos y las personas con menor nivel educativo. Por lo tanto, este estudio tiene como objetivo estimar la prevalencia de problemas de salud entre las mujeres físicamente activas más de cincuenta años en dos instituciones deportivas en Botucatu, São Paulo. Se utilizó un estudio transversal subvencionado por cuestionarios. Entre los resultados, se destacan las mujeres mayores en N2 (p <0,001). Aproximadamente el 8% informó de problemas cardíacos, 56,2% y 52,1% hipertensión osteoarticular problemas. De los datos presentados, se observó de manera similar a la literatura. También destaca la complejidad de variables que intervienen en la determinación de estilo de vida activo y la comprensión de la relación Actividad física y estilo de vida activo. Se sugiere estudios teniendo en cuenta otras variables relacionadas con el perfil epidemiológico de la población, tales como los ingresos, la educación, el uso de los medicamentos y los tipos de actividades físicas. Aún así indica la expansión del conocimiento sobre las condiciones y el estilo de vida que podrían apoyar nuevas formas de satisfacer las necesidades de las mujeres mayores de cincuenta años, alentando una mayor actividad física orientada y sus contribuciones al escenario de la salud en los años posteriores de la vida.

PALABRAS CLAVE: actividad física, las mujeres, prevalencia, salud.

A SAÚDE DE MULHERES ACIMA DE CINQUENTA ANOS PRATICANTES DE EXERCÍCIOS FÍSICOS REGULARES, BOTUCATU – SP

RESUMO

Embora se tenha observado políticas de incentivo a prática de atividade física, nota-se que o sedentarismo tem acometido diversos níveis sociais e faixas etárias. O cenário parece mais negativo em relação as mulheres, idosos e pessoas de menor escolaridade. Dessa forma, o presente trabalho objetiva estimar a prevalência de problemas de saúde entre mulheres fisicamente ativas acima de cinquenta anos em duas instituições esportivas do município de Botucatu, São Paulo. Utilizou-se estudo tipo transversal subsidiado por aplicação de questionários. Dentre os resultados, destacam-se mulheres de mais idade no N2 (p<0,001). Aproximadamente 8% referiram problemas cardíacos, 56,2% problemas osteoarticulares e 52,1% hipertensão. A partir dos dados apresentados, observou-se semelhança com a literatura. Destaca-se também a complexidade de variáveis envolvidas na determinação do estilo de vida ativo e compreensão da relação atividade física e estilo de vida ativo. Sugere-se estudos considerando outras variáveis relacionadas ao perfil epidemiológico desta população, como renda, escolaridade, uso de medicamentos e tipos de atividades físicas realizadas. Ainda indica-se a ampliação do conhecimento sobre condições e estilo de vida que poderia subsidiar novas formas de atendimento das necessidades de mulheres acima de cinquenta anos, maior estímulo à prática de atividade física orientada e respectivas contribuições ao cenário de saúde nos posteriores anos de vida.

PALAVRAS-CHAVE: Atividade física; mulheres; prevalência; saúde.