169 - RELATIONSHIP BETWEEN THE LEVEL OF PHYSICAL ACTIVITY AND LIFE STYLE OF RIO DE JANEIRO'S CITY INHABITANTS

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INTRODUCTION

Nowadays, the physical activity is a priority in the Public Health. One of the declared primordial factors of comment about physical inactivity, is the prevalence of sedentarism and risk's behavior to the health, in part, decurrent of the inexistence of a politics of epidemiologist vigilance focusing the exposition of risk behaviors. Where the estimate of adult Brazilians classified as insufficiently active would arrive approximately 60%. In Brazil, there is a few data about the prevalence of sedentarism in the different ages groups, with this, there is a great difficulty to evaluate the behavior of the practice of physical activities due to lack of standardized instruments and with good level of precision for use in population studies and different social and cultural contexts (MATSUDO, 2002).

Nahas (2006) studied the quality of life leading in consideration the necessity of analysis of the style of life of the individuals. This style reflects how a person behave itself in relation to the ambient in wich is inserted. For example, to have a good style of life it would be necessary to practise sports, to have a good alimentation, a good construction of the body image, good social relationship, not to have high levels of stress. However, an individual can present all these parameters and not be well psychologically, what it would cause the no acquisition of a satisfactory quality of life. To have an adequate style of life can or not, to generate as consequence a good quality of life as well as having a unsatisfactory style of life can or not be considered favourable to good quality of life. The physical inactivity (sedentarism) represents an important cause of atony, of reduced quality of life and premature death in society contemporaries, particularly in the industrialized countries. Amongst the cardiovascular illnesses, the risk of occurrence of infart in sedentary individuals is two times bigger for sedentary individuals when compared those regularly active. If this pointer will be compare with the estimate that 60% of the adult population are not enough active, we can conclude that the population risk attributed to the sedentarism becomes an important factor of risk.

It is of the common sense that, with practice of physical activity we reach the health, and literature each day more bases this affirmation (MATSUDO, 2000). Recent studies point an inverse relation between the level of physical activity and mortality. Consequently, we can infer that one of the best forms of intervention in the health publishes of a region, state or country is to develop a program of incentive to the physical activity for all the population, with objective of combat to the sedentarism, factor this responsible one for 2 million deaths per year in the whole world according to CDC (2001).

The objective measure of physical activity is of utmost importance to quantify the association between physical activity, health and illness, more than 30 different techniques of mensuration has been used to determine the level of physical activity in adults (HATANO, 1993; VOORRIPS, 1991; HASKELL, 1992; WELLENS, 1989; HASKELL; YEE, 1993; ARROLL, 1991; GRETEBECK, 1992; DISHMAN, 1992; WASHBURN, 1990).

OBJECTIVES

The study had as objective to analyze the association amongst the level of physical activity and the style of life of inhabitants of the west zone of Rio de Janeiro City.

METHODOLOGY

The present study was characterized as descriptive, that according to Thomas & Nelson (2006), “the descriptive research is relationated to status. Of the diverses tecniques os descriptive research, the most preponderant is questionnaire. Other forms include the interview, the normative survey, the case study, the paper analyses, documental analysis, development studies and correlational studies”.

This research aptend the rules for research in human beeings, resolution number 196/96, of National Health of 1996/10/10.

All the participants of the study had agreed to signing the Term of Assented Participation (with objective of the study, procedures of evaluation, character of voluntariedade of the participation of the citizen and exemption of responsibility on the part of the appraiser).

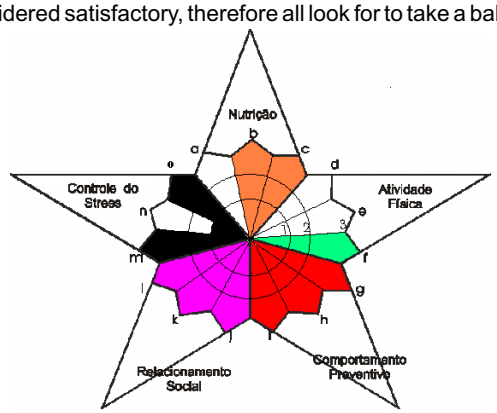
The sample of this study was composed by 40 individuals, of both gender, beeing 15 of male gender and 25 of feminine, all them inhabitants of a condominium situated in Barra da Tijuca (Rio de Janeiro City). It was used the STYLE OF LIFE questionnaire developed by Nahas (2006), thus forming the Welfare Pentacle from the answers to the closed questions that involve five components: nutrition, physical activity, preventive behavior and familiar history, relationships and control of stress. Where the answers vary the 0 to 3, where 0 (zero) nothing are painted and 3 everything is painted. Or either, the more colored is the star, better it is the style of life. For analysis of the level of physical activity the IPAQ (International Questionnaire of Physical Activity) in the short version was used as instrument. This questionary was already used in diverse places, including Brazil, where it was validity in the short and long versions (CRAIG, 2003). The statistical treatment was carried through the descriptive statistics, mode for the questionnaire of life style and relative frequency for the IPAQ.

RESULTS

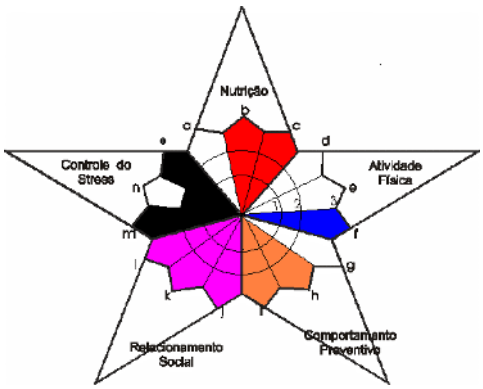
The data had demonstrated greater percentile of active women when if compared with the men and a percentile greater of men very active when if compared to the women in the searched population, probably for the number of individuals of the male gender to be lesser and also to possess a higher lean mass.

Classification	*Woman*	Man
Very Active	**3 (12.00%)**	**7 (46.66%)**
Active	**14 (56.00%)**	**6 (40.00%)**
Insufficiently Active	**8 (32.00%)**	**1 (6.66%)**
Sedentary	**0 (0.0%)**	**1 (6.66%)**

In accordance with the analyzed components, in the Nutrition component, as much men as women had left one question blank, where it could be observed no longer that in both genders do not have the habit of inclusion of fruits and vegetable in its daily alimentation, component Physical Activity although not to have a practical habit of physical activity at least 30 minutes at least 3 times a week, all opt to going up stairs when going up of elevator, in relation to the Relationship both the genders had gotten maximum value for each question. In that it refers to the Preventive Behavior had a positive point where habits as to smoke and to ingest alcoholic drinks, they are not part of the style of life of these evaluated, however the individuals of the male gender do not possess the habit of control of arterial pressure and cholesterol levels what it is a very preoccupying factor, being able to propitiate to the development of cardiovascular problems, since it has a deficit found in the component physical activity. In relation to the control of stress the results had been considered satisfactory, therefore all look for to take a balanced life.



Welfare Pentacle - Women



Welfare Pentacle - Men

CONCLUSIONS

Through the analysis of the presented data, it is observed that most of the individuals of both genders possess an active life, what does not mean that they practise some type of physical exercise, since the IPAQ does not lead in consideration if the person is or not athlete.

Observing the gotten results, notices that the IPAQ is not a good instrument for the evaluation, since an activity considered light for not practicing of physical exercise, is well different of an activity considered light for practitioners of physical exercise or same athlete, leaving this as being plus an evaluation of the perception that the individual has exactly of itself, and of that really it is not, and when we compare with the life style the component physical activity has a contradictory result and doubtful.

It becomes important to stand out that a greater percentile of active and very active individuals is related to the fulfilment of the recommendations of walking ? 3 days/week and ? 30 minutes for session; moderate activity ? 3 days/week and ? 30 minutes for session or vigorous activities? 5 days/week e ? 20 minutes for session. These active and very active individuals demonstrate a concern in the regular practice of physical activity and use ways of locomotion and daily activities that favor an active style of life consequently acting in the prevention and promotion of the health through the combat to the sedentarism and prevention in the development of degenerative illnesses chronic.

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RELATIONSHIP BETWEEN THE LEVEL OF PHYSICAL ACTIVITY AND LIFE STYLE OF RIO DE JANEIRO'S CITY INHABITANTS

ABSTRACT:

The sedentariness is related to style of life with little physical activity. This can be mensured through the energy expense or great expense caloric that an individual needs to carry through its activities of work and domestic, leisure and locomotion. If this great expense caloric will be inferior the 500kcal per week this individual is classified as sadentary(S) and if individual accumulate a great expense 1.000 weekly caloric of kcal, it is classified moderately active (Ma). Objective: To analyze the association between the level of physical activity and the style of life of inhabitants of the west zone of Rio De Janeiro. Methodology: The present study was characterized as descriptive according to Thomas Nelson (2006), the sample was composed by 38 individuals, of a condominium in the Barra da Tijuca of the city of Rio De Janeiro, being 13 of male gender and 25 of the female gender. It was used the questionnaires of the STYLE OF LIFE (NAHAS, 2006) and the IPAQ (International Questionnaire of Physical Activity) in the short version. Results: The data had demonstrated a greater percentile of active individuals in the studied group. In accordance with the analyzed components, in the one that refers to Nutrition component in such a way men how much women had left question blank, where if it could no longer observe that in both genders do not have the habit of inclusion of fruits and vegetable in its daily alimentation, component Physical Activity although not to have a practical habit of of physical activity at least 30 minutes at least 3 times in the week, all opt to going up stairs when going up of elevator, in relation to the Relationship both genders had gotten maximum value for each question. In that it refers to to the Preventive Behavior had a positive point where habits as to smoke and to ingest alcoholic drinks, they are not part of the style of life of these evaluated, however the individuals of the male gender do not possess the habit of control of arterial pressure and cholesterol

levels what it is a very preoccupying factor, being able to propitiate to the development of cardiovascular problems, since it has a deficit found in the component physical activity. In relation to the control of stress the results had been considered satisfactory, therefore all look for to take a balanced life.

KEYWORDS: Physical Activity. Style of Life. Nahas.

RAPPORT ENTRE LE NIVEAU DE L'ACTIVITÉ PHYSIQUE ET LE STYLE DE VIE DES HABITANTS DE LA VILLE DE RIO DE JANEIRO

RESUME:

Le sédentarité est lié au modèle de la vie avec peu d'activité physique. Ceci peut être mensured par les dépenses d'énergie ou les grandes dépenses caloriques qu'un individu doit réaliser ses activités de travail et domestique, les loisirs et la locomotion. Si ces grandes dépenses caloriques seront inférieures le 500kcal par semaine cet individu est classifié comme sédentaire (S) et si l'individu accumulent de grandes dépenses 1.000 calorique hebdomadaire de kcal, il est modérément en activité classifié (mA). Objectif : Pour analyser l'association entre le niveau de l'activité physique et le modèle de la vie des habitants de la zone occidentale de Rio de Janeiro. Méthodologie : La présente étude a été caractérisée comme descriptif selon Thomas Nelson (2006), l'échantillon s'est composé par 38 individus, d'un condominium dans le da Tijuca de Barra de la ville de Rio de Janeiro, étant 13 du genre masculin et 25 du genre femelle. C'a été employé les questionnaires du MODÈLE DE LA VIE de Nahas (2006) et de l'IPAQ (questionnaire international d'activité physique) dans la version courte. Résultats : Les données avaient démontré un plus grand percentile des individus actifs dans le groupe étudié. Selon les composants analysés, dans celui qui se rapportent au composant de nutrition chez tels hommes d'une manière combien les femmes ont eu le blanc gauche de question, où s'il pourrait plus n'observer cela dans les deux genres n'ayez pas l'habitude de l'inclusion des fruits et du légume en son alimentation quotidien, activité physique composante bien que pour ne pas avoir une habitude pratique de d'activité physique au moins 30 minutes au moins 3 fois en semaine, tout l'OPT à monter des escaliers en montant de l'ascenseur, par rapport au rapport les deux genres ont eu la valeur maximum pour chaque question. Parce qu'elle se rapporte au comportement préventif a eu un point positif où les habitudes quant à la fumée et pour ingérer des boissons d'alcoolique, elles ne sont pas une partie du modèle de la vie de ces derniers évaluée, toutefois les individus du genre masculin ne possèdent pas l'habitude de la commande de la pression artérielle et le cholestérol nivelle ce qu'il est préoccuper très le facteur, pouvoir en mesure au propitiate au développement des problèmes cardiovasculaires, puisqu'il fait trouver un déficit dans l'activité physique composante. Par rapport à la commande de l'effort les résultats avaient été considérés satisfaisants, donc tous recherchent pour prendre une vie équilibrée.

MOTS-CLÉS: Activité Physique. Modèle de la vie. Nahas.

RELACIÓN ENTRE EL NIVEL DE LA ACTIVIDAD FÍSICA Y EL ESTILO DE VIDA DE LOS HABITANTES DE CITY DE RÍO DE JANEIRO

RESUMEN:

El sedentarismo se relaciona con el estilo de la vida con poca actividad física. Esto puede ser mensured con el costo de la energía o el gran costo calórico que un individuo necesita llevar con sus actividades del trabajo y doméstico, ocio y locomoción. Si este gran costo calórico es inferior el 500kcal por semana este individuo se clasifica como sadentary(S) y si el individuo acumula un gran costo 1.000 calóricos semanales de kcal, es moderado activo clasificado (mA). Objetivo: Para analizar la asociación entre el nivel de la actividad física y el estilo de la vida de habitantes de la zona del oeste de Rio De Janeiro. Metodología: El actual estudio fue caracterizado como descriptivo según Thomas Nelson (2006), la muestra fue compuesta por 38 individuos, de un condominio en el da Barra da Tijuca de la ciudad de Río De Janeiro, siendo 13 del género masculino y 25 del género femenino. Fue utilizado los cuestionarios del ESTILO DE LA VIDA de Nahas (2006) y del IPAQ (cuestionario internacional de la actividad física) en la versión corta. Resultados: Los datos habían demostrado un mayor porcentaje de individuos activos en el grupo estudiado. De acuerdo con los componentes analizados, en el que refiere al componente de la nutrición en tales hombres de una manera cuánto las mujeres tenían espacio en blanco izquierdo de la pregunta, donde si podría observar no más de largo eso en ambos géneros no tenga el hábito de la inclusión de frutas y del vehículo en su alimentación diaria, actividad física componente aunque no tener un hábito práctico de la actividad física por lo menos 30 minutos por lo menos 3 veces en la semana, todo el OPT a ir encima de las escaleras al ir para arriba del elevador, en lo referente a la relación ambos géneros habían conseguido el valor máximo para cada pregunta. En que se refiere al comportamiento preventivo tenía un punto positivo donde no están parte los hábitos en cuanto a humo e injerir bebidas del alcohólico, ellos del estilo de la vida de éstos evaluada, no obstante los individuos del género masculino no poseen el hábito del control de la presión arterial y el colesterol nivela cuál es muy una preocupación de factor, el poder al propitiate al desarrollo de problemas cardiovasculares, puesto que hace un déficit encontrar en la actividad física componente. En lo referente al control de la tensión los resultados habían sido considerados satisfactorios, por lo tanto todos buscan para tomar una vida equilibrada.

PALABRAS CLAVES: Actividad Física. Estilo de la vida. Nahas.

ASSOCIAÇÃO ENTRE O NÍVEL DE ATIVIDADE FÍSICA E O ESTILO DE VIDA DE MORADORES DA CIDADE DO RIO DE JANEIRO

RESUMO:

O sedentarismo está relacionado a um estilo de vida com pouca atividade física. Isto pode ser mensurado através do gasto energético ou dispêndio calórico que um indivíduo necessita para realizar suas atividades de trabalho e domésticas, lazer e locomoção. Se este dispêndio calórico for inferior a 500kcal por semana este indivíduo é classificado como sedentário(S) e se indivíduo realizar atividades físicas que acumulem um dispêndio calórico semanal de 1.000 kcal, ele é classificado moderadamente ativo (MA). Objetivo: Analisar a associação entre o nível de atividade física e o estilo de vida de moradores da zona oeste do Rio de Janeiro. Metodologia: O presente estudo foi caracterizado com descritivo que segundo Thomas Nelson (2006), a amostra foi composta por 38 indivíduos de ambos os sexos, sendo 13 do gênero masculino e 25 do gênero feminino moradores de um condomínio na Barra da Tijuca da cidade do Rio de Janeiro. Utilizou-se os questionários do ESTILO DE VIDA de Nahas (2006) e o IPAQ (Questionário Internacional de Atividade Física) na versão curta. Resultados: Os dados demonstraram maior percentual de indivíduos ativos no grupo estudado. Analisando as respostas correspondentes, foi utilizada como estatística para o Estilo de Vida o cálculo da Moda. De acordo com os componentes analisados, no que tange ao componente Nutrição tanto os homens quanto as mulheres deixaram uma questão em branco, onde se pôde observar que em ambos os sexos não há o hábito de inclusão de frutas e hortaliça em sua alimentação diária, já no componente Atividade Física apesar de não terem um hábito de prática de atividade física pelo menos 30 minutos pelo menos 3 vezes na semana, todos optam por subir escadas ao subir de elevador, em relação ao Relacionamento ambos os gêneros obtiveram valor máximo para cada questão. No que tange ao Comportamento Preventivo houve um ponto positivo onde hábitos como fumar e ingerir bebida alcoólica, não fazem parte do estilo de vida destes avaliados, porém os indivíduos do gênero masculino não possuem o hábito de controle de pressão arterial e níveis de colesterol o que é um fator muito preocupante, podendo propiciar ao desenvolvimento de problemas cardiovasculares, já que há um déficit encontrado no componente atividade física. Em relação ao controle do stress os resultados foram considerados satisfatórios, pois todos procuram levar uma vida equilibrada.

PALAVRAS-CHAVE: Atividade física. Estilo de vida. Nahas.