

**80 - ACTIVE LEISURE AND HEALTH PROMOTION: A SYSTEMATIC REVIEW OF THE LITERATURE**

MARIA GEORGINA MARQUES TONELLO<sup>1</sup>;  
 CLÉRIA MARIA LOBO BITTAR<sup>1</sup>;  
 CASSIANO MERUSSI NEIVA<sup>1, 2</sup>;  
 JULIANA APARECIDA DE PAULA SCHULLER<sup>1, 3</sup>;  
 LILIAN CRISTINA GOMES DO NASCIMENTO<sup>1</sup>;

1- Universidade de Franca, Franca, SP, Brasil

2 - Universidade Estadual Paulista - UNESP

3 - Universidade Federal de Mato Grosso, Cuiabá, MT, Brasil

[gina@ginattonello.com](mailto:gina@ginattonello.com)

doi:10.16887/86.a1.80

**INTRODUCTION**

Leisure, being an element of the utmost importance for life, through which the individual participates spontaneously from his free choice activities (DUMAZEDIER, 1999), provides several benefits. Marcellino (2002) states that... "in addition to rest and fun, another possibility occurs at leisure and, typically, is not as noticeable. It is the personal and social development that brings leisure", highlighting the need to enter it each time more in life.

It meets the guidelines of the Brazilian National Policy of Health Promotion, as set out in article 5, in the second paragraph:

[...]fostering the planning territorialised actions of health promotion, based on the recognition of local contexts and respect for diversity, to encourage the construction of social production spaces, healthy environments and the pursuit of equity, guarantee of human rights and justice.

So the government has a responsibility to insert into your planning actions that constitute the spaces, making them favorable to the practice of leisure (Brazil - Ministry of Health, 2014).

Assuming that leisure is a key element for the individual's life we cannot fail to point out that physical activity is also a factor of benefit to health and life. In addition to being a positive strategy for improving public health, it is also a key element in the promotion of health (GOMES, DUARTE, 2008). It is clear that physical activity is very important for health, and a practice that can be adopted in leisure.

Thus, this study aimed to perform a systematic review with leisure issues, physical activity and health promotion, with the active recreation focus, covering physical activity as the main element.

**METHOD**

The survey was conducted in PubMed databases. The articles were selected between January 2010 and December 2014. The inclusion criteria were sought to scientific articles (1) in English, Portuguese and Spanish (2) make available the title and/or summary in English, (3) to present full text, (4) immediate title and/or summary search terms "health promotion" and "leisure" and "physical activity" and (5) studies an observational, literature review articles were excluded.

The total electronic search yielded 130 publications. Although, 86 of them were excluded due to their being studies that were not published in the pre-determined time period. Of the 44 pre-selected, 19 have been deleted for not presenting full text available. Next was held the perusal of the abstracts of articles, to detect the potentially relevant, selecting 25. Of these, was held the full reading, being that 5 of them met the established inclusion criteria and thus, were selected for this study.

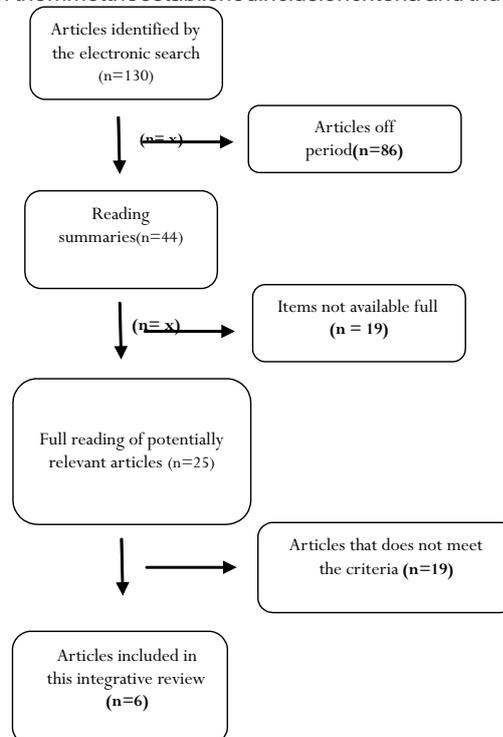


Figure 1. Process exclusion and inclusion of review articles

**RESULTS**

The five articles of the final sample are original research papers and were classified and grouped. Table 1 presents the main variables of these selected studies, including information about the authors, year of publication, the location of the study, related procedures and findings. It is worth mentioning that the articles are in chronological order of the age of the studied populations.

Table 1. Rewiedend Selected Articles

Autors (year)	Tipe of research	Size and location of the sample	Related procedures	Results
Gebremariam et al., (2013)	Study observational Longitudinal	908 children were followed from 11 years to 13 years (September 2007 - May 2009).	The question was presented: "On weekends or after school, you engage with what activities? How many times a week? For how long?"	Regarding leisure activities were reported using DVD, TV, computer, using games and physical activity in leisure time. The association between behavioral TV / DVD and meaningful use of leisure time for physical activity was reversed, but not statistically significant. Sedentary behaviors were associated with unfavorable eating behaviors, although the associations were not significant.
Ross et. al, 2013	Study observational Cohort transverse	1.866 girls / teens 8th grade 6 states from the USA	BMI, body fat and physical activity in adolescent girls during leisure time was found (by accelerometry and self-report). We examined the socio-demographic differences, anthropometric and psychosocial found between girls classified as high and low physical activity.	Girls more active in leisure time have lower BMI and body fat present with better self-management strategies, have more positive results in relation to family and friends. They were also more likely to participate in sports in an organized environment at school or community than the least active girls. Girls perform less physical activity in their leisure time participating more in sedentary activities such as reading.
Li, Davison, Jurkowski, (2012)	Study observational Cohort transverse	The study included 131 mothers in 2010	Analyzed environmental factors, mental and general health, related to a sedentary lifestyle, including physical activity and high levels of television view in among mothers and caregivers of preschool children from low-income children through a self-administered questionnaire	Various analyses showed that two intrapersonal factors: pleasure to watch television and weight status are related. And that factors such as social support and friends to encourage the practice of physical activity.
Iseret al, 2014	Study observational Cohort transverse	Participated in the adult population (over 18 years) living in 26 cities of Brazil and the Federal District.	Conducted telephone interviews with adults with residential landline.	It was found that 15% of respondents performed physical activity during leisure time. Physical inactivity and smoking are worth about 15% of adults. Approximately 50% of participants reported being overweight
Bonauto, Lu, Fan, (2014)	Descriptive study Cross section	Descriptive study and multivariate analysis of the 7,626 interviewed employees of the Washington State during the years 2003-2009.	It performed an analysis of behavioral risk factors for individuals working on surveillance	The overall prevalence of obesity was 24.6%. Compared with their counterparts, workers who consumed adequate amounts of fruits and vegetables and physical activity had adequate leisure, were significantly less likely to be obese.

## DISCUSSION

The present work brings relevant notes about the leisure front to physical activity and health promotion, given the fundamental importance of these to the increment in the improvement of the quality of life.

Gebremariam et al. (2013) claim that sedentary behavior changes have been associated with adverse food behaviors, although these associations have been weak. The authors indicate that there is a need for continuing this research, aiming at a more profound and detailed analysis, suggesting, too, studies with interventions.

Ross et al. (2013) emphasize that there is a need to encourage the reduction of time spent on sedentary activities and replacing that time with organized physical activities, becomes need to minimize barriers and increase self-efficacy, and support for the regular practice of physical activity, so that there is an increase of gain in health promotion in the spare time.

In the work of Li, Davison and Jurkowski (2012), the aim is directed to the urgency of implementing health promotion interventions aimed at improving the content that you see on tv, taking into account issues related to the interests and the need of the individual, but also offer a meaningful learning for your health and social strategies. The results propose more efforts, with the aim of achieving health promotion, through encouraging change in attitude, seeking an active lifestyle to obtain an improvement in the health of low-income women with small children. Must also address the mental health and family functioning factors, especially depressive symptoms.

Iser et al (2014) assert that the high prevalence of overweight and obesity are among the most troubling data found in his study, his data show unhealthy lifestyles in the capitals of the country, as the low consumption of healthy foods, low proportion of active leisure and high proportion of inactive.

In the article by Bonauto et al. (2014), after analysis of the behaviors of individuals who worked in the surveillance sector, it was noted that the framework of obesity and risk behaviour has a variation according to the occupation that each possesses. And the results acquired can help employers, politicians and professionals in health promotion, in order to develop useful programs for improvement and prevention of obesity and health behaviors in the workplace.

The feeding habit was goal of several studies, pointing a relationship between healthy eating habits and active leisure. Being important public policy strategies focused on this theme, in order to prevent obesity.

**FINAL CONSIDERATIONS**

As can we check on our results, the active leisure also appears as a strategy for better health in General. We believe that the incentive to active leisure is the first step for individuals to adopt a healthier lifestyle, providing initial conditions, to seeking appropriate guidelines for the practice of systematic exercise.

**REFERENCES**

- BONAUTO, D.; LU, D.; FAN, Z. J. Obesity Prevalence by Occupation in Washington State, Behavioral Risk Factor Surveillance System. Preventing chronic disease, v. 11, 2014
- BRASIL. Ministério da Saúde. PORTARIA Nº 2.446, DE 11 DE NOVEMBRO DE 2014. Redefine a Política Nacional de Promoção da Saúde (PNPS). Disponível em: [http://bvsms.saude.gov.br/bvs/saudelegis/gm/2014/prt2446\\_11\\_11\\_2014.html](http://bvsms.saude.gov.br/bvs/saudelegis/gm/2014/prt2446_11_11_2014.html)
- DUMAZEDIER, Joffre. Sociologia empírica do lazer. São Paulo: Perspectiva: SESC, 1999.
- GEBREMARIAM, M. K. et al. Are screen-based sedentary behaviors longitudinally associated with dietary behaviors and leisure-time physical activity in the transition into adolescence. Int J Behav Nutr Phys Act, v. 10, n. 9, 2013.
- GOMES, M. A.; DUARTE, M. F. S. Efetividade de uma intervenção de atividade física em adultos atendidos pela estratégia saúde da família: Programa Ação e Saúde Floripa- BRASIL. Revista brasileira de atividade física & saúde, v. 13, n. 1, p. 44-56, 2012.
- ISER, B. P. M. et al. Prevalência de fatores de risco e proteção para doenças crônicas nas capitais do Brasil—principais resultados do Vigitel 2010. CiêncSaúdeColetiva, v. 17, p. 2343-56, 2012.
- LI, K.; DAVISON, K. K.; JURKOWSKI, J. M. Mental Health and Family Functioning as Determinants of A Sedentary Lifestyle among Low-Income Women with Young Children. Women&health, v. 52, n. 6, p. 606-619, 2012.
- MARCELLINO, NC. Estudos do lazer: uma introdução. 3. ed. Campinas: Autores Associados, 2002.
- ROSS, S. E. et al. Physical activity behavior and related characteristics of highly active eighth-grade girls. Journal of Adolescent Health, v. 52, n. 6, p. 745-751, 2013.

Maria Georgina Marques Tonello

Endereço completo: Av. Portugal, 979, apto 32 - Ribeirão Preto/SP

**ACTIVE LEISURE AND HEALTH PROMOTION: A SYSTEMATIC REVIEW OF THE LITERATURE****ABSTRACT**

Leisure plays an important role in life. Some cannot fail to point out that physical activity in leisure time becomes a factor of benefit to health and life of its practitioners. This study is an integrative review, which was carried out a search of scientific papers during the period from 2010 to 2014, on the basis of data from PUBMED, where selected five articles, whose what that met the inclusion criteria established. Observational studies was obtained relating leisure, health promotion and physical activity in different populations, children, adolescents, mothers, workers and seniors. Through analysis of these, we can ponder about the significant need to pursue an active lifestyle in the various stages of life, from childhood, adulthood and aging.

**KEYWORDS:** leisure; health promotion; physical activity; health.

**LOISIRS ACTIFS ET PROMOTION DE LA SANTÉ : UN EXAMEN SYSTEMATIQUE DE LA LITTERATURE****RÉSUMÉ**

Loisirs joue un rôle important dans la vie, on ne peut pas manquer de souligner que l'activité physique durant les loisirs devient un facteur de bénéfice pour la santé et la vie de ses pratiquants. Cette étude porte sur un examen d'intégration, qui a été menée une recherche d'emplois dans la période de 2010 à 2014 dans les bases de données PubMed, qui a été sélectionné cinq articles, qui étaient ceux qui ont rencontré les critères d'inclusion et d'exclusion définie. Il a été obtenu études observationnelles reliant loisirs, promotion de la santé et l'activité physique dans des populations différentes, les enfants, les adolescents, les mères et les travailleurs âgés. En analysant ceux-ci, nous pouvons considérer au sujet de la nécessité importante de chercher une vie active dans les différentes étapes de la vie, l'enfance, l'âge adulte et le vieillissement.

**MOTS-CLÉS:** loisirs; promotion de la santé; activité physique; santé.

**OCIO ACTIVO Y PROMOCIÓN DE LA SALUD: UNA REVISIÓN SISTEMÁTICA DE LA LITERATURA****RESUMEN**

El ocio tiene un papel importante en la vida. Por lo que, no se puede dejar de señalar que la actividad física en el tiempo libre se convierte en un factor de beneficio para la salud y la vida de sus practicantes. Este estudio trata de una revisión integradora, que se llevó a cabo una búsqueda de trabajos científicos en el período 2010 a 2014 en las bases de datos PubMed, donde se fueron seleccionados cinco artículos, los cuales eran los que cumplían los criterios de inclusión. Se obtuvo los estudios observacionales que vinculan ocio, promoción de la salud y la actividad física en diferentes poblaciones, niños, adolescentes, madres y trabajadores de más edad. Mediante el análisis de estos, podemos considerar acerca de la necesidad significativa de buscar un estilo de vida activo en las diversas etapas de la vida, la infancia, la edad adulta y el envejecimiento.

**PALABRAS CLAVE:** ocio; promoción de la salud; actividad física; salud.

**O LAZERATIVO E A PROMOÇÃO DE SAÚDE: UMA REVISÃO SISTEMÁTICA DA LITERATURA****RESUMO**

O lazer desempenha um papel importante na vida, assim não se pode deixar de apontar que atividade física nos momentos de lazer torna-se um fator de benefício para saúde e vida de seus praticantes. Este estudo trata-se de uma revisão integrativa, na qual foi realizada uma busca de trabalhos científicos no período de 2010 a 2014, nas bases de dados do PUBMED, onde selecionou-se cinco artigos, cujos quais foram os que atenderam aos critérios de inclusão estabelecidos. Obteve-se estudos observacionais que relacionam lazer, promoção da saúde e atividade física em diferentes populações, crianças, adolescentes, mães, trabalhadores e idosos. Através da análise destes, podemos ponderar a cerca da significativa necessidade de buscar um estilo de vida ativo nas várias fases da vida, da infância, vida adulta e envelhecimento.

**PALAVRAS-CHAVE:** lazer; promoção de saúde; atividade física; saúde.