Abstract

Dena Abdurrahman Alfadl, The Effect of physical activity on the nutrition and healthy status for a sample of Saudi woman in Jeddah , Supervised by Prof.Dr. Kout Elkolop Abd Elhamid Baker – 2008 .

The nutrition roles important tasks in the life of human , animal and plant , the task of the food not only limit on building of the bodies but also for the protection from the illness and healthy, and that not depend only on the food and his range of diversity for coverage of the needs the nutritious daily requirements from the nutriment just as and kind , but also depend on practice of physical activities .So study for The Effect of Physical Activity on the Nutritional and Healthy Status for a Sample of Saudi Women in Jeddah , and was important results for the study as follows:

 The mean for the body mass index BMI (32±6.6 Kg/m2) for Nonpractices of the physical activity (1) and (29.4±5.7Kg/m2) for practices of the physical activity (2) for the age more than ٤٠ year , the practices of physical activity for increase the fitness was (%٣٦,٧) , (%٢١,٣) by using devices , (%٥٩,٣) on the sport club , (%٢٥) didn't buy sport device due to the difficulty of store the device , using the physical activity beside diet to reduce there weight is (%٦٤). (%٣٠,٧) using diets under medical supervision , (%٣٣,٢) no problems during the nutritious diet , (%٤٨,٧) prefers taking of drinks after the practices sport , (%٩٥,٦) prefers taking of eat before the practices sport . Some nutritious customs is clarity for Nonpractices and practices for the physical activity consecutively that (%٧١,٣, %٦٠,٤) eat 3 meals daily. (%٣٨,٧, %٢٦) taking food by Mesabic method. (%٣٥,٣, %١٨,٧) takes in meal of the breakfast sandwich and Moagnat .(%٤٨, %٢٠,٦) eat in meal of the lunch fatty foods. (%٣٨, %٢٧,٣) eat in meal of the dinner sandwich outside the house. (%٧١,٣, %٦٢,٧) prefers taking of the food in front of the television . (%٥٩,٤, %٣٢) prefers taking of the food on the land sitting .(%٦٨,٧, %٦٦,٧) medium manner of taking for the food .

From evaluation the nutriment during ٢٤hour previous finder that mean consumption of nutrient element for Nonpractices and practices for the physical activity consecutively as following :

Calories (٢٨٩٦,٣ ±٧٨٠,٤, ٢٧٧١,٥ ± ٥١١,٣ cal) for the age (from ٢٠- less from ٣٠) year, Protein activity (٧١,٣ ± ٧,٤, ٦٣,٧ ± ٧,٢gm) for the age (less than ٢٠) year, Fats (٨٣,٥ ± ٨,١, ٧٨,٥ ± ١٤,٢gm) for the age (from ٢٠- less from ٣٠) year, Vitamin A (٨٥١,١ ± ٧٨, ٨٢١,٨ ± ٦٠,٤ µgm) for the age (more than ٤٠) year, Vitamin D (٧,٢ ± ٠,٧, ٦,٨ ± ٠,٥ µgm) for the age (more than ٤٠) year, Vitamin E (١١,١ ± ١,٥, ٨,٢ ± ١,٣mg) for the age (less from ٢٠) year, Vitamin B1 (١,٦ ± ٠,٣, ٠,٣±١,٢mg) for the age (from ٢٠- less from ٣٠) year, Vitamin B6 (١,٩ ± ٠,١, ١,٢ ± ٠,١mg) for the age (from ٣٠- less from ٤٠) year, Vitamin B12 (٣ ± ٠,٤, ٢,٦ ± ٠,٣mg) for the age (less from ٢٠) year , Iron (١٩,٤ ±4.6 , ١٧,٤ ±4.2 mg) for the age (big than ٤٠) year, Zinc (١٦,٣ ± ١,٢ , ١٤,٧ ± ١,٣mg) for the age (big than ٤٠) year, Calcium (٣٢٩,٧±١٤٢١, ١٧٣,٩±١١٧٩,١mg) for the age (less from ٢٠) year. Phosphor(٨٢١ ± ٢١٨,٧, ٦٢٩,١ ± ١٣٦,٩mg) for the age (less from ٢٠) year, Magnesium (٤٢٤ ± ١٤٥,٩, ٢٨٢,٥ ± ١٥٢,٨mg) for the age (less from ٢٠) year. And the estimation of nutritious status using of indicator of qualification of the total nutriment that (%٢٤,٦٧, %٢١,٣٣) from Nonpractices and practices for the physical activity have decreased one nutritious, and that (%٢٢,٦٧, %١٢) who enough nutriment elements takes from Nonpractices and practices for the

physical activity consecutively, and no percent from practices and Nonpractices for the physical activity from sample the have decreased on 13 or ١٤ element nutrition .

Key words:
practices physical activity – No practices physical activity – Health – fitness – Sport devises – walk – diets .

Summary

Summary

The nutrition roles important tasks in the life of human , animal and plant , the task of the food not only limit on building of the bodies but also for the protection from the illness and healthy, and that not depend only on the food and his range of diversity for coverage of the needs the nutritious daily requirements from the nutriment just as and kind , but also depend on practice of physical activities .

So study for The Effect of Physical Activity on the Nutritional and Healthy Status for a Sample of Saudi Women in Jeddah and that through the acquaintance on kinds the athletic devices the employee and favored her on the bodily decency and the nutritious situation and healthy, and manner of way of live and the specific movement daily, and was important results for the study as follows:

(%٤٠, %٣٨,٧) of the sample in Nonpractices of the physical activity [2] and practices of the physical activity [1] for their ages from ٢٠– to less than ٣٠ year and relationship between the age and (1) , (2).(%٦٤,٧, %٥٨) from (1) , (2) their education was university degree education, and there is relationship between the education level and (1) , (2). (%٣٤ ،%٣٤,٧) from (1) , (2) consecutively does not work . (%٥٢) from all (1), (2) was misses, and there is relationship between and (1), (2). (%٦٦, %٥٧,٣) from (1), (2) has no pregnancy before. (%٤٢,٢ ،%٤٥,١) of which the period between the births was more than three years for (1) , (2). (%٧١,٩, %٦٤,٧) from (2), (1) have children ranges from 1-3 children. (%٣٤, %١٧,٣) (2), (1) no have monthly income, and there is relationship between the monthly income and (1), (2). That (%٨٤,٧, %٧٨) from (2) , (1) area of the housing at them medium, and there is relationship between the area of housing and (1) , (2).(%٦١,٣, %٥٢,٧) from (1) , (2) consecutively number hours of their sleep from ٦- ٨ hours. that (%٦١,٣, %٣٧,٣) from (2) , (1) consecutively of which number of hours for their daily work from (٦-8 hours), and there is relationship between number of hours for their daily work and (1), (2). (%٤٦, %٣٣,٣) from (2), (1) consecutively the distance between the house and the work was medium there is relationship between the distance between the house and the work and (1), (2). (%٦٢,٦, %٥٧,٣) from (2), (1) method of the moving from the work and house was special cars. (%٣٤,٧) from practices for the physical activity not work and (%٣٠) there work

need sit down half of the time and there is relationship between method of the moving between the work and house and (1). the most of (1) , (2)have servants in the house (%۸۹٫۳, %۷۰٫٦) in the (1) , (2). (%۷۱٫۳, %٦۳٫۳) from (1) , (2) didn't work in house .(%۵۸٫۷, %٤۲) from (2) , (1) suffers from the obesity, and there is relationship between the suffering from the obesity and the (1) , (2). the mean weight (۸۳٫6 ± 19.3 Kg) for (2)and (74 ± 13.5 Kg) for practices for the physical activity for the age more than ٤۰ year, and relationship between the mean weight and the age for (1) , (2) . (162.4 ± 6.4 Cm) for practices for the physical activity and (151.7 ± 5.8 Cm) for Nonpractices for the physical activity for the age less ۲۰ year, and relationship between mean height and the age factions and (1) , (2). That means indicator for the body mass index BMI (32 ± 6.6 Kg/m^2) for Nonpractices of the physical activity and (29.4 ± 5.7 Kg/m^2) for practices of the physical activity and the age more than ٤۰year, and relationship between mean BMI and the age and practices and Nonpractices of the physical activity. The mean size of the body (9.82 ± 0.67Cm) for Nonpractices for the physical activity for the age more than ٤۰ year, and relationship between mean size of the body and the age and (1) , (2) .

From the important statements athletic for the of physical activity, that the percent of practices of physical activity for increase the fitness was (%۳٦٫۷). (%۲۱٫۳) of practices of physical activity practices the physical activity by using devices. (%۷۰) of the practices of physical activity practices the physical activity for 1 hour or more and there is relationship between the time for practices the physical activity and practices for the physical activity. (%۳۹٫۳) of the practices for the physical activity practices the activity on the afternoon time and relationship between time of practices the physical activity and the practices of the physical activity. (%۵۹٫۳) of the practices of physical activity practices the physical activity on the sport club and there is relationship between the place of the practices physical activity and practices the physical activity. (%۲۵) of the practices of physical activity, practices did not buy sport device due to the difficulty of store the device.

The nutritious side fulfilled clarity that who practices the physical activity use the physical activity beside diet to reduce there weight is (%٦٤), and there is relationship between the widespread ways to reduce of the weight and the practices of the physical activity. (%۳۰٫۷) from practices for the physical activity use diets under medical supervision, and there is relationship between kinds of diets and the practices of physical activity. (%۳۳٫۲) from practices for the physical activity no problems during the nutritious diet .

Some nutritious customs is clarity that (%٧١٫٣, %٦٠٫٤) for each (2), (1) consecutively eat three meals daily, and relationship between no. of meals daily and (1), (2).(%٣٨٫٧,%٢٦) from (2) , (1) food Mesabic method, and relationship between favorite method the cooking and (1) , (2) .(%٤٩٫٣, %٣٤) from (2) , (1) quantity of sugar in the drinks was from (٢- ٣spoon), and relationship between quantity of the sugar in the drinks daily and (1) , (2) .(%٦٧٫٣, %٥٧٫٣) from (2) , (1) quantity of Sault in the food normal , and relationship between quantity of the Sault in the food daily and (1) , (2).(%٤٨٫٧, %٣٠) from (2) , (1) takes the breakfast after weak up from the sleep direct and there is relationship between time taking of the breakfast and practices Nonpractices for the physical activity .(%٣٥٫٣, %١٨٫٧) from (2) , (1) takes in meal of the breakfast sandwich and Moagnat, there is relationship between the foods and the obtainable drinks in meal of the breakfast and (1) , (2). (%٤٨٫٧) from practices for the physical activity prefers taking of the drinks before the practices sport. (%٩٥٫٣) from practices for the physical activity prefers taking of the drinks after the practices sport. (%٥٨٫٧, %٥٥٫٣) from (1) , (2) prefers essential taking the lunch afternoon, there is relationship between time taking the lunch and (1) , (2) .(%٤٨, %٢٠٫٦) from (2) , (1) took in meal of the lunch fatty foods, and there is relationship between the foods and drinks in lunch and (1) , (2) .(%٧٥٫٣, %٦٥٫٣) from (2) , (1) prefers taking the dinner in the beginning of night, there is relationship between time taking the dinner and (1) , (2) . (%٣٨, %٢٧٫٣) from (2), (1) took in meal of the dinner sandwich outside the house, and there is relationship between the foods and drinks in meal of the dinner and (1), (2). (%٧١٫٣, %٦٢٫٧) from (2), (1) prefers taking of the food in front of the television. (%٥٩٫٤, %٣٢) from (2), (1) prefers taking of the food on the land sitting, relationship between method of the sitting to taking of the food and (1), (2). (%٦٨٫٧, %٦٦٫٧) from (2), (1) medium manner of taking for the food, and relationship of between manner taking of the food and (1), (2). (%٨٣) from (1) , (2) prefers taking of the meats and the domestic animals, (%٢٣, %٢٧) takes meats and the domestic animals twice weekly from practices Nonpractices for the physical activity . That (%٦٣, %٦٤) from practices Nonpractices for the physical activity prefers taking of the bean, (%٣٧, %٢٩) from practices and Nonpractices for the activity is eating bean one time per week. (%٧٧) from practices and (%٨٣) from Nonpractices for the physical activity prefers taking of the tomatoes, and (%٣٥, %٣٢) from Nonpractices and practices physical activity is eat it daily, and there is relationship between taking of the tomatoes and the (1) , (2). (%٨٣) from practices and (%٨١) from Nonpractices for the physical activity

prefers taking Almlwkhya, (%٤٥) from (1) , (2) is eating it one time per week , and there is relationship between taking of the Almlwkhya and the (1) , (2). That ratio (%٨٩) from practices and (%٨٧) from Nonpractices for the physical activity prefers taking of the orange, (%٣١) from practices for the physical activity takes it daily and (%٢٣) from Nonpractices for the physical activity takes it three times weekly. and there is relationship between taking of the orange and the (1) , (2) .(%٧٠) from practices and (%٨٩) from Nonpractices for the physical activity prefers taking of the rice, and (%٤٣, %١٩) from (2) , (1) takes it daily , and there is relationship between taking of the rice and the (1) , (2). (%٤٦) from practices and (%٤١) from Nonpractices for the physical activity prefers taking corn oil, (%١٦) from Nonpractices for the physical activity takes it one time per week and (%١٢) from practices for the physical activity takes it daily. (%٥٠) from practices and (%٤٣) from Nonpractices for the physical activity prefers taking of the pickles, (%١٥) from practices and (%١٤) from Nonpractices for the physical activity it bitter one time per week. (%٧٣) from practices and (%٧٧) from Nonpractices for the physical activity prefers taking of the pizza, (%٤٥) from practices and (%٣٧) from Nonpractices for the physical activity shelter takes it one time per week.

Stubborn obtainable evaluation the nutriment during ٢٤hour previous finder that mean consumption of calories s from (2) , (1) (٢٨٩٦,٣ ±٧٨٠,٤, ٢٧٧١,٥ ± ٥١١,٣ kcal) for the age (from ٢٠- less from ٣٠) year consecutively, and (%٦٠,٧, %٥٨,٧) from (2) , (1) consecutively take calories in quantitative enough to international needs nutritious according to of the recommendations. mean consumption for the protein for (2) , (1) (٧١,٣ ± ٧,٤, ٦٣,٧ ± ٧,٢gm) for the age (less than ٢٠) year, (%١٠٠, %٩٨) from Nonpractices and practices physical activity consecutively takes protein in quantitative enough to nutritious needs . That mean consumption of the fats from (2), (1) (٨٣,٥ ± ٨,١, ٧٨,٥ ± ١٤,٢gm) for the age (from ٢٠- less from ٣٠) year, (%٩٠, %٦٤,٧) from (2), (1) consecutively the fats take in quantitative enough to nutritious needs. That mean consumption of vitamin A from (2) , (1) (٨٥١,١ ± ٧٨, ٨٢١,٨ ± ٦٠,٤ μgm) for the age (more than ٤٠) year consecutively, (%٨٠, %٦٣,٣) from (2) , (1) consecutively takes vitamin A in quantitative enough to nutritious needs That mean consumption of vitamin D the damnable hoarseness from (2) , (1) (٧,٢ ± ٠,٧, ٦,٨ ± ٠,٥ μgm) for the age (more than ٤٠) year, (%٨٧,٣, %٧٨) from (2) , (1) consecutively takes vitamin D in quantitative enough to nutritious needs. That mean consumption of vitamin E from (2), (1) (١١,١ ± ١,٥, ٨,٢ ± ١,٣mg) for the age (less from ٢٠)

year consecutively, (%٩٧٫٣,%٧١٫٣) from (2) , (1) consecutively takes vitamin E in quantitative enough to nutritious needs. That mean consumption of vitamin B1 from (2) , (1) (١٫٦ ± ٠٫٣, ٠٫٣±١٫٢mg) for the age (from ٢٠- less from ٣٠) year consecutively,(%٨٢٫٧, %٥٢٫٧) from (2) , (1) consecutively takes vitamin B1 in quantitative enough to nutritious needs the mean consumption of vitamin B6 from (2) , (1) (١٫٩ ± ٠٫١, ١٫٢ ± ٠٫١mg) for the age (from ٣٠- less from ٤٠) year consecutively, (%٨٨, %٨٤٫٧) from (1) , (2) consecutively takes vitamin B6 in quantitative enough to nutritious needs. The mean consumption of vitamin B12 from (2) , (1) (٣ ± ٠٫٤, ٢٫٦ ± ٠٫٣mg) for the age (less from ٢٠) year consecutively,(%٨٩٫٣, %٧٠٫٧) from (2) , (1) consecutively takes vitamin B12 in quantitative enough to nutritious needs . the mean consumption of iron from (2) , (1) (١٩٫٤ ±4.6 , ١٧٫٤ ±4.2 mg) for the age (big than ٤٠) year consecutively, (%٦٥٫٣, %٥٨٫٧) from (2) , (1) consecutively takes the iron in quantitative enough to nutritious need. The mean consumption of zinc from (2) , (1) (١٦٫٣ ± ١٫٢ , ١٤٫٧ ± ١٫٣mg) for the age (big than ٤٠) year consecutively ,(%٩٠, %٦٠) from (2) , (1) consecutively takes zinc in quantitative enough to nutritious needs. The mean consumption the calcium from (2) , (1) (٣٢٩٫٧±١٤٢١, ١٧٣٫٩±١١٧٩٫١mg) for the age (less from ٢٠) year consecutively, (%٩٢ ٬%٩٥٫٣)from (2) , (1) consecutively takes the calcium in quantitative enough to nutritious needs. The mean consumption of phosphor from (2) , (1) (٨٢١ ± ٢١٨٫٧, ٦٢٩٫١ ± ١٣٦٫٩mg) for the age (less from ٢٠) year consecutively, (%٧٣٫٣, %٦٦٫٧) from Nonpractices and practices the physical activity consecutively takes the phosphor in quantitative enough to nutritious needs. The mean consumption of Magnesium from (2) , (1) (٤٢٤ ± ١٤٥٫٩, ٢٨٢٫٥ ± ١٥٢٫٨mg) for the age (less from ٢٠) year consecutively, (%٧٢٫٧, %٦٧٫٣) from (2) , (1) consecutively takes Magnesium in quantitative enough to nutritious needs.

And the estimation of nutritious status using of indicator of qualification of the total nutriment that (%٢١٫٣٣, %٢٤٫٦٧ from No) practices and practices for the physical activity have decreased one nutritious, and that (%١٢, %٢٢٫٦٧ who enough nutriment elements) takes from (2) , (1) consecutively, and no percent from (1) , (2) from sample the have decreased on 13 or ١٤ element nutrition