**DIABETOLOGY &
METABOLIC SYNDROME**

MEETING ABSTRACT

Physical activity level in elderly assisted in an outpatient of comprehensive health care

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Background

Old age brings many changes and deleterious effects with advancing age, to minimize these declines regular physical activity has a positive effect on prevention and promotion of health of the elderly.

Objective

To identify physical activity level in elderly assisted in an outpatient of comprehensive health care.

Materials and methods

Cross-sectional study with 42 elderly treated at a clinic from a private university in São Luís-MA, conducted between the months from March to May 2015. We collected data on sociodemographic, economic, clinical and nutritional characteristics, anthropometric measurements and physical activity through the IPAQ (International Physical Activity Questionnaire). It was used the procedures of descriptive statistics and measures of association where the level of significance adopted was p <0.05. Data were analyzed using program Stata 12.0®.

Results

The distribution between age groups showed a higher proportion of elderly between 60 and 69 yrs. (54.76%), 78.57% had only elementary education, married (57.14%), retired (52.38%) and received up to 3 minimum wages (76.16%). Regarding physical activity, 80.95% were inactive, being more pronounced with increasing age (42.86%), associated with this, overweight diagnosis (13.8%), affected by hypertension (22,7%), large medication use (47.62%) and risk for cardiovascular diseases (23.5%).

Conclusion

The findings of the study suggest the need for intervention and encouraging physical activity associated with healthy living habits, considering besides the health aspects of older, the reality of this population.

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Variables	n	%
Idade (anos)		
60 a 69	23	54,76
≥ 70	19	45,24
Education		
Elementary School	33	78,57
High School	8	19,05
Higher Education	1	2,38
Marital status		
married	24	57,14
maiden	6	14,29
separate	3	7,14
widow	9	21,43
Occupation		
active	1	2,38
Retired with activity	3	7,14
paid	3	7,14
unemployed	13	30,95
Work at home without pay	22	52,38
Income (minimum wage)		
up to 3	32	76,19
4 to 6	6	14,29
7 to 9	4	9,52
Above 10	0	0,00
Smoking		
yes	5	11,90
not	37	88,10
Alcoholism		
yes	6	14,29
not	36	85,71
TOTAL	**42**	**100,00**

Figure 1 Socioeconomic, demographic and behavioral characteristics of elderly assistant in an outpatient of comprehensive health caer. Sao Luis, 2015

clinical features characteristics of elderly assisted in an outpatient of comprehensive health care. sao luis - ma, 2015 .

Variables	n	%
Bowel habit		
habit normal	14	33,33
irregular	11	26,19
constipation	13	30,95
diarrhea	4	9,52
Amount of drugs		
1	8	19,05
2 to 4	20	47,62
≥ 5	14	33,33
Hypertension		
yes	28	66,67
not	14	33,33
Diabetes		
yes	32	76,19
not	10	23,81
Heart disease		
yes	7	16,67
not	35	83,33
Osteoarticular diseases		
yes	16	38,10
not	26	61,90
TOTAL	42	100,00

representation of anthropometric variables of elderly assisted in an outpatient of comprehensive health care. sao luis - ma, 2015 .

Variables	x (±dp)	Md	Q_1-Q_3
Weight (kg)	50,63 (±11,79)	-	-
Height (m)	-	1,50	1,47 - 1,56
Body Mass Index (kg / m2)	25,86 (± 5,13)	-	-
Waist Circumference - WC (cm)	90,1 (± 13,28)	-	-
Hip circumference - HC (cm)	99,71 (± 11,84)	-	-
Reason Waist - Hip WHR (cm)	0,89 (± 0,08)	-	-

Figure 2 Clinical feature characteristics of elderly assisted in an outpatient of comprehensive health care. Sao Luis – Ma, 2015.

classification of elderly as the practice of physical activity according to the ipaq in . sao luis ma, 2015 .

Age (years)	Classification IPAQ (minutes)			
	Active(≥ 150 minutos)		Inactive (< 150 minutos)	
	n	%	n	%
60 a 69	7	16,67	16	38,10
≥ 70	1	2,38	18	42,86
Total	8	19,05	34	80,95

association between physical activity level according to demographic variables , behavioral and clinical - nutritional. sao luis ma, 2015 .

Variables and categories	IPAQ (minutes)				
	Active		Inactive		
	n	%	n	%	p
Marital status					
married	6	4,6	18	19,4	0,435
maiden	0	0,0	6	6	
separate	0	0,0	3	3	
widow	2	1,7	7	7,3	
Body Mass Index kg / m2)					
low weight	1	2,7	13	11,3	0,476
eutrophic	1	1,7	5	4,9	
overweight	5	3,2	12	13,8	
obesity	1	1,0	4	4,0	
Reason Waist - Hip WHR (cm)					
cardiovascular disease risk	6	5,5	23	23,5	0,686
Not cardiovascular disease risk	2	2,5	11	10,5	
Amount of drugs					
1	3	1,5	5	6,5	0,781
2 to 4	2	3,8	18	16,2	
≥ 5	3	2,7	11	11,3	
Bowel habit					
habit normal	5	2,7	9	11,3	0,150
irregular	0	0,0	11	11	
constipation	2	2,5	11	10,5	
diarrhea A	1	0,8	3	3,2	
Hypertension					
yes	5	5,3	23	22,7	0,781
not	3	2,7	11	11,3	
Osteoarticular diseases					
yes	3	3,0	13	13,0	0,969
not	5	5,0	21	21,0	

Figure 3 Classification of elderly as the practice of physical activity according to the IPAQ in Sao Luis Ma, 2015.