135 - LIFE STYLE IN CHILDREN FROM PUBLIC AND PRIVATE SCHOOL IN THE CITY OF GOIANÉSIA-GO.

PATRÍCIA ESPÍNDOLA MOTA VENÂNCIO
ROBERTA MENDES FERNANDES
CRISTINA GOMES OLIVEIRA TEIXEIRA
UniEVANGÉLICA, ANÁPOLIS-GOIÁS-BRASIL
venanciopatricia@yahoo.com.br.

INTRODUCTION

The entire world starts to worry about the life style that the society has been adopting. Countries look for strategies to make people aware about having a good food habits and, to practice physical activities and also to show that diseases and serious disturbances are caused when the food habits and exercises aren't good, because, the government's expenses with health are bigger, and diseases could be avoided if there was a healthier life style.

To change a life style and make it active, reach a better life quality is the great challenge that people should face. Bleil *et al.* (1998) says that the modern world take people to sedentarism, they adopt the habit of having fast meals, which have a low value to the body. Cano *et al.* (2005) affirms that this life style affects children, because their parents never have available time, changing then the habits of these children, who are obliged to eat what the parents offer them. And this feeding has been done through industrialized food, that comes pre_cooked, to make the prepare easier, and, the increase of the violence makes the children inactive, because they can't leave home, and they have as an option very sedentary activities, like watching TV, playing video games, among others.

The children who have today an inunproper life style have great possibility of keeping it when they grow adults, it means, the child who doesn't practice physical activities, won't make it in the future, the child who feeds in a wrong way will keep doing it when adult (INNOCENTE, 2006 ; BRACCO *et al.* 2003).

To study the subject is important because, nowadays, with technology and modernity, people's life change constantly, and, most of the time, these changes lead to a sedentary life style, to inunproper food habits and consequently a lower lie quality, that doesn't stop affecting children too.

To analyze and to compare the life style (physical activity and food habits) in children from both sexes from a public and a private school in the city of Goianésia-Go.

LITERATURE'S REVIEW

Life style

To Nahas (2003) “life style is a group of habitual actions that reflect the attitudes, the values and the opportunities in people's lives”.

According to Guiselini (2004) 50% of the possibility of population to obtain prolonged ages depends on its life style, if it healthy, the other half is defined by external factors, like housing, genetics and medical frequence. This way the statistics reach the following data: life style 50%, medical assistance 10%, environment 20% and heredity 20%.

In agreement to Figueira Júnior (2000) many countries are seeking ways to make the population leave the sedentary life style behind, and, participate in physical activities programs, mainly when it's related to leisure. The media, along with the government, passes knowledge to the society, uniting life style to active leisure, as a propose to a better life quality.

Countries that invest in healthy life habits could increase significantly the improvement in the public health table (NAHAS, 2003).

The same author affirms that the life style is directly connected to the health or to the disease of the population, generally speaking. If the life style is active, it also influences the percentage of deaths. The life style is changed by negative and positive behaviors. The negative are: smoking, alcohol, drugs, stress, social isolation, sedentarism, intense and repeating efforts; in all of them there is a possibility of changing, although some don't depend only in the person's will, they might need specialist professional help, as an example, the case of drugs and smoking. But the positive behavior is connected to the active way of life, in which, each day more, people leave aside daily healthy habits, like, to dance, to walk, to practice sports, to have a more comfortable life, which means having sedentary practices, like watching TV, playing video games, etc.

Concerning feeding

To Kac and Veléndez (2003) the obesity is directly linked to a sedentary life style and intake of inunproper food.

As Giugliani and Lopes (2000), the food habits must be proper since the first months of life, in the phase of breastfeeding, the food habits start to be implemented in the first year of life.

Mattos and Neira (2000) tell that the fuel of the body is the food habit, it is what furnishes the energy to be spent by the body in its normal operation.

The busy life of nowadays obstructs the normal feeding process, since chewing to the absorption of the nutrients (KAMEL; KAMEL, 2001). It is noticed a changing, specially in the snacks that are brought from home by the students. And, due to this modernity, the parents choose ready foods (industrialized), what was rare in the past few years, when the students brought healthier and natural foods to school (CANO *et al.* 2005).

So the fast food nets were created, aiming a faster speed of attendance, becoming a success in the big cities, it was spread in the world. Once the distance and time spent from home to job became much bigger, the population is obliged to eat out side home, choosing then for the fast food, leaving aside the nutritional value of the food (BLEIL,1998).

Besides, Batista Filho and Rissin (2003) add that the country in the last three decades has been through nutritional transitions. While there is an expressive fall of malnutrition, there is also an acceleration in the obesity chart.

And one of the contribution factors for the growing of obesity is in the fact that the media stimulates the consumption of inunproper foods and installing a thin pattern of beauty (FELIPPE; SANTOS, 2004).

Concerning Phyical Activity

Mattos and Neira (2000) defines physical activity as “any body movement produced by the skeletal muscle that results in consumption of energy”.

To Porto (2002) physical activity are common acts like: walking, climb stairs, clean the house, ride a bike, etc. It means that, just by realizing simple activities like these decreases the level of sedentarism.

According to Kamel and Kamel (2001), to be healthy, the body should keep the energetic balance between what you

eat (feeding) and what is spent (physical activity).

And it is in the school that a child mearns to like the physical activity, the physical activity has a very important role in the stimulation of these children, so that they don't stop practicing physical activities when they grow up (BRACCO et al, 2003).

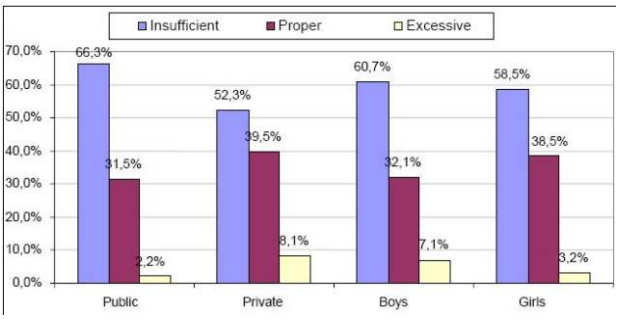
To Nahas (2003), during the physical education classes, the children who should be more stimulated are those who have coordination problems, deficiencies and overweight. However, these children are usually victims of dicrimination, and, they end up not enjoying practicing exercises. And Porto (2002) affirms that physical activity must be done during all life, being the best way to reach an proper physical fitness.

METHODOLOGY

The research was characterized as a transversal kind of descriptive quantitative character, in Goianésia-Go, involving 178 children from the elementary school, from 6 to 11 years old, from both sexes, from the morning and afternoon shifts. A questionnaire of adapted life style was used, defined through regular food habits and feeding profile (BARROS; REIS, 2003). And the results were obtained through a descriptive analysis in percentage and a non parametric test “t”, through the software SPSS 10.0.

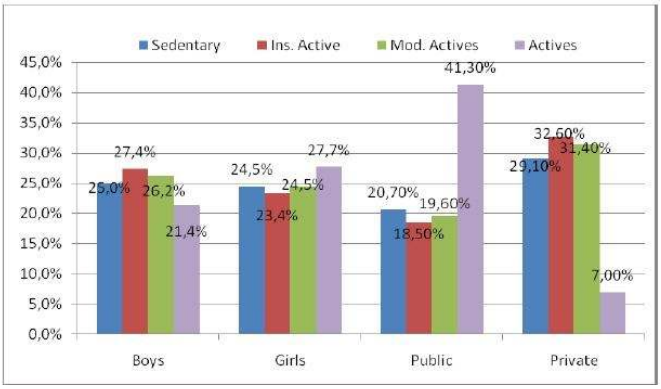
RESULTS

As we observe the general population of the interviewed students in the research, when we compare the food habits of public and private schools, there weren't significant differences, the public school had 2,2% of excessive feeding, 31,5% proper and 66,3% insufficient, the private school had 8,1% excessive, 39,5% proper and 52,3% insufficient. When comparing the sexes, there wasn't significant difference, the boys had 7,1% of excessive feeding, 32,1% proper and 60,7% insufficient, the girls reached 3,2% excessive, 38,3% proper and 58,5% insufficient. In both situations, it is highlighted that they showed an insufficient feeding, like the description on the Graphic 1.



GRAPHIC-1: Presentation of the Food Habits in the general total of interviewed students in the public and private schools, from masculine an feminine sexes.

The following Graphic 2 highlights the classification of the results found in the practice of physical activity, with 20,7% for the public school and 29,1% for the private school, classified as sedentary, 18,5% and 32,6% classified as insufficiently active, moderately active was 19,6% and 31,4%, and classified as active 41,3% and only 7% for the private school, in where could be seen a significant difference ($p \leq 0,000$) between the schools. When comparing the sexes, there wasn't a significant difference ($p \leq 0,501$), 25,0% and 24,5% of the boys and girls arerespectively sedentary, 27,4% and 23,4% insufficiently active, 26,2% and 24,5% are moderately active, and 21,4% and 27,7% are active.



GRAPHIC-2: General results of the level of physical activity and the difference between public an private school, also difference between sexes.

DISCUSSION

According to the results shown in the research, it can be seen that in both schools (public and private), and, in both sexes, the feeding is insufficient, because the children don't have a proper feeding. The public school showed not to have variety of food, there is a big ingestion of carbohydrates and proteins, but, few quantity of fibers, lipids and sugars. The private school is a little bit different from the public school regarding the consumption of sugars and lipids, there is a bigger number of excessive feeding, but the fact that there isn't a good association between the quantity and variety of the foods brings to a weakened feeding. The data of the research differs from those found in the studies of Cano, *et al* (2005), in where, the public school had a bigger number od malnutrition than the private school, and this last one showed a bigger number of obesity than the suburbs' schools. This is due to the fact that in both schools the feeding was unbalanced, leaving aside the basic foods, and consuming calorie products, like chips, pop sodas, chocolate, etc.

In the work of Gonçalves (2006), the fedding of the interviewed people showed to be irregular, just like in this study. Gonçalves observed that they consumed unproper food, and many had a lack of nutrients, because of the lack of some food on the menu, also because they skipped meals, it means, don't eat in a certain meal. It looked like this work, in which was seen that

there was a high rate of insufficient feeding, due to the lack of other groups of nutrients.

According to the data showed, it was possible to say that the students from the public schools are active, and the students from the private school are sedentary. This fact is mainly characterized by the way that children go to school, just like a study made by Silva, Lopes, Silva (2007). Students from public schools mostly go to school by foot or by bike, while the students from private schools usually go to school by car, motorcycle or bus. It can be affirmed that the girls from public schools are more sedentary than those from private schools, and, concerning the boys, the opposite was observed, those from public schools are more active than those from private schools. These data are controversial with the study of Nobre *et al.* (2006), in where it was seen that both girls and boys from public schools show to be more sedentary than those from private schools.

CONCLUSION

With bases on the results obtained through this research, it can be affirmed that the students from both schools don't feed properly, the feeding is insufficient to supply their body needs. Regarding the physical activity, when the children from both schools are compared, those from the public school are active, while those from the private school are sedentary. When the aspect sex is compared, there isn't any significant difference.

KEY WORDS life style, childrens, food habits.

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Endereço:
Av. Nova Capital Q. 33 L. 21 Cidade Jardim . Anápolis GO.
venanciopatricia@yahoo.com.br. Tel: (062) 92639330.

LIFE STYLE IN CHILDREN FROM PUBLIC AND PRIVATE SCHOOL IN THE CITY OF GOIANÉSIA-GO.

ABSTRACT

A healthy life style is characterized by a balance between what is eaten (feeding) and what is spent (physical activity). The study had as a purpose to discuss, through the comparison between two schools, the level of physical activity and food habits of these children. The research is characterized as a transversal kind of descriptive quantitative character. It was realized in Goianésia-Go wih 178 children from both sexes from the elementary school from 2nd to 5th year, in the group age of 6 to 11 years old, from the morning and afternoon shifts of the Escola Municipal Evangélica Monte Moriá (Municipal Gospel School Monte Moriá) of the Colégio Decisão (Decisão High School), using a questionnaire to collect data. There weren't significant difference in the results when compared the food habits from public to private schools, and regarding the sexes, there weren't also significant difference. Concerning the level of physical activity, the results were 20,7% and 29,1% for the public and private schools, classified as sedentary; 18,5% and 32,6% classified as insufficiently active; but moderately active were 19,6% and 31,4%, and classified as active were 41,3% and only 7% private school, in where we could find a significant difference ($p \leq 0{,}000$) between the schools. The study concluded that, through the results of this research, it was possible to identify that the students from the public school are active and, the students from the private school are sedentary, and both schools show insufficiently feeding to fulfil the needs of the body.

Key Words life style, childrens, schools

MODE DE VIE DES ENFANTS EN PUBLIC ET PRIVÉ DE LA VILLE DE L'ÉCOLE JOPLIN-GO.
ABSTRACT

Le mode des vie sain est caractérisé par un équilibre entre ce que vous manger (nourriture) et ce qui est dépensé (activité physique). L'étude visait à examiner par le biais de deux écoles des la comparaison entre le niveau des l'activité physique et les habitudes alimentaires des enfants. La fonction des recherche est le type des caractère descriptif quantitatif croix. Elle la eu lieu à Goianésia-Go des 178 enfants des deux sexes des l'école élémentaire de 2e à 5e année, âgés des 6 à 11 ans des matin et après-midi des la évangélique Monte Moriá École Municipale et la décision du Collège en utilisant questionnaire afin des recueillir des données. Pour les résultats des la comparaison des habitudes alimentaires des l'opinion publique et école privée, il n'y avait pas des différence significative, et lorsque les hommes et les femmes il y avait aussi une différence significative. Pour le niveau d'activité physique résultats ont été de 20,7% et 29,1% pour les écoles publiques et privées classées comme sédentaires, 18,5% et 32,6% classés comme insuffisamment active, déjà modérément active était de 19,6 % Et 31,4% et 41,3% classés comme actifs, et seulement 7% pour l'école privée et une différence significative (p <0000) entre les écoles. L'étude a conclu ont par les résultats des la recherche a été possible d'identifier les étudiants qui sont actifs dans les écoles publiques et l'école privée sont sédentaires et les deux écoles ont assez des nourriture pour satisfaire les besoins des l'organisme.

Mots-clés: mode des vie, les enfants, les habitudes alimentaires.

ESTILO DE VIDA EN NIÑOS DE ESCUELAS PÚBLICAS Y PRIVADAS CIUDAD DE JOPLIN-GO.
RESUMEN

El estilo de vida saludable se caracteriza por un equilibrio entre lo que comemos (alimentos) y lo que se gasta (actividad física). El estudio tenía por objeto examinar a través de dos escuelas de la comparación entre el nivel de actividad física y los hábitos alimenticios de los niños. La función de búsqueda es el tipo de carácter cuantitativo descriptivo transversal. El seminario se celebró en Goianésia-Ir con 178 niños de ambos sexos de la escuela primaria a 2do al 5to año, de edades comprendidas entre los 6 a 11 años de los turnos de mañana y tarde de la Iglesia Evangélica Monte Moria Escuela Municipal y el Colegio Decisión mediante cuestionario para recopilar de los datos. Por los resultados se compararon los hábitos alimentarios de las escuelas públicas y privadas no hubo diferencias significativas, y cuando los sexos también hubo una diferencia significativa. En relación con el nivel de actividad física resultados fueron 20,7% y 29,1% para las escuelas públicas y privadas clasificadas como sedentarias, el 18,5% y 32,6% clasificados como insuficientemente activas, ya moderadamente activa fue de 19,6 % Y el 31,4% y 41,3% clasificada como activa y sólo el 7% de las escuelas privadas y es una diferencia significativa (p <0.000) entre las escuelas. El estudio llegó a la conclusión de que a través de los resultados de la búsqueda fue posible identificar a los estudiantes que están activos en las escuelas públicas y la escuela privada son sedentarios y tanto las escuelas dispongan de alimentos suficientes para satisfacer las necesidades del cuerpo.

Palabras clave: estilo de vida, los niños, los hábitos alimentarios.

ESTILO DE VIDA EM CRIANÇAS DE ESCOLA PÚBLICA E PRIVADA DA CIDADE DE GOIANÉSIA-GO.
RESUMO

O estilo de vida saudável é caracterizado por um equilíbrio entre o que se come (alimentação) e o que se gasta (atividade física). O estudo teve como objetivo analisar através da comparação entre duas escolas o nível de atividade física e hábitos alimentares dessas crianças. A pesquisa caracterizou-se do tipo transversal de caráter descritivo quantitativo. Foi realizado em Goianésia-Go com 178 crianças de ambos os sexos do ensino fundamental do 2º ao 5º ano, na faixa etária de 6 a 11 anos dos turnos matutino e vespertino da Escola Municipal Evangélica Monte Moriá e do Colégio Decisão utilizando questionário para a coleta dos dados. Para os resultados quando comparados os hábitos alimentares da escola pública e privada não houve diferença significativa, e quando aos sexos também não existiu diferença significativa. Para o nível de atividade física os resultados foram 20,7% e 29,1% para a escola pública e privada classificados como sedentários, 18,5% e 32,6% classificados como insuficientemente ativo, já moderadamente ativos foi de 19,6% e 31,4%, e classificados como ativos 41,3% e apenas 7% para a escola particular, encontrando-se uma diferença significativa ($p \leq 0,000$) entre as escolas. O estudo concluiu que através dos resultados da pesquisa foi possível identificar que os alunos de escola pública são ativos e os da escola privada são sedentários e ambas as escolas apresentam alimentação insuficiente para suprir as necessidades do organismo.

Palavras-Chave: estilo de vida; crianças; hábitos alimentares.