80 - ACTIVE LEISURE AND HEALTH PROMOTION: A SYSTEMATIC REVIEW OF THE LITERATURE

MARIA GEORGINA MARQUES TONELLO[1];
CLÉRIA MARIA LOBO BITTAR[1];
CASSIANO MERUSSI NEIVA[1], [2];
JULIANA APARECIDA DE PAULA SCHULLER[1], [3];
LILIAN CRISTINA GOMES DO NASCIMENTO[1];
1- Universidade de Franca, Franca, SP, Brasil
2 - Universidade Estadual Paulista - UNESP
3 - Universidade Federal de Mato Grosso, Cuiabá, MT, Brasil
gina@ginatonello.com

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INTRODUCTION

Leisure, being an element of the utmost importance for life, through which the individual participates spontaneously from his free choice activities (DUMAZEDIER, 1999), provides several benefits.Marcellino (2002) states that… "in addition to rest and fun, another possibility occurs at leisure and, typically, is not as noticeable. It is the personal and social development that brings leisure ", highlighting the need to enter it each time more in life.

It meets the guidelines of the Brazilian National Policy of Health Promotion, as set out in article 5, in the second paragraph:

> [...]fostering the planning territorialised actions of health promotion, based on the recognition of local contexts and respect for diversity, to encourage the construction of social production spaces, healthy environments and the pursuit of equity, guarantee of human rights and justice.

So the government has a responsibility to insert into your planning actions that constitute the spaces, making them favorable to the practice of leisure (Brazil - Ministry of Health, 2014).

Assuming that leisure is a key element for the individual's lifewe cannot fail to point out that physical activity is also a factor of benefit to health and life.In addition to being a positive strategy for improving public health, it is also a key element in the promotion of health (GOMES, DUARTE, 2008). It is clear that physical activity is very important for health, and a practice that can be adopted in leisure.

Thus, this study aimed to perform a systematic review with leisure issues , physical activity and health promotion , with the active recreation focus, covering physical activity as the main element .

METHOD

Thesurveywasconducted in PubMeddatabases. ThearticleswereselectedbetweenJanuary 2010 and December 2014. Theinclusioncriteriaweresoughttoscientificarticles (1) in English, Portuguese and Spanish (2) makeavailablethetitle and / orsummary in English, (3) topresent full text, (4) immediatethetitle and / orsummarysearchterms "healthpromotion" and "leisure" and "physicalactivity" and (5) studiesanobservational, literaturereviewarticleswereexcluded.

The total electronicsearchyielded 130 publications. Although, 86 of themwere excludeddueto theirbeingstudies thatwerenotpublished inthe pre determined time period. Of the 44 pre-selected, 19 havebeendeletedfornotpresenting full textavailable. Nextwasheldtheperusal of theabstracts of articles, todetectthepotentiallyrelevant, selecting 25. Of these, washeldthe full reading, beingthat5 of themmettheestablishedinclusioncriteria and thus,wereselectedforthisstudy.

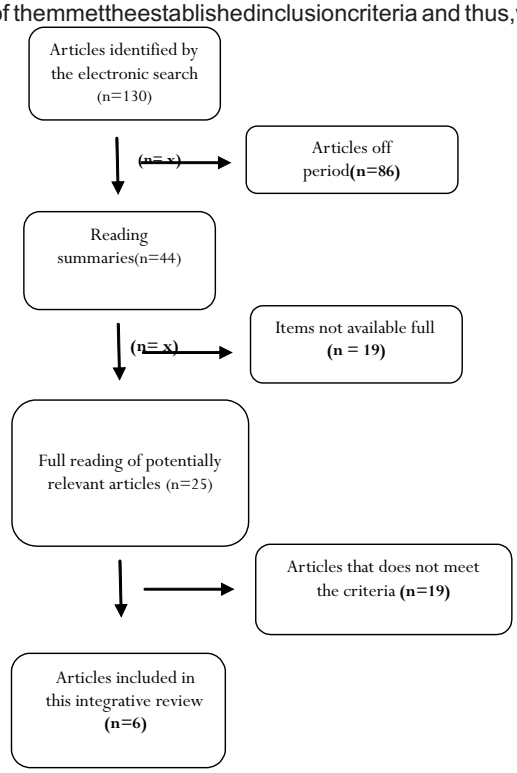

Figure 1. Processexclusion and inclusion of reviewarticles

RESULTS

The five articles of the final sample are original research papers and were classified and grouped. Table 1 presentsthemain variables of theselectedstudies, includinginformationabouttheauthors, year of publication, thelocation of thestudy,relatedprocedures and findings. Itisworthmentioningthatthearticles are in chronologicalorder of theage of thestudiedpopulations.

Table 1. RewiedendSelectedArticles

Autors (year)	Tipeofresearch	Size and location of the sample	Related procedures	Results
Gebremariam et al.,(2013)	Study observational Longitudinal	908 childrenwerefollowedfrom 11 yearsto 13 years (September 2007 - May 2009).	Thequestionwaspresented: "Onweekendsorafterschool, youengagewithwhatactivities? Howmany times a week? For howlong?"	Regarding leisure activities were reported using DVD, TV, computer, using games and physical activity in leisure time. The association between behavioral TV / DVD and meaningful use of leisure time for physical activity was reversed, but not statistically significant. Sedentary behaviors were associated with unfavorable eating behaviors, although the associations were not significant.
Ross et. al, 2013	Study observational Cohort transverse	1.866 girls / teens 8th grade 6 states from the USA	BMI, body fat and physical activity in adolescent girls during leisure time was found (by accelerometry and self - report). We examined the socio-demographic differences, anthropometric and psychosocial found between girls classified as high and low physical activity.	Girls more active in leisure time have lower BMI and body fat present with better self - management strategies, have more positiv e results in relation to family and friends. They were also more likely to participate in sports in an organized environment at school or community than the least active girls. Girls perform less physical activity in their leisure time participating more i n sedentary activities such as reading.
Li, Davison, Jurkowski, (2012)	Study observational Cohort transverse	Thestudyincluded 131 mothers in 2010	Analyzed environ mental factors, mental and general health, relatedto a sedentary life s tyle, including physicalactivity and highlevels of televisión view ingamong mothers and caregivers of preschool children from low-income children through a self-administered questionnaire	Variousanalyzesshowedthattwo intrapersonal factors: pleasuretowatchtelevision and weight status are related. And thatfactorssuch as social support and friendstoencouragethepractice of physicalactivity.
Iseret al, 2014	Study observational Cohort transverse	Participated in theadultpopulation (over 18 years) living in 26 cities of Brazil and the Federal District.	Conducted telephone interviews with adults with residential landline.	It was found that 15% of respondents performed physical activity during leisure time. Physical inactivity and smoking are worth about 15% of adults. Approximat ely 50% of participants reported being overweight
Bonauto,Lu, Fan, (2014)	Descriptivestudy Cross section	Descriptive study and multivariate analysis of the 7,626 interviewed employees of the Washington State during the years 2003-2009.	It performed an analysis of behavioral risk factors for individuals working on surveillance	The overall prevalence of obesity was 24.6%. Compared with their counterparts, workers who consumed adequate amounts of fruits and vegetables and physical activity had adequate lei sure, were significantly less likely to be obese.

DISCUSSION

The present work brings relevant notes about the leisure front to physical activity and health promotion, given the fundamental importance of these to the increment in the improvement of the quality of life.

Gebremariam et al. (2013) claim that sedentary behavior changes have been associated with adverse food behaviors, although these associations have been weak. The authors indicate that there is a need for continuing this research, aiming at a more profound and detailed analysis, suggesting, too, studies with interventions.

Ross et al. (2013) emphasize that there is a need to encourage the reduction of time spent on sedentary activities and replacing that time with organized physical activities, becomes need to minimize barriers and increase self-efficacy, and support for the regular practice of physical activity, so that there is an increase of gain in health promotion in the spare time.

In the work of Li, Davison and Jurkowski (2012), the aim is directed to the urgency of implementing health promotion interventions aimed at improving the content that you see on tv, taking into account issues related to the interests and the need of the individual, but also offer a meaningful learning for your health and social strategies.The results propose more efforts, with the aim of achieving health promotion, through encouraging change in attitude, seeking an active lifestyle to obtain an improvement in the health of low-income women with small children. Must also address the mental health and family functioning factors, especially depressive symptoms.

Iser et al (2014) assert that the high prevalence of overweight and obesity are among the most troubling data found in his study, his data show unhealthy lifestyles in the capitals of the country, as the low consumption of healthy foods, low proportion of active leisure and high proportion of inactive.

In thearticlebyBonauto et al. (2014), afteranalysis of thebehaviors of individualswhoworked in thesurveillance sector, itwasnotedthattheframework of obesity and riskbehaviour has a variationaccordingtotheoccupationthateachpossesses.And theresultsacquired can helpemployers, politicians and professionals in healthpromotion, in ordertodevelopusefulprogramsforimprovement and prevention of obesity and healthbehaviors in theworkplace.

Thefeedinghabitwasgoal of severalstudies, pointing a relationshipbetweenhealthyeatinghabits and active leisure. Beingimportantpublicpolicystrategiesfocusedonthistheme, in ordertopreventobesity.

FINAL CONSIDERATIONS

As can we check on our results, the active leisure also appears as a strategy for better health in General.We believe that the incentive to active leisure is the first step for individuals to adopt a healthier lifestyle, providing initial conditions, to seeking appropriate guidelines for the practice of systematic exercise.

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Maria Georgina Marques Tonello
Endereço completo: Av. Portugal, 979, apto 32 - Ribeirão Preto/SP

ACTIVE LEISURE AND HEALTH PROMOTION: A SYSTEMATIC REVIEW OF THE LITERATURE

ABSTRACT

Leisure plays an important role in life. Sowe cannot fail to point out that physical activityin leisure time becomes a factor of benefit to health and life of its practitioners. This study is an integrative review, which was carried out a search of scientific papers during the period from 2010 to 2014, on the basis of data from PUBMED, where selected five articles, whose what that met the inclusion criteria established.Observational studies was obtained relating leisure, health promotion and physical activity in different populations, children, adolescents, mothers, workers and seniors.Through analysis of these, we can ponder about the significant need to pursue an active lifestyle in the various stages of life, from childhood, adulthood and aging.

KEYWORDS: leisure; health promotion; physical activity; health.

LOISIRS ACTIFS ET PROMOTION DE LA SANTÉ : UN EXAMEN SYSTEMATIQUE DE LA LITTERATURE

RÉSUMÉ

Loisirsjoue un rôleimportantdans la vie, donconnepeutmanquer de souligner que l'activitéphysiquedurant les loisirsdevient un facteur de bénéficepour la santé et la vie de sespratiquants. Cetteétude porte sur un examen d'intégration, qui a étémenée une recherched'emploisdans la période de 2010 à 2014 dans les bases de donnéesPubMed, qui a étésélectionnécinqarticles, quiquiétaientceuxquiont rencontré les critèresd'inclusion et exclusiondéfinie. Il a étéobtenuétudesobservationnellesreliantloisirs, promotion de la santé et l'activitéphysiquedans des populationsdifférentes, les enfants, les adolescents, les mères et les travailleursâgés. En analysantceux-ci, nouspouvonsconsidérerausujet de la nécessité importante de chercher une vie active dans les différentesétapes de la vie, l'enfance, l'âgeadulte et le vieillissement.

MOTS-CLÉS: loisirs; promotion de la santé; activitéphysique; santé.

OCIO ACTIVO Y PROMOCIÓN DE LA SALUD: UNA REVISIÓN SISTEMÁTICA DE LA LITERATURA

RESUMEN

El ocio tiene un papel importante en la vida. Por lo que, no se puede dejar de señalar que la actividad física en el tiempo libre se convierte en un factor de beneficio para la salud y la vida de sus practicantes. Este estudio trata de una revisión integradora, que se llevó a cabo una búsqueda de trabajoscientíficos en el período 2010 a 2014 en las bases de datos PubMed, donde se fueran seleccionados cinco artículos, loscuales eran los que cumplían los criterios de inclusión. Se obtuvo los estudios observacionales que vinculan ocio, promoción de la salud y la actividad física en diferentes poblaciones, niños, adolescentes, madres y trabajadores de más edad. Mediante el análisis de estos, podemos considerar acerca de la necesidad significativa de buscar un estilo de vida activo en las diversas etapas de la vida, la infancia, la edad adulta y el envejecimiento.

PALABRAS CLAVE: ocio; promoción de la salud; actividad física; salud.

O LAZER ATIVO E A PROMOÇÃO DE SAÚDE: UMA REVISÃO SISTEMÁTICA DA LITERATURA

RESUMO

O lazer desempenha um papel importante na vida, assim não se pode deixar de apontar que atividade física nos momentos de lazer torna-se um fator de benefício para saúde e vida de seus praticantes. Este estudo trata-se de uma revisão integrativa, na qual foi realizada uma busca de trabalhos científicos no período de 2010 a 2014, nas bases de dados do PUBMED, onde selecionou-se cinco artigos, cujos quais foram os que atenderam aos critérios de inclusão estabelecidos. Obteve-se estudos observacionais que relacionam lazer, promoção da saúde e atividade física em diferentes populações, crianças, adolescentes, mães, trabalhadores e idosos. Através da análise destes, podemos ponderar a cerca da significante necessidade de buscar um estilo de vida ativo nas várias fases da vida, da infância, vida adulta e envelhecimento.

PALAVRAS-CHAVE: lazer; promoção de saúde; atividade física; saúde.