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The impact of vulnerability on muscular strength of black quilombolas

It's clear the impact of skin color on aspects of active's life maintenance of black quilombola (BQ), being possibly responsible for the greater decline of muscle strength in relation to individuals with lighter skin to grow old. The objective of this study is to compare the influence of the social environment of the mature BQ (G1) and non quilombola (G2), relative magnitude of relative strength, as a predictor of autonomy. The sample consisted of 31 mature blacks of both sexes, where 19 belonged to G1 and 12 to G2. Body mass, height and abdominal circumference were measured using anthropometry. For the evaluation of isometric strength was used the Handgrip test. Relative strength was a result of dominant manual grip strength ratio's to BMI and/or manual grip strength and abdominal circumference. Statistical analyzes were performed with the aid SPSS 24. For strength, abdominal circumference and BMI, a statistical difference was observed between G1 (FRCA=0.29 and FRIMC=0.94) and G2 (FRCA=0.29 and FRIMC=1.31, p=0.029 and p=0.016 respectively). It can still be seen that more than 50% of G1 had a force score lower than 0.28 Kgf/cm (ca) while for G2 this value was 25% of the sample. A similar response was also found for the force and BMI ratio, where 75% of G2 had a force ratio higher than 0.99 Kgf/cm2(BMI) and 50% of G1 had these scores lower than 0.93 Kgf/cm2(BMI). Non-quilombola is better equipped to maintain strength, possibly resulting in higher life expectancy or minimally the autonomy's maintenance as it grows older.

Biography

Margo Gomes de Oliveira Karnikowski is a Doctor of Molecular Pathology from the University of Brasília, Brazil; Coordinator of Distance Education of the Coordination of Improvement of Higher Education Personnel; Member of the Education Commission of the Federal Council of Pharmacy and the Education Commission of the Regional Pharmacy Council of the Federal District, where also was Vice President from 2014 to 2017. She was Director of Evaluation of Higher Education, Education Ministry. She has experience in the field of Pharmacy, with emphasis in Pharmacology, acting in subjects: gerontology and human aging, pharmaceutical assistance, rational use of medicines, clinical pharmacy, health promotion, higher education and health education.

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