104 - ELDERLY HEALTH PROGRAM - A SERIOUS PROPOSAL AND PERENNIAL

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Introduction

The article seeks to present a critical view of aging and its challenges in a country like Brazil where the population of seniors increases and aging prospects are evident, but there are challenges to be overcome, to Veras (2012) are: 1. For the lack of public policies that bring together efforts to care for the Elderly; 2. The needs with programs to prepare citizens to age; 3. The difficulties of healthy aging; and 4. The aging population increasingly sedentary, with less healthy lifestyles.

Population aging in Brazil has been growing for decades and every decade the population growth projection over 60 years Veras (2001) confirms this reality by suggesting that the longevity of the population is a world phenomenon, and that Brazil is a clear example of this process which is characterized by absolute and relative increase. The decrease in fertility and mortality rates has been altering the age structure of the population, leading to a marked decrease in mortality rates, particularly in the early years of life (ASSIS, 2005).

From the 60s, the group of seniors went on to lead this growth, however along with this growth growing challenges of aging in a country that has not created or developed over the years a social safety net for healthy aging (Alves Júnior 2009 cited by Brazil in 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 to rethink the 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).

The Healthy Aging Program Mangabinha-Life Active Life, seeks to improve the quality of life on the basis 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) Regular physical activity helps in the social profile, culture, training groups and a motivating interaction, through interaction and the tone of maintenance processes and biological and functional capacity of this individual.

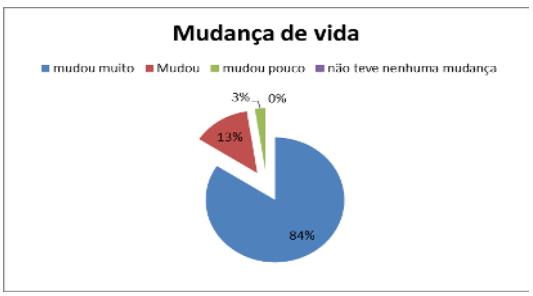
Thus the aim of this study is to present the potential of the Active Living Program Gymnastics for healthy aging.

To answer the study used the following methodological procedures, which participated in this research 83 elderly all submitted to Healthy Aging Program - Active Living - Mangabinha, Campos dos Goytacazes.

The program consists of systematic lessons three (3) times a week with sessions of 60 minutes where each session consisted of 40 minutes of body movement exercises with own body weight, as follows: elbow flexion and extension at 90 degrees, abduction arms with semi elbow flexion, flexion and extension of the elbow with fixed arm, wrist rotation, shoulder rotation with fixed hand equipment, flexion and knee extension performed sitting, flexion and the hip extension performed sitting, bending 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, muscular strength exercises using dumbbells 2 kg and 1 kg performing flexion and elbow extension, adduction and abduction of the legs 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, ups and downs through obstacles mounted at a height maximum 40cm from the floor and use the curb for hiking in search of balance. Hiking with long paths 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 exercises using 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 with Boca ; Challenges of Aging and 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 among Program students: on their rights guaranteed by law and preventive health care with two different times, all lectures and hits informative conversations took place with experts in the field different spheres professionals, physiotherapist, nutritionist, psychologist, lawyer and doctor as well as social gatherings with breakfasts, cultural tours and walks, 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.

For details of the program the instrument used an interview elaborated by the author, consisting ten (10) questions, geared to the satisfaction of elderly participants of that program and its improved quality of life. The interviews took place before the schedule of activities and lasted 10 minutes, as inclusion criteria we used the free consent and participation term, exclusion criteria and the elderly who could not fully participate in the Active Life program.

The results found show us the importance of the program in view of its participants Figure 1: His life changed after participating in the Active Life program Mangabinha?



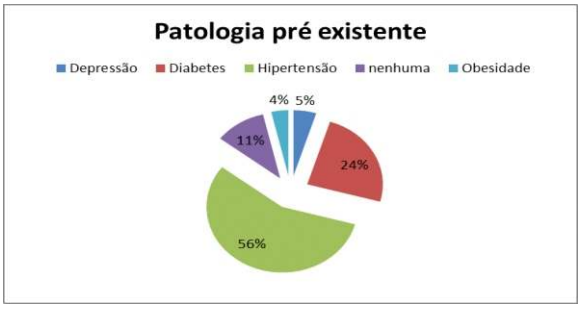
For the respondents, a total of 83 elderly, all participants of Aging Program Healthy Active Living - Mangabinha, 97% stated that occur lifestyle change, increasing its participation on a daily basis, and 3% said it was a small change . The data corroborate with other authors who claim to be the physical activity of the very important elements for healthy aging (TUSCANY; OLIVEIRA, 2009, cited by FURTADO 2012) states that "Exercise is a great alternative for longevity and style healthy life is associated with physical activity ", confirming, Furtado 2012 mentions that" By exercising, seniors can retain and recover their functional capacity have a positive impact on your health "

Gráfico2: You have more available for your daily activities?



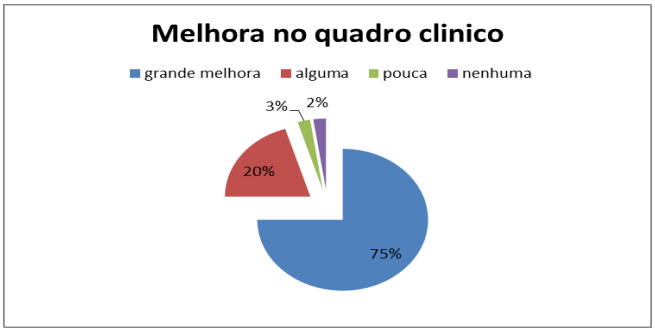
Confirming the benefits of linked physical activity to increase the functional capacity of the elderly active, participants Aging Program Healthy Active Living Mangabinha, 86% confirms that raised their hand to their daily activities, getting willingness to go to the market, climbing stairs and walking the house, leaving inactivity and becoming more active and independent in their actions. It was still 10% who reported having more willingness and 4% with a provision. According Okuma (2002, cited by FURTADO 2012) "The exercise is recognized as a strong ally in the aging process, smoothing the changes as decreased muscle strength, balance, flexibility and aerobic endurance"

Chart 3: Among the existing Pre diseases which one (s) you had?



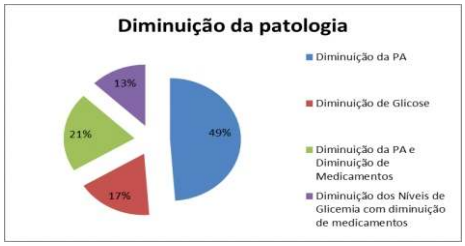
A sedentary lifestyle is a facilitator for the onset of diabetes mellitus, disease that comes with little peripheral irrigation, lower limb amputations, disability status and high doses of medication to obtain their control, such as obesity that triggers the previous two redounding in a metabolic syndrome in addition to depression, often the result of loss of functional capacity, lack of time occupation and lack of social integration (BUSKAMAN 2012). The group investigated noted that 56% of seniors have hypertension, 24% with diabetes, 5% with depression frame and 4% obese, and 11% of students did not have any previous condition the practice of physical activity with the Program quality of Life and Aging Healthy Active Living Mangabinha.

Chart 4: There was an improvement of its proven clinical picture?



The perception of the clinical picture of improvement is observed by 75% of respondents, ie 63 participants aged, feels less impacted in one way or another with respect to their disease, so more than half, aiming a very positive factor and postulating the importance of the influence of physical activities related to Healthy Aging program Active Life Mangabinha as "great improvement" since 20% representing 17 seniors say they achieved improvement in their clinical condition. This improvement is directly linked to the practice of systematic physical activity, which generates a change in lifestyle proposed by the investigated program, arguing the benefits of the importance of systematic physical activity.

Chart 5: If your answer yes to the previous question select the option that looks like you.



But the improvement was not only clinically proven by the elderly, and in particular by lowering drugs to which they were subjected in clinical treatments for control of pre-existing disease such as in the case of hypertension with 49% of respondents confirms the decrease of high values of the pressure, keeping more controlled, 13% of respondents report a decrease in blood glucose indices and also the reduction of the drugs used to maintain these levels in relation to the percentage of hypertensive which lowers your blood pressure and also the uses of drugs reaches 21% or 18 seniors in this direction an improvement framework.

CONCLUSION

Physical activity is one of the strongest if not the strongest ally of healthy aging, whether because of increased functional capacity of practitioners, is the improvement in the clinical picture of the same subject when the physical activity sessions regularly.

We conclude that the aging of the interfaces with the studies on the subject, it runs indirectly proportional, ie the first studies and actions in Brazil, along with the elderly, the date of the 60s, through the SESC -Service Social Commerce. There is therefore a large gap between public actions and investments in public health with a focus on healthy aging, either in the primary care network, is in the planning and execution of public policies that include physical activity as one of the important factors for Healthy Aging .

ELDERLY HEALTH PROGRAM - A SERIOUS PROPOSAL AND PERENNIAL

ABSTRACT

This article aims to identify the level of quality of life of older people's Active Living Program. O study is exploratory and field. The sample universe brought together 83 senior citizens, all systematic goers of the Active Living Program exercise classes, which are held three times a week. These seniors are understood in the age group from 60 to 85, carried out in Campos, interviewed by a questionnaire prepared by the author on health indicators, practice, satisfaction, quality of life, pre-existing chronic diseases. The positive results with over 80% for satisfaction, presence and especially in health condition, that is, low blood pressure, pains, and the use of drugs such as increased daily functional capacity. In this way the program is presented as a great strategy for elderly health program in different regions of the state.

KEYWORD: Aging, Health Program, Satisfaction

PROGRAMME DE SANTÉ AGEES - UNE PROPOSITION SERIEUSE ET VIVACES

RÉSUMÉ

Cet article vise à identifier le niveau de la qualité de vie de l'étude Programme Vie Ativa.O personnes âgées est exploratoire et sur le terrain. L'univers de l'échantillon a réuni 83 personnes âgées, tous les amateurs systématiques des classes d'exercice Salon de programme actif, qui ont lieu trois fois par semaine. Ces personnes âgées sont comprises dans le groupe d'âge entre 60 et 85, effectuées à Campos, interrogé par un questionnaire préparé par l'auteur sur les indicateurs de santé, la pratique, la satisfaction, la qualité de vie, les maladies chroniques préexistantes. Les résultats positifs avec plus de 80% de satisfaction, la présence et surtout dans l'état de santé, qui est, une pression artérielle basse, des douleurs, et l'utilisation de médicaments comme l'augmentation de la capacité fonctionnelle quotidienne. De cette façon, le programme est présenté comme une grande stratégie pour le programme de santé des personnes âgées dans les différentes régions de l'État.

MOT-CLÉS: Vieillissement, Programme de santé, satisfaction

PROGRAMA DE SALUD PERSONAS MAYORES - UNA PROPUESTA SERIA Y PERENNES

RESUMEN

Este artículo tiene como objetivo identificar el nivel de calidad de vida del estudio del Programa de Vida Ativa. O ancianos es exploratoria y de campo. El universo de la muestra reunió a 83 adultos mayores, todos los asistentes sistemáticas de las clases de gimnasia Programa Vida Activa, que se celebran tres veces a la semana. Estas personas mayores se entienden en el grupo de edad de 60 a 85, llevaron a cabo en Campos, entrevistado por un cuestionario elaborado por el autor en los indicadores de salud, la práctica, la satisfacción, calidad de vida, las enfermedades crónicas preexistentes. Los resultados positivos con más del 80% de la satisfacción, la presencia y sobre todo en el estado de salud, es decir, baja presión arterial, dolores, y el uso de drogas como el aumento de la capacidad diaria funcional. De esta manera el programa se presenta como una gran estrategia para el programa de salud de los ancianos en diferentes regiones del estado.

PALABRA CLAVE: Envejecimiento, Programa de Salud, Satisfacción

PROGRAMA DE SAÚDE DO IDOSO – UMA PROPOSTA SÉRIA E PERENE

RESUMO

Esse artigo tem como objetivos identificar o nível de qualidade de vida dos idosos do Programa Vida Ativa.O Estudo é de caráter exploratório e de campo. O universo amostral reuniu 83 idosos, todos frequentadores sistemáticos das aulas de ginástica do Programa Vida Ativa, que são realizadas três vezes por semana. Esses idosos estão compreendidos na faixa etária dos 60 aos 85 anos, realizada em Campos dos Goytacazes, entrevistadas por um questionário elaborado pelo autor com indicadores sobre saúde, prática, satisfação, qualidade de vida, pré-existência de doenças crônicas. Os resultados positivos com mais de 80% para satisfação, presença e principalmente na condição de saúde, isto é, diminuição da pressão arterial, das dores, e do uso de medicamentos, como aumento da capacidade funcional diária. Desta forma o programa se apresenta como uma ótima estratégia para o programa da saúde do idoso em diferentes regiões do estado.

PALAVRA-CHAVE: Envelhecimento, Programa de Saúde, Satisfação.