

**Abstract**

## **Lifestyle profile and body mass index of an academic community in Rondônia**

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A healthy lifestyle is directly linked to the person's choices regarding physical activities, diet, stress management, relationships with other people and the environment, and preventive behaviour concerning habits that can harm health. Conducted from media resources, the present research aimed to evaluate the Lifestyle Profile of students and employees of the Federal University of Rondônia (UNIR), relating the lifestyle profile with the body mass index. Methodologically, this is a cross-sectional and quantitative research with data collection carried out in 2018. The sample consisted of 976 women and 521 men, totalling 1,497 people aged 21 to 74 ( $31.812 \pm 8.955$ ), 1,356 academics, 68 teachers and 73 technicians. Lifestyle was evaluated through the Lifestyle Profile questionnaire, which includes five components: Physical Activity, Diet, Stress Control, Relationships and Preventive Behavior (Nahas, 2017; Nahas et al., 2000). In the Food component, the person participating in the research informed if they included fruits, natural juices, vegetables, and salads in their daily diet; avoided the intake of fatty foods (meats, fried foods, snacks); the consumption of smoked or salted foods was avoided; whether their main meals were held in a quiet environment, savouring the food; if she fed, in the morning, with whole coffee - not just black coffee with bread. Concerning the Physical activity component, it was verified whether the person participating in the research: walked or cycled as a means of transportation; performed moderate physical activities at leisure - walking, cycling, dancing; practised physical exercises or sports;

participated in physical activities at the University; valued the regular practice of physical activities for their health; and muscle stretching exercises were done. In Preventive behaviour, the person participating in the research reported whether they abstained from smoking; avoided alcoholic beverages; respected traffic regulations - as a pedestrian, cyclist or driver; used protective equipment and avoided exposure to work accidents; controlled blood pressure and cholesterol levels; and whether he had the habit of wearing sunscreen when he went to the beach or worked in the sun. Regarding relationships, it was verified whether the person participating in the research respected and sought to be in contact with nature; she sought to cultivate friends and was satisfied with relationships; if she sought to be active in the community, feeling useful in her social environment; if she sought to develop good relationships with co-workers; if she was able to appreciate the little things in life; and if whether she was satisfied with the life her lead. About control of stress, the person participating in the research reported whether she sets aside time to relax - at least 5 minutes every day; whether to maintain a discussion without altering, even when opposed; time dedicated to work was balanced with leisure time; whether to avoid taking chores home or reducing lunchtime to perform them; if they avoided overeating for emotional reasons, such as anxiety or sadness, if she was trying to organise herself and prioritise their tasks. For each aspect of these five components, the evaluated person had the option to score: a) Never (0 points), b) Sometimes (1 point), c) Almost always (2 points), d) Always (3 points), being computed a score, which would vary from 0 to 18 (sum of the points scored in each aspect of each of the five components). In addition, the evaluation comprises three categories: From 0 to 6 points – ALERT! (Recommendations for urgent behaviour changes); From 7 to 12 points – CAN IMPROVE (recommendations to improve the behaviors evaluated); From 13 to 18 points – GO AHEAD! (Encouragement to continue in this direction). Body mass index (BMI) was determined by dividing weight by the square of height. Data were analysed using XLST 2023, an Excel data analysis complement and Spearman's coefficient was used to assess the relationship between BMI and lifestyle profile components, considering a 95% confidence interval and significant correlation for  $p < 0.05$  from the Student's t-test (Spearman). The statistical analysis of the studied variables showed, according to Spearman's test, a positive correlation ( $p < 0.05$ ) between BMI and Age and a negative correlation ( $p < 0.05$ ) between BMI and Physical Activity, BMI and Preventive Behaviour, and BMI and Relationships. Therefore, BMI is associated with the ageing process, increasing with age (Table 1).

Table 1 – Correlation of lifestyle profile and BMI of the university community

Variables	BMI	P
Age	0.338*	0.290
Diet	-0.027	-0.078
Physical Activity	0.020*	-0.031
Preventive Behavior	0.006*	-0.045
Relationships	-0.006	-0.057

\* Confidence intervals (95%); \*Correlação significativa para  $p < 0,05$ .

On the other hand, the higher the BMI, the lower the scores in Physical Activity, Preventive Behavior and Relationships, in other words, the higher the BMI, the greater the need for changes in the Lifestyle Profile with regard to these three components (Table 2).

Table 2 – Evaluation of the lifestyle profile of the university community

Assessment	Physical Activity	Diet	Preventive Behavior	Relationships	Stress Management
Alert!	52.197	25.152	30.291	7.843	4.260
It can be improved!	40.095	52.806	53.753	40.568	38.337
Go ahead!	7.708	22.042	15.957	51.589	57.404

The analysis of the Lifestyle Profile indicated that more than 50% of the sample lived a sedentary lifestyle, which also required improving eating habits. Regarding BMI, more than 43% were overweight or obese (Table 3). Research by Melo et al. (2021) in the same academic community concluded that public policies are needed to prevent overweight and obesity, as well as malnutrition, and to promote healthy habits.

Table 3 – Assessment of BMI of the university community

Rating	%
Low weight	6.346
Recommended weight	49.900
Overweight	26.319
Obesity I	10.554
Obesity II	3.741
Obesity III	3.140

It is concluded that BMI presents a positive correlation with age and a negative correlation with the components of the Lifestyle Profile: Physical Activity, Preventive Behaviour, and Relationships. This suggests the need for institutional measures within the University to promote a more physically active lifestyle with healthy habits in relation to preventive behaviour and relationships.

**Keywords:** Lifestyle, BMI, Health.

## REFERENCES

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