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## LEVEL ASSESSMENT PHYSICAL ACTIVITY AND LIFESTYLE OF LAWYERS AND TEACHERS

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### ABSTRACT

**Introduction:** The routine network of some professionals can be exhausting and stressful, which can negatively impact on your health. The objective of the study was to evaluate the level of physical activity and lifestyle of lawyers and teachers.

**Methods:** The level of physical activity was measured by applying the IPAQ short version (International Physical Activity Questionnaire). The life style was assessed by questionnaire Life style Fantastic.

**Results:** For lawyers the level of physical activity was 40% with moderate level, 35% high and 25% low. Regarding the lifestyle the highest rates were for the good life style (45%) and good (45%). As for the teachers, for physical activity 60% of the sample have moderate level, down 26.66% and only 13.33% high. In relation to lifestyle, 13.33% have excellent, 40% very good, 40% good and 6.66% regular.

**Conclusions:** With the results we can conclude that most have a lifestyle conducive to health and prevail in the sample an intermediate level of physical activity. However, the increase in the level of these activities, low to moderate to high, and the search for lifestyles of excellence, can reflect in significant gains for the health and quality of life of these professionals.

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## INTRODUCTION

Non communicable diseases (NCDs) such as cardiovascular disease, cancer, diabetes and high blood pressure, make up a group of diseases with many similarities. In general they have a long latency period prolonged evolution of time, irreversible damage and complications that lead to varying degrees of disability or death (Mariath *et al.*, 2007). These diseases is strongly related to lifestyle, one of the health conditions of the population. Industrialization and urbanization are associated with nutritional and behavioral changes that could compromise the health and predispose to disease (Bastos *et al.*, 2014). The physical inactivity, alcohol consumption and smoking and poor diet are examples of habits that can increase the risk of

death and injury to health; other habits as a balanced diet and regular physical activity are considered protective (Ferreira *et al.*, 2011). In Brazil, the relationship between work and health and illness of workers make up a mosaic in which coexist different stages of technological development and the forms of organization and management of productive activities with repercussions on the living, the sick and dying workers (Priuli *et al.*, 2014). Some professionals have been highlighted as most vulnerable among them are lawyers. They deal constantly with several stressors that can potentially lead to increased risk of NCDs, especially cardiovascular disease, such as myocardial infarction and strokes. Their daily activities involve large pressure deadlines and decisions, and still adding up the complexity of the laws and legal procedures. In general the customer level of demand, competition with other professionals, long working hours, the distance of the family because of work and constant contact with conflicts, aggression, accusations, are factors compromising the quality

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of life. Teachers can also be highlighted, as the teaching work often brings stress and grievances. The casualization of teaching, characterized, among other factors, the long working hours, lack of training for the vulnerable labor situation, structural conditions and the lack of appropriate teaching materials. This situation has led teachers to various pathological processes (Silva and Guillo, 2015).

On the other hand, a proper lifestyle helps maintain a healthy body and an active mind. This calls for preventive guidelines and actions such as avoiding harmful substances to the body, good nutrition, weight control, regular exercise and recreation. These actions must be developed early, and should last for a lifetime (Gore *et al.*, 1996). The objective of the research was to evaluate the level of physical activity and lifestyle of lawyers and teachers. It is worth noting that there is no scientific reports of studies that evaluated both the lifestyle and level of physical activity of these professionals, which gives relevance to the search.

## MATERIALS AND METHODS

This is a sectional study, quantitative, exploratory, which was conducted in 2016, the lawyers and the teachers working in Araxá (MG) and region. The sample of convenience, being thirty-five professionals, including: twenty lawyers, eleven men and nine women, aged 24-57 years and fifteen elementary school teachers and / or average, twelve women and three men, with band age 23-52 years. The project followed the Guidelines and Norms Regulating Research Involving Human Subjects of the National Health Council (Resolution 466/2012 - Brazil) and incorporated in its context the four principles of bioethics: autonomy, non-maleficence, beneficence and justice. Each of the participants had access to the letter informing the research subject and signed a free and informed consent before answering the questionnaire. The project was approved by the Board of Ethics in Research of the University Center of Plateau Araxa (UNIRAXÁ, Araxá-MG). The level of physical activity (AF) was measured by applying the International Physical Activity Questionnaire - IPAQ. This instrument was developed with the objective of estimating the usual practice of AF populations from different countries and socio-cultural contexts, the instrument has been validated in Brazil. The IPAQ has the long and the short version, in this study we will use the short version of the IPAQ, which features questions about the frequency and duration of: Hiking displacement, moderate and vigorous AF, as well as questions about the time spent on sedentary activities in week (Monday to Friday) and the weekend (Saturday and Sunday) (Matsudo *et al.*, 2001).

According Matsudo *et al.* (2001) from the information you can measure the AF level: - Vigorous, who stick 5 or more days a week of vigorous AF lasting 30 minutes or more per session; 3 days week of 20 minutes or more of vigorous activity combined with moderate AF and/ or walk five days week or more with sessions of 30 minutes or more.

- Moderate, one that meets AF moderate three days of the week or more lasting 20 minutes or more; who practices moderate AF or walking five days a week or more with a minimum duration of 30 minutes per session; or that adds a minimum of 150 minutes in the week with frequency of 5 days or longer walk, moderate and vigorous AF.

- Low AF, one who does not perform AF enough to be classified as active as it does not meet the recommendations regarding the frequency or duration. The life style of the participants was assessed by questionnaire nair Life style Fantastic. It is a generic tool that was developed in the Department of Family Medicine at McMaster University in Canada (Wilson *et al.*, 1994), in order to help doctors who work with prevention, so that they could know and measure the lifestyle of their patients. The origin of the word from the acronym FANTASTIC, representing the letters of the names of the nine are as listed below:

- F = family and friends
- A = activity (physical activity);
- N = nutrition;
- T = toxics and tobacco;
- A = alcohol;
- S = sleep, seatbelt, stress and safe sex;
- T = type of behavior;
- I = introspection);
- C = career (work, satisfaction with the profession).

The questionnaire "Lifestyle Fantastic", translated and validated for Portuguese (Añez *et al.*, 2008), it is an instrument that considers the behavior of individuals in recent months, allowing the association between lifestyle and health. The alternatives are presented as columns for ease of coding. The left alternative is always the lowest value. The codification of the issues is carried out by points:

- to the first column;
- to the second column;
- to the third column;
- for the fourth column;
- for the fifth column.

The sum of all points allows to reach a total score that classifies individuals into five categories, following explained:

- Excellent: 85-100 points;
- very good: 70 to 84 points;
- good: 55 to 69 points;
- Regular: 35 to 54 points;
- need to improve: 0-34 points.

The data were tabulated and analyzed by the above criteria, and using descriptive statistics, we calculated the percentage distribution of the volunteers for each parameter and its respective graphical representations.

## RESULTS

Regarding the level of physical activity of lawyers, 40% of the sample have moderate level, vigorous 35% and 25% down. For the 60% teachers are moderate, low and only 26.66% 13.34% vigorous (Figure 1). Regarding the life style of lawyers, the highest rates were for the good lifestyle and very good, both with 45%, excellent and regular level corresponded to 5% each. As for the teachers, also equal rates (40%) prevailed the good and very good levels, 13.33% of teachers are on excellent level and 6.66% in regular. No volunteer presented result in the classification "needs to improve" (Figure 2).

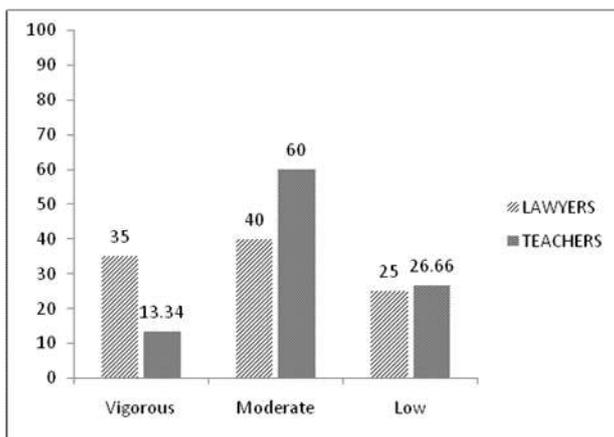


Figure 1. Percentage of volunteers in the level of physical activity

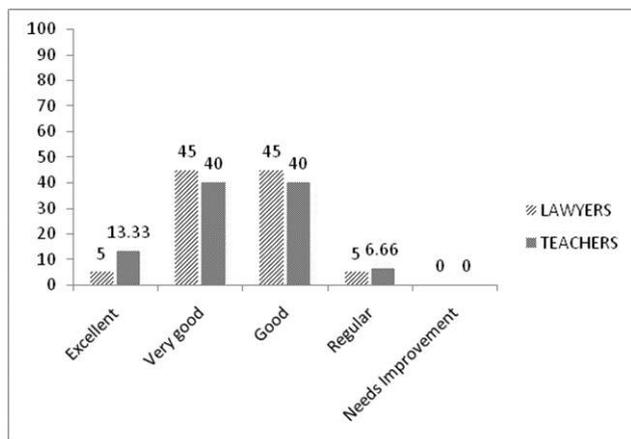


Figure 2. Percentage of volunteers and the lifestyle

## DISCUSSION

It is agreed that physical activity is directly related to health promotion and prevention of NCDs such as heart disease, cancer, hypertension, diabetes mellitus and obesity (WHO, 2010). It is also known that the existing stressful routine in the workplace, linked to physical inactivity and unhealthy life are risk factors and should be research focuses and educational activities. This study evaluated the lifestyle and level of physical activity of lawyers and teachers, professional groups that often have work overload and occupational stress. There were no similar items for comparison of data for lawyers. For teachers were few studies with similar goals, and generally refer to those who work in higher education. No physical activity level reporting far more worrying teachers who found them here. A survey of 1,681 teachers from the public schools of São Paulo Teaching (SP) the prevalence of low level of physical activity was 46.3%, and moderate and high levels represented 42.7% and 11%, respectively (Brito *et al.*, 2012). In a study conducted in Minas Gerais, the State University of Montes Claros, with only physical education teachers, and fifteen males and five females, it was found that no man is classified as inactive, 26.7% as moderate assets, 46.6%, as assets and 26.7% as very active. The women had a higher percentage of physical inactivity, in which 40% are inactive, 20% moderately active, 20% active and 20% very active, in total, 10% of teachers are inactive, 20% moderately active, 40% active and 25% many assets (Madureira *et al.*, 2003). In the study Alxoly *et al.* (2012) with professors from a course of physiotherapy, 56.25% of the sample was considered in sufficiently active, 18.75% active and 25% very active.

Lopes (2008) evaluated the prevalence of physical activity in an urban adult population of Lages (SC). The prevalence of low physical activity was 30.2% and was associated with older age, higher family income and obesity. In the study Hallal *et al.* (2003) physical inactivity was detected in 41.1% of individuals aged 20 or more residents in Pelotas. And the results of Baretta *et al.* (2007), a cross-sectional population-based study in Joaçaba-SC, found 57.4% of physical inactivity in individuals aged 20 to 59 years old. Barbosa *et al.* (2015) conducted a study on lifestyles with the same methodology of this study, with groups of medical students from different periods in Superior School of Sciences of Santa Casa de Misericórdia (EMESCAM), in Vitória (ES). They also obtained higher rates to the levels "very good" and "good", while 21.0% of the sample scored between 55-69 points (good) and 61.3% entre 70-84 points (very good). Data Alquimim *et al.* (2013), referring to university professors of Montes Claros (MG), evaluated with the same instrument, indicated that only 4% are with excellent lifestyle, 48% had very good results, 40% are found in the good rating and 8% regular. Note that most of the study participants are good lifestyle or very good, as well as data from this study. On the other hand, differently to this study, there are reports of more significant level of excellent lifestyle, as the study of Fernandes *et al.* (2009), with 44.74% of the Bahian University professors who participated in the survey were classified with excellent lifestyle. Paz *et al.* (2011) found in most of their sample lifestyles among the very good or excellent levels. This study, despite the limitations imposed by the cross-sectional design, and the difficulty of finding comparative studies, presents an initial overview of the lifestyle and physical activity by lawyers and teachers, theme unexplored before. It is hoped that it can be a starting point for the investigation of these important aspects in specific professional groups. Further studies should be conducted, especially in more cities, also including other professionals, as well as lawyers and teachers, have extensive workloads. Only through a broad comparison of results between various research it will be possible to deepen the knowledge and propose improvements in lifestyle, and consequently the workers' health.

## Conclusion

With the results we can conclude that most of the sample has a favorable lifestyle and prevails in the sample an intermediate level of physical activity. However, the increased level of activities, low/ moderate to vigorous, as well as, lifestyles of excellence, reflect in gains for the health and quality of life of these professionals therefore should be encouraged through actions of health education.

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