



RESUMEN DE TESIS DOCTORAL

EPIDEMIOLOGÍA DE LA ACTIVIDAD FÍSICA EN LA UNIÓN EUROPEA: NIVELES DE ACTIVIDAD, LESIONES DEPORTIVAS Y MOTIVACIONES

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RESUMEN

En la Unión Europea, la inactividad física se considera la cuarta causa de fallecimiento, tras el tabaco, la hipertensión arterial y la obesidad que, por otra parte son factores de riesgo estrechamente relacionados con la inactividad física. Por ello, en las últimas décadas, Europa ha presentado un claro progreso en temas de promoción del deporte.

El objetivo principal de esta tesis doctoral ha sido analizar el comportamiento en cuanto a nivel de actividad física y factores que previenen la inactividad en los habitantes de países de la Unión Europea y hacer un estudio epidemiológico de las lesiones deportivas en algunos de estos países.

Los niveles de actividad física en los habitantes de la Unión Europea están relacionados con los niveles de los estudios y tipo de actividad laboral de sus habitantes. Las lesiones deportivas de cinco países de la Unión Europea y el tipo de deporte que practican sus habitantes están relacionados con la edad de los practicantes, tipos de lesiones y lugar del cuerpo donde se producen. A partir de los porcentajes de las personas pertenecientes a los países de la Unión Europea que tienen estas motivaciones para practicar ejercicio o deporte: mejorar la salud, mejorar la aptitud biológica, relax, diversión, mejorar la apariencia física, mejorar las aptitudes físicas, controlar el peso, hacer amistades, contrarrestar los efectos de la edad, mejorar la autoestima, desarrollar nuevas aptitudes, por el espíritu de competitividad, adquirir nuevas aptitudes, integrarse mejor en la sociedad y relacionarse con personas de otras culturas, se hizo una clasificación de los países y las motivaciones que influyen directamente en la realización de prácticas deportivas o ejercicio físico son: la diversión y controlar el peso.

Los resultados pueden contribuir a mejorar las estrategias de las administraciones sanitarias de la Unión Europea, modificándolas o legislando de una forma adecuada, para que aumente la práctica de la actividad física en sus poblaciones.

PALABRAS CLAVE: Europa. Actividad física. Lesiones deportivas. Motivaciones para la actividad física. Análisis Multivariante.

EPIDEMIOLOGY OF PHYSICAL ACTIVITY IN THE EUROPEAN UNION: ACTIVITY LEVELS, SPORTIVES INJURIES AND MOTIVATIONS

ABSTRACT:

The impact of physical activity on health, especially in developed countries has been well documented and accepted. It is considered a vital issue to fight disease. In the European Union, physical inactivity is the fourth leading cause of death, after tobacco, hypertension and obesity. There are risk factors that are closely related to physical inactivity. Therefore, in recent decades,

Europe has made clear progress in the promotion of sports topics. But physical inactivity remains a threat to public health, especially among youngsters and is, together with food, the main cause of the obesity epidemic in Europe and Spain. The European Commission has shown great interest in the development of actions to promote policies and strategies that encourage and facilitate sport and physical activity, in order to protect from risks associated with the lack of them. It is very important to help State Governments to develop participation policies to physical activity as these have been key, in most cases in improving public health. So in 2006 physical activity was included in the agenda of the Ministerial Conference of the European Region of the World Health Organization.

The main goal of this thesis is to analyze the level of physical activity, to identify the factors that prevent the physical inactivity of inhabitants in the European Union countries, and to perform an epidemiological study of sports injuries in some of these countries. Thus, this study has evaluated behavioral characteristics (time spent on physical activity), mental or emotional characteristics (motivation to perform exercise and sport) and physical characteristics (type of sport and country associated with age, type of sport and location of injuries). Furthermore, data has been analyzed by means of multivariate statistical techniques for epidemiology which are seldom used in these cases, despite their potential usefulness. We also intend to increase the popularity of these statistical techniques and hence their use.

Graphs were obtained using classical Multidimensional Scaling in order to analyze physical activity among European citizens. Taxonomic methods were used to better define the interrelationships between the data in the 30 European countries studied. The groups of countries resulting from this classification are characterized by the levels of moderate activity (walking and physical activity) that their inhabitants practise and the extent of the difference between the lowest levels of activity (no walking or physical activity on any day of the week) and the highest practice (practising seven days a week). Data were provided by the European Commission's Special Eurobarometer.

Participation in sports is a health promotion activity and maintains good habits but also entails an important injury risk. Here we study using Multivariate Analysis, the relationship between type of injury, location of injury, the most popular sports types; soccer, basketball, volleyball, gymnastics and where it has been practiced and age, in five European Union countries. With these relationships, we can develop specific strategies to improve prevention and to reduce the injuries that may occur.

Physical activity is closely related to morbidity and mortality in developed countries, where non-communicable diseases have increased rapidly. In this study, the reasons to play sports or physical activity are: to improve health, to improve fitness, to relax, to have fun, to improve physical appearance, to improve physical performance, to control weight, to be with friends, to counteract the effects of ageing, to improve self-esteem, to develop new skills, for the spirit of competition, to make new acquaintances, to better integrate into society, to meet people from other cultures. Data were collected for defining the main factors associated with physical activity. The binary logistic regression method was used to identify these main factors and to predict the probability that the proportion of people, say that they never play sports or physical activity is lower than the European average. These main factors are: to have fun and to control weight. Data were provided by the European Commission's Special Eurobarometer web page.

KEY WORDS: Europe. Physical activity. Sports injuries. Exercise motivation. Multivariate Analysis.

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