109 - PROGRAM TO ENCOURAGE PHYSICAL ACTIVITY AND LIFESTYLE HABITS FOR STUDENTS FROM 1ST TO 9TH GRADE SCHOOL AND MUNICIPAL JACAREZINHO - PR

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INTRODUCTION

The lifestyle is understood as everything that lives and does on a daily (at home, at work, at school, at play, with friends, etc.), is the result of education, culture of physical activity and Sports of life in society and the whole dynamic globalized arriving to our lives. This context prints, in every human being, attitudes, values, choices, habits that install like "natural", whether beneficial or harmful. Only enlightenment and awareness of the consequences of our everyday actions that can bring about change is structural and cyclical in the individual and in society, able to cope with the range of stakeholders in our lifestyle. The human quest health, education and quality of life; want a complete wellness, which pass from the abstract level to the level of everyday reality of each[1].

The physical and mental activity directly influences the improvement of cognitive functions, with the goal of predicting changes through language tasks, verbal memory and non-verbal, visual perception, spatial and conceptual. It appears, therefore, that an old man who had practiced physical activity throughout life had a much better cognitive performance on all tasks when compared to sedentary[13].

The benefits provided by regular physical activity during childhood and adolescence are important for the biological process of human growth and development, precisely because of possible increase in cardiovascular, metabolic, musculoskeletal and assist in the control and reduction of body fat. Scientific evidence shows that chronic degenerative diseases, such as type 2 diabetes, cardiovascular disease, osteoporosis, among others, have onset during childhood and adolescence may be potentiated depending on the lifestyle adopted, especially with regard to bad eating habits and physical inactivity[2].

An active lifestyle in adults is associated with a reduced incidence of several chronic degenerative diseases and a reduction in cardiovascular mortality and overall. In children and adolescents, a higher level of physical activity contributes to improving the lipid profile and metabolic and reduce the prevalence of obesity. Still, it is more likely that a physically active child becomes an adult also active. Consequently, from the standpoint of public health and preventive medicine, promote physical activity in childhood and adolescence means establishing a sound basis for reducing the prevalence of physical inactivity in adulthood, thus contributing to a better quality of life6.

Despite recognizing the importance of physical activity to health, there are few population-based studies on the subject or school in Brazil in adolescents. Among the research conducted, the results show very high prevalence of physically inactive adolescents and strong association with demographic, socioeconomic and biológicos9. Therefore, the objective of this study was to encourage and educate 3623 students from 1st to 9th grade Schools Municipal and State City Jacarezinho - PR to improve their lifestyle habits such as physical activity, personal hygiene, nutrition and posture.

MATERIALS AND METHODS

The population studied consisted of 3623 students from 1st to 9th grade Municipal Schools and State City Jacarezinho - PR. This study is part of an extension project of Preventive Physiotherapy School, Universidade Estadual do Norte do Paraná associated with Project Physiotherapy Covenant Life Foundation-funded Araucaria (SETI) The instrument of assessment and reassessment was a Física10 Activity Questionnaire adapted and validated consisting of questions about postures adopted in the classroom sitting with and without portfolio, days and time effective realization of physical education, the way they locomoviam school, footwear, sedentary level, type and quality of food and personal care under the direction of the current consent.

Were visited the municipal and state schools in the municipality of Jacarezinho-PR, with a frequency of once a week to perform the play activities such as lectures, theaters, competitions, presentation folders and posters containing all the topics covered in the questionnaire.

This study was reviewed and approved by the Ethics Committee of the Universidade Estadual do Norte do Paraná - UENP, by Opinion 002/2012.

RESULTS

In the first evaluation the majority of students (83%) did all physical education classes this week. Much (65%) went to school on foot or by bike, and the other 35% range from motorized transport.

It was found that 38% passed from 1 to 2 hours watching TV and passed 43% more than 3 hours, even up to 6 hours. As for the game or computer 32% of the pupils were 3-6 hours. 61% go to school tennis. Before meals 83% wash hands with soap and water and 68% brush their teeth after meals.

In the second review, an increase of 5% of students who go to school on foot or by bicycle, totaling 70%. Was kept the same proportion of time that students spend watching TV. Regarding physical activity, yielded a 12% increase in student participation in physical education classes on the first assessment. 71% go to school tennis, with an increase of 10% in total. Before meals 86% wash hands with soap and water and 70% brush their teeth after meals, increasing 3% and 2% compared to the first evaluation.

DISCUSSION

The results presented in this study and the current scientific evidence lead us to believe that the involvement of adolescents with physical activities promoted by health promotion programs within or outside the school could help to reduce physical inactivity, probably provide greater insight into the importance and health benefits and also by greater involvement of adolescents in these activities. In this sense, the role of schools and government agencies seems to be an interesting way to create and put in place intervention programs that assist in combating physical inactivity[2].

In Brazil, the rapid decline in rates of malnutrition associated with increased rates of obesity have occurred in a short period of time, arousing concern. New public policies in relation to dietary and nutritional care to children should be elaboradas4. Prevention has been highlighted as an important resource in the school environment due to the appearance of complications that develop during ripening and growth of the musculoskeletal system resulting in problems futuros7.

The percentage of physical inactivity was positively associated with non-participation in physical education classes, lack of parental encouragement to practice physical activities and more TV time, the amount of sports practiced by adolescents and the use of time video game / computer[3].

Moreover, children in the United States are participating in high-level sports sooner. This contributes to an increase in the occurrence of injuries and a quick bone development during puberty[12].

And yet, the fact that adolescents spend a large percentage of their time daily in school requires them to participate in physical activity outside of school periods. However, for this to happen, will have social and economic support to enable them to access those activities that normally take place in sports organizations (clubs, associations, gyms). Some of the restrictions by passing teenagers living in families with low economic returns that, although they are equally interested in physical activity, have difficulty in paying registration fees, the purchase of materials and specific equipment and transportation costs[11].

However, the increase of physical activity, whether at leisure or in formal activities, has been associated with a better life expectancy and decrease cardiovascular risk. This is achieved by preventing the development of obesity, prevents the elevation of blood pressure, improving insulin resistance and also prevents the elevation of cholesterol, frequently observed in children and adolescents8.

Prevention for a healthier lifestyle begins in childhood, engaging in physical activity programs among children and adolescents. An adequate infrastructure for leisure and to practice sport, the support of parents or guardians and positioning the school to encourage and create opportunities for physical activity are factors too importantes5.

CONCLUSION

Analyzing the results of the assessment and reassessment, it was found that 12% more children began to make all physical education classes a week, 10% went from shoes to school, 2% started brushing your teeth after every meals and before meals 3% began washing hands with soap and water.

So exacerbates the importance of encouraging physical activity and healthy lifestyles in school phase, it can raise awareness and improve habits for a healthier life.

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ABSTRACT

With all the importance of physical activity for health, there are still few population-based studies on the subject or school adolescents in Brazil. Among the surveys, the results show very high prevalence of physically inactive adolescents and strong association with demographic, socioeconomic and biologics9. The aim of this study was to encourage and educate 3623 students from 1st to 9th year of municipal and state schools in the city of Jacarezinho - PR to improve their lifestyle habits such as

exercise, personal hygiene, nutrition and posture based on the application of an Physical Activity Questionnaire10 adapted and validated before and after a proposed program to encourage physical activity and lifestyle. Comparing the results from the 1st to the 2nd evaluation was found that 12% more children began to attend all physical education classes a week, 10% went by shoes to school, 2% started to brush their teeth after every meals and before meals 3% began to wash hands with soap and water. The children studied have low rates of physical activity, but improved their physical activity, hygiene and food after applying the program to encourage physical activity and lifestyle.

KEY WORDS: Physical Activity; School; Health.

RÉSUMÉ

Avec toute l'importance de l'activité physique pour la santé, il ya quelques études de population sur le sujet ou à l'école au Brésil chez les adolescents. Parmi les recherches effectuées, les résultats montrent une prévalence très élevée des adolescents physiquement inactifs et forte association avec les caractéristiques démographiques, socio-économiques et biológicos9. Le but de cette étude était d'encourager et d'éduquer les étudiants de 3623 1e-9e écoles primaires municipales et État de la Cité Jacarezinho - PR pour améliorer leurs habitudes de vie comme l'activité physique, l'hygiène personnelle, l'alimentation repose sur l'application d'un questionnaire activité Física10 adapté et validé avant et après un programme pour encourager l'activité physique et les habitudes de vie. En comparant les résultats de la 1re à la 2e notation a été vérifié que les enfants plus de 12% ont commencé à faire toutes les classes d'éducation physique par semaine, 10% sont allés à l'école de chaussures, 2% ont commencé à se brosser les dents après tout les repas et avant les repas, 3% ont commencé à laver les mains avec du savon et de l'eau. Les enfants étudiés ont un faible taux d'activité physique, mais amélioré leurs habitudes physiques activité, de la nutrition et de l'hygiène après l'application du programme visant à encourager l'activité physique et les habitudes de vie.

MOTS CLES: Activité Physique, Scolaire, La Santé.

RESUMEN

Con toda la importancia de la actividad física para la salud, existen pocos estudios poblacionales sobre el tema o la escuela en Brasil en los adolescentes. Entre las investigaciones realizadas, los resultados muestran una prevalencia muy alta de los adolescentes físicamente inactivos y fuerte asociación con los factores demográficos, socioeconómicos y biológicos9. El objetivo de este estudio fue el de estimular y educar a los estudiantes de 3623 Del 1 al 9 escuelas primarias municipales y estatales City Jacarezinho - PR para mejorar sus hábitos de estilo de vida tales como la actividad física, la higiene personal, la alimentación basada en la aplicación de un cuestionario actividad Física10 adaptado y validado antes y después de una propuesta de programa para fomentar la actividad física y los hábitos de estilo de vida. Comparando los resultados de la primera a la segunda evaluación se comprobó que los niños del 12% más comenzó a hacer todas las clases de educación física por semana, el 10% fueron de zapatos a la escuela, comenzó el 2% se cepilla los dientes después de todo las comidas y antes de las comidas, el 3% empezó a lavar las manos con agua y jabón. Los niños estudiados tienen bajas tasas de actividad física, sino que han mejorado sus hábitos de actividad física, la nutrición y la higiene después de aplicar el programa para fomentar la actividad física y los hábitos de estilo de vida.

PALABRAS CLAVE: Actividad física, Escolar, Salud.

PROGRAMA DE INCENTIVO A ATIVIDADE FÍSICA E HÁBITOS DE VIDA PARA ALUNOS DO 1º AO 9º ANO DAS ESCOLAS MUNICIPAIS E ESTADUAIS DE JACAREZINHO – PR

RESUMO

Com toda a importância da atividade física para a saúde, ainda existem poucos estudos de base populacional ou escolar sobre o tema no Brasil em adolescentes. Dentre as pesquisas realizadas, os resultados mostram prevalências muito altas de adolescentes inativos fisicamente e forte associação com fatores demográficos, socioeconômicos e biológicos9. O objetivo desse estudo foi incentivar e conscientizar os 3623 alunos do 1º ao 9º ano das Escolas Municipais e Estaduais da cidade de Jacarezinho – PR a melhorarem seus hábitos de vida tais como atividade física, higiene pessoal, alimentação com base na aplicação de um Questionário de Atividade Física10 adaptado e validado antes e após uma proposta de programa de incentivo a atividade física e hábitos de vida. Comparando os resultados da 1ª com a 2ª avaliação foi verificado que 12% a mais de crianças começaram a fazer todas as aulas de educação física da semana, 10% começaram a ir de tênis para a escola, 2% começaram a escovar os dentes após todas as refeições e antes das refeições, 3% começaram a lavar as mãos com água e sabão. As crianças analisadas possuem baixas taxas de atividade física, porém melhoraram sua atividade física, hábitos de higiene e alimentação após a aplicação do programa de incentivo a atividade física e hábitos de vida.

PALAVRAS CHAVES: Atividade física; Escolares; Saúde.