145 - CONCEPTS: HEALTH/QUALITY OF LIFE/ BODY MASS INDEX/ WAIST HIP RATIO AND MEASUREMENTS AND CALCULATIONS FOR WELFARE

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CONCEPTS OF HEALTH

1 - The concept of health formulated in VIII National Health Conference (CNS VIII), held in Brasilia in 1986. Also known as 'expanded concept' health was the result of intense mobilization, which was established in several countries in Latin America during the 1970s and 1980s as a response to authoritarian regimes and the crisis of public health. The maturing of the debate was in the process of democratization of the country, under the Brazilian Sanitary Reformmovement and represented a social achievement unprecedented to become constitutional text in 1988. [5] Recall his statement. In a broad sense, health is the result of the conditions of food, housing, education, income, environment, labor, transportation, employment leisure, freedom, access and land tenure and access to health services. Thus, it is mainly a result of the social organization of production, which can generate large inequalities in living standards.

2 - The concept of health reflects the social environment, economic, political and cultural. Ie: health is not the same for all people. Depend on the time, place, social class. Depend on individual values, depend on scientific conceptions, religious, philosophical. The same, incidentally, can be said of diseases. It is considered that this disease varies widely. There was time when masturbation was considered a pathological behavior can result in malnutrition (by loss of protein contained in the sperm) and mental disorders . Masturbation was treated by diet, by infibulation, the immobilization of the "patient ", for electric shock when they gave the penis was manipulated and even by abltação genitalia. There was a time, too, that the desire for escape of slaves was considered mental illness: a drapetomania (drapetes Greek, slave). The diagnosis was proposed in 1851 by Samuel A. Cartwright, medical state of Louisiana in the southern United States slavery. The proposed treatment was the scourge also applicable to "Ethiopian dysesthesia," another doctor's diagnosis Cartwright, explaining this lack of motivation to work among enslaved blacks.

3 - The concept of the WHO, released the letter early April, 1948 (since the World Health Day), implying recognition of the right to health and the state's obligation to promote and protect health, says History Health Concept PHYSIS: Rev. Public Health, Rio de Janeiro, 17 (1): 29 -41 , 2007 37 that " Health is the state 's most complete physical wellbeing, mental and social and not merely the absence of infirmity". This concept is reflected, on the one hand, a desire born of the social movements of the post-war: the end of colonialism, the rise socialism. Health should express the right to a full life without hardship. A useful concept to analyze the factors that intervene on health, and on which public health must, in turn, intervene, is the field of health (health field), formulated in 1974 by Marc Lalonde, head of the Ministry of health and Welfare of Canada - a country that applied the medical model English. According to this concept, the field of health covers: human biology, which comprises the genetic and biological processes inherent to life, including the factors of aging; the environment, including soil, water, air, housing, workplace; the lifestyle, which result from decisions that affect health: smoke or quit smoking, drinking or not, do or do not exercise; the organization of health care. Medical care, outpatient and hospital services and medicines are the first things that many people think when it comes to health. However, this is only one component of the health care field, and not necessarily the most important, sometimes it is more beneficial to health have clean water and healthy foods than providing medicines. It is best to avoid smoking than to undergo lung radiographs every year. Of course these things are not mutually exclusive, but the scarcity of resources in health forces often select priorities.

CONCEPTS OF QUALITY OF LIFE

1 - Quality of life is the method used to measure the conditions of life of a human being, this method involves good physical, mental, psychological and emotional, social relationships such as family and friends and also health, education and other life circumstances. Quality of life is measured by the World Health Organization, which developed a questionnaire to measure quality of life. This questionnaire consists of six domains: physical, psychological, level of independence, social relationships, the environment and the religious aspects. Quality of life is:

2 - Quality of life - "the individual's perception of their position in life in the context of culture and value systems in which they live and in relation to their goals, expectations, standards and concerns"

3 - Quality of life is the method used to measure the conditions of life of a human being. Involves the spiritual, physical, mental, psychological and emotional, and social relationships such as family and friends and also health, education, purchasing power, housing, sanitation and other life circumstances. Not to be confused with standard of living, a measure that quantifies the quality and quantity of goods and services available.

BODY MASS INDEX

What does it mean BMI? - BMI is an abbreviation used for body mass index, which is a measure used to measure the morphology of the human body.

How to calculate BMI? - The BMI calculation is done by dividing the weight (in kilograms) by height (in meters) squared.

$$\text{EX: BMI} = \frac{\text{WEIGHT (KG)}}{(\text{HEIGHT X HEIGHT})}$$

What are the limitations of BMI? - BMI can submit changes, depending on factors such as physical exercise.

The BMI calculation is different for women and men? No, the BMI is calculated the same for men and women.

WAIST-HIP RATIO (WHR)

Many studies in the general population identify obesity through the body mass index (BMI), and the central distribution of body fat, according to the waist/hip ratio (WHR) and waist circumference (WC) as risk factors for mortality.

However, the study CABRERA et al. concludes that: The data presented demonstrate that in this group of elderly studied, obesity and overweight showed no increased risk of mortality, while underweight was confirmed as an important determinant of mortality. Moreover, the results highlight the importance of measuring the WHR as anthropometric parameter of central fat distribution in risk analysis among elderly people, whose increase proved a risk factor for total mortality.

So, how to calculate the waist/hip ratio?

First measure value:

Circumference measures of the members shall be made on the right side of the body; anthropometric Use a tape measure to measure the circumference; voltage to be applied by the tape should not pinch the skin or subcutaneous tissue. The ribbon should be aligned with the horizontal plane and in the case of the abdomen anatomical reference is the maximum anterior bulge, which is usually in the navel. In the case of the hip, the anatomical reference is the maximum posterior extension of the buttocks.

After the measurement data, one must calculate the WHR by dividing the waist circumference (cm) by hip circumference (cm).

RESULT	***SITUATION***
Below 17	*Very underweight*
Between 17 and 18.49	*Underweight*
Between 18.5 and 24.99	*Normal weight*
Between 25 and 29.99	*Pounds*
30 to 34.99	*Obesity I*
35 to 39.99	*Obesity II (severe)*
Above 40 III	*obesity (morbid)*
RESULT	***SITUATION***
Below 17	*Very underweight*
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Table Relationship Index WHR Male

Risk	**20 a 29 years**	**30 a 39 years**	**40 a 49 years**	**50 a 59 years**	**60 a 69 years**
Low	< 0,83	< 0,84	< 0,88	< 0,90	< 0,91
Moderate	0,83 a 0,88	0,84 a 0,91	0,88 a 0,95	0,90 a 0,96	0,91 a 0,98
Alto	0,89 a 0,94	0,92 a 0,96	0,96 a 1,00	0,97 a 1,02	0,99 a 1,03
Muito Alto	> 0,94	> 0,96	> 1,00	> 1,02	> 1,03

Tabela de Relação do Índice RCQ Feminino

Risco	**20 a 29 anos**	**30 a 39 anos**	**40 a 49 anos**	**50 a 59 anos**	**60 a 69 anos**
Baixo	< 0,71	< 0,72	< 0,73	< 0,74	< 0,76
Moderado	0,71 a 0,77	0,72 a 0,78	0,73 a 0,79	0,74 a 0,81	0,76 a 0,83
Alto	0,78 a 0,82	0,79 a 0,84	0,80 a 0,87	0,82 a 0,88	0,84 a 0,90
Muito Alto	> 0,82	> 0,84	> 0.87	> 0,88	> 0,90

FINAL THOUGHTS

It is expected that article, will contribute as regards the concepts of health and quality of life as well as identify measures BMI and WHR.

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CONCEPTS: HEALTH / QUALITY OF LIFE / BODY MASS INDEX / HIP WAIST RATIO AND MEASUREMENTS AND CALCULATIONS FOR THE WELFARE

ABSTRACT

The concept of health formulated at the VIII National Health Conference (CNS VIII), held in Brasilia in 1986. Also known as 'expanded concept' health was the result of intense mobilization, which was established in several countries in Latin America during the 1970s and 1980s as a response to authoritarian regimes and the crisis of public health systems. The concept of the WHO, released the letter early April 7, 1948 (since the World Health Day), implying recognition of the right to health and the state's obligation to protect and promote health. It is expected that article, will contribute with regard to the concepts of health and quality of life as well as identify measures BMI and WHR.

KEYWORDS: Health, Quality of Life, Body Mass Index.

CONCEPTS: SANTÉ/QUALITÉ DE VIE/INDICE DE MASSE CORPORELLE/HIP TAILLE RATIO LES MESURES ET CALCULS POUR LE BIEN-ÊTRE

RÉSUMÉ

Le concept de santé formulée lors de la Conférence nationale sur la santé VIII (CNS VIII), qui s'est tenue à Brasilia en 1986. Également connu comme «concept élargi« santé est le résultat d'une intense mobilisation, qui a été établi dans plusieurs pays d'Amérique latine au cours des années 1970 et 1980 comme une réponse à des régimes autoritaires et la crise des systèmes de santé publique. Le concept de l'OMS, a publié la lettre début 7 Avril (1948 depuis la Journée mondiale de la santé), ce qui implique la reconnaissance du droit à la santé et l'obligation de l'État de protéger et promouvoir la santé. Il est prévu que l'article, contribuera à l'égard des concepts de santé et la qualité de vie ainsi que d'identifier les mesures de l'IMC et RTH.

MOTS-CLÉS: santé, qualité de vie, indice de masse corporelle.

CONCEPTOS: SALUD / CALIDAD DE VIDA / ÍNDICE DE MASA CORPORAL / HIP CINTURA RATIO Y MEDICIONES Y CÁLCULOS PARA EL BIENESTAR

RESUMEN

El concepto de salud formulada en la VIII Conferencia Nacional de Salud (CNS VIII), celebrada en Brasilia en 1986. También conocido como la salud "concepto ampliado 'fue el resultado de intensas movilizaciones, que se estableció en varios países de América Latina durante los años 1970 y 1980 como una respuesta a los regímenes autoritarios y la crisis de los sistemas de salud pública. El concepto de la OMS, dio a conocer la carta de principios de 07 de abril 1948 (desde el Día Mundial de la Salud), lo que implica el reconocimiento del derecho a la salud y la obligación del Estado de proteger y promover la salud. Se espera que en el artículo, contribuirá con respecto a los conceptos de salud y calidad de vida, así como identificar las medidas de IMC y la RCC.

PALABRAS CLAVE: Salud, calidad de vida, índice de masa corporal.

CONCEITOS: SAÚDE/QUALIDADE DE VIDA/ÍNDICE DE MASSA CORPORAL/RELAÇÃO CINTURA QUADRIL E MEDIDAS E CALCULOS PARA O BEM ESTAR

RESUMO

O conceito de saúde formulado na VIII Conferência Nacional de Saúde (VIII CNS), realizada em Brasília, no ano de 1986. Também conhecido como ‘conceito ampliado’ de saúde, foi fruto de intensa mobilização, que se estabeleceu em diversos países da América Latina durante as décadas de 1970 e 1980, como resposta aos regimes autoritários e à crise dos sistemas públicos de saúde. O conceito da OMS, divulgado na carta de princípios de 7 de abril de 1948 (desde então o Dia Mundial da Saúde), implicando o reconhecimento do direito à saúde e da obrigação do Estado na promoção e proteção da saúde. Espera-se que o referido artigo, venha contribuir no que diz respeito aos conceitos de saúde e qualidade de vida assim como identificar as medidas de IMC e RCQ.

PALAVRAS-CHAVE: Saúde, Qualidade de Vida, Índice de Massa Corpórea.