



Public policies and physical activity programs for the Brazilian elderly population

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ABSTRACT. This research is characterized as a narrative review through the need to identify the ways that Brazilian public policies act to promote physical activity programs for the elderly population. The descriptive synthesis took place through the spreadsheet with the data obtained with 4 scientific works for review. Data from this study emerged from information obtained from the SciELO database. In which the following descriptors were sought: "Public programs for the practice of physical activity for the elderly" and "Physical activity for the elderly and public policies". Being evaluated and analyzed 4 original articles. The present study showed that public policies aimed at the elderly population are still scarce and that when they occur, they do not actually study people over sixty years old. And that there is a lack of trained professionals in the environments where physical activity practices occur.

Keywords: Elderly; Physical exercise; State policy

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INTRODUCTION

Inspection becomes essential for the realization of the rights guaranteed to the elderly, such as the right to health, sport, leisure, respect, citizenship, coexistence, food, culture and education. Becoming an obligation on the part of the Government, the family and society to ensure these rights, as described in Art. 3 of the Elderly Statute by Law No. 10,741, of October 1, 2003 (Brazil, 2004).

Furthermore, it is understood that there must be conditions for the elderly to develop their autonomy, independence and participate as far as possible in activities within society. In the field of health, the legislation will have a prevention, protection, promotion and recovery bias, whether through rehabilitation or prevention programs. Furthermore, the incentive and stimulus in leisure activities, sports and physical activities should be ensured to people over sixty years of age, according to the National Policy for the Elderly (Brazil, 1999).

For Camargo *et al.* (2019) point to an increase in investment in prevention, in order to reduce health

expenditures associated with diseases. A study analysis carried out by Benedetti (2004), which verified that the planning of physical activity programs that follow the provisions of the Elderly Statute in relation to health, sport and leisure, is possible through planning that aims at individuality and the need of the elderly. In order to implement the programs, investments are required.

Benedetti, Gonçalves & Mota (2007) demonstrate examples of well-executed actions by European municipalities that sought to study the applicability of programs for the elderly, since the need of this population should be the starting point for the elaboration of public policies for them. These actions were aimed at physical activity programs that offered activities to strengthen memory, encourage walks and excursions.

Internationally, there has already been this manifestation of the importance of redirecting resources to the elderly population, as stated in the statements made by the World Health Organization (WHO), United Nations Organizations (UN), Brazilian Society of Geriatrics and Gerontology and the Center for Control and Disease Prevention (Brazil, 2006a). Understanding the differences in aging in developed and developing countries, such as Brazil, which when compared to more developed countries, resources and public policies aimed at the elderly population become scarce or null.

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This study is important because it describes public policies related to physical activity programs for the Brazilian elderly population, in view of what the laws and decrees related to the subject in question indicate.

Given the above, the research problem of this study was: how does the scientific literature describe Brazilian public policies to promote the practice of physical activity for the elderly population?

The growing increase in this population emphasizes a questioning of how to promote healthy aging, when analyzing the difficulties of this phase, such as the loss of functional capacity and uselessness (Brazil, 2006b). Therefore, the present research aimed to understand how Brazilian public policies act to promote the practice of physical activity for the elderly population. That it protect the legislation of the person over sixty years old, that is, the Elderly Statute and the National Policy for the Elderly, which guarantee the rights to physical activity programs.

MATERIAL AND METHOD

This research is characterized as a narrative review through the need to identify the ways that Brazilian public policies act to promote the practice of physical activities for the elderly population. The search for scientific articles dealing with the theme: "Public programs for the practice of physical activity for the elderly" and "Physical activity for the elderly and public policies". Both in Portuguese and in English, in the SciELO databases. The search was carried out in April and May.

The exclusions of the works were delimited by the themes that did not fit the research. Productions that collaborated to the intervention through the problem were sought. As a result, there were a total of 20 works found, and 16 removed from the analysis, leaving 4 texts to be considered and analyzed for the production of this scientific work.

The steps of this review took place as follows: 1st) Searches in electronic fields, 2nd) Evaluation of abstracts and titles, 3rd) Analysis of full texts, 4th) Data collection and 5th) Synthesis development. All steps were performed by only two researchers. Data collection was performed with electronic spreadsheets,

identifying the reference, objective, methodology, result and conclusion of each work found.

The descriptive synthesis took place through the spreadsheet with the data obtained with 4 scientific works for review. Identifying the main ideas of each work, and then start to develop the writing. The authors delimited their writing around the understanding of how the right to the promotion of physical activity for the elderly is being ensured.

DATA ANALYSIS

The data of this study emerged from the information obtained in the literary search. In which the theme was worked: "Public programs for the practice of physical activity for the elderly" and "Physical activity for the elderly and public policies". From the data collection of 4 original articles, as shown in figure 1.

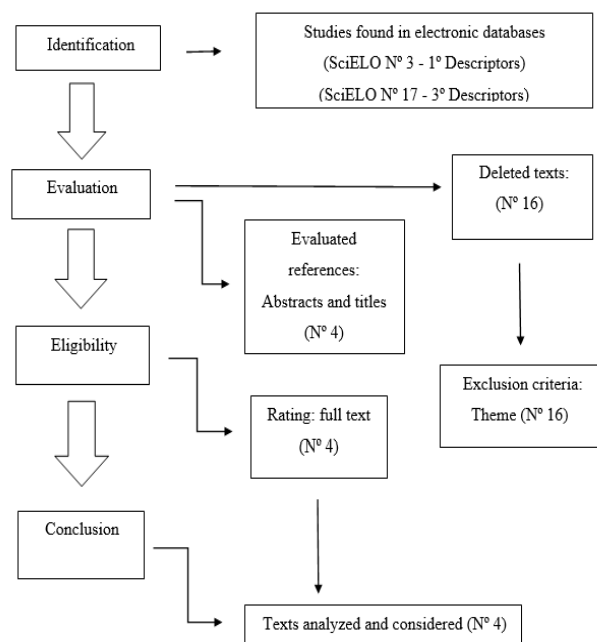


Figure 1. Path taken in databases

Table 1. Source investigated in the study

SOURCE	SCIELO	SCIELO
YEAR (quantity of texts)	2021	2007; 2010; 2011
DESCRIPTORS	"Public programs for the practice of physical activity for the elderly"	"Physical activity for the elderly and public policies"
QUANTITATIVE	Found=3; Selected=1	Found=17; Selected=3

Table 2. Texts selected by the 1st descriptors

	1	2	3	4
REFERENCE	BENEDETTI, Tânia Rosane Bertoldo; GONÇALVES, Lúcia Hisako Tacasse; MOTA, Jorge Augusto Pinto da Silva. A proposal for a public policy on physical activity for the elderly. <i>Text & Context - Nursing [online]</i> . 16(3):387-398, 2007.	FERNANDES, Wânia Ribeiro; SIQUEIRA, Vera Helena Ferraz de. Health education for the elderly in discourses and practices: physical activity as a synonym for health. <i>Interface - Communication, Health, Education [online]</i> . 14(33):371-385, 2010.	SALIN, Mauren da Silva et al. Physical activity for the elderly: guidelines for implementing programs and actions. <i>Brazilian Journal of Geriatrics and Gerontology [online]</i> . 14(2):197-208, 2011.	DOURADO, Thalia Eloisa Pereira Sousa et al. Association between leisure-time physical activity and knowledge and participation in public physical activity programs among elderly Brazilians. <i>Brazilian Journal of Geriatrics and Gerontology [online]</i> . 24(4):e210148, 2021.
OBJECTIVE	"To present and discuss physical activity programs for the elderly in different contexts".	"To analyze the ways in which discourses are produced in the political sphere and how they are subjectivated".	"To describe the necessary guidelines for the formulation of physical activity (PA) programs and actions for the elderly in social groups in the city of São José, SC".	"To assess the prevalence of leisure-time physical activity among elderly Brazilians and its association with knowledge and participation in public programs to promote this practice".
METHOD	Descriptive-exploratory study; 8 physical activity programs: Florianópolis (BR), Porto and Coimbra (PT), Oleiros and Galicia region (ES), Terranuova Bracciolini (IT) and Maisach (DE); Interviews, field observation and material collected.	Semi-structured interviews: elderly people and professionals directly involved in the implementation of public health policies aimed at the elderly population; Discussion of the guidelines recommended by such policies.	Qualitative research; Interview; Documents, reports and project of the Care Center for the Elderly (CATI); Content analysis technique.	Cross-sectional study; Respondents: 11,177 elderly people; Answer: practice of leisure-time physical activity; Explanatory variables: knowledge and participation in public programs to promote physical activity; Sociodemographic characteristics; Lifestyle; Crude and adjusted association: Poisson regression with robust variance.
RESULT	Interview with the elderly, notes: benefits health, improves socialization and access to leisure;	Professionals recognize physical activity as the main strategy for promoting a "healthy old age"; The elderly reproduce, to a large extent, these constructions.	"Respondents: 116 elderly people, 19 group coordinators, 2 administrative directors of the municipality and 1 of the State Council for the Elderly (CEI) of Santa Catarina";	Prevalence: female; Age group: 60 and 69 years; 17% knew about, but did not participate in, public programs to promote physical activity; 3.2% knew and participated; Prevalence of leisure assets: 13.3%; Age group male: 60 to 69 years; 12 years or more of schooling; Northeast and Midwest regions; Chronic diseases.
CONCLUSION	Construction "of a directive proposal for programs and actions within the scope of public policies for the municipality of Florianópolis, in the form of an articulated network between the different sectors of public administration, for the development of coordinated physical activities with a view to promoting healthy aging".	Cultural studies helped to understand that individuals are subjectivated with regard to a healthy way of living.	Decentralize Physical Activity Programs; Hiring Physical Education professionals; Awareness of the importance of regular physical activity for active aging; Collaboration between public and private institutions takes place together to promote care for the elderly.	Low adherence of the elderly: practice of physical activity; Little knowledge of and participation in public programs; Expand the dissemination of these programs, promote the involvement of the population in these practices and contribute to active aging.

Benedetti, Gonçalves & Mota (2007) emphasize the economic interest through the proposals idealized for the elderly population, intentionally, thinking about the reduction of expenses generated with hospital admissions. Undoubtedly, it would lead to people's quality of life at gigantic levels, both in physical, psychological and social aspects. They propose the creation of guidelines for the creation of programs/actions, which political incentives are still scarce. In addition, they point to the need to build a system that encompasses the secretariats and bodies for the effective action of programs and actions aimed at promoting healthy aging.

Fernandes & Siqueira (2010) point out that aging needs to be analyzed in such a way that sanitary and political-administrative issues are not forgotten. Furthermore, they emphasize that the multiple dimensions of health and education must be analyzed and evaluated as issues of public policy deficit for the elderly.

Salin *et al.* (2011) researched the guidelines that are necessary for the formulation of physical activity programs for the elderly in the city of São José (SC). It found that the Senior Citizens Care Center (CATI), which operates activities such as gymnastics, yoga classes, senior dance, folk dance and tai chi chuan, in partnership with a private company and the municipal secretary of education. There was a lack of communication between the coordinators and the elderly in relation to the activities proposed at CATI, that is, both did not know all the modalities offered at the center.

CATI professionals also reported financial and political difficulties that make it impossible to function and expand these activities, since these impasses result in delay and the impossibility of certain actions. In addition to the lack of trained professionals to provide adequate care for the population. The authors emphasize the State's duty as an entity to be able to stimulate, through programs and policies, physical activity practices for the population in general (Salin, 2011).

Dourado *et al.* (2021) points to the deficit of information approaches of programs for physical activity, intensifies that the community must be equipped with knowledge about the benefits of physical activity generating understanding and appreciation of citizens to professionals and programs.

The National Health Promotion Policy (PNPS), implemented in 2006, with the aim of tackling diseases and their subsequent transmissions within the Unified Health System (SUS). Its priorities are body practices, along with physical activities. As a result, in 2011, the Health Academy Program (PAS) was established, which aims to promote the health of society in general, with equipment, professionals and adequate

environments for body practices and physical activity (Malta *et al.*, 2014).

The difficulties for the production of this work, was to understand the intentions of the authors, through the environmental, social and political contexts. Understanding that the theme is about political actions with a group determined as a priority for the State, according to the legislation.

The weak point of this research is the reduced number of articles in the database consulted and the strengths is that it becomes a topic to reflect on. From the understanding that the habits that run through adult life will result in the aging process. Opening up a range of debates on the subject, such as "How can society demand the implementation of these programs for the elderly?" and "If there is a growing increase in the elderly population, why is there still a lack of physical activity programs for this age group?".

FINAL CONSIDERATIONS

The study indicated that public policies aimed at the elderly population are still scarce and that when they occur, they do not actually study people over sixty years old. And that there is a lack of trained professionals in the environments where physical activity practices occur to actually provide support, care and dedication for people in this age group. It was possible to analyze that among the most diverse reasons for the physical inactivity of the elderly, orientation and access become the main precursors in the reduction of physical activity.

For the studies found, there is a need to study and analyze a strategy for building a network system for programs to develop physical activities aimed at promoting healthy aging. Thus, identifying whether the programs contemplated all the elderly, since there are active and less active elderly people.

DECLARATION OF CONFLICT OF INTEREST

The author(s) have not declared any potential conflict of interest regarding the research, authorship and/or publication of this article.

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