161 - WATER AEROBICS THE IMPACT OF PARTICIPANTS A HEALTH PROMOTIONAL PROGRAMME: EPIDEMIOLOGICAL PROFILE, ANTHROPOMETRIC MEASURES AND LIFESTYLE

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INTRODUCTION

ccording to the World Health Organization (WHO, 2005) the individual is considered elderly from 60 years of age in developing countries and from 65 in developed countries. According to the Brazilian Institute of Geography and Statistics (IBGE, 2010) 7.4% of the population is aged over 65, and this number is expected to rise in coming years. With increasing life expectancy, which averaged 73.4 years, there is the need to think about care strategies for the current elderly population and strategies to promote health and disease prevention for aging population. One method for this work follow-up and evolution of health care is the encouragement of regular physical exercise. Exercise is a key factor in healthy aging process and key area in global health promotion programs (Matsudo, 2006). The water aerobics, as a method studied in the research, is consolidated for years and is held by several people of different ages. However, there is a greater participation of elderly people in water aerobics classes. This is due to less impact on joints during activity, and various physiological and psychological benefits provided by their practice, such as prevention and treatment of diseases typical of the elderly, functional improvement to carry out daily activities, improved social relationships and hence quality of life. To prescribe the proper exercise and that generates better physiological outcomes in participants, it is essential to perform an initial physical assessment and other revaluations for monitoring and evolution of the exercises. The exorbitant cost of health services brought the need to rethink the current model of management, hospital-centered, reactive and focused on the treatment of diseases. The purpose of the supplementary care system is currently re-discuss the issue of services and restructure care. The investment by health plan operators in multidisciplinary follow-up programs are focused on health promotion and maintenance of their beneficiaries, aiming to prevent and / or control chronic diseases. Health promotion focused on maintaining healthy habits is consolidated as a coping strategy of the numerous health-related problems that affect thousands of people (BUSS, 2000). Many variables are involved in the emergence of chronic diseases, among which we can mention family history, eating habits and lifestyle. The lifestyle is defined by LALONDE (1974) as a "bundle of individual decisions affecting health and on which it can exercise a degree of control. Personal decisions and habits that are bad for health create risks originated by the individual himself. When those risks result in illness or death can be said that the lifestyle contributed to or caused the illness or dysfunction. " Maintaining healthy eating habits favors the prevention of chronic diseases such as cardiovascular disease, diabetes, hypertension and obesity. The national food and nutrition policy, the Ministry of Health said that a proper and healthy eating should be "appropriate to the biological and socio-cultural aspects of individuals as well as the sustainable use of the environment. That is, it should be in accordance with the needs of each stroke phase of life and with special dietary needs; referenced by the food culture and the dimensions of gender, race and ethnicity; available physical and financial point of view; harmonic in quantity and quality; based on adequate and sustainable production practices with minimal amounts of physical contaminants, chemical and biological "(BRAZIL, 2012). Several epidemiological evidence prove the positive effect of maintaining a healthy lifestyle and effective participation in regular physical exercise programs in disease prevention and minimize the deleterious effects of senescence process. The aim of the study was to analyze the impact of the water aerobics participants in a health promotion program by the epidemiological profile analysis, anthropometric measurements and lifestyle.

METHOD

A cross-sectional survey was conducted with descriptive and analytical approach. The survey was conducted at the headquarters of a managed care plans in the city of Fortaleza, Ceará, in 2015. The survey sample was formed by 15 participants customers aerobics class for people over 50 years. The operator offers its customers a promotion program to health, which includes some physical activities such as aerobics, walking / running and functional training. Through an initial medical consultation and the request or the presentation of recent biochemical tests, customers are referred to a multidisciplinary team to carry out the other activities of the program: nutrition consultation, physical assessment, physical activities and lectures. The data were collected before the start individuals practicing gymnastics and after three months of regular activity (three times a week, for 50 minutes). For epidemiological analysis and lifestyle, we used a questionnaire called health profile, the program itself, where customers were analyzed for onset of diseases such as hypertension, diabetes mellitus and dyslipidemia, and on lifestyle habits. For analysis of anthropometric measurements were taken the following measures in the whole sample: height, weight, body mass index (BMI), body fat percentage and waist circumference.

Anthropometric measurements

1. Height

We used the portable estadiometer with high accuracy measurements due to the presence of a millimeter scale. For the correct measurement of height, subjects were instructed to remain standing, with feet together and staring ahead. It asked that the evaluated did an inspiration at the time of measurement.

2. Weight and Percentage of fat

The most accurate method and used in the past to assess the weight was the hydrostatic weighing. The image of recent techniques such as MRI are new alternatives, however expensive and require sophisticated equipment. Thus, assessing body composition by measuring skinfold thickness and bioelectrical impedance analysis are considerable alternative and relatively inexpensive (Endocrinology and Metabolism BRAZILIAN COMPANY, 2004). The distribution of body fat is more predictive of health than isolated measures of weight or weight related to height. A truer measure to fill a clinical evaluation must be the combination of body mass with fat distribution. However, there is no perfect isolated assessment to determine overweight and obesity. (Brazilian Society of Endocrinology and Metabolism, 2004). Used to balance and monitor fat and body water TANITA brand, A-080 model, platform, with capacity of 150 kg. The model uses the technique to analyze the electrical impedance and is

presented as an easy, fast, portable, valid and safe to diagnose the percentage of fat in various conditions. The evaluated were asked to remove their shoes and socks, noting that the feet were clean, and the rise in the balance maintaining perfect alignment of the heels on the electrodes of the same.

3. BMI

BMI was calculated from the measurements of weight and height using the equation: P = BMI (kg) / h² (m).

4. Waist circumference

It was performed on bare skin and the height of the navel. The measurement was performed with the foot evaluated in a horizontal position and the final expiration (relaxed abdomen). The circumference was measured at the midpoint between the last rib and the anterior superior iliac crest. It was used anthropometric tape, inelastic, the Sanny.

5. Relationship waist / hip ratio - WHR

We carried out the measurements of waist and hip circumferences to determine the relationship. To the waist, the measurement was made on the point of least perimeter. The hip, the measure was assessed on the greatest circumference greater circumference around the buttocks, through the side watching the pelvis.

In addition to the anthropometric measurements, the neuromuscular flexibility test was conducted.

6. Flexibility Test

The flexibility test was performed following the Bank of Wells protocol (of Sanny), also known as the sit and reach test. The evaluated were told to keep their knees extended during and test run, to keep one hand over the other and flex your torso forward during expiration. Each evaluated repeated the move three times. It was considered the best score.

Opposite the lifestyle, the participants answered whether they practiced any regular physical activity before, and were classified as adequate or inadequate nutrition, according to the Food Guide for the Brazilian population, the Ministry of Health (2014).

RESULTS AND DISCUSSION

It was found that 60% of the group have hypertension, 27% had diabetes and 27% had dyslipidemia. As for the original measures, 93% had central obesity; 60% with BMI classified as overweight or obese; 87% with the percentage of fat in overweight or obese and 40% had metabolic syndrome. As for lifestyle, 73% of the sample did not practice regular physical activity prior to the program and 67% had inadequate dietary habits.

The measurement of waist circumference is closely related to total body fat and cardiovascular risk factors. It is used as a better visceral fat measurement parameter compared to the relationship waist-hip circumference (Endocrinology and Metabolism BRAZILIAN COMPANY, 2004). On the results, it is observed that 93% of the individuals at risk related to the measurement of waist circumference. This risk can improve or worsen frame dyslipidemia, hypertension, overweight, obesity and type II diabetes. According to the IV Brazilian Guidelines on Dyslipidemia and Prevention of Atherosclerosis of the Department of Atherosclerosis of the Brazilian Society of Cardiology (2007), overweight associated with increased waist circumference, it is directly linked to increased risk of atherosclerotic disease. Waist circumference helps identify the risk for patients of this type of obesity. BMI is one of the indicators most commonly used to determine the classification of an individual's weight. It is an indicator of good quality, but does not have full relationship with body fat. In addition, also has some limitations, such as not differentiate lean mass and fat mass did not consider the distribution of body fat. It was found that most of the evaluated presented in Table overweight or obese pre-, 60%. Thus, we suggest the development of actions aimed at this audience in order to prevent future cadres of obesity and its complications. The assessment of body composition is essential factor in the individual health profile. Obesity has become an important issue that brings several consequences to the health and reduces life expectancy, causing an increased risk of developing various diseases (HEYWARD, 2004). The measurement of body fat percentage of assessed was performed by bioelectrical impedance scale, which presents itself as an easy, fast, portable, valid and safe to diagnose the percentage of fat in various conditions (Endocrinology BRAZILIAN SOCIETY and Metabolism, 2004). Among the evaluated, 87% are overweight or obese in the percentage of fat. Flexibility is fundamental valence in a regular exercise program (PHYSICAL ACTIVITY GUIDELINES AND HEALTH, 2001). Specific training should understand the main body movements and requires supervision. Two of his main objectives are to prevent injury and improve joint mobility, determining factors for the quality of life. From 40 years of age, these exercises become even more important. It was found that 29% of the individuals were classified as poor flexibility or below average. Being the essential condition flexibility for functional health and human independence, it is necessary to improve this physical quality through specific actions, such as posture education programs and functional health education.

After three months of regular practice of gymnastics, participants were reassessed. It was observed, to the study, 39% reduced weight and initial BMI; 77% reduced fat percentage; 85% reduced waist circumference; 69% reduced blood pressure and 15% remained in normal and 100% increased and improved the level of flexibility. All participants were attended by nutritionist and given a meal plan. Nutritional revaluations have not happened yet.

CONCLUSION

The description of the collected data justifies the importance of the implementation of health programs that encourage the control of chronic diseases, regular physical exercise, a healthy diet and maintaining an active lifestyle, which are fundamental prerequisites for health and quality of life of human beings. Analyze the implementation of actions that make the individual able to manage their own health is an innovative idea that may bring great results. The important thing is to offer subsidies so that program participants can reach your health goals in an effective and lasting way. The practice aerobics combined with healthy eating showed up, as a method of exercise, effective for the control of hypertension, reduced anthropometric measurements and improves the flexibility of the study group. Research should be expanded to other classes of aerobics and other existing arrangements in the program, so that more data is analyzed and compared. The research could also encourage other operators to invest in health promotion programs, and physical exercise as an important strategy.

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WATER AEROBICS THE IMPACT OF PARTICIPANTS A HEALTH PROMOTIONAL PROGRAMME: EPIDEMIOLOGICAL PROFILE, ANTHROPOMETRIC MEASURES AND LIFESTYLE

RESUME

Adopting healthy habits is consensus as disease prevention strategy. In this context, regular physical exercise and its association with healthy food and the cronicidades control are effective health promotion methods. The rising costs of health services in conjunction with the rise of chronic noncommunicable diseases justifies the incentives for health care policies that stimulate change the organization of the current system to a preventive model. Seeking alignment with the current system needs, the National Health Agency (ANS) stimulates private health plans an offer services that seek to develop a comprehensive care of its beneficiaries. Thus, some carriers offer physical activities, nutrition programs and chronic management in the search for better health and quality of life for its customer base and thus reducing healthcare costs. The aim of the study was to analyze the impact of the practice of water aerobics participants in a health promotion program by the epidemiological profile analysis, anthropometric measurements and lifestyle. A cross-sectional survey was conducted with descriptive and analytical approach. The survey was conducted at the headquarters of a managed care plans in the city of Fortaleza, Ceará, in 2015. The survey sample was formed by 15 participants customers aerobics class for people over 50 years. Data were collected before individuals begin practicing aerobics and after three months of regular activity. Was observed with the study after three months of regular hydrogymnastics practice, 39% of participants reduced weight and BMI; 77% reduced fat percentage; 85% reduced waist circumference and 69% reduced blood pressure.

KEYWORDS: Health Promotion. Physical Activity. Water aerobics.

AQUAGYM L'IMPACT DES PARTICIPANTS AU PROGRAMME DE PROMOTION DE LA SANTÉ A: PROFIL ÉPIDÉMIOLOGIQUE, LES MESURES ANTHROPOMÉTRIQUES ET MODE DE VIE

RÉSUMÉ

L'adoption de saines habitudes de vie est le consensus que la stratégie de prévention de la maladie. Dans ce contexte, l'exercice physique régulier et son association avec des aliments sains et le contrôle des cronicidades sont des méthodes de promotion de la santé efficaces. La hausse des coûts des services de santé en collaboration avec l'augmentation des maladies chroniques non transmissibles justifie les mesures incitatives pour les politiques de soins de santé qui stimulent changer l'organisation du système actuel à un modèle préventif. Cherchant alignement avec les besoins actuels du système, l'Agence nationale de la santé (ANS) stimule prévoit une maladie privée offrent des services qui cherchent à développer une prise en charge globale de ses bénéficiaires. Ainsi, certains transporteurs offrent des activités physiques, des programmes de nutrition et de gestion chronique dans la recherche pour améliorer la santé et la qualité de vie de sa base de clientèle et de réduire ainsi les coûts de soins de santé. Le but de l'étude était d'analyser l'impact de la pratique des participants d'aérobic de l'eau dans un programme de promotion de la santé par l'analyse du profil épidémiologique, les mesures anthropométriques et de mode de vie. Une enquête transversale a été menée avec l'approche descriptive et analytique. Le sondage a été réalisé au siège d'un des plans de soins gérés dans la ville de Fortaleza, Ceará, en 2015. L'échantillon de l'enquête a été formée par 15 participants clients classe d'aérobic pour les personnes de plus de 50 ans. Les données ont été recueillies avant que les individus commencent aérobic pratiquant et après trois mois d'activité régulière. A été observée avec l'étude après trois mois de pratique régulière de hydrogymnastique, 39% des participants ont réduit le poids et l'IMC; 77% ont réduit le pourcentage de graisse; 85% du tour de taille réduite et 69% la pression artérielle réduite.

MOTS-CLÉS: Promotion de la santé. l'activité physique. Aquagym.

GIMNASIA ACUÁTICA EL IMPACTO DE LOS PARTICIPANTES A LA SALUD DE PROMOCIÓN DEL PROGRAMA: PERFIL EPIDEMIOLÓGICO, LAS MEDIDAS ANTROPOMÉTRICAS Y ESTILO DE VIDA

RESUMEN

La adopción de hábitos saludables es el consenso como estrategia de prevención de la enfermedad. En este contexto, el ejercicio físico regular y su asociación con la comida sana y el control cronicidades son métodos eficaces de promoción de la salud. Los crecientes costos de los servicios de salud en conjunto con el aumento de las enfermedades crónicas no transmisibles justifica los incentivos para que las políticas de atención de la salud que estimulan cambiar la organización del sistema actual a un modelo preventivo. Buscando alineación con las necesidades actuales del sistema, la Agencia Nacional de Salud (ANS) estimula la salud privada planea una oferta de servicios que buscan desarrollar una atención integral de sus beneficiarios. Por lo tanto, algunas compañías ofrecen actividades físicas, programas de nutrición y gestión crónica en la

búsqueda de una mejor salud y calidad de vida de su base de clientes y reduciendo así los costes sanitarios. El objetivo del estudio fue analizar el impacto de la práctica de los participantes de aquagym en un programa de promoción de la salud por el análisis del perfil epidemiológico, las mediciones antropométricas y estilo de vida. Una encuesta transversal se llevó a cabo con el enfoque descriptivo y analítico. La encuesta se realizó en la sede de unos planes de atención administrada en la ciudad de Fortaleza, Ceará, en 2015. La muestra de la encuesta fue formado por 15 participantes clientes clase de aeróbicos para personas mayores de 50 años. Los datos fueron recogidos antes de los individuos comienzan practicando aeróbic y después de tres meses de actividad regular. Se observó en el estudio después de tres meses de práctica hidrogimnasia regular, el 39% de los participantes redujo el peso y el IMC; 77% reduce el porcentaje de grasa; 85% circunferencia de la cintura reducida y el 69% de la presión arterial reducida.

PALABRAS CLAVE: Promoción de la Salud. Actividad Física. Gimnasia acuática.

IMPACTO DA HIDROGINÁSTICA EM PARTICIPANTES DE UM PROGRAMA DE PROMOÇÃO À SAÚDE: PERFIL EPIDEMIOLÓGICO, MEDIDAS ANTROPOMÉTRICAS E ESTILO DE VIDA

RESUMO

A adoção de hábitos saudáveis é consenso como estratégia de prevenção de doenças. Nesse contexto, a prática regular de exercício físico e sua associação com a alimentação saudável e com o controle de cronicidades são métodos eficazes de promoção da saúde. Os crescentes custos dos serviços de saúde em conjunto com o aumento das doenças crônicas não transmissíveis justificam o incentivo às políticas de cuidado em saúde, que estimulam a mudança da organização do sistema atual para um modelo preventivo. Buscando alinhamento com as atuais necessidades do sistema, a Agência Nacional de Saúde (ANS) estimula as operadoras de planos de saúde a ofertarem serviços que busquem desenvolver a integralidade do cuidado dos seus beneficiários. Desta forma, algumas operadoras oferecem atividades físicas, programas de nutrição e de gerenciamento de crônicos, na busca por mais saúde e qualidade de vida para a sua carteira de clientes e, consequentemente, redução dos custos assistenciais. O objetivo do estudo foi analisar o impacto da prática da hidroginástica em participantes de um programa de promoção à saúde, através da análise do perfil epidemiológico, das medidas antropométricas e do estilo de vida. Foi realizada uma pesquisa transversal, com abordagem descritiva e analítica. A pesquisa foi realizada na sede de uma operadora de planos de saúde da cidade de Fortaleza, no Ceará, em 2015. A amostra da pesquisa foi formada pelos 15 clientes participantes da turma de hidroginástica para pessoas com mais de 50 anos. Os dados foram coletados antes dos indivíduos iniciarem a prática da hidroginástica e após três meses de atividade regular. Observou-se com o estudo que, após três meses de prática regular de hidroginástica, 39% dos participantes reduziram o peso e o IMC; 77% reduziram o percentual de gordura; 85% reduziram a circunferência abdominal e 69% reduziram a pressão arterial.

PALAVRAS-CHAVE: Promoção da Saúde. Exercício Físico. Hidroginástica.