130 - MAPPING OF RISK FACTORS IN TEENS IN AGE BETWEEN 14 TO 18 YEARS OLD THE CITY OF MARAGOGI

CASSIO HARTMANN[2]; CARLA CAROLINE ROQUE DA SILVA[1];
CHARLYNE KAROLAYNE DOS SANTOS FERREIRA[1]; WIALLIS VERISSÍMO SILVEIRA DA COSTA[1];
VANESSA SILVA DOS SANTOS[1]; DAYANNA SILVA DOS SANTOS[1]
[(1)]DISCENTE DO INSTITUTO FEDERAL DE ALAGOAS/CAMPUS MARAGOGI
[(2)]DOCENTE DO INSTITUTO FEDERAL DE ALAGOAS/CAMPUS MARAGOGI/BRASIL
cassiohartmann04@gmail.com

INTRODUCTION

This article is the result of the extension project conducted under the Federal Institute of Education, Science and Technology of Alagoas - Campus Maragogi (IFAL), with implementation in State Baptist College Acioli in the same county. Aiming to map the risk factors in adolescents aged 14 to 18 years old in the city of Maragogi/Alagoas/Brazil.

It was observed that the teenagers of that campus, are worried about the risk factors for having this first time, a membership of 100% of our students in the extension project and being that our team did an intervention with prescription physical activity around 20%, to reduce the incidence of risk factors, as well as obesity. This peculiar disease, in turn, can affect other, such as Cardiovascular Disease, Sleep Apnea, Asthma and Diabetes Mellitus Type 2, among other series of diseases caused by the same epidemic. There are several attempts to resolve this evil, whether in medical offices, small and large packagings, which seek to inform the calorific value of which will be consumed, as in the virtual world.

It is evident that the demand for such information is kept to a minimum because of attractions, such as social networking, games, download. Undoubtedly, this information now in the virtual world, sometimes in the real world are not enough to solve this problem.

Moreover, it is of great importance to map the risk factors-through monitoring of metabolic rates of body composition - to alert individuals who are at the beginning of puberty, about the importance of physical activity as an intervention the incidence of factors risk.

METHODOLOGY

This was a descriptive quantitative research where students were initially assessed at the Federal Institute of Alagoas/Campus Margogi - who joined in 2010 and soon after with Acioli Baptist School students, using assessment as a method using Biometric balance, estadiômentro, tape measure and caliper.



Figure 01. Biometric Evaluation with adolescents IFAL - Campus along Maragogi with the coordinator, volunteers and fellow project.

The reporting period began on May 1 to November 30, 2011 with an extension to the end of November 2012, to facilitate the presentation of data that were collected and tabulated by submitting a review descriptive statistics through graphs being presented below:

Were evaluated, school pupils State and the Federal Institute of Alagoas/Maragogi campus where we had 73 girls with a mean of 16 years and 87 boys aged 17 years, as shown in table 01.

Table 01

	Average Age	Average BMI	Average WHR	Average Risk
n F	73 16 years	73 22 kg/m²	73	**Normal**
n M	87 17 years	87 19 kg/m²	74	**Normal**

The resources used for this survey research and extension, were based on protocols and reviews measures fat percentage, waist and hip and Body Mass Index (BMI) which is basically dividing the person's weight in kilograms by height2 in their yards. However, data were calculated using the features offered by the site Health Movement, this site, we resorted to physical Programs Reviews it was possible to diagnose the classification of body weight, identifying whether the individual is normal weight or overweight, according to World Health Organization (WHO).

But as shown in Table 01, both genders, are not running any coronary risk due to BMI and WHR were within normal according to World Health Organization.



Figure 02. Implementation of Biometric evaluation.



Figure 03. Biometric Evaluation with teenagers State School Baptist Acioli.



Figure 04. Checking the weight.

CONCLUSION

The difficulties in the realization of their project prevented the full development of the proposed activities, such as the weather and holiday bimonthly reviews of students in the state system, and the late period of the requested material, the PRO-REGENTS OF EXTENSION (PROEX). The strength to continue this data collection, through Biometric Evaluation, made the Physical Education teachers, state and municipal network is helping propel the survey design and implementation, with completion in 2012.

Suggestions: To alert their students, teachers and servers on the risks related to their health, taking as a basis of demonstration, the mapping of risk factors in adolescents aged between 14 and 18 years old, seeking to improve health and quality of life of human beings.

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Rua Artur Bulhões nº 244 apto 506
Bairro: Mangabeiras
CEP: 57035-450
cassiohartmann04@gmail.com

MAPPING OF RISK FACTORS IN TEENS IN AGE BETWEEN 14 TO 18 YEARS OLD THE CITY OF MARAGOGI

ABSTRACT

This article is the result of the extension project conducted under the Federal Institute of Education, Science and Technology of Alagoas - Campus Maragogi (IFAL), with implementation in State Baptist College Acioli in the same county. Aiming to map the risk factors in adolescents aged 14 to 18 years old in the city of Maragogi. This is a quantitative descriptive type where students were initially assessed at the Federal Institute of Alagoas/Campus Margogi - who joined in 2010 and soon after with Acioli Baptist School students, using assessment as a method using biometric balance, estadiômentro, tape measure and caliper. Were evaluated, school students and Municipal Federal Institute of Alagoas/Maragogi campus where we had 73 girls with a mean of 16 years and 87 boys aged 17 years. Both genders, are not running any coronary risk due to BMI and WHR were within normal according to World Health Organization

KEYWORDS: Risk Factors, Body Mass Index, Waist Hip Ratio.

CARTOGRAPHIE DES FACTEURS DE RISQUE DANS LES ADOS D'ÂGE ENTRE 14 AU 18 ANS DE LA VILLE DE MARAGOGI

RÉSUMÉ

Cet article est le résultat du projet d'extension menées dans le cadre de l'Institut fédéral de l'Education, de la Science et de la Technologie d'Alagoas - Campus Maragogi (IFAL), avec la mise en œuvre dans l'État Baptiste Acioli College dans le même comté. Visant à cartographier les facteurs de risque chez les adolescents âgés de 14 à 18 ans dans la ville de Maragogi. Il s'agit d'un type descriptive quantitative où les étudiants ont d'abord été avaliado à l'Institut Fédéral d'Alagoas/Campus Margogi - qui a rejoint en 2010 et peu de temps après avec les élèves des écoles Acioli baptistes, en utilisant une méthode d'évaluation en utilisant la balance biométrique, estadiômentro, ruban à mesurer et l'étrier. Ont été évalués, les élèves des écoles municipales et Institut fédéral d'Alagoas/Maragogi campus où nous comptait 73 filles avec une moyenne de 16 ans et 87 garçons âgés de 17 ans. Les deux sexes, ne sont pas courir de risque coronaire en raison de l'IMC et RTH sont dans les délais normaux Selon l'Organisation mondiale de la Santé.

MOTS-CLÉS: Facteurs de risque, indice de masse corporelle, Ratio Hanche.

MAPEO DE LOS FACTORES DE RIESGO EN ADOLESCENTES EN EDAD ENTRE 14 A 18 AÑOS DE LA CIUDAD DE MARAGOGI

RESUMEN

Este artículo es el resultado del proyecto de extensión Conducido bajo el Instituto Federal de Educación, Ciencia y Tecnología de Alagoas - Maragogi Campus (IFAL), con aplicación en el Estado Baptist College Acioli en el mismo condado. Con el objetivo de asignar los factores de riesgo en adolescentes de 14 a 18 años en la ciudad de Maragogi. Este es un tipo cuantitativo descriptivo, donde los estudiantes fueron inicialmente avaliado en el Instituto Federal de Alagoas/Campus Margogi - que se unió en 2010 y poco después con Acioli bautistas estudiantes de la Escuela, utilizando la evaluación como un método que utiliza el equilibrio biométrica, estadiômentro, cinta métrica y un calibrador. Se evaluaron los estudiantes de la escuela y del Instituto Municipal Federal de Alagoas/Maragogi campus donde tuvimos 73 niñas con una media de 16 años y 87 niños de 17 años. Ambos sexos, no se está ejecutando ningún riesgo coronario debido al IMC y la RCC fueron dentro de lo normal Según la Organización Mundial de la Salud.

PALABRAS CLAVE: Factores de riesgo, índice de masa corporal, índice cintura cadera.

MAPEAMENTO DOS FATORES DE RISCO EM ADOLESCENTES NA FAIXA ETÁRIA ENTRE 14 A 18 ANOS DE IDADE DO MUNICÍPIO DE MARAGOGI

RESUMO

O presente artigo é resultado do Projeto de Extensão realizado no âmbito do Instituto Federal de Educação, Ciência e Tecnologia de Alagoas - Campus Maragogi (IFAL), com aplicação no Colégio Estadual Batista Acioli no mesmo município. Tendo como objetivo mapear os fatores de risco em adolescentes na faixa etária de 14 a 18 anos de idade do município de Maragogi. Trata-se de uma pesquisa quantitativa do tipo descritiva onde foram avaliados inicialmente os alunos do Instituto Federal de Alagoas/Campus Margogi - que ingressaram em 2010 e logo após com discentes da Escola Batista Acioli, usando como método a avaliação biométrica com a utilização da balança, estadiômentro, fita métrica e adipômetro. Foram avaliados, alunos da escola Municipal e do Instituto Federal de Alagoas/campus Maragogi aonde tivemos 73 meninas com média de 16 anos e 87 meninos na faixa etária de 17 anos de idade. ambos os gêneros, não estão correndo nenhum risco coronariano, devido ao IMC e o RCQ estarem dentro da normalidade segundo a Organização Mundial de Saúde.

PALAVRAS-CHAVE: Fatores de Risco, Índice de Massa Corporal, Relação Cintura Quadril.