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ANALYSIS OF POSTURAL HABITS IN PRIMARY SCHOOL CHILDREN IN A PRIVATE AND PUBLIC INSTITUTION

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Introduction: Postural changes are often found in children at school age. During this period, the posture undergoes a series of misfits and adaptations to changes in the body itself.

Objective: To identify, quantitatively, which postural habits are more common in children between six and ten years, characterizing the population in public and private education.

Methods: Application of a questionnaire assessing postural habits in 131 primary school students, with the participation of a private education institution, located in Braga and other Public Education in Guimarães, both from Braga district.

Results: There is a higher prevalence of back pain at some point, in male and a relation found with increasing age of the children. The transport of the school backpack showed up as the activity with the highest prevalence of back pain despite being properly carried out. Students of the 3rd year attending the public school have a lower incidence of back pain, compared to students in the 3rd year of the private school.

Conclusions: There are postural habits acquired in schools that may be related to changes in children postural development, influencing their postural pattern during growth, so it is fundamental to implement preventive-educational programs.

Descriptors: Postural Habits; Physiotherapy; Body; School; Health.

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CHARACTERIZATION OF THE FUNCTIONAL CAPACITY OF THE ELDERLY: EFFECTS OF AGE AND HEALTH STATUS

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Introduction: Limitations in performing activities of daily living is one of the main constraints that hinder the effectiveness of policies to promote active aging. Several researches have revealed the existence of a relationship between aging with physical changes and loss of functional capacity.

Objective: In this communication we seek to characterize the functional capacity of the Portuguese elderly using two indexes. On one hand, IDLA, index of daily living activities, (ranging from 0, minimum level of functional disability, to 5, maximum level) on the performance of five tasks: dressing, bathing, eating; walking across a room, getting out of bed. On the other hand, IDLIA (index of daily living instrumental activities) comprising five tasks: making telephone calls, taking medications, managing money, shopping and preparing meals.

Methods: The methodology consists of the analysis of the results obtained through the Survey of Health, Aging and Retirement in Europe (Wave 4) relating to individuals over 64 years of the Portuguese sample.

Results: The results obtained in IDLA (n=932, M=0.56) and IDLIA (n=932, M=0.42) showed a low level of difficulty of the elderly in performing tasks. Statistically significant differences regarding gender were identified by IDLA ($t_{(930)}=-5.135$, $p=0.000$), where women present (n=511, M=0.74) greater limitations than men (n=421, M=0.34). There results obtained by IDLIA are similar ($t_{(930)}=-5.129$, $p=0.000$) (women: M=0.58; men: M=0.22).

Conclusions: This analysis helped to further identify the coefficient of correlation between age and functional capacity, which is higher in IDLIA ($r=0.362$) than in IDLA ($r=0.277$). The health status has significant correlations with IDLA ($r=0.253$) and IDLIA ($r=0.186$).

Descriptors: aging; functional capacity; subjective health status; active aging; quality of life.

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