

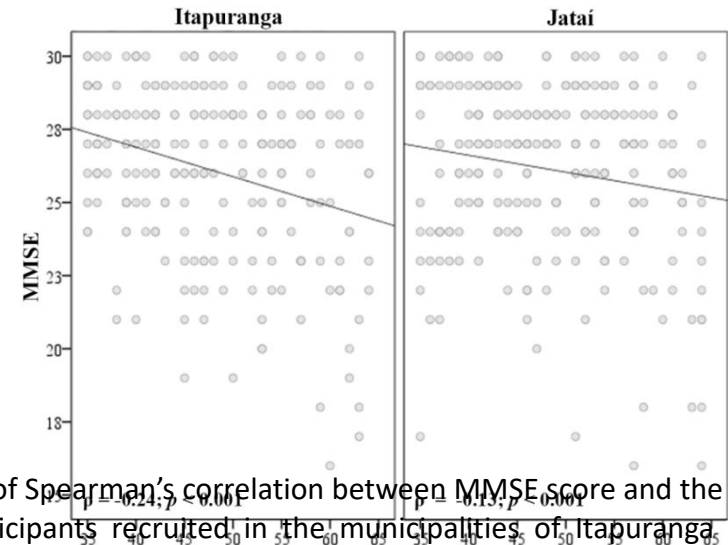
Goias Aging prospective Cohort Study – GOIACO- some results

Table 1. Characterization of the demographic and anthropometric profile of the participants recruited in the municipalities of Itapuranga and Jataí, from January to December, 2016.

	Municipalities n (%)		Total	P*
	Itapuranga	Jataí		
Gender				
Female	123 (54.7)	164 (69.8)	287 (62.4)	0.01
Male	102 (45.3)	71 (30.2)	173 (37.6)	
Age group				
35-45	98 (43.6)	96 (40.9)	194 (42.2)	0.72
46-55	80 (35.6)	83 (35.3)	163 (35.4)	
56-64	47 (20.9)	56 (23.8)	103 (22.4)	
Abdominal circumference				
Normal	70 (31.1)	55 (23.4)	125 (27.2)	0.05
Increased risk	56 (24.9)	50 (21.3)	106 (23.0)	
Risk very increased	99 (44.0)	130 (55.3)	229 (49.8)	
Skin color				
Yellow	6 (2.7)	10 (4.3)	16 (3.5)	0.69
White	93 (41.3)	89 (37.9)	182 (39.6)	
Black	23 (10.2)	28 (11.9)	51 (11.1)	
Brown	103 (45.8)	108 (46.0)	211 (45.9)	
Marital Status				
Married/Living together	147 (65.3)	139 (59.1)	286 (62.2)	0.53
Divorced/Separate	27 (12.0)	33 (14.0)	60 (13.0)	
Not married	39 (17.3)	51 (21.7)	90 (19.6)	
Widow/Widower	12 (5.3)	12 (5.1)	24 (5.2)	
Instruction time				
Illiterate	7 (3.1)	4 (1.7)	11 (2.4)	0.20
1 to 4 years	39 (17.3)	26 (11.1)	65 (14.1)	
5 to 8 years	38 (16.9)	52 (22.1)	90 (19.6)	
9 to 11 years	36 (16.0)	41 (17.4)	77 (16.7)	
More 11 years	105 (46.7)	112 (47.7)	217 (47.2)	
Occupancy condition				
Rented	31 (13.8)	43 (18.3)	74 (16.1)	0.002*
Ceded	0 (0.0)	5 (2.1)	5 (1.1)	
Provided by the government	0 (0.0)	5 (2.1)	5 (1.1)	
Belongs to parents	5 (2.2)	9 (3.8)	14 (3.0)	
Owner	189 (84.0) a	173 (73.6) b	362 (78.7)	

Notes: Bold numbers indicate statistical significance (* p < 0.05); p = Pearson's chi-square; * Post hoc chi-square; Bold and different letters (a, b) indicate significant differences at the 0.05 level.

Cognitive profile of men and women in the first wave of an aging cohort in Goiás (Midwest Brazil)



Result of Spearman's correlation between MMSE score and the age of participants recruited in the municipalities of Itapuranga and Jataí, for both sexes, in the period January-December, 2016.

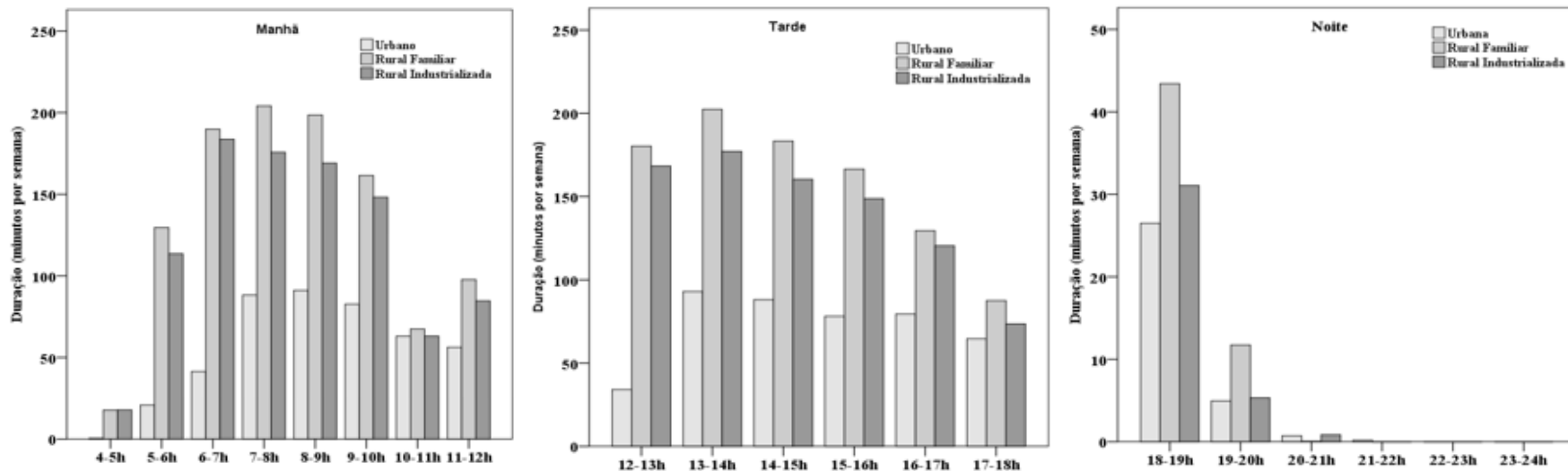
Characterization of physical activity, body composition and muscular force of a population in aging (CAFOR-GO)

The results of this study indicate that the level of physical activity is significantly lower and differs in volume and intensity patterns for urban subjects ($p<0.001$) in comparison with rural realities ($p<0.001$), both for rural agricultural families and those in rural industrial settings.

Rural volunteers were more active overall, and presented higher levels of Moderate and Vigorous Physical Activity (MVPA) practice. Sedentary lifestyle, identified by the *light* activity pattern and time spent sitting, was a behavior more associated with urban population (9.05 ± 1.72 sitting hours), resulting in higher accumulation of fat ($35.55\pm7.9\%$ fat) and BMI (27.3 ± 4.7 kg/m²).

This scenario represents additional risk for the development of non-transmissible chronic diseases, besides reducing the quality of the skeletal muscle and muscle strength. When related to family agriculture, urban, and rural industrial settings, statistically significant relationships were established for all levels of physical activity: *light*, $p<0.001$; moderate, $p<0.001$; vigorous, $p<0.001$; very vigorous, $p=0.001$; MVPA, $p<0.001$.

Characterization of physical activity, body composition and muscular force of a population in aging (CAFOR-GO)



Mean of moderate to vigorous physical activity (MVPA) distributed by period (morning, afternoon and night), and time according to locality.

Characterization of physical activity, body composition and muscular force of a population in aging (CAFOR-GO)

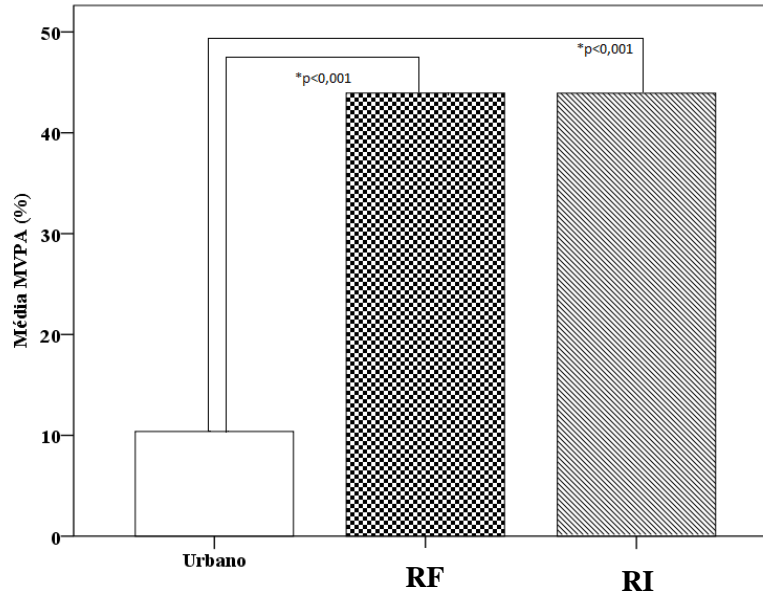


Figure 1. Moderate to vigorous physical activity (MVPA) in the realities of the municipalities analyzed (n = 144).

Abbreviations: MVPA, moderate to vigorous physical activity; RF, rural family; RI, industrial rural; * values of $p < 0.05$.

Characterization of physical activity, body composition and muscular force of an ageing population (CAFOR-GO)

Table 4. Models of linear logistic regression for the reality of localities according to the level of physical activity.

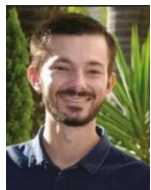
	Light OR (IC95%)	p*	Moderado OR (IC95%)	p*	Vigoroso OR (IC95%)	p*	Muito vigoroso OR (IC95%)	p*	MVPA OR (IC95%)	p*
Referência	1 (RFamily)		1 (RFamily)		1 (RFamily)		1 (RFamily)		1 (RFamily)	
Urban	1,13(1,08-1,20)	<0,00 1	0,77(0,68-0,86)	<0,001	0,78(0,69-0,88)	<0,00 1	0,62(0,47-0,83)	0,001	0,88(0,84-0,93)	<0,00 1
Referência	1 (RFamily)		1 (RFamily)		1 (RFamily)		1 (RFamily)		1 (RFamily)	
RI	1,13(1,08-1,19)	<0,00 1	0,77(0,68-0,86)	<0,001	0,77(0,68-0,87)	<0,00 1	0,62(0,47-0,83)	0,001	0,88(0,84-0,93)	<0,00 1
Referência	1 (RIndustrial)		1 (RIndustrial)		1 (RIndustrial)		1 (RIndustrial)		1 (RIndustrial)	
Urbana	1,00(0,97-1,03)	0,99	1,02(0,98-1,07)	0,35	0,99(0,94-1,06)	0,82	0,95(0,88-1,03)	0,23	1,00(0,98-1,03)	0,97

Abbreviations: OR, odds ratio; CI, confidence interval; RF, rural family; RI, industrial rural; Adjusted for age, body mass index (BMI) and strength; MVPA, moderate to vigorous physical activity. Dependent variable does not change: locality. * values of p < 0.05.

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