HEALTH BEHAVIORS, CUSTOMS AND LIFE STYLES: EPIDEMIOLOGICAL RISK INDICATORS (HEALTH STATUS AND DISEASE)

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Introduction: Societies today are undergoing constant transformation and every day individuals are exposed to determinants that can influence their well-being, health and quality of life. Health and disease determinants are developments or events that produce health modifications in a specific clinical situation.
Objectives: Identify and describe the determinants of health of the inhabitants in the municipality of Coimbra and understand the impact of the general perception of health.
Methods: The study type was observational, analytic and cross-sectional. The population being analysed was composed by the inhabitants of Coimbra's County, adult with 35 years old or more and residents in one of the 31 parishes of Coimbra.
Results: Analysing the anthropometric parameters, 14.75% of the inhabitants were obese and 45.38% were overweighted. Regarding lifestyles, 20.78% was smoking, 95.9% consumed 3 or more meals/day, 43.42% consumed alcohol, 67.2% slept between [7-8] hours/day and 72.3% were sedentary. Analyzing the health general perception, 56.04% classified it as "good" or "very good". We evaluated the exogenous predictors with highest impact on the health profile of the researched population, nowadays, and we concluded that older people, female, widow, practicing actively a religion, with low qualifications, living in MRA, unemployed, retired and employed but with precarious contracts presented the worse results of health status.
Conclusions: There is a need to reflect the reach of the current public policies and paradigms and the assistance practices on the health sector, so these can meet the new research scenarios on social epidemiology on the field of new ways of social organization and how these new ways impact the health and well-being of the populations.
Keywords: Health determinants. Lifestyles. Quality of life.

EMPOWERING PEOPLE WITH DIABETES TYPE 2: HEALTH GAINS WITH A THERAPEUTIC EDUCATION PROGRAM

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Introduction: Diabetes is a serious public health problem, with increasing prevalence (OND,2015), challenging new approaches that focus on particular characteristics of people with this disease. This presentation is part of the intervention-oriented stage of the literacy assessment of diabetes type 2 individuals, funded by FCG that ran in the North region.
Objectives: to assess a therapeutic education program with type 2 diabetic individuals.
Methods: It is a quasi-experimental study, with a 38 members experimental group participating in a group therapeutic education program (six months) and a 35 individuals control group did not participating in any program of this nature. We evaluated knowledge, empowerment and quality of life (QoL), before and after, in both groups. For this purpose, the following validated instruments for the Portuguese population have been used: Diabetes Empowerment Scale-Short Form (DES-SF), Diabetes Knowledge Tool (DKT) and EQ-5D-3L.
Results: In the experimental group we evidenced statistically significant relationships in what concerns empowerment ($p < 0.001$), QoL ($p < 0.001$), Body Mass Index ($p < 0.030$), glycated hemoglobin ($p < 0.001$) and abdominal perimeter ($p < 0.001$). However, there were no statistical differences in relation to knowledge, in spite of an increase from 54.37 ± 0.19 to 61.41 ± 0.36. In the control group there were no significant statistical differences in any of the variables.
Conclusions: The group therapeutic education program showed effectiveness regarding empowerment, quality of life and health gains. It is also evident the need to continue investing in new strategies that promote knowledge acquisition by individuals.
Keywords: Empowerment. Quality of life. Diabetes.

SATISFACTION OF USERS WITH THE HEALTH COMMUNICATION

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Introduction: The Communication processes in health are structuring the relationship between health professionals and users and interactional quality. Is crucial to improve knowledge of communication dimensions in health organizations.
Objectives: Know the user satisfaction degree with the health communication; relate satisfaction with communication and sociodemographic aspects.
Methods: This is a quantitative, cross-sectional descriptive-correlational study. Was performed in a private hospital in the north of the country in 2015 in a random sample of 204 users. We used the questionnaire "Avaliação da satisfação do utente na comunicação com os profissionais de saúde", Designed and validated for the Portuguese population (Santos, Moreira & Pimenta, 2013).
Results: The reporting population is mostly 59.8% female, residing in urban areas 67.6% and the mean age was 43.58 ± 15.83 years, ranging from 19 to 83 years. There is a diversity of academic qualifications, in which 23.5% has the 1st cycle and 23% higher education. Cronbach's alpha coefficient was 0.871. The dimension of satisfaction with highest average was "Empathy" (0.646) and the lowest "Troubleshooting" (0.177). There were no statistically significant differences in satisfaction related to gender, educational attainment and age.
Conclusions: Overall satisfaction in communication with staff was positive measures to improve the dimensions "Material Support" and "Troubleshooting" are necessary.
Keywords: Satisfaction with communication. Communication and health.

HEALTH EDUCATION NEEDS IN PEOPLE LIVING WITH HIV/AIDS

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Introduction: People living with HIV/AIDS (PLWHA) have the need for their doubts and life experiences be understood and accepted