79 - CHILDHOOD OBESITY

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INTRODUCTION

Our health suffers because of the modern comforts that provides us and makes us sedentary, reducing physical exertion every day. The performance of low physical activity has increased compared with obesity than with food consumption. Obesity is defined as excess weight that causes problems for people's health (JAGUARACY, 2009).

According to the Handbook of Child Psychiatry, 1983, a child is considered obese when it exceeds 15% the weight corresponding to his age, since excess weight corresponds to the accumulation of lipids, which can be measured by skin fold thickness (GOMES, 2001). However, it is not easy to establish parameters to define with precision the boundary between normal weight, overweight and obesity.

It is observed that there is a high school in the rise in obesity and overweight in children and adolescents due to the sedentary lifestyle and high intake of fatty foods that can cause cardiovascular disease (Gaspar, 1998). Of course no one is obese overnight and among the causes of obesity than we have inactivity, genetic factors, sociocultural and bad eating habits.

Physical education can enter through physical activity, good eating habits in children, so in the XXI century can no longer think that physical education classes only made "the court" ministering games, but this should be a lesson that within the school as all other matters we can address more healthy lifestyle habits for the future of children.

In a study presented during the 24th Annual Meeting of the Federation of Societies for Experimental Biology (FESBE), Santos (2009) suggests that physical activity can restore the sensitivity of neurons involved in satiety control, which help to reduce food intake and consequently body weight. Until now it was thought that just because physical activity increases energy expenditure is causing the weight decrease (SANTOS, 2009).

Obesity is a risk factor for a number of diseases or disorders that may be: hypertension, cardiovascular disease, cancer, lipid disorders, increased insulin, among others (MARIATH, 2007).

Many schools also provide meals for the little inadequate physical activity that their students have, many companies still use food and drink sports idols and entertainment to promote their products, there is a lot of pressure on children who only obey the powerful instinct , to eat more and more (FISBERG, 2008).

For centuries it has been speculated on the role of physical activity on the health of all people, but only in recent decades scientific research have the real answers about the relationship of physical activity and health. Physical activity is any movement with energy expenditure above resting levels. (NAHAS, 2006)

It is assumed that the sports take physical education: development of motor skills, physical fitness, socio- The student must take ownership of knowledge that justify the presence and importance of physical education at school. According Darido and Rangel (2005) The teacher must have thought appropriate in order to allow your student to become more autonomous and critical.

It should be a concern of educators whose experiences offered in the school environment enabling the student to think about alternatives that make him let himself be ruled out in certain activities for any reason. (DARIDO; RANGEL, 2005).

According Bagrichevsky, Palma, Stephen (2003) health is no longer seen as absence of disease but a good physical, mental and social. In Brazil, the medical establishment, under the biological basis, has helped in the construction of physical education as synonymous with health, through health promotion and development of hygienic habits to rid the population of disease.

Biazussi (2004), every day more adolescents and children are in trouble from the change of habit, physical inactivity or obesity is due to technological advancement.

Biazussi (2004) believes that the role of school physical education is to educate through physical activity and show the community that the school physical fitness, physical activity and healthy eating habits are important to all individuals at all ages , especially for those who need it most: the sedentary and obese.

Santos (2008) decided to discuss the contribution of Physical Education on prevention of childhood obesity with the students and the school community. This discussion covered issues related to childhood obesity, the concept of a sedentary lifestyle, the importance of physical activity and healthy eating. The author used as a tool of awareness lecture at a public school full time. The target was child 08 to 09 years, cooks, guardians and teachers. The author concluded that this kind of awareness can help ensure that today's children become healthy adults and tomorrow conscious and avoids future disease.

In the evaluation of students between 8 and 11 years Costa (2008) tried to verify the influence of physical activity at school and possible relations with the prevalence of obesity in school. The same author also says that the genetic influences on BMI lot of students if parents already have a tendency to be obese or plump for a facility, the genes of their children may be the same way. The author believes that physical activity can improve the quality of students' lives, affecting the control of childhood obesity and its health.

Coelho (2002) investigated the existence of strategies for prevention and treatment and present what are the advantages of adopting obesity prevention programs in schools, through the physical evaluation. According to the author, the factors resulting in physical assessments to prevent childhood obesity. Studied 100% of teachers do not assess the nutritional status of their students. Of care, 80% warn about the possible coordination problem of childhood obesity and 20% are in contact with parents. About prevention methods suggest: 50% believe that information given to parents is very effective, 30% thought the information given to the children themselves would be better, 30% think the best to do a food restriction and 10% do not make any prevention.

When looking at this issue, this research can contribute to the prevention of health on school grounds, by suggesting teaching methods and rules for healthy eating that can help in changing the lifestyle of schoolchildren.

From what was previously presented in this study we set out the procedures to verify that the physical education teacher uses to prevent obesity.

METHODOLOGY

Aiming to investigate the true view of the physical education teachers to the level of children overweight or obese that is growing every day, there was a descriptive study used the instrument in the form of a questionnaire, applied in the field, and a research literature. (THOMAS, NELSON, 2002).

To apply the instrument were selected 30 teachers from four private schools in the Western Zone of Rio de Janeiro, Barra da Tijuca and Jacarepagua, regardless of gender, ethnicity. With physical education teachers in elementary and high school.

To be made to collect data were distributed questionnaires with 11 questions with a "consent form" authorizing the use of their responses to the survey and explaining the involvement of the same.

The used instrument had semi-structured questions, formulated specifically for this research was completed by thirty teachers of physical education. Teachers interviewed have an average age of 36.70 ± 8.76 years, all of them are graduates in physical education.

RESULTS

Of the 30 physical education teachers interviewed, most (73%) were male and minority (27%) were female. Among the teachers interviewed, we can see according to the figure 1 they all were graduated (63%) at physical education university (26%) also had a pos graduation degree and (11%) has Master Degree.

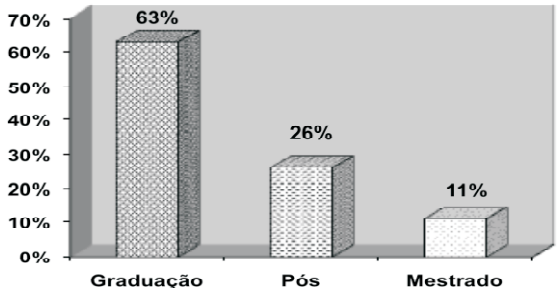


Figure 1: Distribution of Teacher's graduation

Most physical education teachers (65%) work in private schools, 10% in public schools and 25% in two kind of schools. We studied four colleges in the western zone of Rio de Janeiro, according to figure 2, many schools hold fairs to alert the risks that obesity can cause. We can see in figure 2 (85%) hold fairs (50%) only when they can and (15%) did not perform any work.

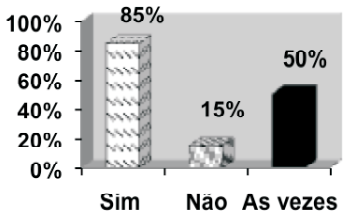


Figure 2: Work to warn of obesity risks in schools.

Through interviews with teachers they reported that the number of overweight students has been growing through out years. It was recorded that for physical education teachers (47%), students are overweight, but 53% of teachers said that the children were at their ideal weight.

With the observed responses collected in Figure 3 that 23% of teachers seeking to highlight positive aspects and 13% talk to encourage exercise and education for non-discrimination.

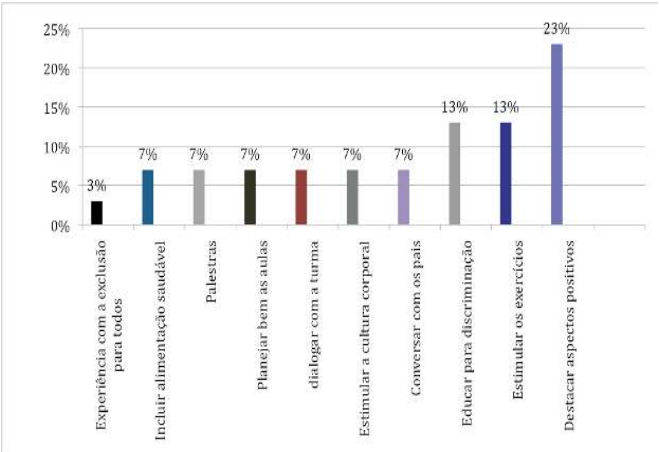


Figure 3: How the PE teachers can improve the problem of exclusion of obese students in class.

According to Gomes (2001) all parents make an example to the children, so if the parent has a sedentary lifestyle the child will probably take the same attitude. One finding that caught our attention was that teachers talk with parents very little.

One of the most critical information in the study was 90% of teachers that obese children are being excluded from physical education classes. Also all the teachers reported that they realize that parents have much influence on feeding their

children.

The physical education teachers reported that schools in which they operate there is a restaurant for good food but their students, (30%) of them claimed that no canteen with healthy food.

The information collected, 37% of professionals reported that there are still some teachers qualified to act as a guide for improving health and quality of life.

In Figure 4 we can see that the professionals in our area seek to give guidance on the risks of obesity. Articles and lectures to discuss this subject are conducted with the most (35%), contents of body culture (25%) and practical exercises (28%) had a very similar percentage. One answer that surprised us that goes against our study is that parents are not oriented in relation to obesity.

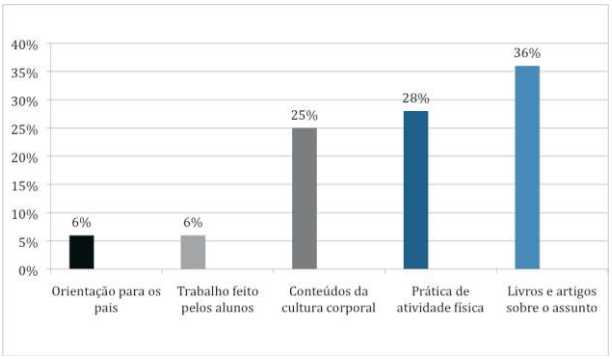


Figure 4: Orientation of the professional about the risks of obesity.

The responses to the instrument show that in the opinion of teachers public bodies should encourage more campaigns against obesity. Monitor what is being sold in cafeterias and carry out education policies. However, these campaigns should be directed to parents, showing the possible risks of inadequate nutrition as we can see in figure 5.

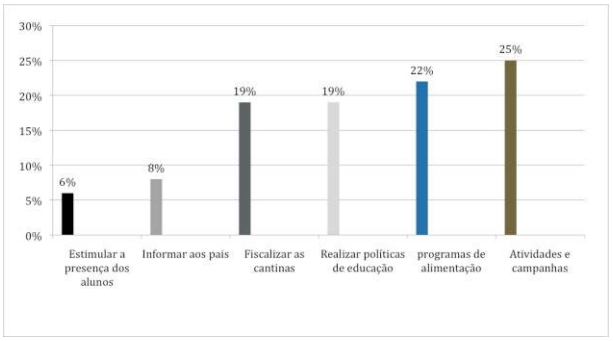


Figure 5: How public agencies can help to combat the risks of obesity.

We have found, through the speech of all teachers that physical activity with healthy diet are good for the healthy growth and development of the child. Report shows that the theoretical knowledge of the teacher about the guidelines of the Brazilian Society of Pediatrics (SBP) and WHO on childhood obesity and physical activity were significant.

CONCLUSIONS

In educational institutions, we realize that there is a concern about obesity as we have seen in interviews. Colleges today are organizing themselves to make exhibitions, lectures and discussions to bring knowledge and health prevention for our students. With these events that the school promotes shows that physical activity is related to healthy eating. Many teachers agree that a professional in the field of nutrition is important for the preparation of menus.

According to the survey, the respondents are better prepared to play its role as educator and while some may know about the health risks. Teachers are very keen to avoid exclusion of students who are overweight in their classes. Some highlights of the improvements that our research is dialogue, it is through him that teachers can address these issues in front of students.

Teachers had some contradictions in their answers. In our results the teachers say that parents have great influence on feeding their children, but when questioned about a possible direction on the risks of obesity, the dialogue with parents had a very low percentage, contradicting what we said earlier. So before informing about the risk of obesity to our students, we must first educate parents so we can have a cohesive work towards the prevention of obesity.

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CHILDHOOD OBESITY

ABSTRACT

The increase of individuals with disorders of nutritional education is that the problem of obesity grows more each year. The study was based on elevation of obese levels in recent years in which the physical education teachers used procedures for preventing obesity of students in school. Schools have to promote events for their pupils, in order to clarify the health risks that obesity can bring. With these events, browse stress health prevention, along with the change of style and quality of life. For this survey was conducted a qualitative descriptive study with physical education teachers, through the application of a questionnaire with twelve questions. Note that 47% of students in schools are above weight and that is why it is very large number of pupils excluded in physical education classes. The professionals who are in the labour market, have enough knowledge to be able to work in preventing obesity.

KEY WORDS: Eating disorders. Obesity. Prevention of health

OBÉSITÉ CHEZ LES ENFANTS

RÉSUMÉ

El l'augmentation dês personnes souffrant de troubles de l'education nutritionnelle est que le probleme de l'obesite se developpe de plus chaque annees. L'etude etait basee sur l'elevation de niveaux d'obesite au cours dês dernieres annees dans lês professeurs d'education physique quelles sont lês procediments utilisees pour La prevention de l'obesite dês eleves a l'ecole. Les ecoles doivent promouvoir lês evenements eleves est, dans Le but de clarifier lês risques sanitaires qui peuvent faire l'obesite. Avec ces evenements, voir Le stress de La sante prevention, avec le changement de style et qualite de vie. Pour cette recherche est une etude descriptive qualitative avec lês professeurs d'education physique, par l'application d'un questionnaire de douze questions. Nous avons constate que 47% des eleves dans l'ecole sont en surpoids, et pour cette raison est grand Le nombre d'eleve exclus en cours d'education physique. Lês professionnels qui sont dans le marche du travail, ont suffisamment de connaissances pour travailler dans la preventio de l'obesite.

MOTS - CLÉS: Troubles de l'alimentation. Obésité. Prévention de la maladie.

OBESIDAD DE LOS NIÑOS

RESUMEN

El aumento en los individuos con educación alimentaria severa camina causando un problema de obesidad que crece cada año. El estudio se basó en el aumento de la obesidad en los últimos años en los que profesores de educación física los procedimientos utilizados para prevenir la obesidad en los estudiantes de la escuela. Las escuelas deben promover eventos para sus estudiantes con el fin de aclarar los riesgos para la salud que la obesidad puede traer. Con estos eventos, busca hacer hincapié en la prevención de la salud, junto con el cambio de estilo y calidad de vida. Para esta investigación fue un estudio descriptivo cualitativo profesores de educación física, a través de la aplicación de un cuestionario con doce preguntas. Hemos encontrado que el 47% de los estudiantes en las escuelas tienen sobrepeso, y por esta razón es el gran número de estudiantes excluidos en las clases de educación física. Los profesionales que están en el mercado de trabajo, tienen un conocimiento suficiente para trabajar en la prevención de la obesidad.

PALABRAS - CLAVE: Trastornos de la alimentación. Obesidad. Prevención de la enfermedad.

OBESIDADE INFANTIL

RESUMO

O aumento de indivíduos com distúrbios de educação alimentar anda causando um problema de obesidade que a cada ano cresce mais. O estudo foi baseado na elevação dos níveis de obesos nos últimos anos no qual os professores de educação física utilizaram procedimentos para prevenção da obesidade dos alunos na escola. As escolas têm que promover eventos para seus alunos, a fim de esclarecer os riscos de saúde que a obesidade pode trazer. Com esses eventos, procurar ressaltar a prevenção da saúde, junto com a mudança do estilo e qualidade de vida. Para essa pesquisa foi realizado um estudo descritivo qualitativo com professores de educação física, através da aplicação de um questionário com doze perguntas. Constatamos que 47% dos alunos nas escolas estão acima do peso e que por esse motivo é muito grande o número de alunos excluídos nas aulas de educação física. Os profissionais que estão no mercado de trabalho, têm bastante conhecimento para poder trabalhar na prevenção a obesidade.

PALAVRAS – CHAVE: Distúrbios Alimentares. Obesidade. Prevenção da Doença.