70 - FINAL REPORT/2013-2014: MAPPING OF RISK FACTORS OF SERVANTS OF FEDERAL INSTITUTE OF ALAGOAS

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INTRODUCTION

Concerned about health and to the quality of life of the Federal Institute of Alagoas (IFAL) servers, which makes up the frame work, we decided from the observation and the lack of action regarding health and quality of life, plan and organize a research project for the servers Federal Institute of Alagoas.

The World Health Organization (WHO, 1958, p. 495) defines health as "the perfect physical, mental and social well-being of the individual, and not merely the absence of disease and infirmity", making the broader concept of health realizing that there are other factors to consider beyond the absence of disease. (American Heart Association, 1992).

Identify coronary risk factors has been a major challenge in this study because such epidemics exist for several years, it is known that there are few studies and data collected from the Federal Institute of Alagoas, and flees to what is known and normal. This study has added value if the issue of studying and mapping some risk factors related to existing servers in health, by monitoring the metabolic rate, body composition and blood pressure (BP).

To Mcardle (2002) definition of health focuses on the broad aspect of well-being ranging from the complete absence of health (death) to the highest levels of functional capacity.

The association between physical activity and health, and therefore the quality of life, becomes popular through a major campaign in conjunction with the most respected institutions in the United States. The American Heart Association (1992) includes physical inactivity and low fitness levels as primary risk factors along with smoking, hypertension and diet (hypercholesterolemia).

Hypertension affects about 50 million people in the United States and approximately 1 billion worldwide. The prevalence of hypertension increases with age, so preventive measures, information Framming Ham Heart Study (1992) should be implemented, suggest that normotensive individuals have 90% risk of developing hypertension, at 55 years of age.

The relationship between blood pressure and risk of cardiovascular disease is continuous, consistent and independent of other risk factors, blood pressure can lead to myocardial infarction, cerebral stroke and kidney disease. For individuals aged 40-70 years, the increase of 20 mmHg in systolic blood pressure or 10 mmHg in diastolic increases the risk of cardiovascular disease.

The classification of Pre-Hypertension proposal in the National Joint Committee on Prevention, Detection, Evaluation, And Treatment Of High Blood Pressure, (JNCPDETHBP, 2003) recognized the need to increase the knowledge of professionals responsible for the rigidity of the population, to reduce pressure levels blood and preventing the development of hypertension.

So according to the current classification proposed by JNCPDETHBP, (2003), the individual is considered normotensive with tensional levels <120 mmHg for systolic and <80 mmHg diastolic pressure. However, individuals with blood pressure of 120-139 mmHg for systolic and 80-89 mmHg to measure diastolic measurement are considered pre-hypertensive.

The primary diagnosis of hypertension is very common in the United States considering that 35 million visits are made to the doctor per year. The tendency to control the tensional values in systolic blood pressure <140 mmHg and diastolic pressure <90 mmHg, would still be far from achieving this goal. Therefore JNCPDETHBP (2003) estimated that 30% of the world population in 2010 will not know who has hypertension.

The United States Department Of Agriculture (1996) includes a statement about the importance of physical activity to quality of life, supporting the beneficial effects of physical activity with risk factors for primary and also in preventing the development of these pathologies.

The United States Department Of Health And Human Services (1994) lists the physical activity and physical fitness as the first of the 22 priority areas stressing over once, its benefits in fighting and preventing some diseases.

Blair (1996) demonstrated through a longitudinal study, that the low fitness is an important precursor of mortality. This study lasted 20 years and was conducted with 25,341 men and 7080 women of an American city, linking their lifestyle, according to the risk factors, the onset of disease and cause of death.

OBJECTIVES

The present study aimed to study and map some risk factors related to existing health at the Federal Institute of Alagoas servers.

Measure the behavior at the level of aerobic fitness (resting heart rate and blood pressure);

Analyze the change in weight loss (body fat percentage, BMI and waist-hip ratio) of the Federal Institute of Alagoas servers.

METHODOLOGY

The project was held in the premises of the eleven campuses of IFAL - in suitable room and structured according to the following characteristics listed below:

Local assessments: the IFAL each campus.

Date and time: Monday to Friday in the mornings and afternoons, with prior appointment at IFAL.

The method used was checking the weight, height, body fat percentage, aerobic capacity, waist circumference and hip for these measures will be used as instruments: scales, stadiometer, tape measure, caliper, frequencimento and two questionnaires to ascertain the level of conditioning physical and lifestyle.

RESULTS AND DISCUSSION

The data were calculated using the Excel program, and they generate a graph with the percentage of servers that have some risk factor and where it was possible to diagnose the classification of body weight, identifying whether the individual is underweight, normal, overweight or obese, according to the World Health Organization (WHO).

Thus, it is expected that the results of this study may contribute with additional information about the topic and to serve as a guide to physical education, Dietitians, Psychologists professionals working in health, the Instituto Federal de Alagoas.



Thus measurements of waist above 0.89 for women and 100cm for men, is related to risk factors such as infarct, Diabetes, High Cholesterol, High Blood Pressure and Obesity.

CONCLUSIONS

It is known that the dynamics of the capitalist system is the main precursor of inactivity in contemporary society. In contrast entails the rise of rates of risk factors such as obesity and coronary heart disease, then causing high mortality in the community. Furthermore, educational cultural values and collective recreations are being abandoned (as) to give way to individual and materialistic values. Since then, this project aimed to report the main agents that interfere directly and indirectly, convincing and persuading servers Federal Institute of Alagoas.

Thus, the use of technology is one of the main methods. Same promotes a weak foundation, the physical point of view-muscular. The innovations of technological devices, increasingly seek to avoid all and any, arduous and repetitive motion also. Like when we fail to climb a ladder and look for the nearest elevator. Or when we began using motor vehicle, failing to use traditional cycling and walking, to get faster to our destination, then contributing to the greenhouse effect.Or when young, the male point of view, avoid playing football to watch the game on TV.

Analyzing this kind of repertoire, we observe that such situations mentioned above, occur daily, and that the culture of contemporary leisure is being completed gradually. Traditional passed from generation to generation games are no longer being practiced in the infantile period of several Brazilians, but their absence can cause serious consequences such as motor coordination failures in the future. What is worth mentioning its paramount importance, even to the labor market, such as tests of motor coordination required of potential police. This factor is what eliminates most competitors, it is not easy to exercise dominion in adulthood, once one learns in childhood. This domain was practiced daily in traditional games such as running, swimming and jumping and has now been replaced in front of the computed hours or video game you need only move the fingers.

On the other side, which also increases the percentage of risk factors is the issue of power. The media spreads false ideologies, associating the food injurious to health if consumed in excess, happiness. The target audience is children and young people whose social status,can influence the purchasing power of food to be sold. Thus, the advertisements directly and indirectly influence the quality of life of citizens, as can convince and persuade the customer through spoken communication, written or by way of symbols and animations.

Since the dynamism of capitalism is present in many areas of everyday life and that it can modify the food habits and methods of exercise, society ends up creating conflicting stereotypes. End up discriminating against a particularity of the people who consume exaggeratedly biased way of performing, then the cult of the body. Similar to what happened in ancient Greece, the optimal value of aesthetics, a true cult of the body in order to become good soldiers and athletes. At the same time, the influence paradox between compulsion and uncontrolled, between suffering and pleasure of consuming.

Based on such evidence made it necessary to devise a mapping of risk factors, whose project was conducted at the Federal Institute of Alagoas.

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ABSTRACT

Concerned about health and to the quality of life of the Federal Institute of Alagoas (IFAL) servers, which makes up the frame work, we decided from the observation and the lack of action regarding health and quality of life, plan and organize a research project for the servers Federal Institute of Alagoas. The present study aimed to study and map some risk factors related to existing Federal Institute of Alagoas servers health, as well as measure the behavior at the level of aerobic fitness (resting heart rate and blood pressure); and analyze the change in weight loss (body fat percentage, BMI and waist-hip ratio) of the Federal Institute of Alagoas servers. The project was held in the premises of the eleven campuses of IFAL - for proper and structured room. The data were calculated using the Excel program, and they generate a graph with the percentage of servers that have some risk factor and where it was possible to diagnose the classification of body weight, identifying whether the individual is underweight, normal, overweight or obese, according to the World Health Organization (WHO). Thus, it is expected that the results of this study may contribute with additional information about the topic and to serve as a guide to physical education, Dietitians, Psychologists professionals working in health, the Instituto Federal de Alagoas.

KEYWORDS: Risk Factors, Body Mass Index, Waist Hip Ratio.

RÉSUMÉ

Préoccupé par lasanté et à laqualité de vie de l'Institutfédéral d'Alagoas (IFAL) serveurs, quiconstituelecadre de travail, nousavonsdécidé de l'observation et de l'absence d'actionenmatière de santé et de qualité de vie, planifier et organiserunprojet de recherchepourlesserveurs de l'Institutfédéral d'Alagoas. La présenteétudevisait à étudieretcartographiercertainsfacteurs de risque liés à l'existantInstitutfédéral d'Alagoas serveurssanté, ainsi que de mesurerlecomportementauniveau de lacapacitéaérobie (fréquencecardiaqueaurepos et lapressionartérielle); et analyserl'évolution de laperte de poids (pourcentage de graissecorporelle, l'IMC et lerapporttaille-hanche) de l'Institutfédéral de serveurs Alagoas. Le projeta eulieudansleslocauxdes onze campus de IFAL - chambre correcte et structurée. Lesdonnéesontété calculéesenutilisantleprogramme Excel, et ilsgénèrentungraphiqueaveclepourcentage de serveursquiontunfacteur de risque et oùilétaitpossible de diagnostiquerlaclassificationdupoidscorporel, d'identifier si lapersonnesouffre d'insuffisancepondérale, normal, ensurpoids ou obèses, selonl'Organisationmondiale de lasanté (OMS). Ainsi, il est prévu que lesrésultats de cetteétudepeuventcontribueravecdesinformationssupplémentairessurlesujet et à servir de guide à l'éducationphysique, lesdiététistes, lespsychologuesprofessionnelsquitravaillentdanslasanté, l'Instituto Federal de Alagoas.

MOTS-CLÉS: Facteurs de risque, indice de massecorporelle, lerapporttaille de lahanche.

RESUMEN

Preocupados por lasalud y para lacalidad de vida del Instituto Federal de Alagoas (IFAL) servidores, que constituyeel marco de trabajo, decidimos partir de laobservación y la falta de acciónconrespecto a lasalud y calidad de vida, planificar y organizar unproyecto de investigación para los servidores del Instituto Federal de Alagoas. El presente estudiotuvo como objetivo estudiar y cartografiaralgunosfactores de riesgo relacionados conla existente Instituto Federal de Alagoas servidores de lasalud, así como medir elcomportamiento a nivel de aptitud aeróbica (frecuencia cardíaca enreposo y lapresión arterial); y analizarel cambio enlapérdida de peso (porcentaje de grasa corporal, índice de masa corporal y larelación cintura-cadera) del Instituto Federal de Alagoas servidores. El proyecto se llevó a cabo enloslocalesde lasonce campus de IFAL - para lahabitaciónadecuada y estructurada. Los datos se calcularon utilizando el programa Excel, y que generanun gráfico conelporcentaje de servidores que tienenalgúnfactor de riesgo y enlos que era posible diagnosticar laclasificación de peso corporal, identificar si la persona es de peso insuficiente, normal, sobrepeso o son obesos, segúnlaOrganización Mundial de laSalud (OMS). Por lo tanto, se espera que los resultados de este estudiopueden contribuir coninformación adicional sobre el tema y para servir como una guía para laeducación física, dietistas, psicólogos profesionales que trabajanenlasalud, el Instituto Federal de Alagoas.

PALABRAS CLAVE: Factores de riesgo, índice de masa corporal, relación cintura cadera.

RELATÓRIO 2013-2014/FINAL: MAPEAMENTO DOS FATORES DE RISCO DOS SERVIDORES DO INSTITUTO FEDERAL DE ALAGOAS

RESUMO

Preocupado com a saúde e á qualidade de vida dos servidores do Instituto Federal de Alagoas (IFAL), que compõe o quadro de trabalho, resolvemos a partir da observação e pela falta de ações referentes á saúde e á qualidade de vida, planejar e organizar um projeto de pesquisa para a os servidores do Instituto Federal de Alagoas. O presente estudo teve como objetivo estudar e mapear alguns fatores de risco relacionados à saúde existentes em servidores do Instituto Federal de Alagoas, assim como mensurar o comportamento no nível de condicionamento aeróbico (freqüência cardíaca de repouso e pressão arterial); e analisar a modificação no emagrecimento (percentual de gordura, IMC e relação cintura quadril) dos servidores do Instituto Federal de Alagoas. O Projeto foi realizado nas dependências dos onze câmpus do IFAL – em sala adequada e estruturada. Os dados foram calculados por meio do programa excel, e os mesmos geram um gráfico com o percentual de servidores que apresentam algum fator de risco e aonde foi possível diagnosticar a classificação do peso corporal, identificando se o individuo está abaixo do peso, normal, sobrepeso ou obesidade, segundo a Organização Mundial de Saúde (OMS). Desta forma, espera-se que os resultados deste estudo possam contribuir com informações adicionais sobre o tema abordado e servir como orientação aos profissionais de Educação Física, Nutricionistas, Psicólogas que atuam na área da saúde, no Instituto Federal de Alagoas.

PALAVRAS-CHAVE: Fatores de Risco, Índice de Massa Corporal, Relação Cintura Quadril.