16 - NUTRITIONAL AND PREVENTIVE ASPECTS OF SECONDARY SCHOOL STUDENTS' LIFESTYLES IN TERESINA / PI

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1. INTRODUCTION

Dealing with the issue of lifestyle means addressing a number of factors such as quality of life, longevity, health, entertainment, environment, etc., and also interrelating those factors. However, researchers have been working hard to produce some studies that may validate those associations.

Nahas (2006) says that longitudinal studies have shown a close relationship between lifestyle and either the emergence of chronic degenerative non-communicable diseases (NCDs) or longevity, indicating that good health habits suggest an increase in the average life of 11 years among men and 7 years among women. He suggests that, at present, we are living in the so-called "lifestyle era" and that environmental and medical-assistance factors are respectably important to the promotion of health and quality of life.

Body and lifestyle are directly linked to health. Body care acquires significance as we focus attention on food habits, sleeping and working regimes, and occupation of free time. Thus, Bento (1991) proposes that this care should be fostered early in schools since changes in the norms and values may provoke modifications in the patterns and individual functions of people. Therefore, preventing the occurrence of irreversible organic disorders in adulthood may be done by avoiding the factors that cause risks of morbidity and mortality (GUEDES; GUEDES, 1995).

For such, the educational practice is the central strategy for health promotion aiming at changing living conditions so they may be decent and appropriate, points to the transformation of individual decision-making processes so they may be predominantly favorable to health and quality of life, and directs a number of collective actions and decisions (BUSS 2003).

Bouchard et. al. (1994) states that health must, above all, be understood as a state of complete physical, social and psychological welfare, and not merely the absence of diseases. Effectively, there has been greater awareness so as to abandon the concept commonly applied to health.

Within this understanding, it is clear that it is not enough not presenting evidences of illnesses or diseases. It is also necessary to present signs and evidences that may reduce to a minimum the risk factors. Assuming that hypokinetic diseases are caused by more advanced stages and that their symptoms are often silent, it cannot be, for example, that a teen smoker will become a healthy adult only for not being sick at the time. The same goes for obese children and adolescents or those with problems with their motor performance or, also, those with growth and development rates below expectations (GUEDES; Guedes, 1997).

1.1 PHYSICAL EDUCATION, LIFESTYLE AND HEALTH IN SECONDARY SCHOOL

According to Pestana (2002), it is necessary to discuss the relationship between Physical Education and Health in schools in order to achieve, throughout the process, a pedagogical practice focused on the construction of knowledge and also committed to the quality of life.

Physical Education is a component of the basic education curriculum which must be adapted to the age groups and conditions of the school population, being optional for students who meet the following conditions: women with offspring, workers, military and people over 30 years old (BRAZIL, 2003).

Physical Education is included in the field of Languages, Codes and their Technologies and aims at promoting body culture by means of games, fighting, gymnastics, sports and dancing in order to introduce and integrate the student in this sphere, educating citizens who will produce, reproduce and also transform this culture (BRAZIL, 2006).

Darido; Rangel (2005) pointed out that even being included in the school curriculum, physical education cannot always offer equal opportunities to all. Many students cannot attend classes due to the lack of materials, space, motor skills or even interest on the part of these students. In order to solve this problem, the authors suggest that teachers rethink their pedagogical practice so as to make it accessible to everyone.

Physical education teachers must adopt a new attitude towards the educational structure, developing in their classes a view no longer restricted to the practice of sports and recreational activities, but also focused on achieving goals related to health education by means of the selection, organization and development of experiences that may provide students not only with those situations that make children and teens physically active, but mainly with those that make them opt for a healthy lifestyle throughout life (Guedes, 1999).

Within this context it is important to raise awareness of the school population regarding the need to understand the intrinsic relationship between diseases and lifestyle (social and cultural habits), in which physical activities play a key role in promoting these changes (ZAMAI, 2000).

In order to realize such importance and necessity, Zamai et. al. (2002) conducted a survey and found that poor diet and lack of knowledge are aggravating factors among both primary and secondary school students in several municipalities, since 31.9% of primary education students were classified as underweight, 10% presented normal weight, 39% were classified as overweight and 20.1% received classifications of type I obesity. Among secondary school students, 15% were classified as underweight, 16.5% presented normal weight, 31% were classified as overweight and 38.5% received classifications of type I obesity.

Zamai; Bankoff et. al. (2002) found that the students presented significant rates of overweight and type I obesity as well as lack of knowledge on these issues and suggested the development of "interdisciplinary projects" with focus specifically on education and health promotion of students by enriching and expanding knowledge, and helping children and adolescents improve their quality of life from childhood, through adolescence, adulthood, to old age, consequently.

The Ministry of Health (Brasil, 2006) presents reports on topics such as nutrition, physical activities, culture of peace, issues related to violence, sexuality and prevention of sexually transmitted diseases and AIDS, oral health, adolescent health, construction of healthy environments, practices related to communication, health and cultural movements in their different

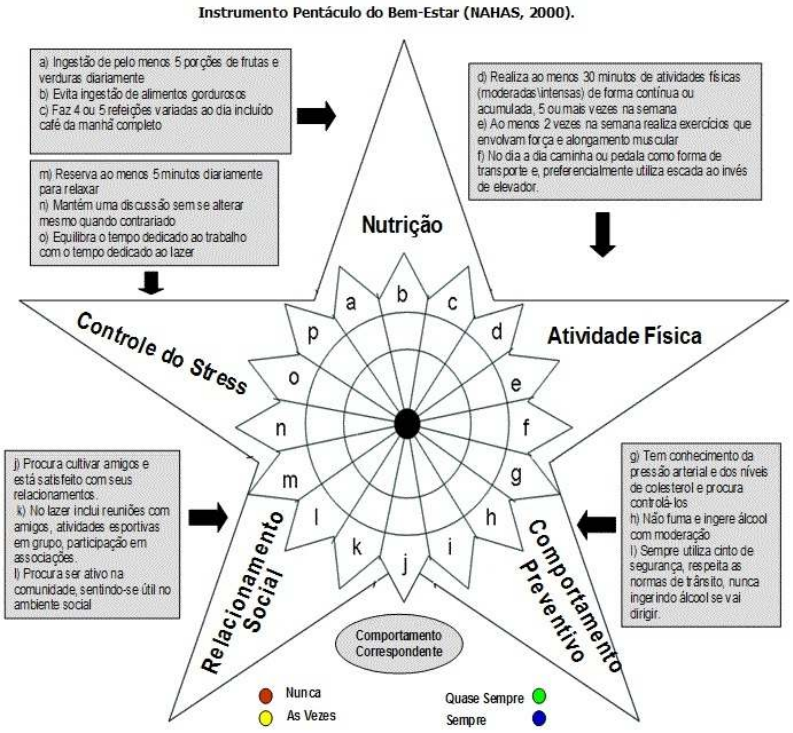
expressions such as theater, music and dancing, in order to stimulate changes in the development of health activities in schools and, particularly, contribute to the revision of the traditional school health programs.

2. METHODOLOGICAL STRATEGIES

The sample was composed of students enrolled in the 3rd year of secondary school in a school belonging to the public system of education in Teresina/PI. 58 students were surveyed, which corresponds to 55.2% of those enrolled in the 3rd year of secondary school, divided into three classes, totaling 105 students, an average of 35 per class. 35 out of students surveyed were female and 23 were male.

In order to evaluate the students' lifestyles, the PEVI Nahas; Barros; Francalacci (2000) was used, which is composed by the Welfare Pentacle (Figure 1), equally subdivided into 15 items distributed among five factors: nutrition, physical activity, preventive behavior, relationships and stress management. One four-point scale to respond to the items was used: (0) never, (1) rarely, (2) often, and (3) always. For this survey only the items nutrition and preventive behavior were used.

Figure 01: Welfare Pentacle Instrument.

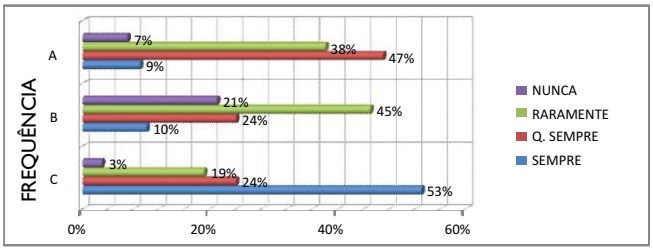


As to the questionnaire of the Profile of Individual Lifestyle (PEVI), the data were tabulated with the use of an Excel spreadsheet. Students' responses were classified according to the following criteria: zero (0) for topics that are not part of their lifestyles; one (1) for those which sometimes correspond to their behavior; two (2) for those which are almost always true in their behavior; and three (3) for those which are part of their lifestyles. These indexes accompany the results proposed by the instrument itself. The three values were added and then divided by the three statements for obtaining the average of an overall result, it having been stipulated that the averages above (2) are considered positive and below this value are negative. The graph is colored from the center to the edges according to the answers: circle 1, sometimes; circle 2, almost always; and the edges 3, always.

The survey was conducted in a public school belonging to the state system of education: Unidade Escolar Prof. Pinheiro Machado, Rua Anchieta nº 2515, Dirceu Arcoverde I, southeast of Teresina city, Piauí state, in the period 02 to 13 December 2013.

3. RESULTS AND DISCUSSION

Chart 01: Food habits of the students surveyed



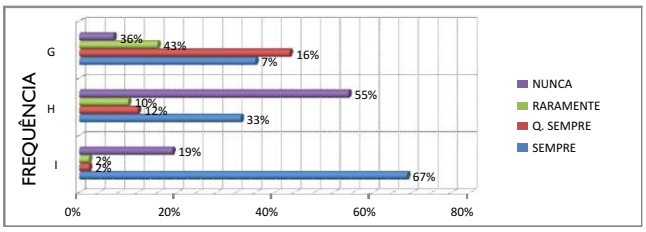
Source: Survey data (Sousa 2014)

Regarding nutrition, one can see that the item A, 47% claim to include at least five choices of fruits and vegetables, while 38% say they rarely include these items in their diet. In item B, 45% responded that they rarely avoid fatty foods and 24% said they almost always avoid fatty foods. In item C, more than half of the students surveyed, 53%, said they always have 4-5 different meals a day, including full breakfast, and 24% stated that this behavior is almost always adopted in their daily routine.

Inadequate habits in childhood and adolescence may be risk factors for chronic diseases in adulthood. It can be seen

that despite the positive results regarding eating habits in item B, which considers the intake of fatty foods and sweets, a large percentage of the students surveyed states that they rarely avoid these foods, which may cause problems in the future, since recent studies have identified, in this age group, unhealthy eating habits, especially among young people belonging to the more affluent social classes, who have greater access to food and information, and adopt a diet usually rich in fats, sugars and sodium, with low portions of fruits and vegetables (NUNES 2007 TORAL 2009).

CHART 02: Preventive Behavior of students



Source: Survey data (Sousa 2014)

Unlike other items, in the preventive behavior topic a worrying statistic could be observed, being the lowest average of all items under study (1.88). Most students surveyed, 43%, said they rarely make the measurement of Blood Pressure (BP). The blood pressure measurement is useful for providing indications for individual therapeutic procedures, monitoring population prevalence rates and identifying risk factors associated with hypertension, Jones et. al. (2001). 36% of them did not even know their BP levels.

In item H the result was surprising, since most students surveyed are between 17 and 18 years old, and 55% of them said they never drank alcohol in moderation and only 33% responded affirmatively. This behavior is part of their daily life, revealing the use of alcohol in adolescence. In item I, 67% and 12%, respectively, said they always and almost always wear seatbelts while driving, respecting the traffic rules and avoiding the use of alcohol while driving.

4. FINAL

Given the above considerations, it is evident that the profile of individual lifestyle is an important indicator for the health and quality of life. We could notice that the students surveyed, as regards to their eating habits, are predominantly classified as adherents of good quality food, claiming to include at least five choices of fruit and vegetables, and that they always have 4-5 different meals a day, including full breakfast. The component which considers the prevention of diseases by the students was presented as a worrying statistic because most students said they never ingest alcohol in moderation, which reveals the use of alcoholic beverages by most subjects studied.

The focus of discussion is the improvement of life quality through physical education programs. Considering Nahas (2001), physical education can and should be used in schools with the purpose of educating individuals for a healthy future.

With these goals, physical education should systematize teaching and learning situations that may provide students with access to practical and conceptual knowledge. Therefore, it is necessary to change the focus from high performances to a broader perspective which could prioritize the physical fitness related to body awareness, freedom of expression, health, and that could comprehend all aspects involved in every bodily practice.

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NUTRITIONAL AND PREVENTIVE ASPECTS OF SECONDARY SCHOOL STUDENTS' LIFESTYLES IN TERESINA / PI

ABSTRACT

This work underscores the need for reflections and attitudes about the practices and challenges of physical education related to health promotion and explores the issue of health and aspects related to quality and style of life, such as the conceptions of secondary school students in terms of awareness regarding healthy habits such as, for example, Nutrition and Preventive Behavior of students of the 3rd year of secondary school at a public school in the city of Teresina / PI, in the period 02-13 December 2013. It is a descriptive and quantitative and qualitative survey and has been applied to 58 students with an average age of 17.5 years, 35 female and 23 male. In this case the Profile of Individual Lifestyle (PEVI) was used. The results have shown that their nutrition consisted of a balanced diet, including at least five vegetables in their daily diet, but with the presence of a high consumption of fatty foods and sweets, which are foods related the health disorders. As to prevention in terms of health, we have found a worrying statistic indicating the consumption of alcoholic beverages, a factor responsible for many problems of public health.

KEYWORDS: Lifestyle, Health, Education.

ASPECTS NUTRITIONNELS ET PREVENTIFS DU STYLE DE VIE DES LYCÉENS À TERESINA / PI

RÈSUMÈ

Cette étude met en évidence la nécessité de reflection et d'attitudes sur les paratiques et défis de l'éducation physique liée à la promotion de la santé, et enquêtê sur la tematique de la santé frisant sur les aspects de qualité et de style de vie tels que la conception des élèves du secondaire en termes de sensibilisation aux habitudes saines de vie comme, la nutrition et les comportements preventives des élèves de la 3e année du secondaire dans une école publique de la ville de Teresina / PI, dans la période 02-13 Décembre 2013. la presente etudes est descriptive et quantiqualitative, elle a été appliquée à 58 élèves avec une moyenne d'âge de 17,5 ans, 35 de sexe feminin et 23 masculin, utilisant le profil de style de vie individuel (PEVI). Les résultats ont montré que la nutrition est présentée comme une alimentation équilibrée au jour le jour dont au moins cinq légumes inclues quotidiennement, mais avec la présence d'une forte consommation d'aliments gras et de sucrerie, ceci liés à des troubles de santé. Quant à la santé préventive on a observé une statistique inquiétante indiquant la consommation de boissons alcoolisées, facteur responsable de nombreux problèmes de santé publique.

MOTS-CLÉS: mode de vie, santé, éducation

ASPECTOS NUTRICIONALES Y VIDA PREVENTIVO DE ESTUDIANTES DE SECUNDARIA EN TERESINA / PI

RESUMEN

Este trabajo pone de relieve la necesidad de reflexiones y actitudes acerca de las prácticas y los retos de la educación física relacionada con la promoción de la salud y de la salud y explora los aspectos temáticos relacionados con la calidad y el estilo de vida como las concepciones de los estudiantes de secundaria en términos de conciencia con respecto a los hábitos saludables, como la nutrición y el comportamiento preventivo de los estudiantes del 3er año de secundaria en una escuela pública en la ciudad de Teresina / PI, en el período 02 al 13 diciembre de 2013. se trata de una investigación descriptiva y cuantitativa y cualitativa y se ha aplicado a 58 alumnos con una edad media de 17,5 años, 35 mujeres y 23 hombres. En este caso se utilizó el perfil del estilo de vida individual -PEVI. Los resultados mostraron que la nutrición se presenta con una dieta equilibrada en el día a día, incluyendo al menos cinco verduras en su dieta diaria, pero con la presencia de un alto consumo de alimentos grasos y dulces, estos alimentos que están relacionados los trastornos de la salud. Respecto a la prevención de la salud, tenía una estadística preocupante que indica el consumo de bebidas alcohólicas, un factor responsable de muchos problemas de salud pública.

PALABRAS CLAVE: Actividad Física, Estilo de Vida, Salud, Educación.

ASPECTOS NUTRICIONAIS E PREVENTIVOS DO ESTILO DE VIDA DOS ALUNOS DO ENSINO MÉDIO EM TERESINA/PI

RESUMO

Este trabalho ressalta a necessidade de reflexões e atitudes sobre as práticas e desafios da educação física escolar relacionada à promoção de saúde e investiga a temática saúde e aspectos relacionados à qualidade e estilo de vida, como as concepções dos escolares do ensino médio em termos de conscientização a respeito dos hábitos saudáveis, como Nutrição e Comportamento Preventivo de escolares do 3º ano do ensino médio de uma escola pública da cidade de Teresina/PI, no período de 02 a 13 de Dezembro de 2013. É uma pesquisa descritiva e quantiqualitativa e foi aplicada a 58 escolares com idade média de 17,5 anos, 35 do sexo feminino e 23 do sexo masculino. Nesse caso foi utilizado o Perfil do Estilo de Vida Individual - PEVI. Os resultados obtidos mostraram que a nutrição apresenta-se com uma alimentação equilibrada no dia-a-dia, incluindo pelo menos 5 vegetais em sua alimentação diária, porém com a presença de um elevado consumo de alimentos gordurosos e doces, alimentos esses que estão relacionados a transtornos na saúde. Quanto à prevenção em saúde, tivemos um preocupante dado apontando o consumo de bebidas alcoólicas, fator este responsável por diversos problemas de saúde coletiva.

PALAVRAS-CHAVE: Atividade Física, Estilo de Vida, Saúde, Educação.