To calculate the BMI and measure the AC of a population of a university campus

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ABSTRACT

Introduction: Healthy Eating has been one of the guidelines of the Ministry of Health since 2014. Important indicators of the risks for chronic-degenerative diseases are Body Mass Index (BMI) and Abdominal Waist (CA) measurement. Objectives: To calculate the BMI and measure the AC of a population of a university campus. Methodology: Quantitative and descriptive research. Sample of convenience of 34 individuals in the campus of the Catholic University of Pernambuco in the activities of the Module Teaching, Service and Community II. Results and Discussion:

1st Social function and BMI: Students (Normal: 57%). Teacher (Normal: 50% and Overweight: 50%). Employees (Normal: 43% and Obesity: 43%). 2nd Social function and CA: Professor (Risk: 50%) Employees (Risk: 70%). Age and BMI: 31 to 40 years (Normal: 50% and Overweight: 50%). 41 to 50 years old (Overweight: 50%). 51 to 60 years old (Obesity: 52%). > 60 years (Risk: 67%). Increased risk between older ages and roles of teachers and staff. Conclusion: There is a need for Health Education orienting subjects in terms of changes in lifestyle habits.

Keywords: Healthy Eating; Chronic diseases; Health education

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