

Promoting healthy habits in the workplace. In interdisciplinary action.

# PHYSICAL EDUCATION IN ANCAP

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**How did the project come about?** From the contact and support interdisciplinary medical service ANCAP. Two surveys were applied, using a questionnaire at the beginning and after the end of the program of work physical education (EFL), which were practical instances of physical activity and multidisciplinary workshops, with an initial group of 15 workers of the central office of ANCAP. They assist the initial group and the group recorded accession to the EFL

**What is the project?** It is an exploratory research field to verify an improvement in the general welfare of officials of ANCAP, supported by the Medical Service of the National Fuel, Alcohol and Portland (ANCAP), approved by the Ethics Committee of the Faculty Udelar of Medicine and Program for Student Research (PAIE) in Committee for Scientific Research (CSIC) in University of the Republic of Uruguay. It is part of research line in labor physical education and health promotion, developed by the Center for Research in Physical Education, Sport and Health (NIEFDS) of the Higher Institute of Physical Education (ISEF) UDELAR within the framework Bachelor of Physical Education.

**Because this project is important?** In the Central Bureau of ANCAP administrative officials are most of the time in the same position they doing repetitive throughout the workday activities, which are prone to posturing and unhealthy habits, a clinical study of 411 officials ANCAP (Medicine Center, 2011) reveals that 38% of the study population have normal weight, while the remaining 62% have alterations thereof, 40% are overweight and 22% are obese. Physical education in the workplace produces benefits in:

- > Improving the overall health of people;
- > Relaxation and the disengagement of labor problems;
- > Improve the link and commitment to the company;
- Reduces absenteeism.

It contributes as an area of distention, enjoyment and meeting ANCAP officials..

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**What does the project to academic knowledge?**

- Reveals a topic little addressed, and the promotion of research can be done in an interdisciplinary way, because from our field of EFL, is interesting approach from various disciplines, this research precedes others that could develop the theme within the line promoting worker health through physical education



## •What are the results?

- Accession to the EFL 15 → 25 participants: 57% average participation, membership 60%;
    - Perception of participant health: ↑ Improves posture in the workplace (BPPL);
      - ↓ spinal pain, radiating pain ↓;
  - Impact BPPL benefits: Improves BPPL ↑, ↑ improves mood, improves posture ↑, ↑ Improved work performance, stress ↓, ↑ well being, ↑ good food;
    - Increased physical activity from EFL: 80% practice, 93% want to continue the EFL.
- The main results point to the integration of healthy habits at work, which could have an impact on the workplace

## On ethical aspects of the project:

Ethics Committee of the Faculty of Medicine, approved on 25.09.2014, file No: 070.153 to 000,624.  
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