38 - THE PERCEPTION OF ELDERLY PRACTITIONERS OF PHYSICAL ACTIVITIES ON HEALTHY EATING: A CASE STUDY

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INTRODUCTION

This study, part of the Research Group on Health and Quality of Life - GPES, University of Vale do Rio dos Sinos - UNISINOS, Rio Grande do Sul, Brazil, reflects on the relationship between human aging, physical activity and healthy eating in a specific context.

It is known that aging is a natural process of the human being, characterized as a phase of life where there are physiological, biochemical and psychosocial, causing progressive decrease in functional reserve of individuals, with consequent dysfunctions.

The elderly population is increasing at a rapid pace, presenting a greater likelihood of onset of chronic diseases that are associated with aging itself, as well as the accumulation of damage throughout life, such as poor diet, sedentary lifestyle, smoking, alcohol consumption and stress. (Santos, L., 2005).

This population growth is undoubtedly challenging social and health care, which comes with the need to create public policies and innovations that ensure a healthier aging and dignified elders. It is known that these measures would prevent the situation getting worse with the years, since older people currently suffer from a lack of medical and hospital care, fear of violence, lack of opportunities for leisure activities, low pay retirement / pensions , prejudice and disrespect of society, among others.

To maintain health in old age is of great importance to enhancement of self-care and food autonomy of the elderly to maintain adequate nutritional status of the same. Specifically, we highlight the importance of healthy eating with an active lifestyle. (Fawn et al. 2005).

Given the changes in the aging process, the role of the dietitian is linked to the control of improving the lives of seniors by giving autonomy to them. For it is well known that controlling the supply has to meet the nutritional needs of individuals and global, preventing disease and maintaining health, since longevity does not prevent the elderly have the autonomy to lead their lives and decide their interests.

Seeking to contribute to the challenges presented, this study aimed to investigate the perception of the elderly "village Kennedy Group", linked to a Social Action Program in the city of São Leopoldo, Rio Grande do Sul, Brazil, on healthy eating, contributing to food autonomy of those involved in an ongoing process of teaching and learning in promoting quality of life.

To justify this study was "awakened" in a design discipline Education Food Nutrition Course, developed by the Social Action Program, Pro Staff in the first half of 2011. On occasion, I use together the elderly, the technique of Paulo Freire (crop circle), in a relaxed conversation, providing the listener on the dietary habits of the components of this group. This dynamic was evident in preliminary form, nutritional deficiencies in participants, a fact which prompted scientific curiosity to be developed in this study. It is known that nowadays, the main causes of these deficiencies involving nutrition and feeding occur due to excess or deficiency of macronutrients and micronutrients. Examples of diseases of food order, have obesity, which is characterized by the accumulation of nutrients, and eating disorders, control and lack of consumption of these nutrients. In this context, understanding feeding behavior becomes decisive actions with a focus on disease prevention and health promotion. (Kitade; Kachani, 2010). Is also justified the relevance and the need for seniors to have the ability to self-care and decision making, in cooking. (Fawn et al. 2005).

Based on these, the study is based on a theoretical framework on aging, eating healthy in old age, quality of life, nutritional needs and recommendations in old age, dietary habits, physical activity and dialogue with the elders of the Kennedy Group, with a view to helping new knowledge in the field of Gerontology and Nutrition.

OBJECTIVES

This study area with emphasis on human aging food issue of the elderly pursues the following objectives: to identify with the elderly physically active group "Vila Kennedy," their perceptions about healthy eating, with a view to enhance the autonomy of food seniors involved; discuss the human aging process, discuss nutrition and aging; discuss diet and aging; oportunizar space of teaching / learning in the area of nutrition education of the elderly involved.

METHODOLOGY

The research was classified as exploratory, qualitative in nature, characterized as a case study, transversal.

The survey had 29 participants, 22 women and 07 men, but 10 participants were excluded, the criterion of age (under 60), leaving 13 women and 06 men, aged between 60 and 86 years.

INSTRUMENTS FOR RESEARCH AND EVALUATION

For the survey data was used: observation of reality, individual interviews, open-type and anthropometric assessment.

The observations took place in the parish hall of the church Vila Kennedy, in São Leopoldo, RS, from May / October 2012.

The interview was conducted after the participants signed an informed consent form (ICF), in accordance with Resolution 196/1996, the Ministry of Health / National Board of Health / National Committee for Research Ethics, governing research involving human subjects. It is noteworthy that the present study was approved by the Ethics Committee of the University.

Anthropometric indicators were measured twice, and in case of divergent results, a third would be performed by calculating the averages of the same. Measurements were obtained in the morning.

The weight measurement was achieved using a portable electronic scale, brand Cuori, with a maximum capacity of 150 Kg

Height was assessed by means of a tape measure 150 cm, fixed to the wall straight, without footnotes, with the zero point at ground level. The elderly positioned himself upright, barefoot and united, with head erect and heels touching the wall.

The body mass index (BMI) was calculated by dividing weight (in kilograms) by height (in meters) squared and classified according recommends Lipschitz (1994): underweight <22; eutrophy 22-27; overweight> 27kg / m².

The evaluation was based on the construction of categories of analysis, which were sustained in the discourse of individual interviews (open type), the theoretical framework of the study and its objectives. Joined forces yet to assess the data collected on anthropometric data and observation of reality, this, that enabled experience the reality of life for seniors.

ANALYSIS OF RESULTS

The results were evaluated through analysis categories, anthropometric assessment, which was based on height, weight and BMI are classified according Lipschitz (1994), and observations of group meetings (months May-June), a once a week, which, for 1 hour and 30 minutes, and performed physical activities practiced Game Exchange.

Data on dietary issues of the elderly, were analyzed by categories (collected through interviews about food history) that as Minayo (1996) is characterized by a set of elements or aspects that relate to each other, grouping elements, ideas or expressions.

After a thorough reading of the results correlated to perceptions of the elderly healthy eating, formed the following categories: eating healthy while eating habits, healthy eating while quality of life and health, healthy diet while perceptions.

FINAL THOUGHTS

It is noteworthy that this study oportunizou viewing the concrete reality of contemporary elderly, who lives in a suburb of a metropolitan region of southern Brazil. It was possible to understand the reality of the elderly as a whole, as a complete human being, not just an individual apply to existing theories. It was felt that each person brings their baggage, their life history, their customs, their culture, their socio-economic and family, a fact that requires the reading of each individual subject, despite all contributors to this study are considered elderly.

With this research, it was realized that these people physically active individuals have a fairly clear idea about what is healthy eating, although technically they can not conceptualize the term.

Of the seniors surveyed, 04 women were divorced (21.05%), 11 were married, 06 men and 05 women (57.90%) and 04 women were widowed (21.05%). As for education, 15 individuals had completed primary education (1st to 8th grade), and 04 men and 11 women (78.94%) and 03 men and 01 women attended high school (2nd degree), 26.31%.

Most seniors were overweight (68.42%), and suggests that this has gone to the excessive consumption of macronutrients (bread, polenta, cassava, sweet potatoes, biscuit, pasta), as reported by them.

Many elderly people use these drugs, the most used control hypertension, cholesterol, and depression, which may be related to genetic predisposition, as family history pointed cardiovascular diseases, cancer, diabetes, and high blood cholesterol.

Employees value a quality of life based on healthy diet (low fat intake and high consumption of fruits, vegetables and whole grains), but the knowledge of the power they hold only in the food group (food type), having no discernment as quantity. They believe that eating three times a day, enough is enough to stay healthy. In between big meals, tend to "pinch". Also appreciate the regular practice of physical activity as a health benefit, since the vast majority practicing physical activity more than three times per week, and the game "exchange" was highlighted as the most activity that gives pleasure to them.

Regarding the secondary objective of this research, referred to as "provide a space for teaching and learning", was built from the knowledge acquired in the course of this study, a text-shaped primer on "Healthy Eating and Quality of Life" that was delivered to the group after the completion of this research.

Another thing that caught my attention from researchers, is that the gift the group meetings, the elderly used the opportunity to take many questions about food, since they feel a little "confused" with the avalanche of news coming out daily in newspapers, magazines and television, and unfortunately most often has a commercial background.

Therefore, it becomes essential nutritional ongoing work with the elderly, with the purpose of promoting food education, health maintenance and disease prevention, and changes that are within reach of them, rescuing healthy eating habits of their own culture, respecting their tastes and financial conditions, while still respecting factors related to diet and physiological, psychological and social.

With experience and this study suggest the implementation of a nutrition project where each group of elderly Social Action Program Pro-Staff, received an engineer (trainee nutrition), properly guided by a teacher of the course of Nutrition, where they were held fortnightly meetings, promoting food education activities on a regular and permanent.

While this does not occur, it is suggested that physical education teachers who are linked to this program, highlighting the importance of nutrition care, highlighting the need to feed yourself before and after a physical activity, as well as the regular intake of water during exercise.

As a challenge to the area of human aging, we should note the need for studies that address qualitatively the aging process, considering the specificity of the subjects they age and the different realities in which they live.

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THE PERCEPTION OF ELDERLY PRACTITIONERS OF PHYSICAL ACTIVITIES ON HEALTHY EATING: A CASE STUDY

ABSTRACT

Aging is a phenomenon that brings changes over the years and despite being a natural process, the body undergoes several anatomical and functional, with impacts on health and nutrition. One should therefore assess the living conditions of the elderly, for implementation of alternative intervention in order to improve the quality of life and physical and mental wellbeing. The aim of this study was to identify the elderly with physical activities practitioners of a Social Action Program, their perceptions about healthy eating, with a view to enhance the autonomy of elderly food involved. Characterized as a case study, qualitative, cross-sectional, exploratory research was conducted in São Leopoldo - RS, Brazil, with 19 subjects, all older than 60 years, engaged in physical activity. Information was collected individual's dietary history (interviews) and were anthropometric measurements (weight, height, BMI). The study concludes that respondents have clear understanding about healthy eating, describing it as a well-balanced diet, healthier, reducing salt, fat and sugar, more vegetables, and natural products, with the inclusion of grains. Although the design suitable for the elderly on the subject, they associate it only to food, not knowing properly need the necessary amounts of intake for this phase of life, which is confirmed with anthropometric, where 68.42% of the participants overweight. The study reinforces the importance of extreme Nutritionist in implementing projects that include physical activity in the elderly, in order to maintain health, prevent disease and improve quality of life.

KEYWORDS: Aging. Eating. Physical activity.

LA PERCEPTION DES PRATICIENS DE PERSONNES ÂGÉES ACTIVITÉS PHYSIQUES SUR UNE SAINE ALIMENTATION: UNE ÉTUDE DE CAS

RÉSUMÉ

Le vieillissement est un phénomène qui apporte des changements au fil des ans et en dépit d'être un processus naturel, le corps subit plusieurs anatomique et fonctionnel, avec des impacts sur la santé et la nutrition. Il faut donc évaluer les conditions de vie des personnes âgées, pour la mise en œuvre de l'intervention alternatif pour améliorer la qualité de vie et le bien-être physique et mental. Le but de cette étude était d'identifier les personnes âgées avec des praticiens des activités physiques d'un programme d'action sociale, leurs perceptions de la saine alimentation, en vue d'accroître l'autonomie des personnes âgées aliments impliqués. Caractérisé comme une étude de cas, qualitative, transversale, la recherche exploratoire a été menée à São Leopoldo - RS, Brésil, avec 19 sujets, tous plus âgés que 60 ans, à l'activité physique. Des informations ont été recueillies histoire diététique individuel (entretiens) et étaient les mesures anthropométriques (poids, taille, IMC). L'étude conclut que les répondants ont une compréhension claire sur la saine alimentation, le décrivant comme un régime alimentaire bien équilibré, sain, moins de sel, de gras et de sucre, plus de légumes, et les produits naturels, avec l'inclusion de grains. Bien que la conception appropriée pour les personnes âgées sur le sujet, ils l'associent seulement à la nourriture, ne sachant pas bien besoin des quantités nécessaires de l'apport de cette phase de la vie, ce qui est confirmé par anthropométrique, où 68,42% des participants surpoids. L'étude souligne l'importance de la mise en œuvre nutritionniste extrême projets qui incluent l'activité physique chez les personnes âgées, dans le but de maintenir la santé, prévenir la maladie et améliorer la qualité de vie.

MOTS-CLÉS: Vieillissement. Manger. L'activité physique.

LA PERCEPCIÓN DE LOS PROFESIONALES DE LA TERCERA EDAD DE ACTIVIDADES FÍSICAS EN LA ALIMENTACIÓN SALUDABLE: UN ESTUDIO DE CASO

RESUMEN

El envejecimiento es un fenómeno que trae cambios a lo largo de los años ya pesar de ser un proceso natural, el cuerpo sufre varios anatómica y funcional, con impactos en la salud y la nutrición. Por ello, debe evaluar las condiciones de vida de las personas mayores, para la ejecución de la intervención de alternativas para mejorar la calidad de vida y el bienestar físico y mental. El objetivo de este estudio fue identificar a los ancianos con los profesionales de las actividades físicas de un Programa de Acción Social, sus percepciones sobre la alimentación saludable, con el fin de mejorar la autonomía de las personas mayores de alimentos involucrados. Caracterizado como un caso de estudio, cualitativo, de corte transversal, la investigación exploratoria se realizó en São Leopoldo - RS, Brasil, con 19 sujetos, todos mayores de 60 años, dedicada a la actividad física. La información fue recogida historia dietética individual (entrevistas) y eran las medidas antropométricas (peso, talla, índice de masa corporal). El estudio concluye que los encuestados tienen conocimiento claro sobre la alimentación saludable, y lo describió como una dieta bien balanceada y saludable, la reducción de sal, grasa y azúcar, las hortalizas más, y los productos naturales, con la inclusión de granos. Aunque el diseño adecuado para las personas mayores en el tema, lo asocian solamente a los alimentos, sin saber bien necesitan las cantidades necesarias de consumo para esta fase de la vida, lo que se confirma con antropométrico, donde 68,42% de los participantes sobrepeso. El estudio refuerza la importancia de la Nutricionista extrema en la ejecución de proyectos que incluyen la actividad física en los adultos mayores, con el fin de mantener la salud, prevenir la enfermedad y mejorar la calidad de vida.

PALABRAS CLAVE: Envejecimiento. Comer. La actividad física.

A PERCEPÇÃO DE IDOSOS PRATICANTES DE ATIVIDADES FÍSICAS SOBRE ALIMENTAÇÃO SAUDÁVEL: UM ESTUDO DE CASO

RESUMO

O envelhecimento é um fenômeno que traz mudanças ao longo dos anos e apesar de ser um processo natural, submete o organismo a diversas alterações anatômicas e funcionais, com reflexo nas condições de saúde e nutrição. Deve-se, portanto, avaliar as condições de vida do idoso, para implementação de alternativas de intervenção, a fim de melhorar a qualidade de vida e bem estar físico e mental. O objetivo deste estudo foi identificar junto aos idosos praticantes de atividades físicas de um Programa de Ação Social, as suas percepções sobre alimentação saudável, numa perspectiva de potencializar a autonomia alimentar dos idosos envolvidos. Caracterizado como um estudo de caso, de natureza qualitativa, do tipo transversal e exploratório, a pesquisa foi realizada no município de São Leopoldo – RS, Brasil, com 19 sujeitos, todos maiores de 60 anos, praticantes de atividade física. Foram colhidas informações individuais, da história alimentar (entrevistas) e foram realizadas avaliações antropométricas (peso, altura, IMC). O estudo conclui que os entrevistados têm clara percepção sobre alimentação saudável, descrevendo-a como sendo uma alimentação bem equilibrada, mais saudável, com redução de sal, gordura e açúcar, mais verduras e legumes, além dos produtos naturais, com inclusão de grãos. Apesar da concepção adequada pelos idosos sobre o tema, os mesmos associam-na apenas aos alimentos, não sabendo precisar adequadamente as quantidades necessárias de ingestão para esta fase da vida, o que se confirma com a avaliação antropométrica, onde 68,42% dos participantes apresentam sobrepeso. O estudo reforça a extrema importância do Nutricionista na execução de projetos que incluam atividades físicas com idosos, visando à manutenção da saúde, prevenção de doenças e melhora da qualidade de vida.

PALAVRAS-CHAVE: Envelhecimento. Alimentação saudável. Atividade física.