160 - RELATION BETWEEN PHYSICAL ACTIVITY LEVEL, LIVING PLACES AND COLLEGE STUDENTS

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INTRODUCTION: The physical inactivity (sedentary) represents an important cause of atone, of reduced quality of life and premature death in society contemporaries, particularly in the industrialized countries. Amongst the cardiovascular illnesses, the risk of one occurrence infarct in sedentary individuals is two times bigger for sedentary individuals when compared those regularly active. Being that if to compare this pointer with the estimate that 60% of the adult population are not enough active, we can conclude that the population risk attributed to the sedentarismo becomes it an important factor of risk. (NAHAS, 2003) the sedentarismo is related to a style of life with little physical activity. This can be measured 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 sedentary and if individual to carry through physical activities that accumulate a great expense 1.000 kcal per week, it is classified moderately active. The prevalence of overweight and obesity usually is related to little physical activity. It is a consensus inside of the professionals of the area of sciences of the sport that the physically more active individuals are more healthful or tends to try minors taxes of mortality for degenerative chronic illnesses (BLAIR et al. 1989). 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 measured has been used to determine the level of physical activity in adults (HATANO 1993, VOORRIPS 1991, HASKELL 1992, WELLENS 1989, HASKELL e YEE 1993,ARROLL 1991,GRETEBECK 1992,DISHMAN 1992,WASHBURN 1990). In the current days it can be observed inside of the main states of Brazil, a great socioeconomic inequality (COAST, 2003). When we evaluate each state separately, emphasizing Rio de Janeiro, find a relation between the socioeconomic level and the region of residence of each population group (MATSUDO, 2002). In view of that this installed inequality and the aiming of each one of these groups of different social levels for distinct regions of housing, is a factor that currently mobilizes the concern of the majority of the citizens, as much for the cultural diversity in a small space, how much for the style of life favorable to the practical one of physical activity that is proportionate only to a minority (NAHAS, 2003). Individuals economically less favored possess more activities of house inside, due to money scarcity to remunerate other people who carry through its domestic activities (GOMES, 2001). Based in this, it is verified that each time more the activity or activities of the daily life **(AVD's**) present a significant impact in the style of life of an individual.

OBJECTIVES: The study it had as objective to analyze the association between the level of physical activity and the place of housing of living in university students of two distinct areas of the state of Rio de Janeiro, the south zone and *baixada fluminense*.

METHODOLOGY: It is a descriptive research of inquiry. It was used as volunteers to this research 88 individuals of both the sorts, university students who lived in any quarter of the south zone and the *baixada fluminense* in the state of Rio de Janeiro. For analysis of the level of physical activity it was used as instrument the IPAC (International Questionnaire of Physical Activity) in the short version. This instrument was used in diverse places, including Brazil, where it was validity in both versions short and long (CRAIG, 2003). Moreover, it was also applied a cadastre contends the place of housing of these citizens. The questionnaires had been deliver to the individuals regularly registered in the fourth period of the Course of Physical Education, inside of the proper university, where they would have to be filled and you deliver soon after that in the same place. Techniques of descriptive statistics for analysis of the data had been used; being later used the non-parametric test Qui-square to analyze the level of significance of the 95% interval ($p<0.05$).

RESULTS: The data had demonstrated a greater percentile to very active and active of individuals in the two investigated regions, however in *baixada fluminense* of Rio de Janeiro the data are balanced between the two categories (very active and active) and in the south zone observes a bigger predominance of very active individuals. It can be observed that, nobody presented sedentary in the places of housing selected as presented in the follow table:

Classification

Classification	***Baixada***	***Zona sul***	***Total***
Very Active	19 (43.2%)	29 (61.7%)	48 (53%)
Active	21 (47.7%)	14 (29.8%)	35 (38%)
Insufficiently active	4 (9.1%)	4 (8.5%)	8 (9.0%)
Sedentary	0 (0.0%)	0 (0.0%)	0 (0.0%)
Total	44	47	91

When analyzing the association between the level of physical activity and the place of housing of living university students of the distinct areas of the state of Rio de Janeiro the south and *baixada fluminense*, it was used a comparison between the observed values and the expected values as demonstrated below:

Classificação	*Baixada*	*Zona sul*	*Baixada*	*Zona Sul*
Very Active	43.2%	61.7%	23.32%	24.91
Active	47.7%	29.8%	16.72%	17.86%
Insufficiently active	9.1%	8.5%	3.36%	4.23
Sedentary	0.0%	0.0%	0.0%	0.0%
p = 0.181	***Observed***		***Expected***	

CONCLUSIONS:

Through the analysis of the presented data it can be concluded that does not exist an association (p<0.181) between the level of physical activity and the place of housing of living in university students of two distinct areas of the state of Rio de Janeiro, the zone south and *baixada fluminense* in the level of significance p<0.05. One becomes important to stand out the greater percentile of active individuals is related to the fulfillments of the recommendations of walked 3 days/week and 30 minutes for session; moderate activity 3 days/week and 30 minutes for session or vigorous activities 5 days/week and 20 minutes for session. These active and very active individuals demonstrate a practical concern in the regular 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 health through the combat to the sedentary and prevention in the development of chronic degenerative illnesses.

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RELATION BETWEEN PHYSICAL ACTIVITY LEVEL, LIVING PLACES AND COLLEGE STUDENTS

ABSTRACT:

The physical activity is now a priority in the Public Health. One of the declared primordial factors of comment on the physical inactivity is the prevalence of sedentary and behaviors of risks to the health, in part, recurrent of the inexistence of one epidemiologist politics of monitoring the exposition of risk behaviors. Where the estimates of insufficiently active the adult Brazilians would arrive approximately 60%. In Brazil, it is made use of few data on the prevalence of sedentary in the different aged groups, with this, has a great difficulty to evaluate the behavior how much to the practical one 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. **Objective:** The aim of this study was to analyze and to correlate the level of physical activity and the place of housing of living university students of two distinct areas of the state of Rio De Janeiro, the south zone and Baixada Fluminense. **Methodology:** It is a descriptive research of inquiry, which had to the data collecting without intervening with the study object. It was used as volunteers of the research 88 individuals of both the sorts, university students who lived in any quarter of the south zone and in the Baixada Fluminense in the state of Rio de Janeiro. It was used as instrument for analysis of the level of physical activity the IPAC (International Questionnaire of Physical Activity) in the short version. Used in diverse places, including Brazil, where it was validity in the versions short and long (CRAIG, 2003). Moreover, also one was carried through registers in cadastre contends the place of housing of these volunteers .Os inquiries had been delivers to the individuals regularly registered in the forth period of the Course of Physical Education, inside of the proper university, where they would have to be filled and you deliver soon after that in the same place. Techniques of descriptive statistics for analysis of the data had been used; being later used the non-parametric test Qui-square to analyze the level of significance in the interval of the 95% (p<0.05). **Results:** The data had demonstrated a greater percentile of individuals more active and active in the two investigated regions, however in Baixada fluminense of Rio de Janeiro are balanced between the two categories (very active and active) and in the south zone observes a bigger predominance of very active individuals. **Conclusion:** Through the analysis of the presented data it can be concluded that does not exist an association (p<0.181) between the level of physical activity and the place of housing of living in university students of two distinct areas of the state of Rio de Janeiro at the level of significance p<0.05.

Key words: physical activity, place of housing, IPAC

ANÁLISIS COMPARATIVO DEL NÍVEL DE LAS ACTIVIDADES FÍSICA DE MORADORES DE DOS REGIONES DEL RIO DE JANEIRO EN LA ZONA OESTE Y EN LA BAIXADA FLUMINENSE

RESUMEN:

La inactividad física que predomina em las personas de todas las edades, es el factor principal que aflige el médio epidemiológico. Uno de los factores primordiales de observación declarados sobre la inactividad física, es la prevalecía del sedentarismo y del comportamiento de riscos a la salud, en parte debido a la inexistencia de una política de vigilancia epidemiológica enfocando la exposición de comportamientos de risco. En donde la estimativa de brasileños adultos insuficientemente activos llegaría aproximadamente a 60%. En Brasil, se dispone pocos datos sobre la predominación de sedentarismo en los diferente grupos de edades, con esto, hay una gran dificultad para evaluar el comportamiento relacionado a la practica de actividades físicas debido a la falta de instrumentos estandarizados y con buen nivel de precisión para el uso en investigaciones poblacionales y en diferentes contextos sociales y culturales. **Objetivo:** Este estudio tuvo como objetivo determinar el nivel de actividades física de los moradores de la Zona Sur y de la Baixada Fluminense. **Metodología:** este estudio trata-se de una pesquisa descriptiva de campo en una incisión transversal donde fue utilizado,

como instrumento, el cuestionario internacional de las actividades físicas (IPAQ, versión curta) segundo (CELAFISCS). La muestra fue compuesta por x, con la edad promedio de x años (DP=4,8). Fue realizada, una aplicación del IPAQ.

Palabras-claves: Epidemiologia, IPAQ, Actividade Física, Nível Socioeconomico.

RELATION ENTRE LE NIVEAU D'ACTIVITÉ PHYSIQUE, LES ENDROITS VIVANTS ET LES ÉTUDIANTS D'UNIVERSITÉ

ABRÉGÉ : L'activité physique est maintenant une priorité dans la santé publique. Un des facteurs primordiaux avoués du commentaire sur l'inactivité physique est la prédominance de sédentaire et des comportements des risques à la santé, en partie, récurrent de l'inexistence de l'une politique d'épidémiologue de surveiller l'exposition des comportements de risque. Là où les évaluations insuffisamment d'actif les Brésiliens d'adulte arriveraient approximativement 60%. Au Brésil, c'est fait à utilisation de peu de données sur la prédominance de sédentaire dans les différentes catégories d'âge, avec ceci, a une grande difficulté pour évaluer le comportement comment beaucoup à la pratique d'activités physiques dues au manque d'instruments normalisés et avec le bon niveau de la précision pour l'usage dans des études de population et de différents contextes sociaux et culturels. **Objectif** : Le but de cette étude était analyser et corréler le niveau de l'activité physique et l'endroit du logement des étudiants vivants d'université de deux secteurs distincts de l'état de Rio de Janeiro, la zone du sud et de Baixada Fluminense. **Méthodologie** : C'est une recherche descriptive d'enquête, qui a dû les données se rassemblant sans intervenir avec l'objet d'étude. Il a été employé en tant que volontaires de la recherche 88 individus les des deux les sortes, les étudiants d'université qui ont habité dans n'importe quel quart de la zone du sud et dans le Baixada Fluminense dans l'état de Rio de Janeiro. Il a été employé comme instrument pour l'analyse du niveau de l'activité physique l'IPAC (questionnaire international d'activité physique) dans la version courte. Utilisé dans les endroits divers, y compris le Brésil, où c'était validité dans les versions courtes et longues (CRAIG, 2003). D'ailleurs, également un a été réalisé des registres dans le cadastre conteste l'endroit du logement de ces Os De volontaires que les enquêtes avaient étés livre aux individus régulièrement enregistrés dans en avant la période du cours de l'éducation physique, à l'intérieur de de l'université appropriée, où elles devraient être remplies et vous livrez peu ensuite cela dans le même endroit. Des techniques des statistiques descriptives pour l'analyse des données avaient été employées ; plus tard en utilisant la Qui-place non paramétrique d'essai pour analyser le niveau d'importance dans l'intervalle du 95%($p<0,05$). **Résultats** : Les données avaient démontré un plus grand percentile des individus plus actifs et actifs dans les deux régions étudiées, toutefois dans le fluminense de Baixada de Rio de Janeiro soyez équilibré entre les deux catégories (très actives et actives) et dans la zone du sud observe une plus grande prédominance des individus très actifs. **Conclusion** : Par l'analyse des données présentées il peut conclure que n'existe pas une association($p<0,181$) entre le niveau de l'activité physique et l'endroit du logement de la vie dans des étudiants d'université de deux secteurs distincts de l'état de Rio de Janeiro au niveau d'importance ($p<0,05$).

Mots clés : activité physique, endroit du logement, IPAC

ASSOCIAÇÃO ENTRE O NÍVEL DE ATIVIDADE FÍSICA E LOCAL DE MORADIA EM ESTUDANTES UNIVERSITÁRIOS

RESUMO:

A atividade física é agora uma prioridade na Saúde Pública. Um dos fatores primordiais declarados de observação sobre a inatividade física, é a prevalência de sedentarismo e comportamentos de riscos à saúde, em parte, decorrente da inexistência de uma política de vigilância epidemiológica focalizando a exposição de comportamentos de risco. Aonde a estimativas dos brasileiros adultos insuficientemente ativos chegaria aproximadamente a 60%. No Brasil, dispõe-se de poucos dados sobre a prevalência de sedentarismo nos diferentes grupos etários, com isso, há uma grande dificuldade para avaliar o comportamento quanto à prática de atividades físicas devido à falta de instrumentos padronizados e com bom nível de precisão para utilização em estudos populacionais e em diferentes contextos sociais e culturais. **Objetivo:** O estudo teve como objetivo analisar e correlacionar o nível de atividade física e o local de moradia de estudantes universitários moradores de duas áreas distintas do estado do Rio de Janeiro, zona sul e baixada fluminense. **Metodologia:** É uma pesquisa descritiva de inquérito, devido ao levantamento de dados sem, entretanto, interferir no objeto de estudo. A utilizou-se como sujeitos da pesquisa 88 indivíduos de ambos os gêneros, estudantes universitários que morassem em qualquer bairro da zona sul e da baixada fluminense do Rio de Janeiro. Para análise do nível de atividade física foi utilizado como instrumento o IPAC (Questionário Internacional de Atividade Física) na versão curta. Utilizados em diversos locais, incluindo o Brasil, onde foi validade nas versões curta e longa (CRAIG, 2003). Além disto, também foi realizado um cadastro contendo o local de moradia destes sujeitos.Os questionários foram entregues aos indivíduos regularmente matriculados no quarto período do Curso de Educação Física, dentro da própria universidade, onde deveriam ser preenchidos e entregues logo em seguida no mesmo local. Foram utilizadas técnicas de estatística descritiva para análise dos dados, sendo posteriormente utilizado o teste não paramétrico Qui-quadrado para analisar o nível de significância dentro do intervalo de 95% ($p<0.05$). **Resultados:** Os dados demonstraram maior percentual de indivíduos muito ativo e ativo nas duas regiões investigadas, porém na baixada fluminense os dados são equilibrados entre as duas categorias (muito ativo e ativo) e na zona sul observa-se uma maior predominância de indivíduos muito ativos. **Conclusão:** Através da análise dos dados apresentados pode-se concluir que não existe associação ($p<0.181$) entre o nível de atividade física e o local de moradia de estudantes universitários moradores de duas áreas distintas do estado do Rio de Janeiro, zona sul e baixada fluminense ao nível de significância $p<0.05$.

Palavras-Chave: atividade física, local de moradia, IPAC