163 - OLDER PEOPLE FROM ELDERLY SOCIETY GROUPS: FUNCTIONAL CAPACITY AND PHYSICAL ACTIVITY LEVEL

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Introduction

During the last century happened a significant increase in human life expectation, promoting an increase on number of older people in world population (NIEMAN, 1999). However, the increase in the human longevity has revealed a larger number of trouble, both in social or personal level (MOSQUE, 2001). That happens 'cause the aging process jam several alterations in the individual's organism, and these turn itself more perceptible in aged 40 to 64 years (NAHAS, 2001). In aggrement to Andreotti and Okuma (1999), great part of older people have some type of health problem and difficulty to do some tasks of daily, like dislocation, self-care, occupational and recreational activities (WENGER et al., 1984).

The physical activity training can promote several benefits as: maintenance of the independence and autonomy, reduction of the number of prescribed medicines, prevention of the cognitive impairment, maintenance of high functional status, reduction of falls and fractures frequency, pshychological benefits, like improvement in self-image and self-esteem, social contact and life pleasure. Than, the physical activity seems a way to promote health and life quality for older people (ACSM, 2000; SHEPHARD, 2003).

In aggrement to Santarém (1996), sedentarysm increases the difficulty in activities of daily life, promoting a decrease on older people's functional capacity.

Thus, the aim of this study was to describe the physical activity level and functional capacity of older people participant of Elderly Society Groups from São José city, SC.

Methodology

The study had an epidemic design, transverse descriptive or prevalence type. The population was composed by 1.652 olders, people ages 60 years or more, participants in 37 Elderly Society Groups from São José city, SC. The sample was probabilistic, random, proportional (20%), and composed by 256 older people, with average of 70,05 year-old age (SD=6,7).

The used instruments were: identification data form; International Physical Activity Questionnaire (IPAQ), version 8, forms long and normal week, that evaluates the physical activity level; self-perception scale of daily life activities performance (ANDREOTTI & OKUMA, 1999), that evaluates the functional capacity.

The data were collected by trained researchers and interviewers. Instruments application was made individually, in distant places some each other, to avoid interference in answers.

The data were stored and treaties in SPSS software version 13.0. Its analize used descriptive statistics, with no-parametric tests (Chi-square), with significancy level of 5%.

Results and Discussion

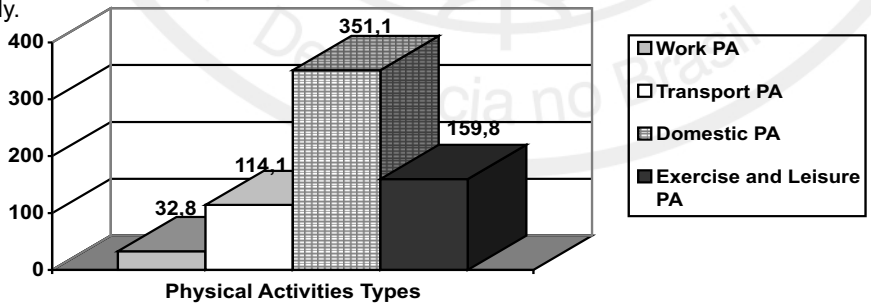
In this study was observed the female predominance in elderly society groups, with 219 older women and 37 older men. According to IBGE (2000), there is a larger frequency of feminine gender, and women live 4 to 10 years more than men. That difference is explained by several genetics, hormonal and social theories (SPIRDUSO, 2005).

About physical activity practice, was observed that 59% of the elderlies were very active and 41% maily sedentary. The physical activities analyzed in this study were related to work, transport, domestic, recreational and leisure activities.

These data agree with other studies, indicating that older people who participate in elderly society groups tends to be more active. In a research accomplished in Florianópolis, SC, with a sample of 198 older women, using the same instrument of evaluation from physical activity level, Mazo et al. (2001) verified that 66,2% of study group who participated in elderly society groups were classified on more active group.

The type and intensity of the physical activity are fundamental to evaluate the benefits for older people. The importance of more intense physical activities practice is mentioned by Brach et al. (2004); these authors show up that individuals with more intense activities had better physical function than those who practiced smaller intensive activities.

Graph 1 presents different forms of physical activity, with moderate and vigorous intensity, practiced by older people from this study.



Graph 1 Physical Activities (PA) types by minutes a week.

It was observed that older people practiced some type of physical activity, on average, 657,8 minutes a week. Of these, 408,5 minutes a week of moderate physical activity, being the domestic activities one of larger frequency.

The data show that olders spend around 159,8 minutes a week from their time accomplishing activities of physical exercise, sport, leisure and recreation, what can be considered a low level.

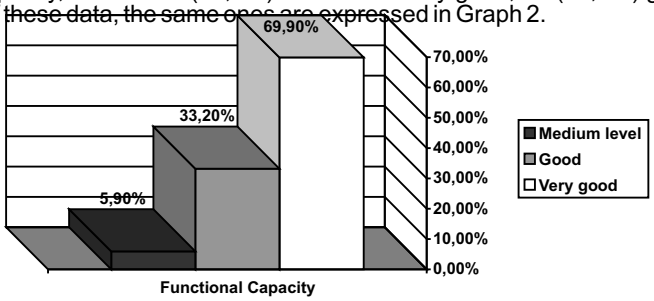
Brach et al. (2004), in a population study in the United States with 3.075 olders, aged 70 to 79 years, concluded: olders who practice 20 to 30 minutes of moderate physical exercise in most of the days of the week have better physical capacity than those who are mainly sedentary.

However, the activity and physical exercise intensity should be treated with responsibility and caution, because the excessive exercise can be dangerous (Shephard, 2003).

About sitting time, the olders of this study stayed on average 691,7 minutes a week. When comparing the time that the olders do some physical activity with sitting time, there is a difference of 33,9 minutes a week, revealing that this people stay more time in sitt position than practicing some physical activity. In agreement with Brach et al. (2004), any type of physical activity is better than the inactivity, however, the physical exercise checks better benefits for the physical capacity.

Orientations and incentives for physical activity practice are necessary for the maintenance or improvement in olders' functional capacity, in as much as what happens with the aging is not just due to it, but it's caused by the disuse (SPIRDUSO; GILLIAM-MACRAE,1991).

About functional capacity, 156 olders (60,9%) reveal it as very good, 85 (33,2%) good and 15 (5,9%) in medium level. For better visualization of these data, the same ones are expressed in Graph 2.



Graph 2 Functional Capacity Level perception.

The data found in this study corroborate with other works about functional capacity from elderly groups participants. In study accomplished with older women that participate in Elderly Groups of Florianópolis, SC, most presented a good independence level (MAZO, 2003). On Program of Autonomy for Physical Activity from Sao Paulo University, the group members had independence to accomplish daily life activities (ANDREOTTI; OKUMA, 2000). Other study, by Kawamoto et al. (2004), mentions the activates participation in community events activities and elderly clubs as an important preventive factor of functional decline.

About independent and ease accomplishment of daily life activities, olders from group study presented better actings in: to feed (99,6%), to combed (99,6%), to cook (94,9%), to peel foods (94,5%), to dress blouse (92,6%), to button blouse (91,4%) and to sit down in chair without arms help (90,6%). These results point that the elderly have good performance in basic daily life activities related to hygiene and to dress, as well some instrumental activities of daily life , like cooking.

The worst performance activities, with difficulty to realize its or needing help to this, were related to dislocation and instrumental activities like cleaning. Than, the following activities were told: to arise more than 40 steps (76,5%), to walk fast (69,6%), to walk in ascent (69,2%), to get up of the ground (67,2%), to go down more than 40 steps (64,1%), cleaning (56,6%) and to arise from 15 to 20 steps (55,8%).

Relating the physical activity level with functional capacity, was verified that there wasn't statistically significant differences ($p < 0.05$). However, exist epidemic evidences that sustain the positive effect of an active lifestyle and/or of the individuals' involvement in programs of physical activity or of exercise in the prevention and minimization of aging impairment effects (ACSM, 1998). The scientists emphasize the need of the physical activity more and more as fundamental part of the world programs of health promotion, because the physical inactivity is considered the main problem of public health, on this new millennium (MATSUDO, 2001; BLAIR, 2002).

Conclusion

In this study was observed that older people enrolled in elderly groups from São José city, SC, 59% are very active and 41% mainly sedentary, being the domestic activities the more accomplished.

Theirself perception of functional capacity as good and very good. And 60,9% presented functional capacity as very good, 33,2% as good and 5,9% in medium level.

There is a tendency of olders participant of elderly groups for reveal their self-perception of functional capacity as good, referring a larger autonomy in the daily life activities.

However they are physically active, it was verified the needs to stimulate them for activity practice and guided physical exercise, in a way to promote older people health.

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OLDER PEOPLE FROM ELDERLY SOCIETY GROUPS: FUNCTIONAL CAPACITY AND PHYSICAL ACTIVITY LEVEL

ABSTRACT
This study aimed analyzes the physical activity levels (mainly sedentary and very physically active) and functional capacity from older individuals. It's an epidemic transverse descriptive research. The population was composed by 1.652 older people from 37 Elderly Society Groups from São José city, SC. The sample was probabilistic, with random selection, and was composed by 256 participant of these groups. The instruments used in data collection were: Form for identification data; International Physical Activity Questionnaire (IPAQ), version 8, forms long and normal week, that evaluates physical activity level; Self-perception Scale of daily life activities performance (ANDREOTTI; OKUMA, 1999), that evaluates the functional capacity. The data were treated with descriptive statistics, and no-parametric test (Chi-square), with 5% of significancy level. It was observed that 59% of study subjects were very active and 41% mainly sedentary. Most of the olders reveal their functional capacity as good and very good, and 60,9% like very good, 33,2% good and 5,9% in medium level. Relating the physical activity level with functional capacity, was verified that there wasn't statistically significant differences ($p < 0.05$). Even so the olders majority had elevated physical activity level, its necessary still stimulating the practice of guided physical exercise. It should be intervened with activity programs and specific physical exercise to health promotion. So, this can promote maintenance or improvement of functional capacity of older people.
Word-Key: Elderly. Physical activity level. Functional capacity.

PERSONNES ÂGÉES DES GROUPES DE COHABITATION: CAPACITÉ FONCTIONNELE ET NIVEAU D'ACTIVITÉ PHYSIQUE

Résumé
Cette étude a eu pour objectif d'analyser les niveaux d'activité physique (peu et très actif physiquement) et la capacité fonctionnelle dês personnes âgées. C'est une recherche épidémiologique du type descriptive transversale. La population s'est composée de 1.652 personnes âgées de 37 groupes de cohabitation à São José, SC. L'échantillon a été du type probabiliste avec la technique de l'élection aléatoire, et a compté sur 256 personnes âgées participantes de ces groupes. Les instruments de collecte des données ont été: Formulaire avec les descriptions; Questionnaire International d'Activité Physique (IPAQ), version 8, longue forme et semaine normale, qui évalue le niveau d'activité physique; Échelle d'auto-perception de l'exécution dans les activités de la vie quotidienne (ANDREOTTI; OKUMA, 1999), qui évalue la capacité fonctionnelle. Les données ont été traitées par des statistiques descriptives, des essais non-paramétriques - Qui-place, en adoptant un niveau d'importance de 5%. On a observé que des personnes âgées appartenant aux groupes de cohabitation, 59% étaient très actifs physiquement et que 41% étaient peu actifs. La majorité dês personnes ont admis leur capacité fonctionnelle comme bonne et très bonne, étant que 60,9% l'avaient comme très bonne, 33,2% comme bonne et 5,9% comme moyennes. Quand on a essayé de relier le niveau d'activité physique avec la capacité fonctionnelle des personnes interviewées on a verifié qu'il n'y a pas eu de différence statistiquement significative ($p<0.05$). Même si les personnes âgées avaient, dans sa majorité, un haut niveau d'activité physique, il existe la nécessité de stimuler la pratique d'exercice physique guidé. On doit intervenir avec des programmes d'activité et d'exercice physique spécifique pour garantir la promotion de la santé. Ainsi, on possibilite l'entretien ou l'amélioration de la capacité fonctionnelle de ces personnes.
Mot-cléf: Âgé. Niveau d'activité physique. Capacité fonctionnelle

PERSONAS ADULTAS MAYORES DE GRUPOS DE CONVIVENCIA: CAPACIDAD FUNCIONAL Y NIVEL DE ACTIVIDAD FÍSICA

RESUMEN
Este estudio tuve como objetivo analizar los niveles de actividad física (poco y muy activo físicamente) y la capacidad funcional de persona adultas mayores. Es una investigación epidemiológica del tipo descriptivo transversal. La población fue compuesta por 1.652 ancianos de 37 Grupos de Convivencia de Personas Mayores de São José, SC. La muestra fue compuesta de forma probabilística, con selección aleatoria, contando con 256 personas mayores participantes de estos grupos. Los instrumentos de colecta de datos fueron: Formulario con datos de identificación; International Physical Activity Questionnaire (IPAQ), versión 8, forma mucho tiempo y semana normal, que valora el nivel de actividad física; Escala de autopercepción de desempeño en las actividades de la vida diaria (ANDREOTTI; OKUMA, 1999), que valora la capacidad funcional. Los datos fueron tratados través de la estadística descriptiva, de pruebas no-paramétricas (Qui-cuadrado), adoptándose un nivel de significáncia de 5%. Fue observado que 59% eran muy activos y 41% poco activos. La mayoría de las personas mayores relataron su capacidad funcional como buena y muy buena, con 60,9% en muy bueno, 33,2% bueno y 5,9% en mediano. Al relacionar el nivel de actividad física con la capacidad funcional de los entrevistados fue verificado que no había diferencia estadisticamente significante ($p < 0.05$). Mismo que la mayoría de los ancianos el nivel de actividad física fuera elevado, existe la necesidad de estimular la práctica de ejercicio físico guiado para personas de tercera edad. Debe intervenirse con programas de actividad y ejercicio físico específico para la promoción de la salud. Así, haciendo posible el mantenimiento o mejora de la capacidad funcional desta población.
Palabras-Clave: Personas Adultas Mayores. Nivel de actividad física. Capacidad funcional

IDOSOS DE GRUPOS DE CONVIVÊNCIA: CAPACIDADE FUNCIONAL E NÍVEL DE ATIVIDADE FÍSICA

Resumo

Este estudo teve como objetivo analisar os níveis de atividade física (pouco e muito ativo fisicamente) e a capacidade funcional de idosos. Trata-se de uma pesquisa epidemiológica do tipo descritiva transversal. A população foi composta por 1.652 idosos de 37 Grupos de Convivência de Idosos de São José, SC. A amostra foi do tipo probabilística, com a técnica de seleção aleatória, e contou com 256 idosos participantes destes grupos. Os instrumentos de coleta de dados foram: Formulário com os dados de identificação; Questionário Internacional de Atividade Física (IPAQ), versão 8, forma longa e semana normal, que avalia o nível de atividade física; Escala de auto-percepção do desempenho em atividades da vida diária (ANDREOTTI; OKUMA, 1999), que avalia a capacidade funcional. Os dados foram tratados através de estatística descritiva, de testes não-paramétricos - Qui-quadrado, adotando-se um nível de significância de 5%. Observou-se que dos idosos cadastrados nos grupos de convivência, 59% eram muito ativos e 41% pouco ativos. A maioria dos idosos percebeu sua capacidade funcional como boa e muito boa, sendo que 60,9% tinham-na como muito boa, 33,2% boa e 5,9% média. Ao tentar relacionar o nível de atividade física com a capacidade funcional dos idosos entrevistados verificou-se que não houve diferença estatisticamente significativa ($p<0.05$). Apesar dos idosos estarem, em sua maioria, com nível de atividade física elevado, existe a necessidade de se estimular a prática de exercício físico orientados. Deve-se intervir com programas de atividade e exercício físico específicos para garantir a promoção da saúde. Assim, possibilitando a manutenção ou melhora da capacidade funcional destes idosos.

PALAVRAS-CHAVE: Idosos. Nível de atividade física. Capacidade funcional.