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09^{and} 10, MAY 2014

CHALLENGES & INNOVATION
IN HEALTH

Abstracts

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ANTHROPOMETRIC MEASURES, EATING HABITS AND PERFORMANCE OF PORTUGUESE SOCCER PLAYERS

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Introduction: According to the literature, anthropometric and physiological variables may be a determinant success factor for the players' performance.

Objective: Verify the influence of anthropometric measures on player's performance. Verify the influence of eating habits on player's performance.

Methods: A cross-sectional, quantitative, observational and analytical study was developed. A sample of 87 Soccer Players from Superliga (Portuguese Football League) was collected. Anthropometric measures were evaluated using a Tanita[®] body composition analyzer TBF-300, a compass Cescor[®] and a tape measure. Eating habits were assessed using food diaries. The Cooper test was used to evaluate the player's performance. SPSS 21.0 was used to compute descriptive statistics and Kruskal-Wallis and Mann-Whitney tests.

Results: The performance evaluation showed that players covered, in average, 2,706.3 (SD=220) meters, enabling to realize that 12.6% had a medium performance, 16.1% have a good performance and the two highest ratings, Excellent and Superior, both represented 35.6%. Differences, statistically, significant were found in some anthropometric measures, namely, waist circumference (p=0.045), the suprailiac skinfold (p=0.000) and biceps skinfold (p=0.001), when performance was considered. Relatively to eating habits, statistically, significant differences were not found in all parameters: protein, fat, carbohydrate, water, dietary fiber, vitamin D and magnesium (p>0,05).

Conclusions: Players with greater waist circumference have a lower performance and players with bigger biceps suprailiac skinfold have lower performance. These differences may be due to the effect of body fat. However, further studies are needed to confirm this hypothesis.

Descriptors: Anthropometric measures, Eating habits, Performance, Cooper test, Soccer Players, Portugal.

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HARMFUL EFFECTS OF THE USE OF PSYCHOACTIVE SUBSTANCES IN PERCEPTION OF USERS

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Introduction: The wide and illegal use of psychoactive substances has been assumed frightening and devastating proportions in contemporary Western society. The harmful effects often appear only after decades of using. The prevalence of substance abuse and substances dependence is increasing at the ages earlier and earlier. In Brazil, at least 10% of the total population use or abuse alcohol.

Objective: This study aimed to investigate the perception of drug consumption according the point of view of users.

Methods: This is a descriptive and qualitative study comprising a convenience sample composed by 10 male patients attended in a public day-hospital for treatment of addictive disorders in Fortaleza, Ceará, Brazil. Data collection occurred from December/2013 to January/2014 by an instrument in order to identify socio-demographics variables and inquired the subjects perceptions. The procedure was examined and approved by the University of Fortaleza Research Ethics Committee.

Results: aged 21-48 years, mean 35 years old, the majority coming from Fortaleza City, three prior psychiatric hospitalizations an average. All subjects were using some psychoactive substance: alcohol in the totality of the sample, most associated with tobacco or multiple drugs including marijuana, crack and cocaine. In generally, subjects linked substance use with physical illnesses (heart, liver, cancer), mental illness (psychosis), or social-familial damage.

Conclusions: Paradoxically, 1/3 of those surveyed said do nothing to prevent these evils and 2/3 utilized ineffective mechanisms according themselves.

Descriptors: Psychoactive substances; substance abuse, damage.

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