58 - HEALTH INDICATORS OF EMPLOYEES OF UNIVERSIDAD AUTÓNOMA DE CHILE, TALCA CAMPUS: WHAT INFLUENCE CAN BE PARENTS ABOUT YOUR CHILDREN?

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Introduction

The family is the environment where children receive the main messages of affection, approval, contempt and abandonment. A few years ago research on the influence of the family on the development of children's behavior has grown strongly. (Tur-Porcar, Mestre, Samper and Malonda, 2012)

Studies also indicate the influence of parents' behavior regarding reading, caring for animals, the environment and the home, food and physical activity, so that children are participants in these activities. (Azeredo, 2013)

The level of practice and assessment of parents, influences the habits and practices of physical activity of their children; the educational level of the parents and the family, the presence of a representation of physical activity practice of the parents, effectively impresses the participation of the children in these activities. (Kotan, Hergüner & Yaman, 2009)

Mothers and fathers who have an effective pattern of physical activity, who have positive opinions about their children's competence and who give more positive responses to their performance, are associated with children (athletes and competitors) who have a higher perception of their competence, pleasure and intrinsic motivation. (Fernández Moyano; Ruiz Tendero; Martínez Ballesteros; Rivas Galán; Casado Manzano, 2013) The same authors cite that "children who consider that their parents are more involved with their sports activity have more positive psychosocial responses." (Id. Ibíd., page 69)

García Martín, Muñoz Rebolledo, Conejo Gaspar, Rueda de Castro, Sánchez Perea, Garrucho Rivero (2012) confirm that "both parents and mothers influence their children, so that they go up or down the stairs when they do too, which could be a routine moment where physical activity is present in a daily way. Children whose parents practice physical activity do more than those whose parents do not, and their mothers' behavior is not influential." (page 101 and 102)

In relation to food behavior, it is confirmed that the family environment helps to feed and to establish preferences and contempt for certain foods, which affect the child during childhood, since it is the phase in which the most part of eating habits. At this stage of life, parents become the fundamental reference of the alimentary conduct of children, transferring food models that may or may not increase the risk of developing indicators harmful to physical health in adolescence or adulthood. (Domínguez-Vásquez, Olivares, Santos, 2008)

The Government of Chile recognizes that the environment poses risks in the educational process for health care as well as the lack of education of families in this area and the financial factors that directly interfere with an important part of the possibilities of having adequate food. (Chile, 2014)

At the Universidad Autónoma de Chile, Talca campus, there is an important population of employees, many of whom have children of school or university age. There is evidence that the family dietary pattern of behavior has a relevant role in the children's eating behavior, being a modifiable factor for the prevention of childhood obesity. However, it is necessary to recognize the complexity of the factors that determine an individual's eating behavior and relate to a network of biological, familial, and social influences.

Considering that Universidad Autónoma de Chile is an educational institution, it can be inferred that the employees who work in it have knowledge related to health care and quality of life. Or, at least, they are in an environment in which they come into direct or indirect contact with this information.

Perhaps this educational environment has positively influenced these employees to maintain positive health care behavior and quality of life. Also, for which part of them, personally maintain the philosophy of life in relation to these care, and also do it within the family.

Methodology

Objective: To describe health indicators for employees of the Universidad Autónoma de Chile, Talca campus, in order to be able to infer about how the parents may be influencing the children with regard to health care.

Descriptive study, transversal, qualitative, grounded theory. Shows: 27 employees (13 men and 14 women); average age of 50 for men and 31 for women with children. Data collection instruments: Food Behavior Questionnaire (Universidad de Chile, 2010); IFIS: International Fitness Scale; IPAQ (International Questionnaire of Physical Activity, Spanish Version). Results presented in descriptive statistics of frequency.

Results

For BMI results, only 18 subjects recorded their weight and height. There are 1 case of low weight, 9 overweight cases, 7 normal weight cases and 1 case with grade I obesity. By gender the results are: 6 women; 1 with low weight, 2 with normal weight, 2 with overweight, 1 with obesity grade I. For the 12 men, 5 were overweight, 5 were normal weight, 2 were those with grade I obesity. The mean BMI of the subjects was 25, 59, featuring overweight.

For the results of the IPAQ questionnaire, which measures the self-perception of the level of physical activity (PA) practice, the results were as follows. Of the 27 subjects, 26 recorded responses. 7 cases present a low level of physical activity practice; 9 cases have a moderate level; 10 cases indicate high level.

The IPAQ questionnaire presents three classifications of results: low level of physical activity practice (less than 150 minutes of moderate PA per week and less than 75 minutes of vigorous PA); moderate level of PA (from 150 to 300 minutes of moderate PA and 75 to 150 minutes of vigorous PA, weekly); high level (300 minutes of moderate PA and more than 150 minutes of vigorous PA, weekly).

The results of IPAQ for women: 6 cases have low level of PA; 5 cases with moderate level; 1 case with high level. For men: no case with low PA level; 4 cases with moderate level of PA; 10 cases present high PA level.

For the results of the IFIS questionnaire, which measures self-perception of the subject's physical condition (general physical condition, cardiorespiratory condition, muscle strength, speed / agility, flexibility), the results were as follows. For men, 5 subjects indicated a physical condition (PC) at an acceptable level; 6 with good PC; 3 with very good PC. For women, 2 indicate very poor PC, 1 case on bad level, 8 cases with acceptable PC and 2 cases with good PC.

Comparing the BMI results with the IPAQ results, the following results are obtained. For men, subjects who indicate overweight BMI have moderate PC; subjects with normal BMI, and only 1 subject indicates normal BMI and low level PA practice. For women, the relationship of BMI and PA practice is: BMI with low weight, low level of PA; Normal BMI, moderate level of PA; BMI overweight, low PA levels.

Now comparing the results of the IFIS questionnaire with the BMI of the subjects, the results are as follows. For men, of the 5 subjects with normal BMI, 3 have good PC, 1 acceptable and 1 very good PC; for overweight BMI, 3 indicate very good PC and 2 in acceptable; for IMC obesity grade I, 1 subject with good PC and 1 with acceptable PC. For women: 1 case with low weight and good BMI; 2 cases with normal BMI, indicate 1 acceptable PC and 1 with very bad PC; 2 cases with BMI overweight, with acceptable PC; 1 case with BMI grade I obesity, with acceptable PC.

For the food frequency questionnaire, fat consumption is classified as: minimum fat intake, low fat diet, relatively high fat diet, high fat diet, very high fat diet. The results show that 70.37% of the sample (19 subjects) indicate a minimum consumption of fats; 11.11% (3 subjects), low-fat diet; 14.81% (4 subjects), relatively high fat meal; 3.7% (1 subject), high fat diet; no subject is too high in fat.

For fiber consumption, the classification is as follows: very low fiber feed; regular fiber consumption; consumption of fibers. The results of the sample indicated that 40.74% (11 subjects) present a very low fiber feeding; 55.55% (15 subjects) with regular consumption of fibers; and 3.7% (1 subject) with adequate fiber consumption. For this study, the results indicate that men consume less fat and more fiber than women.

The women of the show show higher consumption of mayonnaise, eggs and cheeses, with a frequency of 5 or more times per week, with 7.6%, 15.3% and 11.5% respectively; and 3 to 4 times a week, for the same items, 7.6%, 23%, 4.5%. Men have higher meat consumption, but women indicate a higher frequency of monthly meat consumption; men consume more, but women consume more often.

Men present a higher frequency of fruit consumption, with 19.2% versus 15.3% of women; (23% vs. 19.2%), vegetables (19.2% vs. 15.3%) in daily consumption. Women consume more plain bread than men (53.7% of women against 49.6% of men) and men consume more conventional breads (white) than women (49.6% of men against 45.9% of women). But the consumption of whole-wheat bread by the group of men, gains in frequency of consumption, in relation to women.

In none of the genres was a higher frequency of consumption of foods with fat in more than 5 times a week. And for fiber consumption, only whole foods presented frequency of consumption of less than once a week. Only women present cheese and curd consumption more than 5 times a week. Only 15% of women and 19% of men consume fruit every day, leaving 66% of the sample without the indicated consumption of fiber.

Comparing the food frequency results in fats and fibers, with the results of BMI, IPAQ and IFIS, in all cases, fiber consumption is inadequate and fat consumption is low.

Conclusions

For this study, the group of men presented higher levels of overweight and obesity than the women. It should be noted that men in the sample are older than women, and age is variable that interferes. But men have higher levels of physical activity than women. This may be related to the practice of football, which is inserted in a massive way in the Chilean culture. But considering WHO data (World Health Organization), Chilean women indicate higher levels of obesity than men. (OMS, 2016) In this study, the result was reversed and age may be a differential factor.

Regarding the eating behavior, in the consumption of fats, the meats are like preference for the men. Search of Schnettler, Silva & Sepúlveda (2008) ratifies these results. One of the foods most consumed by the show is the egg, which is generally preferred among the population, for different factors, such as easy access to purchase, low cost, easy preparation and transportation, considering people who take food lunch to work. (Oriondo Gates, et al., 2013)

Although the sample studied has a high level of preference for the consumption of fruits, vegetables and leafy salads, this has no relation with the levels of satisfactory BMI. But this preference does not indicate frequency of consumption at appropriate levels. And when it is related to the practice of PA and PC, the show has lower levels than those recommended.

Analyzing the results, one can understand a social phenomenon in relation to the influence of the environment, which leads to the food habits of the show, exposing the characteristics of a university environment. A study by Portes Júnior (et al., 2017) indicated that, perhaps, the university environment is a factor that directly interferes with the nutritional habits of adults, University employees, since students and employees indicate the same eating behavior. The exhibition consumes food sold in the commerce around the University and the consumption demonstrates food intake of easy and fast preparation. As many of the subjects of the show bring some of the food from their homes, and buy the other part near the University, this behavior confirms the trend of influence of their homes and family.

Because child behavior models are based on sociocultural characteristics (availability, traditions, access, communication, interaction), the behavior that the subjects exhibit in their daily lives, may directly interfere with their children's behavior. 92% of the show is already parents. Exposure of the children to these familiar models can generate a conditioned stimulus, exerting behavior modulation effects on their eating behavior and PA practice. (Cabrera Suárez, 2012; Domínguez-Vásquez, Olivares, Santos, 2008)

Health care experiences in pleasant family customs are selected as conduits that will be repeated in the future. Especially when they are related to affective aspects, of the relations of parents with their children. Families must adapt and / or reconcile their work, educational and social rhythms and circumstances that directly or indirectly affect all of their members. (Kupczyszyn, 2015; Valdemoros-San-Emeterio, Ponce-de-León-Elizondo, Sanz-Arazuri y Caride-Gómez, 2014)

Parents' behaviors can positively and negatively affect the child's personality, which can generate factors that contribute to the development of interventions that reduce health risk behaviors. (Lavielle-Sotomayor, Pineda-Aquino, Jáuregui-Jiménez y Castillo-Trejo, 2014; Ruiz-Martínez, Álvarez-Martínez, Ruiz-Jaramillo, 2012)).

Valdemoros-San-Emeterio (et al., 2014, page 6) affirm that "parents constitute a model par excellence for learning the values, attitudes and behaviors of their children, in concluding that the physical-sporting practice of both parents is related to that of their children." This reinforces the importance of parents' willingness and influence for children to develop healthy behaviors in relation to health care.

It is relevant to mention that the households where the head of the family practiced recreational sports physical activity, the other members of the family also developed the taste for practicing some sport. It is likely that the behavior of the head

of the family in relation to the sport creates a determining motivation in the rest of the family, such as the children, who have a reference standard related to PA. Equally, a study in Australia revealed that individual agents and people's social environment are key and relevant elements that motivate the practice of PA in the population. (Seclén-Palacín y Jacoby, 2003)

Considering the results of this research sample, it may be that the behavior of these adults is not being positive influencing the behavior of the next generation.

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HEALTH INDICATORS OF EMPLOYEES OF UNIVERSIDAD AUTÓNOMA DE CHILE, TALCA CAMPUS: WHAT INFLUENCE CAN BE PARENTS ABOUT YOUR CHILDREN?

Studies have shown that there is a direct relationship between behavior towards health variables by peers and parents, and the same behavior on the part of later generations (children). This relationship is established by the direct and indirect influence of these parents and / or parents on their children. The practice of physical activity and eating behavior are

among the variables considered. Objective: To describe the relationship between BMI (Body Mass Index), Physical Activity Practice and Eating Behavior of Officials of the Autonomous University of Chile, Talca, to be able to infer how parents can influence their children in what is Refers to the health care of the children. Methodology: descriptive, cross-sectional study; Instruments: IFIS, IPAQ, Simplified Food Frequency Survey (fats and fibers), measures of weight and height for BMI; Sample: 27 subjects (14 Women, 13 Men), Average age Ladies 31 years, Average age Male 50 years, teachers, administrative and support; Descriptive statistics of frequency. Results: low levels of physical activity; Medium to low physical condition, eating behavior in values not in line with recommendations for good health, BMI in overweight and obesity. Conclusions: this sample may be exerting negative influence in its family, based on its health reality.

Keywords: adults health, influence, children.

INDICATEURS DE LA SANTÉ DES TRAVAILLEURS DU UNIVERSIDAD AUTÓNOMA DE CHILE, CAMPUS TALCA: QUE PEUT-ON INFLUENCE VOS PARENTS AU SUJET DES ENFANTS?

Des études ont montré qu'il existe une relation directe entre comportement à l'égard des variables de santé par les pairs et les parents, et le même comportement de la part des générations futures (enfants). Cette relation est établie par l'influence directe et indirecte de ces parents et / ou parents sur leurs enfants. La pratique de l'activité physique et le comportement alimentaire sont parmi les variables considérées. Objectif: Décrire la relation de pouvoir entre l'IMC (indice de masse corporelle), la pratique de l'activité physique et comportement alimentaire des fonctionnaires de l'Université autonome du Chili, Talca, de déduire comment les parents peuvent influencer leurs enfants dans ce qui est fait référence aux soins de santé des enfants. Méthodologie: descriptive, étude transversale; Instruments: IFIS, IPAQ, Enquête sur l'alimentation en fréquence simplifiée (graisses et fibres), le poids et la hauteur des mesures pour l'IMC; Echantillon: 27 sujets (14 femmes, 13 hommes), âge moyen Dames 31 ans, âge moyen homme 50 ans, enseignants, administration et soutien; Statistiques descriptives de la fréquence. Résultats: faibles niveaux d'activité physique; La condition physique moyenne à faible, le comportement alimentaire dans les valeurs ne sont pas en ligne avec les recommandations pour une bonne santé, l'IMC dans le surpoids et l'obésité. Conclusions: cet échantillon peut exercer une influence négative sur sa famille, en fonction de sa réalité sanitaire.

Mots-clés: santé des adultes, influence, enfants.

INDICADORES DE SALUD DE FUNCIONARIOS DE LA UNIVERSIDAD AUTÓNOMA DE CHILE, SEDE TALCA: ¿QUÉ INFLUENCIA PUEDEN ESTAR TENIENDO LOS PADRES SOBRE SUS HIJOS?

Estudios han comprobado que existe relación directa entre el comportamiento hacia variables de salud, por parte de pares y apoderados, y el mismo comportamiento por parte de las generaciones posteriores (hijos). Esta relación se establece por la influencia directa e indirecta de estos padres y/o apoderados ejercen sobre sus hijos. La práctica de actividad física, y el comportamiento alimentario están entre las variables consideradas. Objetivo: Describir la relación entre IMC (Índice de Masa Corporal), Práctica de Actividad Física y Comportamiento Alimentario de Funcionarios de la Universidad Autónoma de Chile, sede Talca, para poder inferir respecto a cómo los padres pueden influenciar a los hijos en lo que se refiere a los cuidados de la salud de los hijos. Metodología: estudio descriptivo, transversal; instrumentos: IFIS, IPAQ, Encuesta de Frecuencia Alimentaria Simplificada (grasas y fibras), medidas de peso y talla para IMC; Muestra: 27 sujetos (14 Mujeres, 13 Hombres), Edad promedio Damas 31 años, Edad promedio Varones 50 años, docentes, administrativos y de apoyo; estadística descriptiva de frecuencia. Resultados: bajos niveles de actividad física; mediana a baja condición física, comportamiento alimentario en valores no acordes a las recomendaciones para una buena salud, IMC en sobrepeso y obesidad. Conclusiones: esta muestra pueda estar ejerciendo influencia negativas en su seno familiar, a partir de su realidad de salud.

Palabras Claves: salud de adultos, influencia, niños.

INDICADORES DE SAÚDE DE FUNCIONARIOS DA UNIVERSIDAD AUTÓNOMA DE CHILE, CAMPUS TALCA: QUE INFLUÊNCIA PODEM ESTAR TENDO OS PAIS SOBRE SEUS FILHOS?

Estudos demonstraram que existe uma relação direta entre comportamento em relação a variáveis de saúde, por pares e pais, e o mesmo comportamento por parte das gerações posteriores (crianças). Esta relação é estabelecida pela influência direta e indireta que esses pais e/ou responsáveis exercem sobre seus filhos. A prática da atividade física e o comportamento alimentar estão entre as variáveis consideradas. Objetivo: descrever a relação entre IMC (índice de massa corporal), prática de atividade física e comportamento alimentar de funcionários da Universidade Autônoma do Chile, campus Talca, para inferir sobre como os pais podem influenciar seus filhos no que se refere aos cuidados de saúde das crianças. Metodologia: estudo descritivo e transversal; instrumentos: IFIS, IPAQ, Questionário Simplificado de Freqüência Alimentar (gorduras e fibras), medidas de peso e altura para IMC; Amostra: 27 indivíduos (14 mulheres, 13 homens), idade média do sexo feminino 31 anos, idade média homens 50 anos, professores, administrativos e de apoio; estatística descritiva de freqüência. Resultados: baixos níveis de atividade física; condição física média a baixa, comportamento alimentar em valores que não estão de acordo com as recomendações para boa saúde, IMC em excesso de peso e obesidade. Conclusões: esta amostra pode estar exercendo influência negativa na sua família, a partir da sua realidade de saúde.

Palavras Chave: saúde de adultos, influencia, crianças.

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