40 - Quality Program of life and aging Healthy Active Life

Heloisa Landim Gomes
Quality Program of life and aging Healthy Active Life
Campos dos Goytacazes, Rio de Janeiro, Brazil
Email: landim.hl08@gmail.com
Street Salvador Correa,114 - Campos dos Goytacazes – Rio de Janeiro - Zip code 28035310
André Luiz Marques Gomes
Faculdade São Judas Tadeu
Rio de Janeiro Brazil

doi:10.16887/87.a1.40

introduction

This article deals with the importance of the implementation and development of a public policy for the healthy aging of the population aged 60 or more in the city of Campos dos Goytacazes. Located in northern Rio de Janeiro, Campos dos Goytacazes is the second largest city in the state of Rio de Janeiro, in land area second only to the state capital, the city of Rio de Janeiro, and in relation to population data, it is fourth most populous in the state.

Corroborating the above statements, and based on data from the Brazilian Institute of Geography and Statistics (IBGE) the last Demographic Census, Campos dos Goytacazes has "With the widest area of the State of Rio de Janeiro, the fields of Goytacazes Indians were part of Captaincy Pero Góis da Silveira, as stated in the Grant Letter of August 28, 1536. "(IBGE, 2010).

With a population above the house of four hundred thousand inhabitants (IBGE 2010), the Demographic Census 2010 points in the age stratification that 12% of a total of 467,000 inhabitants is sixty years old or more, characterizing the aging of the local population and corroborating the statement of the need for planning for the aging of the city and its citizens. Already the IBGE estimate in 2015 was the expansion of this number in the 483,000 inhabitants.

The lack of public policy with the creation of a network of social protection to those age then becomes a pressing need because no one ages from night to day, aging is gradual, after all, aging is since it is born. From the 60s, the group of seniors went on to lead this growth, but along with this growth grow the challenges of aging in a country that has not created or developed over the years a network of social protection for healthy aging (Alves Junior 2009 apud Brazil 2012), states that "In the second half of the twentieth century. It appears that humanity has conquered the desired extension of life expectancy through the evolution of medicine and related areas, "but opposing the celebration of the cause, it creates the challenge of rethinking economic and social development in order to ensure the preservation human dignity, after all even if the system is not properly prepared, all people including the elderly, need to have their basic needs met and this involves issues such as housing, leisure, functional occupation and income (SILVA SANTOS, 2010).

Thus the aim of this study is to present the locations of practitioners Active Life Program Gymnastics for healthy aging highlighting the importance of physical activity for those who grow old.

This objective proposes to create as problematic the management model regarding physical activity can be very satisfying, but meet the housing and health needs at this point convergirmos for the term location, which is a facilitating factor for engagement elderly in the practices of physical activity and therefore a public policy vision of social protection for the elderly and care of the basic needs of facilitator functionality.

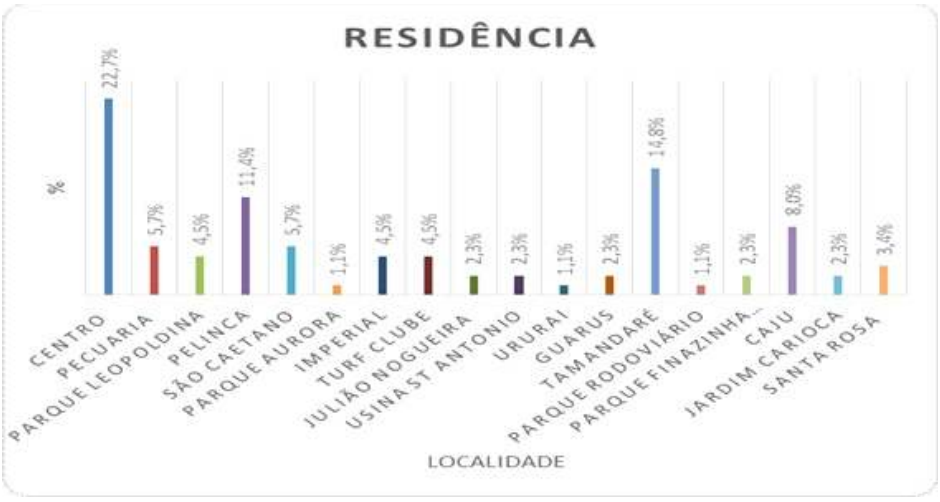
Methodology

The study methodology was up the location of the elderly (74 ± 5 years), the Active Mangabinha Life program because this program takes place in the city of Campos dos Goytacazes in Tamandaré District. Aiming to contextualize the proposed activities as a program consisting of systematic classes three (3) times a week with 60-minute sessions, with each session consisted of 40 minutes of body movement exercises with own body weight, as follows: bending and elbow extension 90 degrees, abduction arms with semi elbow flexion, extension and flexion of the elbow with fixed arm, wrist rotation, shoulder rotation with fixed hand equipment, flexion and knee extension performed sitting, flexion and extension of the hip performed sitting, flexion and extension plant standing, and performing 20 minutes aerobic exercise, they are walking around the square development of muscle tone through isometric and isotonic exercises using the body's own weight, strength exercises muscle using dumbbells 2kg and 1kg performing flexion and elbow extension, adduction and abduction leg as 1kg weights and 2 kg static balance exercises and dynamic through route to be followed with markings on the floor in straight and sinuous lines, ascents and descents through obstacles mounted at a maximum height of 40 cm from the ground and use the curb for hiking in search of balance. Hiking with duration courses 15 to 20 minutes totaling about 800 to 1000m in order to improve cardiorespiratory capacity, development of fine motor skills and global with an emphasis on exercise with the use of rubber balls of various diameters, flexibility and stretching utilizando if the system 3 S and elastic extender, in line with the physical activity the program offer informative lectures and chats quarterly to the elderly, such as the Seminar "Challenges & Dialogues for Healthy Aging, which had themes: Healthy Aging begins by Mouth ; Aging and Challenges of Active Sexuality; Functional Nutrition and its benefits for Healthy Aging; The elderly and their rights guaranteed by law, which have already been addressed and aroused great interest from the Program students: on their rights guaranteed by law and preventive health with two different times, all lectures and hits informative conversations occurred with area experts of different professional fields, physiotherapist, nutritionist, psychologist, lawyer and doctor, as well as social gatherings with breakfasts, cultural walks and hikes, which also occur in monthly occasions. All activities seek to improve the functional capacity of the elderly, and their feelings about their self-esteem, relationships and society in which it is inserted and your satisfaction.

Results

The results presented in the chart below, report the percentage of elderly in the neighborhood and the neighborhood relationship, distance and kilometers traveled to reach the location of the school. Which identified the need for the participants from the various districts of the city, move on average 4km (four kilometers) from their homes to attend school consistently.

Chart 1: Home. conducted by the author, with a percentage of term students and their determined resistance.



Healthy Aging Program, located in Tamandaré district, which has 14.8% of students frequent systematic classes, since 22% of seniors who participate live in the city center, getting about 2km. Demonstrating that 36.8% of project participants are the neighborhoods or around the distance of the local school.

Already the students are around 2 to 5 km from the project, making a total of 48.5% of the participants are the following locations; Santo Antônio, Imperial Park, Turf Club, Juliao Nogueira, Aurora Park, Park Leopoldina, Sao Caetano Park, Finazinha Park, Chestnut, Rio Garden and Park Road.

But the most distant neighborhoods of the local classes are Imperial Park with 4.5% of students, Livestock Park 5.7%, Santa Rosa with 3.4% and 1.1% with Ururaí. For a total of 14.7% of participants, as these locations are distant between 7 and 10 km from the location of the school.

The Healthy Aging Program - Active Life Mangabinha, seeks to improve the function of the quality of life of permanent and systematic practice of physical activity focused on the needs and satisfaction of the elderly, providing a functional capacity, because according to Alves Junior (2009) activity regular physical, helps in the social profile, culture, training groups and a motivating interaction, through interaction and the tone maintenance processes and biological and functional capacity of this individual.

The constancy of the elderly practice shows the process of loyalty and engagement practice for the elderly has on average 90% of presence, that is, at most one missing a week, and the percentage for participants with greater distance 5km because observed that with shorter distances has on average 98% attendance, featuring greater participation to the program.

It can be postulated that the distance is one of the program's participation factors as the difference of 8% presence is an indicator of small intervening factor, thus the implementation of activity programs for the elderly is a public action that is premised form a network of care and social protection for the elderly 60 years.

Participation and performance of professionals of Physical Education, Nursing, Physiotherapy, Nutrition, Medicine, Social Services, in full, transdisciplinary, becomes a differential treatment of the elderly. In the specific case of Campos dos Goytacazes city to the north of the state of Rio de Janeiro, with more than 50,000 seniors have 83 participants is a atendmento rate of 0.2%, ie less than 1% of the city's elderly have the opportunity of a practice, an experience, or modulators and facilitating factors for their health and growth rate with high prospects, it is necessary to have a broad look covering not only the citizen at the age of 60 years, creating new center of physical activities with transdisciplinary program will be a vision the integrity of life and a policy insurance program publishes the elderly.

Elderly active exhibit strength levels much higher than the sedentary (SIMAO, 2004). Therefore, the Active Life program Mangabinha mobilizes quite functional actions, which generate the skeletal muscle activation and therefore strength development, for healthy aging is to decrease the deleterious effects of aging, inevitable biological process, by maintaining a state healthy enough, but perfectly balanced, which enables the normalization of life and spread the diseases risk factors in the elderly.

Conclusion

In this article there is a clear need to implement in various districts of Campos City of Goytacazes, other programs cores focused on the health of the elderly and healthy and active aging, we observed that the above graph in this article, more than 60% of the students are from other distant areas of the headquarters of the Active Life, which is in Tamandare Park. And the absence of a municipalist public policy toward the health of the aging population, less than 1% of the elderly are tended in their basic needs, moving in search of their participation in activities such action the participation of the elderly and those who grow old, will immediately be expanded, contributing to mitigation of pre-existing diseases of those who participate and also providing with the active aging of that age, preventing them thus diseases that relate to aging, activities offered by the Healthy aging Program, active Life .

A case of successful public policy municipalist voltadopara healthy aging is the model implemented since 2003 by the then SESQUEV- Special Secretariat for Quality of Life and Healthy Aging, the City Hall of Rio de Janeiro, today the importance of the work implemented by Cristiane Brazil, creating a network of social protection to that age, with the ATIS -Academias Senior Citizens, RAL, Exercise Design and Rio stretching Outdoor, houses home, in which the elderly are assisted with activities of dances, crafts, lectures on various topics on aging and healthy way. This network of social protection also includes Qualimóvel, a mobile unit for clinical care and preventive examinations and monitoring the health conditions of the program participants.

With a contingent of around three hundred thousand elderly assisted the then special secretary, won status Municipal earned status Municipal , SEMERAC -Secretaria Municipal Aging Resilience , attention and care , demonstrating the importance of physical activity and its benefits for those ages. We can state that has become a landmark deployment of this social protection network with bases in physical activity and its benefits to that age.

Literature review

ALVES, Junior - Aging and Healthy Life - Rio de Janeiro; APICURI, 2009;

BENEDETTI, T. R. B. Elderly asylees and physical activity. Master's thesis in Physical Education in the field of Physical Activity and Health. UFSC, Florianópolis. 1999;

CARVALHO, K. A .; MAIA, M. R .; ROCHA, R. M. C. The perception of improved functional capacity in individuals elderly practitioners of gymnastics a gym in the city of Juiz de Fora. Life & Health, 2 (1); 2003;

IBGE-http://www.cidades.ibge.gov.br/painel/historico.php?lang=&codmun=330100 available in the 03/03/2016 22:05 IBGE- Brazilian Institute of Geography statistically PNS-Search National Health (2013) National Data -Base. http://teen.ibge.gov.br/en/noticias-teen.html. Available on 03.17.2016 16:30;

IBGE - Brazilian Institute of Geography statistically National Data Base http://www.cidades.ibge.gov.br/xtras/temas.php?lang=&codmun=330100&idtema=130&search=rio-de-janeiro|campos-dos-goytacazes|estimativa-da-populacao-2015- available on 22 May 2016, 16 h 55;

IBGE - Brazilian Institute of Geography Statistics Data- National -Base http://saladeimprensa.ibge.gov.br/noticias?view=noticia&id=1&busca=1&idnoticia=2965dos health of older people; available in 18/03 / 2016,18h10;

MATSUDO, S. M. M. Aging and Physical Activity. London: Midiograf; 2001;

MACHADO, E. L. - Physical Activity and Anxiety Level of Women Serrinha District. Monograph Graduate Degree in Physical Education. Department of Physical Education, UFSC. Florianópolis, 2003;

NAHAS, M. V. Physical Activity, health and quality of life concepts and suggestions for an active lifestyle. London: Midiograf; 2001;

SIMON, R. Strength training in health and quality of life. São Paulo: Phorte, 2004. 208p.;

SILVA, Aila Cristina dos Santos; SANTOS, Iraci of. Promotion of self-care for the elderly for healthy aging: application of Nola Pender's theory. Text Context Enferm, Florianópolis, 2010 Oct-Dec; 19 (4): 745-53;

WHO - World Helth Assembly - SIXTY-EIGHTH WORLD HEALTH ASSEMBLY - Update on the Commission on Ending Childhood Obesity Interim Report of the Commission on Ending Childhood Obesity. Geneva: World Health Organization; 2015 WHO / NMH / PND / ECHO / 15.1; http: //www.who.int/end-childhood-obesity/commission-ending-childhood-obesity-interim- report.pdf available on the 14/03/2016 15h14;

PAHO - Pan American for Health - SIXTY-EIGHTH WORLD HEALTH ASSEMBLY - Update on the Commission on Ending Childhood Obesity Interim Report of the Commission on Ending Childhood Obesity. Geneva: World Health Organization; 2015 WHO / NMH / PND / ECHO / 15.1; http: //www.who.int/end-childhood-obesity/commission-ending-childhood-obesity-interim- report.pdf available on the 14/03/2016 15h14;

PAPALEO NETTO, M. and BRIDGE, J. R .. chap.1. Aging: challenge in the transition of the century. In: M. Gerontology. São Paulo: Atheneu 1996: 160-173;

WEUVE, Jennifer, KANG, Jae Hee, MANSON, Joann E., Breteler, Monique M. B. WARE, James H., Grodstein, Francine. Physical activity, including walking, and cognitive function in older people. The Journal of the American Medical Association, vol. 292, n.12, p.1454-1461, 2004;

STATHI, A.; MCKENNA, J.; FOX, K.R. The experiences of older people participating in exercise referral schemes. Journal of the Royal Society Health, V.124, n.1, p.18-23, 2004;

SANTOS, M. The Benefits of Physical Activity for Holders of Parkinson's disease. Monograph Graduate Degree in Physical Education. Department of Physical Education, UFSC. Florianópolis, 2002;

SOUZA, C.L. Depression in the Elderly: the importance of exercise in the treatment. Monograph Graduate Degree in Physical Education. Department of Physical Education, UFSC. Florianopolis.

Location a distortion point for physical activity practice

This article deals with the importance of the implementation and development of a public policy for the healthy aging of the population aged 60 or more in the city of Campos dos Goytacazes. Thus the aim of this study is to present the locations of practitioners Active Life Program Gymnastics for healthy aging highlighting the importance of physical activity for those who grow old. The study methodology was up the location of the elderly (74 ± 5 years), the Active Mangabinha Life program because this program takes place in the city of Campos dos Goytacazes in Tamandaré District. Aiming to contextualize the proposed activities as a program consisting of systematic classes three (3) times a week with 60-minute sessions, with each session consisted of 40 minutes of body movement exercises with own body weight. Healthy Aging Program, located in Tamandaré district, which has 14.8% of students frequent systematic classes, since 22% of seniors who participate live in the city center, getting about 2km. Demonstrating that 36.8% of project participants are the neighborhoods or around the distance of the local school. Already the students are around 2 to 5 km from the project, making a total of 48.5% of the participants are the following locations; Santo Antônio, Imperial Park, Turf Club, Juliao Nogueira, Aurora Park, Park Leopoldina, Sao Caetano Park, Finazinha Park, Chestnut, Rio Garden and Park Road. It concludes that more than 60% of the students are from other distant areas of the headquarters of the Active Life, which is in Tamandare Park. And the absence of a municipalist public policy toward the health of the aging population, less than 1% of the elderly are tended in their basic needs, moving in search of their participation in the activities.

Keyword: Aging, Health Program, Location.

Localisation d'un point pour la pratique de l'activité physique de distorsion

Cet article traite de l'importance de la mise en œuvre et le développement d'une politique publique pour le vieillissement en santé de la population âgée de 60 ans ou plus dans la ville de Campos dos Goytacazes. Ainsi est le but de cette étude pour présenter les emplacements des praticiens du programme Vie active gymnastique pour le vieillissement en santé mettant en évidence l'importance de l'activité physique pour ceux qui vieillissent. La méthodologie de l'étude était l'emplacement des personnes âgées (74 ± 5 ans), le programme Mangabinha Vie active parce que ce programme a lieu dans la ville de Campos dos Goytacazes dans Tamandaré District. Visant à contextualiser les activités proposées comme un programme constitué de classes systématiques trois (3) fois par semaine avec des séances de 60 minutes, chaque session a consisté en 40 minutes de mouvement du corps d'exercices avec le poids du corps. Programme du vieillissement en santé, situé dans le district de Tamandaré, qui a 14,8% des élèves des classes fréquentes systématiques, puisque 22% des personnes âgées qui participent vivent dans le centre-ville, obtenir environ 2 km. Démontrer que 36,8% des participants au projet sont les quartiers ou autour de la distance de l'école locale. Déjà les étudiants sont autour de 2 à 5 km du projet, soit un total de 48,5% des participants sont les endroits suivants; Santo Antônio, Imperial Park, le Club Turf, Juliao Nogueira, Aurora Park, Parc Leopoldina, Sao Caetano Park,

Finazinha Park, Châtaigne, Rio Garden et Park Road. Il conclut que plus de 60% des étudiants sont originaires d'autres régions éloignées du siège de la vie active, qui est en Tamandare Park. Et l'absence d'une politique publique municipaliste vers la santé de la population vieillissante, moins de 1% des personnes âgées sont tendance dans leurs besoins de base, se déplaçant à la recherche de leur participation aux activités.

Mot-clé: Vieillissement, Programme de santé, Lieu.

Ubicación en un punto de distorsión para la práctica de la actividad física

Este artículo trata de la importancia de la aplicación y el desarrollo de una política pública para el envejecimiento saludable de la población de 60 o más años de edad en la ciudad de Campos dos Goytacazes. Así, el objetivo de este estudio es presentar las ubicaciones de los profesionales del Programa Vida activa gimnasia para un envejecimiento saludable destacando la importancia de la actividad física para los que envejecen. La metodología del estudio fue la ubicación de las personas mayores (74 ± 5 años), el programa de Mangabinha vida activa ya que este programa se lleva a cabo en la ciudad de Campos dos Goytacazes en Tamandaré Distrito. Con el objetivo de contextualizar las actividades propuestas como un programa que consiste en clases sistemáticas tres (3) veces a la semana con sesiones de 60 minutos, con cada sesión consistió en 40 minutos de movimiento del cuerpo ejercicios con el propio peso corporal. Programa de Envejecimiento Saludable, que se encuentra en el distrito de Tamandaré, que tiene el 14,8% de los estudiantes clases sistemáticas frecuentes, ya que el 22% de las personas mayores que participan en directo en el centro de la ciudad, consiguiendo unos 2 km. Lo que demuestra que el 36,8% de los participantes en el proyecto son los barrios o alrededor de la distancia de la escuela local. Ya los estudiantes son alrededor de 2 a 5 km del proyecto, haciendo un total de 48,5% de los participantes son las siguientes ubicaciones; Santo Antônio, Imperial Park, Turf Club, Julián Nogueira, Aurora Park, Parque Leopoldina, Sao Caetano Park, Finazinha Park, castaña, Río Jardín y Park Road. Se llega a la conclusión de que más del 60% de los estudiantes son de otras zonas distantes de la sede de la vida activa, que está en Tamandaré Park. Y la ausencia de una política pública municipalista hacia la salud de la población de edad avanzada, menos del 1% de las personas mayores son atendidos en sus necesidades básicas, que se mueve en busca de su participación en las actividades.

Palabra clave: Envejecimiento, Programa de Salud, Ubicación.

Localidade, um ponto de distorção para as práticas de atividades físicas

O presente artigo trata da importância da implantação e desenvolvimento de uma política pública voltada para o envelhecimento saudável da população com 60 anos ou mais, na cidade de Campos dos Goytacazes. Desta forma o objetivo deste estudo é apresentar as localidades dos praticantes do Programa Vida Ativa de Ginástica para o envelhecimento saudável destacando a relevância da prática da atividade física para aqueles que envelhecem. A metodologia de estudo foi levantar a localidade dos idosos (74 ± 5 anos), do programa Vida Ativa Mangabinha, pois este programa acontece na cidade de Campos dos Goytacazes, no Bairro de Tamandaré. Visando contextualizar a proposta de atividades como um programa, que consiste em aulas sistemáticas três (3) vezes por semana com sessões de 60 minutos, onde cada sessão constava de 40 minutos de exercícios de movimentos corporais com peso do próprio corpo. O Programa de Envelhecimento saudável, localizado no Bairro Tamandaré, que conta com 14,8% dos alunos frequentes as aulas sistemáticas, já 22% dos idosos que participam moram no Centro da cidade, ficando cerca de 2km. Demonstrando que 36,8% dos participantes do projeto são dos bairros ou em torno da distância do local das aulas. Já os alunos que ficam em torno de 2 a 5km de distância do projeto, perfazem um total de 48,5% dos participantes que são as seguintes localidades; Usina Santo Antônio, Parque Imperial, Turf Clube, Julião Nogueira, Parque Aurora, Parque Leopoldina , Parque São Caetano, Parque Finazinha ,Caju, Jardim carioca, e Parque Rodoviário. Conclui se que mais de 60% dos alunos são oriundos de outros bairros distantes da sede do Vida Ativa, que é no Parque Tamandaré. E por ausência de uma política pública municipalista voltada para a saúde daqueles que envelhecem, menos de 1% dos idosos são tendidos em suas necessidades básicas, se deslocam em busca de sua participação nas atividades.

Palavra Chave: Envelhecimento, Programa de Saúde, Localidade.