121 - MAPPING OF RISK FACTORS IN TEENAGERS IN THE AGE RANGE BETWEEN 14 TO 18 YEAR OLD MOTHER OF THE CITY OF AL-CAMARAGIBE

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INTRODUCTION

This article is derived from the Project, the Dean of SCOPE (PROEX), taught by Professor Hartmann Cassio Federal Institute of Alagoas - Campus Maragogi (IFAL) in order to develop a map can indicate the percentage of risk factors youth in the age group between 14-18 years studying in the State College Municipal and municipalities inhabitants: Matrix CamaragibeMaragogi and Porto Calvo.

Emphasizing the extension project, which began in 2011 in the city of Maragogi AL - State Baptist College in Acioli and IFAL - Campus Maragogi, which was extended to the year 2012 because of difficulties with implementation, mapping was also held in the municipality of Matrix Camaragibe-AL in college Poet Fabrizio Braga (Nure) and Porto Calvo Municipal Primary School MrsCeci Cunha. To investigate the risk factors in these municipalities, while trying to justify the reasons and lead, the students meet in certain areas of risk, such as obesity, underweight or ideal weight.

Moreover, it was observed that teenagers, said Campuses are concerned with regard to risk factors, and, at this moment, a membership of 100% of our students in the extension project and being that our team made the intervention prescribing physical around 20% activities 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.

It is therefore of great importance to achieving the mapping of risk factors by monitoring the metabolic rate 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

The research is quantitative descriptive type which we assessed the students of the College Poet Fabrizio Braga, using as resources, calculating the Body Mass Index (BMI) , waist/ hip ratio (WHR) and heart rate (HR). We also have materials such scale that indicates the percentage of water and fat individual, tape measure, and a questionnaire to be filled with student data.



Figure 01. Biometric Evaluation with teens College Poet Fabrizio Braga, in the Municipality of Matrix Camaragibe-AL

The reporting period began on March 01 to October 30, 2013 by submitting the descriptive statistical evaluation by means of graphs are presented below: The resources used for this survey research and extension, were based on the protocols and measures ratings percentage of Body Fat, Waist and Hip Ratio and Body Mass Index (BMI) which is basically dividing the person's weight in kilograms by their height2 meters. However, data were calculated by means of the features offered by the site Health Movement, this site, we used the Physical Reviews Programs it was possible to diagnose the classification of body weight, identifying whether the individual is of normal weight or overweight, according to World Health Organization (WHO).



Figure 02. Check the percentage of water, fat and weight.



Figure 03. Biometric Evaluation with Teenagers School Poet Fabrizio Braga

FINAL ANALYSIS OF BIOMETRIC EVALUATION

Manipulated markets against many benefits a few, individuals who are at the forefront of an imminent collapse, among others are those who argue on his own behalf, in order to blame the victims or defend the particular interests of those who fight against the system already mentioned in the previous pages .

"The satisfaction justifies the pain is not the philosophy of the athletes? That is mine too. "Are for personal use repetitive phrases that people are not confined to the immediate pleasure, which in turn has its own cost. We are encompassed in a system in which only do part of the thread of the story, like a casino, where a tiny minority dictates the rules of the game, only this time, the social game. Selfish elites who engariam resources at the expense of those who are somewhat dependent on the marketing, advertising and false ideologies propagated with maximum force in the global media.

Thus, the argument quoted above is valid. Since then, it is remarkable that only males of the respective, College Poet Fabrizio Braga, are more concerned with health. In contrast, the data argue that women, unlike men, are more prone to obesity. Therefore, due to poor eating habits and sedentary lifestyle. What provides the various diseases: diabetes, high blood pressure, breathing difficulties, gall stones and may even exacerbate many forms of cancer. However, the method used in this research, it is most advisable to identify coronary risk. However, BMI - Body Mass Index presents its restrictions for athletes, because it applied the athlete can identify self -fat, or obesity. In such cases, it is recommended to make a specific assessment body.

CONCLUSION

It is known that the dynamics of the capitalist system is the main precursor of inactivity in contemporary society. On the other hand entails the rise of rates of risk factors such as obesity and heart disease, then causing high mortality in the community. Furthermore, educational cultural values and collective recreations are being abandoned (as) to give rise to individual and materialistic values. Since then, the present study aimed to report the main agents that interfere directly and indirectly, convincing and persuading young people aged 14-18 years.

Thus, the use of technology is one of the main methods. Same promotes a weak foundation, the physical point of view -muscular. The innovations of technological devices, increasingly seek to avoid all and any, arduous and also repetitive motion. Like when we fail to climb a ladder and look for the nearest elevator. Or when we began using motor vehicles, leaving the traditional bicycle use and walking, to get faster to our destination, then contributing to the greenhouse effect. Or when young, the male point of view, avoid playing football to watch the game on TV.

Analyzing this kind of repertoire, we observed that such situations mentioned above, occur daily, and that the culture of contemporary leisure is being completed gradually. Traditional passed from generation to generation games are no longer being practiced in the infantile period of several Brazilians, but their absence can cause serious consequences, such as motor coordination failures in future. What is worth highlighting its paramount importance, even to the labor market, such as tests of motor coordination required of potential police. This factor is what eliminates most competitors, it is not easy to exercise dominion in adulthood, once one learns in childhood. This domain was practiced daily in traditional games such as running swimming and jumping and has now been replaced in front of the computed hours or video game you need only move the fingers.

Moreover, this also increases the percentage of risk factors is the issue of power. The media spreads false ideologies, associating the food injurious to health if consumed in excess, happiness. The target audience is children and young people whose social status, can influence the purchasing power of food to be sold. Thus, the advertisements directly and indirectly influence the quality of life of citizens, as can convince and persuade the customer through spoken communication, written or by way of symbols and animations.

Since the dynamism of capitalism is present in many areas of everyday life and that it can change the eating habits and methods of exercise, society ends up creating contradictory stereotypes. Ultimately discriminating a particularity of the people who consume exaggeratedly biased way of performing, then the cult of the body. Similar to what happened in Ancient Greece, the ideal of aesthetic value, a true cult of the body in order to become good soldiers and athletes. At the same time, the influence paradox between compulsion and uncontrolled, between suffering and pleasure of consuming.

Based on such evidence made it necessary to devise a mapping of risk factors , whose project was conducted in the municipality of Maragogi, Matrix Camaragibe and Porto Calvo, who are in the state of Alagoas.

Suggestions: To warn 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 well quality of life of human beings.

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ABSTRACT

The current article refers to the extension project conducted within the College Poet Fabricio Braga municipality of Matrix Camaragibe - AL, as well as in the city of Porto Calvo - AL. Having to map the risk factors in adolescents aged 14-18 years old. Our principal aim of this project pervades the universe mapping itself, we look at issues that justify a sedentary way of life and poor diet. As well as the entertainment options that these municipalities to offer innovated accessible through this northeastern Brazil technological devices. Therefore, this article, this is a quantitative descriptive research, using as a method biometric assessment using the scale, estadiômentro , tape measure and caliper. However, to collect data from students in the age group 14-18 years is of paramount importance for the development and improvement of the current article, it is based on these data that were generated information about the topic discussed, prompting the level of risk participants who subterram biometric evaluation. Then, using resources such as the calculation of BMI and WHR, following guidelines and normality of the World Health Organization.

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

RÉSUMÉ

Le présentarticle se réfèreauprojet d'extensionmenéedanslamunicipalitéCollègepoète Fabricio Braga de Matrix Camaragibe-AL, ainsi que laville de Porto Calvo -AL. Ayantpourcartographierlesfacteurs de risque chez lesadolescentsâgés de 14-18 ans. Notreobjectif principal de ceprojetimprègnela cartographie de l'univerlui-même,nous regardons les questions qui justifient un mode de viesédentaire et une mauvaisealimentation . Ainsi que lesoptions de divertissement que cesmunicipalités à offririnnovéaccessible à traverscenorddispositifstechnologiquesBrésil. Par conséquent, cetarticle, ils'agit d'une recherchequantitativedescriptive, utilisantcomme une évaluationbiométrique de laméthodeutilisantl'échelle, estadiômentro, ruban à mesurer et de l'étrier. Toutefois, afin de recueillirdesdonnéesauprès d'élèves de la tranche d'âge 14-18 ans est d'une importance primordiale pour le développement et l'amélioration de l'actuelarticle, il est basésurcesdon néesquiont étégén érés informationssurlesujetdiscuté, cequi incite leniveau de risque participantsqui subterram évaluationbiométrique . Puis, enutilisantdesressourcestelles que lecalcul de l'IMC et RTH, quisuitleslignesdirectrices et lanormalité de l'Organisationmondiale de laSanté.

MOTS-CLÉS: Facteurs de risque, indice de masse corporelle, le rapport taille de la hanche.

RESUMEN

El presente artículo se refierealproyecto de ampliaciónllevado a cabo dentro delmunicipioColegio Poeta Fabricio Braga de Matrix Camaragibe -AL, así como enlaciudad de Porto Calvo -AL. El tener que asignarlosfactores de riesgoen adolescentes de 14 a 18 años de edad. Nuestro objetivo principal de este proyecto impregna lapropiacartografía universo, nos fijamosenlos problemas que justificanun modo de vida sedentario y una dieta deficiente. Además de lasopciones de entretenimiento que estosmunicipios para ofrecerinnovaronaccesible a través de dispositivos tecnológicos este noreste de Brasil. Por lo tanto, en este artículo, se trata de una investigaciónde scriptivacuantitativa, usando como método de evaluaciónbiométrica utilizando la escala, estadiômentro, cinta métrica y el calibre. Sin embargo, para recogerdatos de losestudiantesenel grupo de edad de 14-18 años es de suma importancia para eldesarrollo y lamejoradelactual artículo , que se basaenlosdatos que se hangeneradoinformación sobre el tema tratado, lo que provocóelnivel de riesgo participantes que subterram evaluación biométrica. Luego, utilizando recursos tales como el cálculo del IMC y la RCC, siguiendolasdirectrices y lanormalidad de laOrganización Mundial de laSalud.

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 MATRIZ DE CAMARAGIBE-AL

RESUMO

O atual artigo é referente ao Projeto de Extensão realizado no âmbito do Colégio Poeta Fabricio Braga do município de Matriz de Camaragibe-AL, assim como na cidade de Porto Calvo-AL. Tendo como objetivo mapear os fatores de risco em adolescentes na faixa etária de 14 a 18 anos de idade. Nosso principal objetivo deste projeto perpassa o universo do mapeamento em si, atentamos para questões que justificassem o modo de vida sedentário e má alimentação. Assim como, as opções de lazer que esses municípios oferecem mediante aos inovados aparelhos tecnológicos acessíveis a essa região do

Nordeste Brasileiro. Sendo assim, o presente artigo, trata-se de uma pesquisa quantitativa do tipo descritiva, usando como método a avaliação biométrica com a utilização da balança, estadiômentro, fita métrica e adipômetro.Todavia, a coleta dos dados dos discentes da faixa etária de 14 a 18 anos é de suma importância para o desenvolvimento e aprimoramento do atual artigo, pois é com base nesses dados que foram geradas as informações acerca do tema abordado, alertando o nível de risco dos participantes que se subterram a avaliação biométrica. Utilizando, então, recursos como o cálculo do IMC e RCQ, seguindo orientações e a normalidade da Organização Mundial de Saúde.

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