55 - AUTOPERCEPCIÓN, PHYSICAL CONDITION AND FOOD BEHAVIOR OF WORKERS OF NATIONAL FOREST CORPORATION - CONAF, MAULE REGION, CHILE.

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Introduction

CONAF workers need to perform many tasks that require physical abilities to carry them out, because they are performed in natural areas of hills, forests, mountains, parks, etc. There is also a concern because every time it is necessary to carry out the fieldwork, it is imperative to walk several hours, going up and down reliefs, depending on the different types of surfaces and forest resources that should be supervised. It should be noted that natural forests and plantations can be found from sea level up to 1500 meters above sea level in the case of native forests. The former often implies the possibility of occupational accidents and, at other times, lead to occupational diseases.

This study was carried out at the request of an Administrative Officer from CONAF / Talca, Seventh Region, Chile. It presents the concern with the workers who must carry out all this task of inspection in the field, because it realizes that many already present advanced age and that, many of them, also, do not present physical condition apt for the task.

Forest inspection is the set of actions set forth by CONAF, which, in the use of legal powers, seek to increase the degree of compliance with the forestry and environmental legislation in force in Chile, which refer to the rational use and use, conservation and protection of forest resources The country and the associated environment, that productive or extractive activities are developed.

Within the forest inspection program of CONAF, inspections, patrols and inspections of the structures are carried out periodically to verify that interventions to the forest resource are authorized by the Corporation.

In order to be able to carry out all these inspection actions, the human resource has to play a fundamental role. Today the institution is composed of professionals and technicians of both sexes, whose age group is very wide, being able to exist a difference of more than 30 years between the old and younger employees.

Methodology

Objective: To know the self-perception of physical condition, physical condition and eating behavior of workers from CONAF, Maule Region, cities of Talca, Curicó and Linares.

Descriptive, cross-sectional study. Sample: 46 employees (34 men and 12 women) were evaluated; Mean age of 42 years for men and 43 for women, term of consent signed by CONAF's legal administrative officer and by the subjects; Inclusion was voluntary. were

Three data collection instruments (IFIS, International Fitness Scale) were used; IPAQ, "International Questionnaire of Physical Activity"; Short version of the Food Behavior Survey. Physical fitness variables: agility (square test, quadrant test, shuttle run 9.14meters), flexibility (hip, arms, lower extremity flexibility), balance (flamingo, pigeon), speed 10 meters), lower limb force (horizontal jump), upper limb force (medical ball throw), cardiorespiratory resistance (McArdle Crate Test). The analyzes were performed from descriptive analysis and descriptive statistics of frequency.

Results

Result for the group of men in the sample.

Agility: Low levels of agility in all three cities (time greater than 6.03 seconds, square test). Average sample time 7.03 seconds. In the shuttle run test, time greater than 10.5 seconds is classified as weak. Average sample time 11.43 seconds.

Flexibility: upper limbs, median classification, between zero and eight centimeters. Average of the sample 5.1 centimeters. Flexibility of hip, medium rating, between 29 and 5 centimeters. Average of the sample 13,5cm. Flexibility of lower limbs, the city of Linares presents high flexibility and the cities of Curicó and Talca, low flexibility.

Balance: Flamenco test, poor classification, less than 10 seconds. Average sample was 3.6 seconds. Test Pigeon 15.96 seconds average for the sample, which means medium ranking, which is between 10 to 20 seconds.

Speed: Low rating (between 1 and 1.8 seconds) for the 5-meter test, averaging 1.46 seconds. For the 10-meter test, average rating (between 2.5 and 2.3 seconds), with a mean of 2.3 seconds.

Lower limb strength: with a sample average of 176.6 centimeters, the classification is weak, with less than 228 cm. Strength of upper limbs: with an average of 703.06 centimeters, the classification obtained was above the average, which is 611 to 762cm.

For cardiorespiratory endurance: classification between good and optimal for the sample.

Result for the group of women in the sample.

Agility: Low levels of agility in all three cities (time greater than 7 seconds, square test). Average sample time 9.08 seconds. In the shuttle run test, time greater than 12.2 seconds is classified as weak. Average sample time 15.02 seconds.

Flexibility: upper limbs, median classification, between zero and eight centimeters. Average of the sample 2.1 centimeters. Flexibility of hip, medium rating, between 29 and 5 centimeters. Average sample 7.93cm. Flexibility of lower limbs is low (plus 1 to 12cm), with an average of 14.93 centimeters.

Balance: Flamenco test, poor classification, less than 10 seconds. The average sample length was 1.76 seconds. Test Pigeon 19.52 seconds average for the sample, which means medium ranking, which is between 10 to 20 seconds.

Speed: Very low classification (more than 1.8 seconds) for the test of 5 meters, with an average of 2.70 seconds. For the 10-meter test, very low classification (more than 2.7 seconds), with an average sample of 2.96 seconds.

Lower limb strength: with a sample mean of 119.16 centimeters, the classification is weak, with less than 191 cm. Strength of upper limbs: with an average of 433.5 centimeters, the classification obtained was excellent, which is about 428cm.

For cardiorespiratory resistance: classification between good and optimal for the sample.

The results of the Food Behavior Survey, the group of men and women in the sample, presented a minimum

consumption of fats, with 17.16 points thrown in the survey. Women have a total score of 15.03 points. The classification for consumption for fat: <17 points, minimum consumption of fat. From 18 to 21 points, low fat diet. 22 to 24 points, relatively high fat feed. 25 to 27 points, high fat food. > 27 points, very high fat food.

For fiber consumption, the results were: 17, 16 points for men and 20.53 for women. The classification for consumption for fat: <19 points, very low fiber feed. From 20 to 29 points, regular consumption of fibers. > 30 points, adequate fiber consumption. For men the classification is very low consumption of fibers and for women, the classification is regular consumption of fibers.

The results for the evaluation of the self-perception of the daily physical activity practice (IPAQ) indicate that the sample perceives that their level of weekly physical activity is high, due to the classification given by the instrument applied (more than 3000 METs per week).

For the results of the IFIS questionnaire, on the self-perception of physical condition, the average result was 15.3 points, which means a good physical condition in the classification of the questionnaire (5 very poor and 25 points, very good).

Conclusions

In general the officials present physical condition inferior to the ideal, indicated by the tables of classification of each test. The officials of the city of Linares are in better physical condition, followed by the officials of the dependencies of Talca and finally the officials of the dependencies of Curicó. Self-perception of the workers is in accordance with the results of the physical evaluations. Only the cardiorespiratory endurance variable presents results classified as adequate. Eating behavior is not adequate to maintain good quality of life.

Proposals are needed for improvement and maintenance of the physical condition of the worker, in training processes for the care and maintenance of good health and quality of life. The workers recognize that their physical condition is not at adequate levels and that the physical demands to perform work indicate that they are superior to the physical condition of the workers.

The field work with inspections and observations of the parks and natural areas of Chile, demands more of the physical condition of the workers than the physical condition they present. The initial concerns that workers may not be physically prepared for the job requirements are confirmed and can be a risk, considering also that they are over 40 on average.

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AUTOPERCEPCIÓN, PHYSICAL CONDITION AND FOOD BEHAVIOR OF WORKERS OF NATIONAL FOREST CORPORATION - CONAF, MAULE REGION, CHILE.

ABSTRACT

CONAF workers need to perform many tasks that demand own physical abilities to achieve them, because they run on natural areas of mountains, forests, mountains, parks, etc. Objective: To self-perception, physical condition and feeding behavior of workers CONAF, Maule Region, Talca, Curicó and Linares. Method: Quantitative approach, descriptive and non-experimental design. They were assessed 46 officials (34 men and 12 women) from three units (Talca, Curicó and Linares), three data collection instruments (IFIS, International Fitness Scale) were used; IPAQ, "International Physical Activity Questionnaire"; Short version of the Alimentary Behavior Survey. Assessments variables of fitness: cardiorespiratory endurance, strength (upper and lower limbs), speed, flexibility (upper and lower limbs and trunk, coordination). Results: Overall officials have less than optimal, indicated by the leaderboards for each test fitness. Linares officials are in better physical condition, followed by officials of the departments of Talca and finally officials Curicó units. Conclusion: The demands of work are superior to the physical conditions that workers present. They recognize that their physical condition is not ideal. Feeding and practicing physical activity are not adequate for health maintenance and quality of life. Proposals are needed to improve the worker's physical condition and health.

AUTOPERCEPCIÓN, CONDITION PHYSIQUE ET COMPORTEMENT ALIMENTAIRE DES TRAVAILLEURS DE LA CORPORATION FORESTIERE NATIONALE - CONAF, REGION DE MAULE, CHILI.

RESUME

Les travailleurs de la CONAF doivent accomplir de nombreuses tâches qui exigent des capacités physiques propres à les atteindre, car ils courent sur des zones naturelles de montagnes, de forêts, de montagnes, de parcs, etc. Objectif: Autoperception, condition physique et comportement alimentaire des travailleurs CONAF, Maule Région, Talca, Curicó et Linares. Méthode: Approche quantitative, conception descriptive et non expérimentale. On a évalué 46 fonctionnaires (34 hommes et 12 femmes) de trois unités (Talca, Curicó et Linares), trois instruments de collecte de données (IFIS, International Fitness Scale); IPAQ, «Questionnaire international sur l'activité physique»; Version abrégée de l'Enquête sur le comportement alimentaire. Les variables d'évaluation de la condition physique: endurance cardiorespiratoire, force (membres supérieurs et inférieurs), vitesse, flexibilité (membres supérieurs et inférieurs et tronc, coordination). Résultats: Les officiels en général ont moins que l'optimum, indiqués par les classements pour chaque test d'aptitude. Fonctionnaires de Linares sont en meilleure condition physique, suivie par les fonctionnaires des départements de Talca et, enfin, les fonctionnaires unités Curicó. Conclusion: En tant qu'exigences du travail sont les conditions physiques que les travailleurs occupent. Il ne s'agit pas d'un idéal. Alimentation et pratique de la physique ne sont pas adéquates pour la maintenance de la santé et la qualité de vie. Il y a une solution pour améliorer la condition physique et la santé du travailleur.

Mots clés: état physique, qualité de vie, travailleurs de la CONAF.

AUTOPERCEPCIÓN, CONDICIÓN FÍSICA Y COMPORTAMIENTO ALIMENTARIO DE TRABAJADORES DE CORPORACIÓN NACIONAL FORESTAL – CONAF, REGIÓN DEL MAULE, CHILE.

RESUMEN

Los trabajadores de CONAF necesitan realizar muchas tareas que demandan poseer capacidades físicas para su realización, porque se ejecutan en espacios naturales de cerros, forestas, montañas, parques, etc. Objetivo: Conocer autopercepción, condición física y comportamiento alimentario de trabajadores de Corporación Nacional Forestal CONAF, Región del Maule, Talca, Curicó y Linares. Método: Enfoque cuantitativo, tipo descriptivo y diseño no experimental. Fueron evaluados 46 funcionarios (34 hombres y 12 mujeres) de tres dependencias (Talca, Curicó y Linares), Se utilizaron tres instrumentos de recolección de datos (IFIS, International Fitness Scale); IPAQ, “Cuestionario Internacional de Actividad Física”; Versión corta de la Encuesta de Comportamiento Alimentario. Evaluaciones de variables de la condición física: resistencia cardiorrespiratoria, fuerza (miembros superiores e inferiores), velocidad, flexibilidad (miembros superiores, inferiores y tronco, coordinación). Resultados: En general los funcionarios presentan condición física inferior al óptimo, indicado por las tablas de clasificación de cada test. Los funcionarios de Linares se encuentran en mejor condición física, seguido por los funcionarios de las dependencias de Talca y por último los funcionarios de las dependencias de Curicó. Conclusión: Las exigencias del trabajo son superiores a las condiciones físicas que los trabajadores representan. Reconocen que su condición física no es ideal. Alimentación y práctica de la actividad física no están adecuadas para mantener la salud y la calidad de vida. Son necesarias propuestas para mejorar la salud y la calidad de vida del trabajador.

Palabras Clave: Condición Física, Calidad de Vida, Trabajadores de CONAF.

AUTOPERCEPÇÃO, CONDIÇÃO FÍSICA E COMPORTAMENTO ALIMENTAR DE TRABALHADORES DA CORPORAÇÃO NACIONAL FLORESTAL – CONAF, REGIÃO DE MAULE, CHILE.

RESUMO

Os trabalhadores da CONAF necessitam realizar muitas tarefas que demandam possuir capacidades físicas para sua realização, porque se executam em espaços naturais de morros, florestas, montanhas, parques, etc. Objetivo: Conhecer a autopercepção, condição física e comportamento alimentar de trabalhadores da Corporação Nacional Florestal CONAF, Região de Maule, Talca, Curicó e Linares. Método: Enfoque quantitativo, tipo descritivo e desenho não experimental. Foram avaliados 46 funcionários (34 homens e 12 mulheres) de três dependências (Talca, Curicó e Linares). Foram utilizados três instrumentos de coleta de dados (IFIS, International Fitness Scale); IPAQ, “Questionário Internacional de Atividade Física”; Versão Curta do Questionário de Comportamento Alimentar. Avaliações de variáveis da condição física: resistência cardiorrespiratória, força (membros superiores e inferiores), velocidade, flexibilidade (membros superiores, inferiores e tronco, coordenação). Resultados: Em geral os funcionários apresentam condição física inferior ao ótimo, indicado pelas tabelas de classificação de cada teste. Os funcionários de Linares se encontram em melhor condição física, seguidos pelos funcionários das dependências de Talca e por último os funcionários das dependências de Curicó. Conclusão: As exigências do trabalho são superiores às condições físicas que os trabalhadores apresentam. Reconhecem que sua condição física não é ideal. Alimentação e prática de atividade física não estão adequadas para manutenção de saúde e qualidade de vida. São necessárias propostas para melhorar a condição física e a saúde do trabalhador.

Palabras Clave: Condición Física, Calidad de Vida, Trabajadores de CONAF.