42 - LIVING IT UP WITHOUT FALLING DOWN OR WHAT DO WHEN YOUR INTENTIONS ARE BROUGHT DOWN TO EARTH

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The Public University have your structure upon an tripod shaped by their activities of study, research and extension. The two first are clear and consolidated, and for many who are distant of the academic routine, seems to built new functions. However, the extension has been strengthened and expanding yours actions in several areas of the knowledge in a movement that entails news challenges.

One of those it's the possibility of confront the instability of the relationship theory and practice, or like Bourdieu (2012) would have say, operate in the scope of scientific theory that build itself at the empirical work accomplished. Temporary, unstable and therefore challenging, the scientific theory differs of the theoretical theory by yours required and fundamental confrontation with the news objects on which focuses. The expanse of the university falls in this scope that is a route for put in action the theoretical knowledge in order to deepens them, renews them or question them, in a dynamics that may result in the denaturalization of concepts and the production of news types of knowledge.

It's in this perspective that this work lies on. Your intension is to introduce and look for analyze the concerns resulting of an project of extension which has been developed, since September 2012, in the Residential Village of the Federal University of Rio de Janeiro (RV/FURJ), in the University City, in the Fundão Island. This project named Animar sem Quedas (ASQ), its an initiative of the group Esquina – Cidade, Lazer e Animação Cultural and integrates the Social Inclusion Program of the Residential Village of FURJ. This Program has about 20 years and is compound by the College of Nursing, Nutrition, Medicine, Dentistry, Speech Therapy, Social Service, Occupatinal Therapy, Engineering and Architecture and Urbanism.

The Esquina was designed in 2008, and since them develops interventions in the scope of leisure and cultural animation. The project Animar sem Quedas results of an partnership with the project Prev-quedas, coordinated by the professor doctor Edmundo de Drummond Alves Jr., of the Institute of Physical Education of the Fluminense Federal University. The intention of ASQ is initially avoid the falls of adults and elderly patients. Its important to draft the term initially, because another goal that mobilizes us its expands the experiences of leisure of the participants respecting, however the process of strengthening physical, cognitive and emotional which is in progress.

The activities of the ASQ are happening in a chilled room or in a hangar of the Neighborhood Association of the Residential Village (AMAVILA), twice a week, during 50 minutes. Count with about 30 participants men and women, with ages ranging between 39 and 78 years, and thar are mostly resident of that community. This article doesn't plans to discuss the activities that are being developed, which are specific for the fall prevention, just introduce them, whereas they are inside of, altogether it recommend for this cases (PAULA, 2010; Alves Jr., 2009; MATSUDO, 2006; Mello et al., 2008). Are applied exercises of localized muscle resistance, strength, posture, balance, proprioception, stretching, flexibility and for increase of the aerobic capacity. The first goal it's to act above the functional capacity, as far as possible, intervening so that the people can maintain theirs physical and mental ability needs to accomplished the daily activities of life, so they can have an independent and autonomous life.

The interest is this text it's to deepen the debate of for concepts that traverse this kind of activities, relating them/ comparing them with the limits and the possibilities of the intervention of Animar sem Quedas in the Residential Village. This attitude justifies because altogether, in the debate about the issues of health, there are centrally or tangent to, the concepts of health prevention, health education, quality of life and health promotion. It's not our goal to run of each one of those, or even trace what we may call of “an history of concepts” like Koselleck (1992) see, but instead make use of them to a better comprehension of the meaning of our action and the place where we stand, in order to face the challenges that the daily and making of news knowledge imposes on us.

Although, before, we begin it's good to try allow it with the reader to understand how the Residential Village structure is physically, leading him to notice yours particularities, and on an certain way, your dynamic and position in the context of FURJ and the Fundão Island. That concerns approaches what Geertz (1978) considers an thick description. The RV it's an locality lined with Guanabara Bay, next of th Cunha Canal and close to the Galleon International Airport, and the neighborhood Maré, Caju and Governador Island. In the decade of 1960, the area worked as an construction plat of the construction of the Rio-Niteroi Bridge. After the embankment of eight islands of the archipelago to form the present Fundão Island, its residents where transferred for what now it's the RV, that it's the old Sapucaia Island. This locality began to receive also the workman building of FURJ and later the workers of the own university. Nowadays, with about 2000 inhabitants, among them news employees and descendants of the old ones, and 415 households distributed for nearly 180000m², has seen yours population increase due to the valorization of the real state and the increase of the habitation to shelter university students.

Due this location some isolated, presents certain air of village or small outback peep. Located in the south of University City, its next to the area that was chosen for installation of the Technological Park of the Fundão Island. To get there, goes to almost the end of the island, passing thru the Rectory building, the garage of the buses that circulation by the campus and by the construction that composes the University Graphic. Has an only entry overland that has on yours left an wall of concrete delimiting a working area, and at the right, an wilderness that might became an soccer field bordered in the back by an joint of houses. This road leads to the small central square, where there are located the Catholic Church (in the back), the bus stop (to the left, stuck in the wall, covered and with concrete banks) and the tracing of the streets to the right. In the center of this small square have been installed concrete banks and some wood toys, with the intention of create an small area of intergenerational coexistence. Still in the square, in the opposite direction of the church its located an bar and behind of him, an hangar used as an restaurant, that serves self-serve food to the workmans of the construction work of the Technological Park.

The tracing of the eighteen streets starts at the right of the square and forms an kind of quadrilateral in which routes are arranged perpendicularly to each other. It's in this area that is located the houses and the small business. If we positions ourselves in the center of the square, back to the bus stop, it's on the right that is located the most part of the shops – an grocery store, an bakery, an greengrocery, an candy shop and the head office of AMAVILA. This one has about 10m² square working as

an office; an bigger room with about 40m², where happen the literacy evening classes, the meetings of the Inclusion Program and the own association, and sometimes, the classes of Animar sem Quedas project. The head office also has two little rooms, that has about 4m² for treatment of others projects that integrate the Program, two wheelchair accessible restrooms, a little tableware and an computer room. Also belongs to AMAVILA an hangar that its used for classes of the ASQ and for parties of the community residents. Where the rest of the small trade spreads for the streets and its formed by beauty salons, and barbershop, shop for clothes, car repair shop. The villas are, mostly, simple and build with care. Many are in expansion work, vertically, but there's one built on wood, original time of the arrival of the first residents.

Since 2009 the RV has passing thru sanitation works and improvement of the public area. The sanitary sewage system its recent and a part of the construction set of environmental recovery of the Duct Cunha. For this reason the street where paved with concrete blocks and the sidewalk look new and uniform. According to the reports of the former residents, before the reorganization process, in the rain season the drain was launched straight to the Guanabara Bay water and regress to the houses, mixed with mud. Besides this effort, nowadays, the College of Architecture and Urbanism and the Law School are working for the Secretary of the Union Patrimony to perform the issuance of certificates of ownership residences and transform the area in a new neighborhood.

Seek to describe in a dense way the RV its an exercise that helps the comprehension of your dynamic and that can carry an bigger understanding about the relations that the participants are establishing with the Animar sem Quedas project, namely, unable an better understanding of our roll and our performance.

Resuming the goal of this article, affirm that an fundamental aspect of this activity of the group Esquina- Cidade, Lazer e Animação Cultural are study meetings. These weekly meeting between coordinator and fellows extension, text are discussed and confronted with what exhibit to us the daily activities on the RV. These moments are valuable for the concerns that makes outcrop and for the news challenges presenting, and its in that perspective thar we will discuss, as we have developed in ASQ is situated in relation to the concepts of preventive health, health education, quality of life and health promotion.

Concerning to the preventive health, Czeresnia, supported by Leavell & Clarck (apud Palma, Estevão e Bagrichevsky, 2003) states that this term:

> it's the called for an action, based on the knowledge of natural history of diseases, in order to avoid the progress. The actions of prevention are defined, like an straight intervention against the appearance of specifics diseases, and so reduce your incidence and prevalence (p.29)

We may comprehend that the health prevention gathers really specifics actions, related to the public policy that aim to reduce or stop the advance of diseases in the population. The vaccination campaign against influenza and against polio are good examples, like the obligatoriness of the vaccination against others may child diseases.

About the concept of health education Palma, Estevão and Bagrichevsky (2003) say that its related:

> the information about health; the reception and understanding of the program messages; the understanding of health as an right; the valorization of knowledge, practices os health or unhealthy behavior; the problematization and facilitating discussion; to the development of autonomy of thought; the reworking of knowledge in a way to conform values, abilities and practice considerate healthy.(p.29)

Like in ASQ we established an pedagogical relationship with the participants, we have an big concern with what will be handout, assimilated and experienced. In the perspective oh health education its important to modificate attitudes and behaviors starting with the knowledge contact more elaborated that overcame the common sense and that entails changes on the relationships of the people with the word, in this specific case, with your health and your body. Obviously, that this new situation may cause modifications in all environment that the people are immersed. This situation can be noted on ASQ when we talk about the importance of development the drinking water habit and act in the way of make it realize, also, the pleasure that glass of water might create. At the end of all classes, we serve the water that its lief received and heard the comments about the increased fluid intake since we began to talk about it. Another example its related to the fact that rarely miss the classes and look to justify when that happens. Besides that, also lead to the project those people who they like the most – friends, relatives and neighbors. They usually report that they feel so good that they want to the loved ones have the same feeling. Phrases like: “I stopped drinking. Now I take care of myself”, provide that clues that meaning fue changes of behavior and happening.

The concerns with health education also is present when, during the classes, the two monitors, Physical Education academics, justify the movement execution and comment the benefits and possible results. The fact of being informed about what their doing, puts them in a place of simple mechanic movement to the other, more valorous, in what your condition of being a thinking be emerges. In our opinion, respect and strengthening self esteem are fundamental for the success of any pedagogical process. Of course that the activities are developed in an environment of greeting, care, interaction, affection, attention and fun, so it becomes really special. Are very common the comments like: “Oh, I love taking this class!”

However, even with the possibilities of changes that might bring to the life of the participants, this concept its still being on a individual level or restricted community.

In order to the term quality of life, there are countless placements and the utilization area. Seidl and Zannon (2004) say that this term is used in the daily for ordinary people, journalists, politics and for professionals from various fields. In the academic field, it is used for researchers of areas like economy, sociology, medical, biology, ecology and all the fields of health. Nobre (1995) defines as an “intimate feeling of confort, well being and joy in the performance of theirs physical, intellectual and psychic functions inside of your family reality, your work and the values of the community that you belongs” (p.299). This individualistic and decontextualized focus hides the fact that the material conditions on witch the people are submitted are fundamental to exist this “intimate feelings”.

In the area concerning to public health notes an effort to measure the life quality of the people to verification the efficiency and effectiveness of the programs implemented. On the other hand, in the ambulatory day-to-day, exist the concern with the way that the individuals can respond to specific treatments, this way the life quality its thought as an way to evaluate the physical and psychosocial impact of the treatment of specifics diseases. Leading on consideration that are many placements in dispute in the field, we chose to support our speech in Minayo (2000), since that your contribution does not disconnect from what we consider important in a debate of this nature, that are the historical conditions, the materials and culturals of the humans phenomena.

Minayo (2000) searched anal and details records of the various scientific meetings occurred for the Brasilian Association of Public Health (BAPH) and verified that the term quality of life its treated on nonspecific and generic way. In the

medical field, according to the same author, is the term quality of life and health, indicating an state that the person, previously ill, amounts after various interventions that improve your life condition. Health and disease are seen as opposites states.

The quality of life has been related to the level of satisfaction that is possible to get in the spheres of everyday life and that cover affective, social, ambiental, esthetic and financial dimensions among others. Is referred to a set of elements considerate needed to comfort, wellbeing and that may vary according to the society analyzed. However, Minayo (op.cit.) draws attention to the fact that this cultural relativism has been questioned by an paradigm that search to become hegemonic in all the world. Based primarily on westerns values and consumerist this model is supported in the fast production and the discard inconsequent that end exhausting the planet. Seidl and Zannon (2004) say that affirm that there's two important aspects regarding the concept of life quality, that are subjectivity and multidimensionality. Concerning to the first, seeks to considerate the perception of the people about your state of health and upon the non-medical aspects of your life, namely, the investigations lead account the opinion of the person him self. The other aspect strengthens the treatment about the several dimensions of the concept, whose identification have been being object of study and research. The World Health Organization (WHO) created an instrument for evaluation of life quality named World Health Organization Quality of Life Instrument (WHOQOL-100), whose version in Portuguese has developed in the WHOQOL Center for Brazil, in the Department of Psychiatry and Legal Medice of the Federal University of Rio Grande do Sul. To the WHO life quality it's “the perception of the individual of your position in life in the context of culture and value systems in which he live and in relation to his goals, expectations, standards and concerns” (Center WHOOQOL for Brazil). In this definition are present the subjective aspects and the several dimensions that integrate the concept are: dimensions of life quality: (a) physical: perception of the individual about your physical condition; (b) psychological: perception of the individual about your affective and cognitive condition; (c) social relationship: perception of the individual about the social relationships and the social role adopted in life; (d) of the environment: perception of the individual about several aspects related to the environment where he live. (Seidl and Zannon, 2004).

Regarding to the evaluation of life quality reported to health there are several instruments. Like, we may quote, the EORTC-QLQ 30, to the patients with neoplasia, developed for the European Organization for Research and Treatment of Cancer, and the Medical Outcomes Study-HIV, for people living with HIV/AIDS (Seidl and Zannon, 2004).

The debate about the health promotion increases the complexity of the issue, because the instances public get more clearly in scene. Its necessary to face the factors related to health more broadly, what demands more embracing public politics and full reduction of the social difference. According with Buss (2000) the process that involve the health promotion require observations/actions politics and techniques around the process health-disease-care, because, even being fundamental, just the curative medical assistance and individual, its enough. According to the author, and based on which recommends the Letter of Ottawa (1986)[1] health promotion its connect to a

> Suitable pattern feed and nutrition, and habilitation and sanitation; good work conditions; opportunity of education thru all life; clean physic environment; social support to the families and individual; responsible life style; and an adequate spectrum of health care. Your activities would, then, more focused on the collective of individuals and to the environment, comprehended in a broad sense, of physical, social, politic, economic and cultural environment, through the public politics and the favorable conditions to the health development (the health choices will be more eases) and the effort (empowerment) the capacity of the individuals and the communities. (Buss, 2000, p.7).

In this perspective, should considerate that the social inequalities are fundamental in the debate about health promotion. To have access to nourishment, habitation, urban infrastructure, leisure and adequate education, its necessary which has at least, compatible income, ergo, the health can't be reduced to an question of life style or danger (CASTIEL, 2003), but the aspect about the individuals, many times, doesn't have direct and immediate control. To intervene in th change of behavior of the participants of the ASQ, searching to modify theirs danger style we act above that that is, at least theoretically, beneath your control. However, to reflect more widely about your life conditions we realize the limits of our act and how much we are far from get truly the health promotion.

Buss (op.cit) citing Gutierrez (1994, apud Gutierrez, M. et al.,1997) says that

> Health promotion it's the group of activities, process and resource, of institutional, governmental or citizenship order, instructed to provide the improvement of the wellbeing conditions and acess to goods and social services, that favor the development of knowledge, attitudes and favorable behavior to the health care and the development of strategies that allow to the population a bigger control over your health and your life conditions, in individuals and collective levels. In this concept, more appropriate to reality Latin-American, assembles the role of the community the inalienable responsibility of the Nation in the health promotion above the individual and populations health. (p.7)

Institutional, government order, citizenship, access to the goods and social services… In the Residential Village of UFRJ live people of low income, most manual workers with little schooling. There isn't nurseries or schools, the sanitary sewage system is new, and for haven access to the services of health count with the intermediation of projects of the University. There isn't regular garbage collection, there isn't leisure equipments, are served by a few bus lines and the possession of theirs houses isn't regularized. We act preventing falls of adults and elderly that the old age it's a mirror of theirs productive life, what means say that also isn't light or ease.

In this context the health promotion in the Residential Village is an utopia. Our acting, however good our intentions, its limited by the specifics materials conditions that, if not reduce our enthusiasm and our strength, keeps our foot in the ground.

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LIVING IT UP WITHOUT FALLING DOWN OR WHAT DO WHEN YOUR INTENTIONS ARE BROUGHT DOWN TO EARTH

ABSTRACT

The extension project Animar sem Quedas its developed with the adults and the elderly dwellers of the Residential Village of the Federal University of Rio de Janeiro, and has as goal: prevent the falls and expand the experiences of leisure in the participants. In this work we analyze the Project in your relation with the concepts of health education, health prevention, quality of life and health promotion. Conclude that the health promotion in the Residential Village its an utopia, because our act its limited by specifics materials conditions that, if doesn't reduce our enthusiasm and strength, keeps our foot in the ground.

KEYWORDS: fall prevention, health promotion, Residential Village UFRJ

PROJET ANIMER SANS CHUTE OU COMME AGIR DANS L'ESPACE ENTRE L'INTENTION ET LES PIEDS PAR TERRE

RÉSUMÉ

Le projet d'extension Animer sans chute est développé avec les adultes et les personnes âgées résidents du village résidentiel de L ´Université fédérale de Rio de Janeiro, et vise à: prévenir les chutes et améliorer l'expérience des loisirs des participants. Dans cet article, nous analysons la Conception en relation avec les concepts de l'éducation sanitaire, la santé préventive, la qualité de vie et la promotion de la santé. Nous concluons que la promotion de la santé dans le village résidentiel est une utopie parce que notre performance est limitée par les conditions matérielles spécifiques qui, si elle ne réduit pas notre enthousiasme et notre force, garde nos pieds sur terre.

MOTS-CLÉS: prévention des chutes, la promotion de la santé, Village Résidentiel UFRJ

PROYECTO ANIMAR SIN CAÍDAS O CÓMO ACTUAR EN EL ESPACIO ENTRE LA INTENCIÓN Y LOS PIES EN EL SUELO

RESUMEN

El proyecto de extensión Animar sin caídas es desarrollado junto a adultos y adultos mayores habitantes de la Villa Residencial de la Universidad Federal de Río de Janeiro, y tiene como objetivos: prevenir las caídas y ampliar las vivencias de tiempo libre de los participantes. En este trabajo analizamos el Proyecto en su relación con los conceptos de educación para la salud, prevención en salud, calidad de vida y promoción de la salud. Concluimos que la promoción de la salud en la Villa Residencial es una utopía, pues nuestra actuación es limitada por condiciones materiales específicas que, si no reducen nuestro entusiasmo y nuestra fuerza, mantienen nuestros pies en el suelo.

PALABRAS-CLAVE: prevención de las caídas, promoción de la salud, Villa Residencial UFRJ.

PROJETO ANIMAR SEM QUEDAS OU COMO ATUAR NO ESPAÇO ENTRE A INTENÇÃO E OS PÉS NO CHÃO

RESUMO

O projeto de extensão Animar sem Quedas é desenvolvido junto a adultos e idosos moradores da Vila Residencial da Universidade Federal do Rio de Janeiro, e tem como objetivos: prevenir as quedas e ampliar as vivências de lazer dos participantes. Neste trabalho analisamos o Projeto em sua relação com os conceitos de educação em saúde, prevenção em saúde, qualidade de vida e promoção da saúde. Concluímos que a promoção da saúde na Vila Residencial é uma utopia, pois nossa atuação é limitada por condições materiais específicas que, se não reduzem nosso entusiasmo e nossa força, mantêm nossos pés no chão.

PALAVRAS-CHAVE: prevenção de quedas, promoção de saúde, Vila Residencial UFRJ