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## Introduction

Sedentary and excess of body adiposity has been demonstrate with important factor of risk for cardiovascular diseases<sup>1</sup>. The practice regular activity of physics reduce in 35% the risk of death for cardiovascular diseases and in 33% the mortality for all things<sup>2</sup>.

## Objective

Evaluate undergraduate students of the Nursing Course of Uberaba Campus, the frequency of physical activity, body mass index (BMI), relation waist hip (WHR), systolic blood pressure (SPB) and diastolic (DBP), mean arterial pressure (MAP), eating habits, smoking, alcohol use and family history of hypertension.

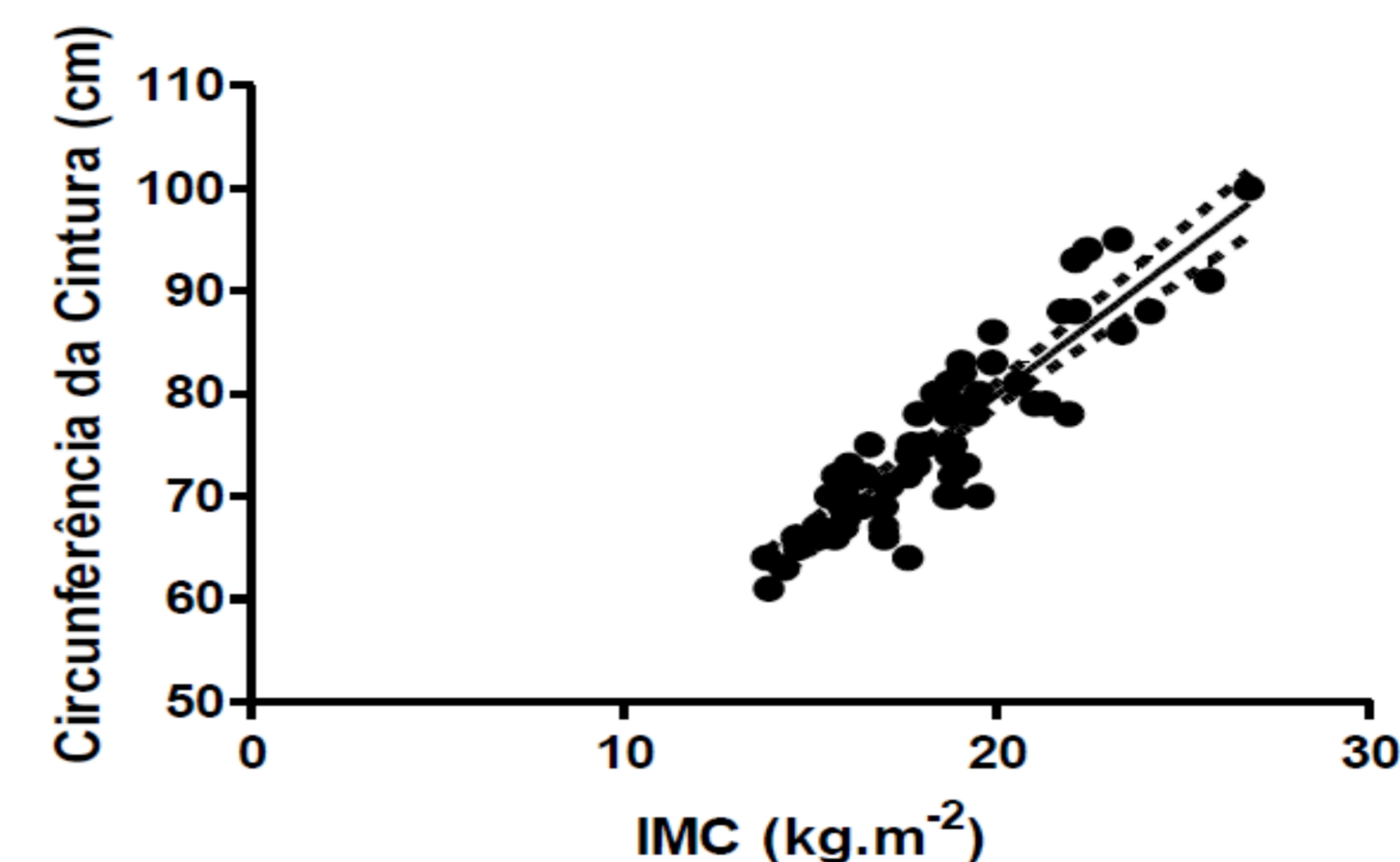
## Methodology

Survey epidemiological, analytic transverse with an sample of 62 students, with mean of age of 20,9 years, where went performed measures anthropometrical, physiological assessments, and application an version short of International Physical Activity Questionnaire – IPAQ, for verification of habits dietary and grade physical activity. Approved by CEP/UFTM: 946.504.

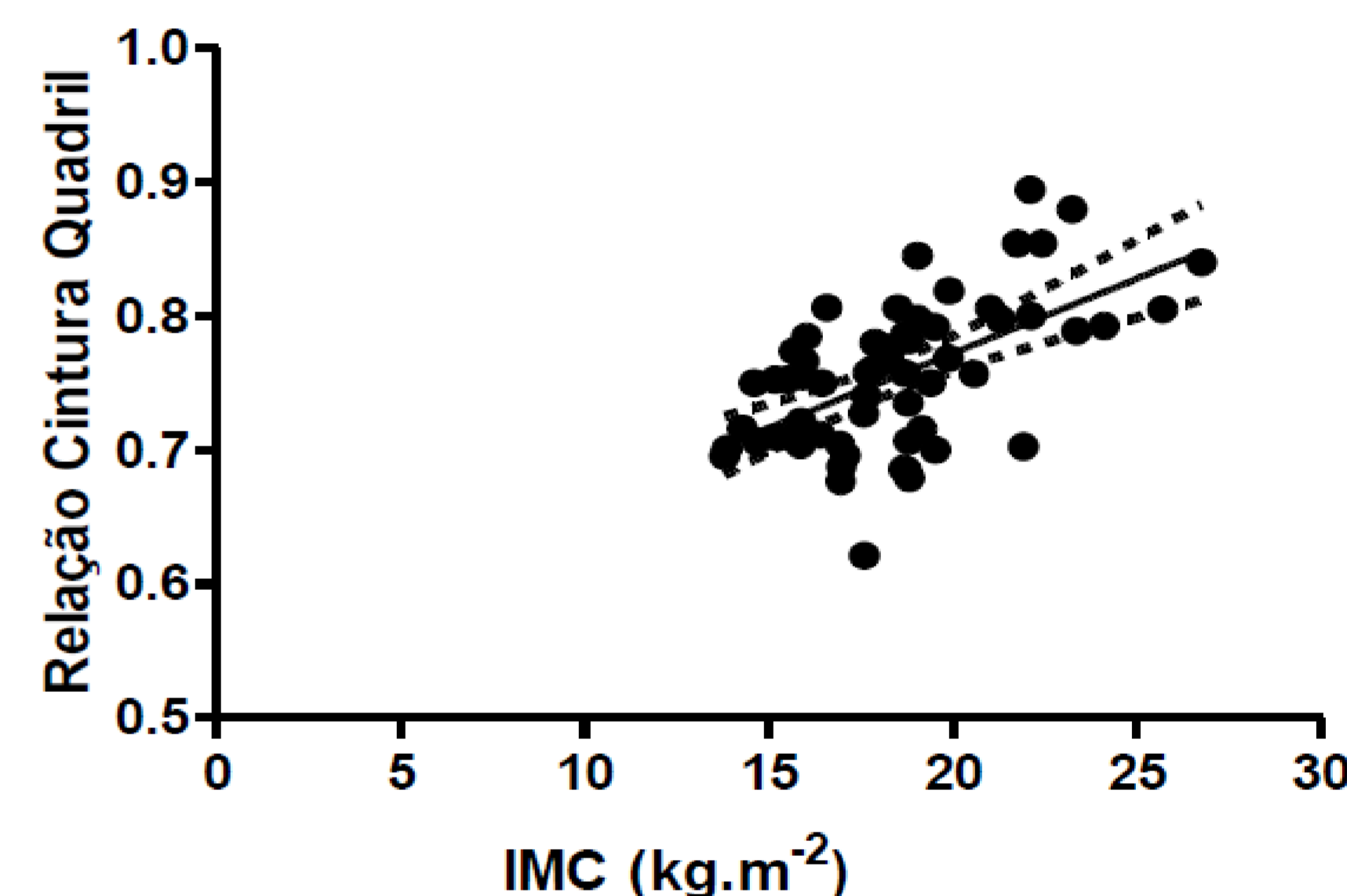
## Results

In the analysis of the indication of the corporal mass (imc) 51,61% of the researchers were under weight, 45,16% were normal and 4,54% obese. In relation of the cardiovascular risk, 80,64% haven't presented risks and 9,67 presented very high risk. The IMC presented a significate correction with the circumference of the waist CC and with the relation of the waist- hip ( $r=0,8$  e  $r=0,34$ ;  $p < 0,001$ ). About the level of physical activities were considered: 51.61% sedentary, 14,51% insufficient assets, 11,29% active and 24,19% very active.

## Results



Correlation ( $r=0,8$ ;  $p < 0,0001$ ) got between the values of BMI ( $\text{kg.m}^{-2}$ ) and circumference (cm) of 62 individuals participating in the study.



Correlation ( $r=0,34$ ;  $p < 0,0001$ ) got between the values of BMI ( $\text{kg.m}^{-2}$ ) and relation waist hip of 62 individuals participating in the study.

## Discussion

- It's evidence factors of predisposition for cardiovascular diseases with the prevalence of sedentary individuals or insufficiently active (66,12%) and antecedes of the familiar hypertension (72,5%);
- The antecedes of the familiar hypertension regularly couldn't can be modify but the physics activities are a variable that contributes a lot for the improvement of quality of life.

## Conclusion

Thus, we consider the study an affirmative of than physical activity frequency, the body mass index (BMI), the relation waist hip (WHR), the blood pressure, eating habits, smoking, alcohol use and family history of hypertension been totally connected on appeared of cardiovascular disease.

## Referências

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