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BACKGROUND

Alcohol intake, smoking, physical inactivity and diet poor in fruits and vegetables are unhealthy behaviors associated with an increased risk of chronic non-communicable.

OBJECTIVE

To quantify the association of risk behaviors in the Brazilian population, according to sex, education, macro-region, urban and rural areas.

METHODS

This cross-sectional study was based on data from the Brazilian National Health Survey (NHS), 2013, with complex sample design. The frequency of associated risk behaviors with cancer was presented. Data obtained from questionnaires applied in participants older than 18 years were used for the analysis.

RESULTS

There were 60,202 subjects participated in the NHS (estimated population size = 146,308,458). At least 10% of the individuals declared having three or more risk behaviors (IC: 9.8 – 10.7; n=14,990,421), being 14.5% in men (IC: 13.7 - 15.2; n=9,940,329), and 6.5% in women (IC: 6.1 - 6.9; n=5,050,093). No difference frequency of risk behaviors was observed between rural and urban areas distribution (10.2% - CI: 9.8 - 10.7; n = 14,990,421). The distribution of risk behaviors among macro-regions was also similar. Education was inversely proportional to the number of risk behaviors. Furthermore, 14.7% of participants reported to be smokers (CI: 14.2 - 15.2, n = 21,519,375), 19% in men (CI: 18 - 19.7, n = 13,007,367) and 11% in women (CI: 10.5 - 11.6; n = 8,512,009). Seventy for percent of the interviewees (CI: 73.5 - 74.9; n = 108,587,199) consumed less than five daily portions of fruits and vegetables. At least one episode of binge drinking, on the month preceding the survey, was declared by 21.6% of men (CI: 20.7 - 22.5; n = 14,871,729) and 6.5% of women (CI: 6.1 - 7.0; n = 5,100,906). Among women, 48.3% (CI: 47.3 - 49.3; n = 37,366,549) declared to be physically inactive or insufficiently active; while in men, the frequency was 43.5% (CI: 42.4 - 44.7; n=30,007,995).

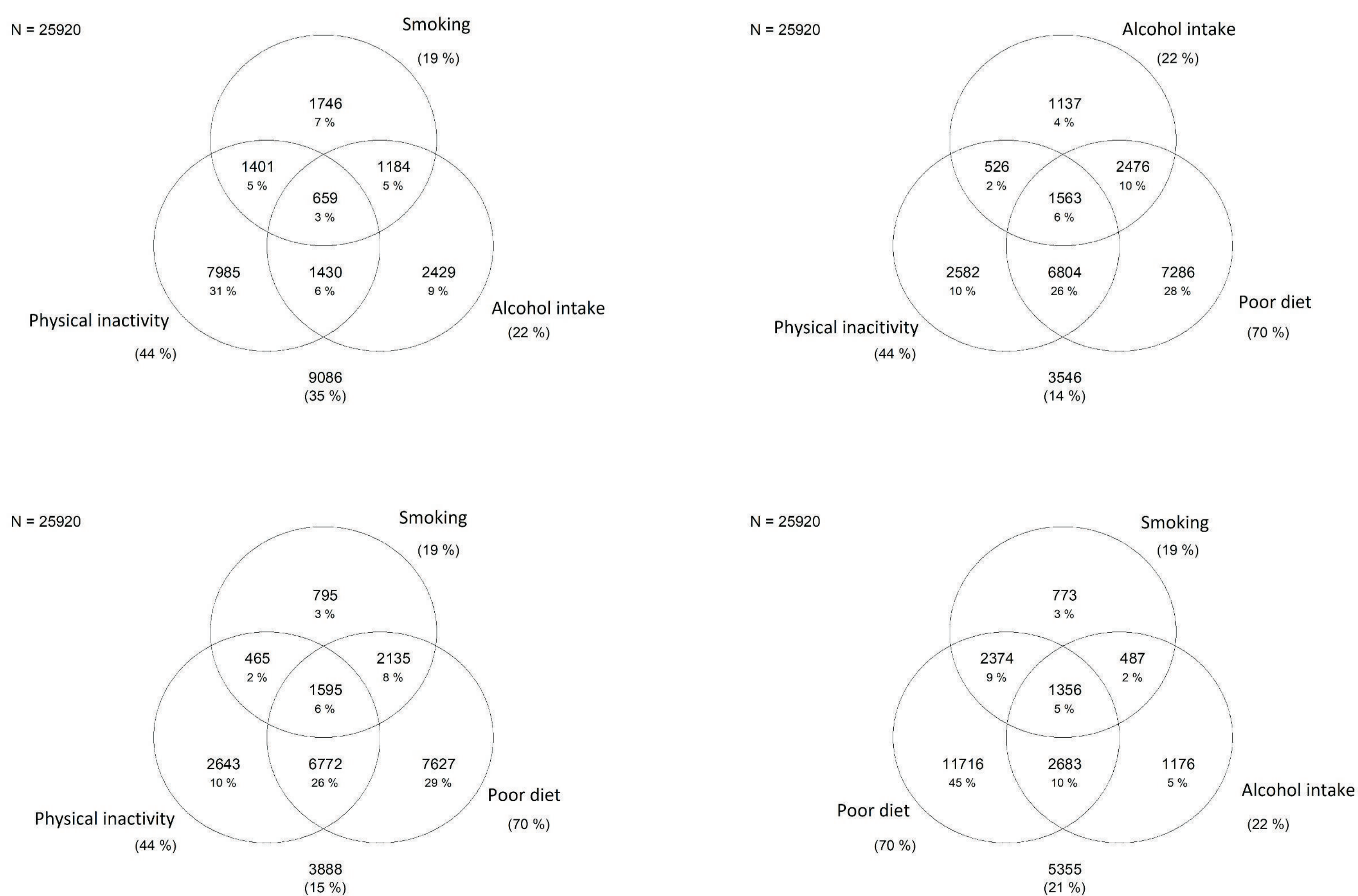


ILLUSTRATION 1 – Association within cancer risk behaviors in Brazilian men (n=25,920).

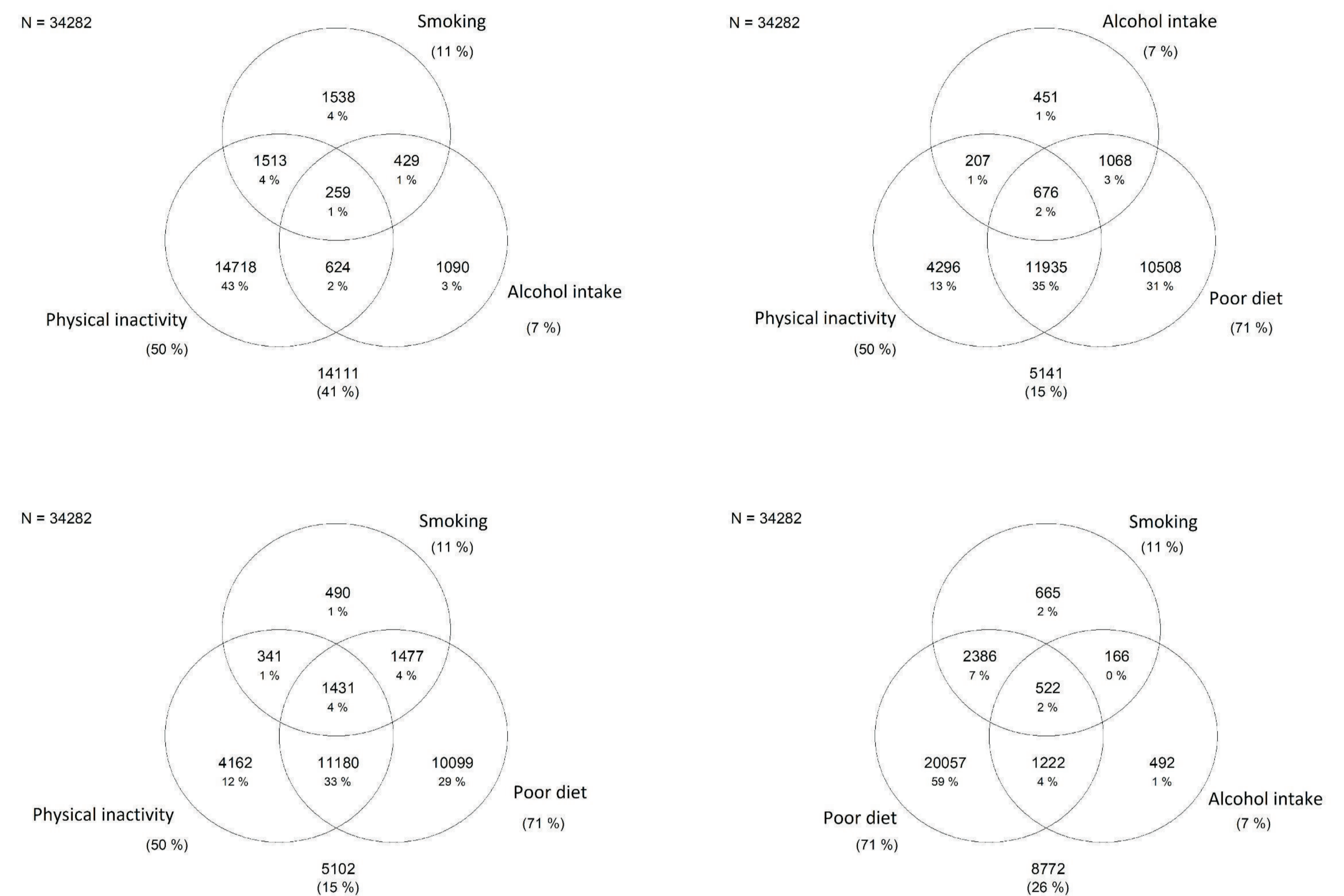


ILLUSTRATION 2 – Association within cancer risk behaviors in Brazilian women (n=34,282).

Percentage of association within cancer risk behaviors in Brazilian population

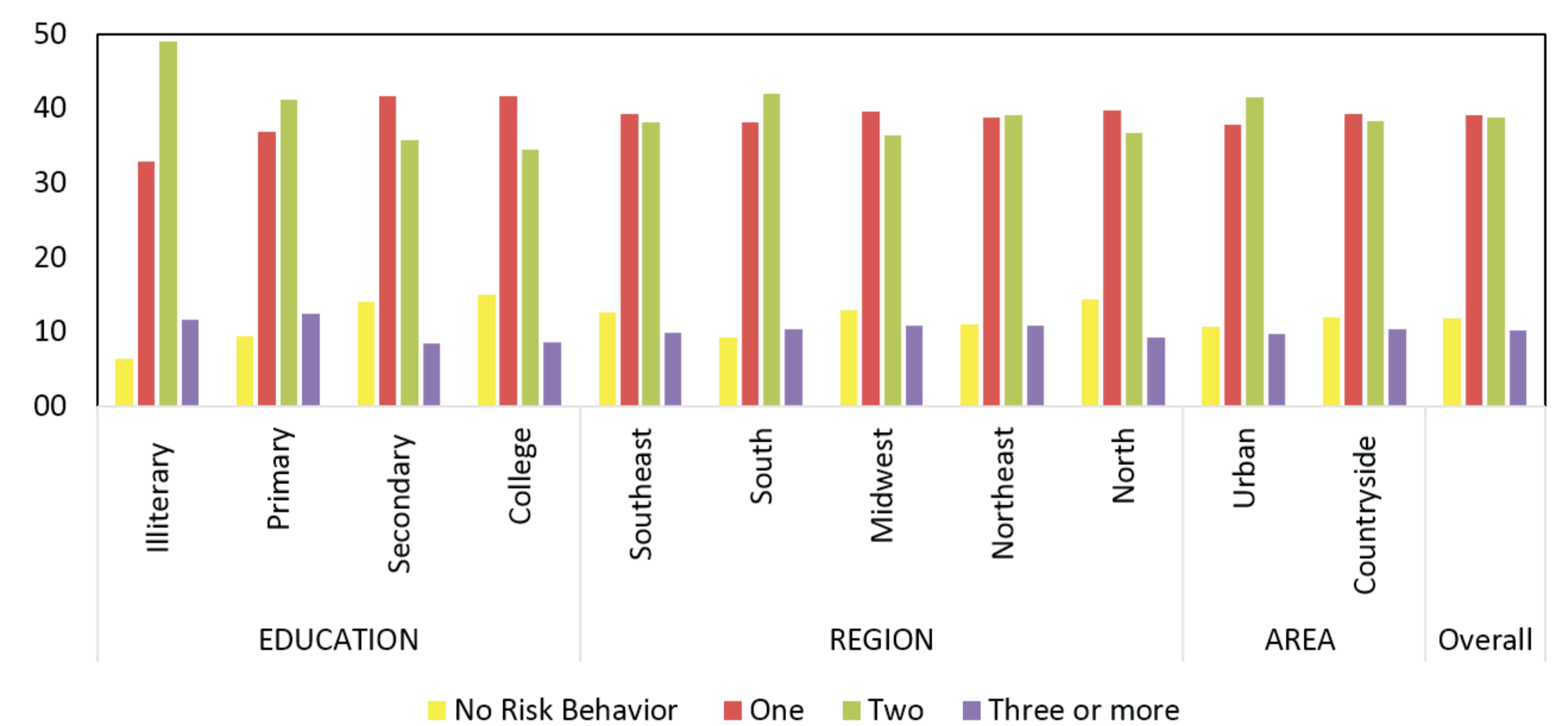


ILLUSTRATION 3 – Percentage of association within cancer risk behaviors in Brazilian population by education, region and area.

CONCLUSION

The prevalence of unhealthy behaviors associated or not in the Brazilian population is high, thus special attention in the prevention and reduction of this risk behaviors is need. These can be made, for example, improving existent public health polices and using the new technologies to inform the population about the importance to prevent and to avoid these risk behaviors.

REFERENCE:

Elisabeth Kvaavik; G. David Batty; Giske Ursin; Rachel Huxley; Catharine R. Gale. **Influence of Individual and Combined Health Behaviors on Total and Cause-Specific Mortality in Men and Women: The United Kingdom Health and Lifestyle Survey.** Arch Intern Med, 2010; 170 (8): 711-718.

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