

O JOGO COMO ESTRATÉGIA DE INVESTIGAÇÃO E REEDUCAÇÃO ALIMENTAR DE CRIANÇAS COM OBESIDADE*

A game as a strategy for food research and reeducation of children with obesity

El juego de mesa como estrategia de investigación y reeducación alimentaria de niños con obesidad

Resumo

A obesidade tornou-se um dos mais graves problemas de saúde pública e sua alta incidência está presente em todas as faixas etárias. O objetivo desta pesquisa foi investigar os hábitos e promover a reeducação alimentar de crianças de 7 a 11 anos por meio do brincar através de um jogo de tabuleiro. Foi uma pesquisa descritiva exploratória, onde 10 crianças foram convidadas a participar de um jogo de tabuleiro sobre alimentação num ambulatório de obesidade infantil da Universidade Federal do Triângulo Mineiro. Além do jogo, utilizaram-se como instrumentos dois roteiros semi-estruturados, um para crianças, visando identificar seus hábitos alimentares, e outro para seus responsáveis legais, para verificar o perfil socioeconômico. A partir da análise dos questionários e da explanação do brincar, investigaram-se os hábitos alimentares e notou-se fatores de risco contribuintes para obesidade e doenças crônicas. Através do brincar foi possível promover o conhecimento das propriedades nutricionais dos alimentos e da necessidade de mudanças alimentares para se obter hábitos mais saudáveis.

Palavras-chave: Terapia Ocupacional; obesidade infantil; jogos e brinquedos; educação alimentar.

Abstract

Obesity has become one of the most serious public health problems and its high incidence is present in all age groups. This research investigated dietary habits and promote alimentary re-education of children aged 7 to 11 years. It was a descriptive exploratory research in which 10 children were invited to participate in a board game about food in an obesity outpatient service for children in the Federal University of Triângulo Mineiro. Besides the board game, it was used two semi-structured questionnaires, one of that was applied to children and cover their eating habits and the other one with their legal guardians regarding their socioeconomics profile. Throughout analyses of data, it was verified the participant's eating habits and it was noted the diversity of risk condition for obesity and chronic disease associated with it. From the analyses of the board game, it was possible to promote knowledge about the nutritional properties of food and the need for changes in eating habits to achieve a healthier nutrition.

Key words: Occupational Therapy; childhood obesity; games and play; food education.

Resumen

La obesidad se ha convertido en uno de los problemas de salud pública más graves y su alta incidencia está presente en todos los grupos de edad. El objetivo de esta investigación fue investigar los hábitos y promover la reeducación alimentaria de niños de 7 a 11 años jugando un juego de mesa. Fue una investigación exploratoria descriptiva, donde 10 niños fueron invitados a participar de un juego de mesa sobre alimentos en el atendimento ambulatorio de obesidad infantil de la Universidad Federal de Triangulo Mineiro. Además del juego, se utilizaron dos guiones semiestructurados, uno para los niños esperando que identifiquen sus hábitos alimenticios y otro para sus tutores legales, para verificar el perfil socioeconómico. A partir del análisis de los cuestionarios y de la explicación del juego, se investigaron los hábitos alimenticios y se observaron los factores de riesgo que contribuyen para la obesidad y las enfermedades crónicas. A través del juego fue posible promover el conocimiento de las propiedades nutricionales de los alimentos y de la necesidad de cambios en la alimentación para obtener hábitos más saludables.

Palabras clave: Terapia ocupacional; obesidad infantil; juegos y juguetes; Educación alimentaria.

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DQoDV GH FLQFR D QRYH DQRV HVWDYD DFLPD GR SHVR UHFRPHQGDG
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FDUERLGUDWRV FKRFRODWH EDODV H UHIULJHUDQWHV HVWDYDP HQV
RU DFHLWDomR SHODV FULDQoDV \$V IUXWDV H SURWHtQDV IRUDP YLV
ULRV TXH HUDP FRQVXPLGRV PDV QmR IRUDP FLWDGRV FRPR SUHGLO

&RQKHFLPHQWR DFHUFDP GDV SURSULHGDGHV QXWULFLRQDLV

'XUDQWH R MRJR IRUDP IHLWDV SHUJXQWDV VREUH D RULJHP GRV
FLRV H VXD FODVVLILFDomR TXH VmR SDUWHV IXQGDPHQWDLV H FRQV
FDFLRQDLV H QXWULFLRQDLV (P XP WRWDO GH GHJRLWR SHUJXQWDV
WDPHQWH SRU VHWH GLIHUHQWHV FULDQoDV 3RUpp WUrV FULDQoDV
UDP XPD UHVSrvWD DFHUWDQGR j PHVDP \$VVLP GDV GHJRLWR SHUJ
SRVWDV IRUDP GH FRQKHFLPHQWR GDV FULDQoDV

&RP UHODomR jV FRQVHT•rQFLDV GR XVR GH DOLPHQWRV HP H[FH
EDW•DWDW GRFHV H RXWURV GH SHUJXQWDV IHLWDV DSHQDV XPD
GXDV FULDQoDV QmR VDELDP H DUULVFDUDP D UHVSrvWD DFHUWDQGR

SHUJXQWDV FLQFR IRUDP GH FRQKHFLPHQWR GDV FULDQoDV
 4XHVWLRQiULR GD &ULDQoD

2V TXHVWLRQiULRV IRUDP DSOLFDRV FRP FDGD FULDQoD SDUD
 SRVVtYHO FRQKHFHU D SDUWLU GR ROKDU GDV SUySULDV FULDQoDV
 EULQFDUHV H VXDV DTXLVL}HV GH LQIRUPDmR DSyV MRJDU R &RPH
 +iELWRV DOLPHQWUHV

\$QWHV GR MRJR-~~SHUJXQW~~JUXSRV SUHGLOHWRV GH DOLPHQWRV
 Do~FDUHV H JRUGXUDV VHJXLGR GDV KRUWDOLoDV H HP WHUFHLUR C
 WXEPUFXORV -i DSyV R MRJR RV DOLPHQWRV SUHGLOHWRV SDVVDUD
 SULPHLUR OXJDU VHJXLGRV SHODV KRUWDOLoDV H HP WHUFHLUR OX.
 SmHV H WXEPUFXORV \$V KRUWDOLoDV DSDUHFHUDP FRPR R JUXSR FR
 FRPR DSyV R MRJR ,VVR SRGH HVWDU UHODFLRQDGR DR WLSR GH KR
 DV SUHGLOHWDV HVWDYDP D VDODGD H GH PDLRU UHMHLomR D EHULG

1RW-RX TXH DQWHV GH GDU LQtFLR DR MRJR DOpP GH VHUHP RV
 IRUDPWDPEpP R JUXSR GH DOLPHQWRV TXH D JUDQGH PDLRULD GDV
 FLWDQGR DWp PHVPR DOLPHQWRV TXH QXQFD KDYLDP LQJHULGR FRP
 YLVWDV H GD WHOHYLVmR \$SyV R MRJR IRL HVVH R JUXSR GH DOLPH
 GH UHGXomR SDUD PXGDQoD GRV KiELWRV DOLPHQWUHV VHQGR DV
 DOLPHQWRV PDLV FLWDGR SDUD LQFOXVmR QD GLHWD DSyV R MRJR

\$QWHV GR MRJR VHLV GDV FULDQoDV Mi UHODWDYDP DOLPHQWR
 FRPR SUHGLOHWRV H DGHTXDGRV HP VXDV GLHWDV \$V RXWUDV TXDW
 PHQWRV VDXGiYHLV FRPR QmR VDXGiYHLV 'HVVDV ~OWLPDV WUv HV
 DPEXODWyULR H DLQGD QmR KDYLDP SDVVDGR SRU QHQKXPFRQVXO

2V KiELWRV DOLPHQWUHV D SDUWLU GR TXHVWLRQiULR GD FULD
 GHP VHU YLVWRV QD 7DEHOD
 7DEHOD +iELWRV DOLPHQWUHV GHVFULWRV SHODV FULDQoDV DQWHV

	0DLV JR WD	0HQRV JRVWD	&RPHoDUI	7LUDULD	&RORFDULD
*5832	\$	\$	\$	\$	\$
'RFHV Do~FDUHV JRUGXUDV		-	-	-	-
&DUQHV H RYRV					-
/HLWH H GHULYD GRV		-	-	-	-
/HJXPLQRVDV +RUWDOLoDV			-	-	-
)UXWDV			-		-
&HUHDLV 3mHV WXEPUFXORV H UDtjHV			-		

\$ DQWHV ' GHSRLV

%ULQFDU

2EVHU-YRK VHJXQGR DQiOLVH GD YLVmR GDV FULDQoDV TXH DQW
 EULQFDGHLUDV FLWDGDV FRPR SUHGLOHWDV ~~GHJIRUSLPT GHH HVRFRHQ~~
 GH ELFLFOHWD TXHLPDGD EDVTXHHW KDQGHRO Y{OHL DPDUHOLQ
 D FULDQoD QmR FLWRX QHQKXPD EULQFDGHLUD GH PRMLORQWR \$Sy
 R Q~PHUR GH EULQFDGHLUDV UHGX]LQGR SDUD RLWR GH PRYLPHQWR
 DWLYLGDGHV GH UDFLRFtQLR SDVVDQGR GH XPD SDUD TXDWUR HVFF
 JR &RPH %HPIHVH PRPHQWR WUrV FULDQoDV -PLWDFURR S MRRGR &RPH
 WR

&RP UHODomR jV EULQFDGHLUDV TXH JRVDULDP GH UHDOLJDU
 PRYLPHQWR SUHGRPLQDUDP DQWHV GR MRJR GH WDEXOHLUR VRPDQ
 DPDUHOLQKD SXODU FRUGD Y{OHL QDWDomR H EDVTXHHW \$SyV R
 WUrV EULQFDGHLUDV GH PRYLPHQWR 4XDWUR EULQFDGHLUDV GH UDF
 FR FULDQoDV SDUWLFLSDQWHV VHQR%XPD(VHODVGRV MRRURP &RPH JRVD
 ULDP GH WHU HVWH MRJR HP FDVD (VVHV GDGRV SRGHP VHU REVHUY
 7DEHOD %ULQFDU GHVFULWR SHODV FULDQoDV DQW%V H GHSRLV GR M

\$QWHV	'HSRLV	\$QWHV	'HSRLV
3LTXHSHJD	3LTXBHJD	\$PDUHOLQKD	-RJR &RPH %HPS
3LTXHVFRQ	3LTXH HVFRQGB	XODU FRUGD	\$PDUHOLQKD
GH	4XHLPDGD	4XHLPDGD	9{OHL &RUUHU
%LFLFOHWD)XWHERO	-RJR GRV HU	3LTXSHJD
%DVTXHHW	%LFLFOHWD	\$GLYLQKDomR	3XODU FRUGD
+DQGHRO	+DQGHRO	%DQFR LPRELOL	iRJR HUURV
9{OHL	9{OHL	%DVTXHHW	\$GLYLQKDomR
)XWHERO	\$PDUHOLQKD	1DWDomR	
\$PDUHOLQKD	&RP-%HPS		
&DUULQKR	(VFROLQKD		
(VFROLQKD	%RQHFD		
	-RJR WDEXOHLUR		

\$TXLVLomR GH FRQKHFLPHQWR DSyV R MRJR

\$QWHV GR MRJR WRGDV DV FULDQoDV GHILQLUDP FRPR DOLPHQW
 PHQWRV HVSHFtILFRV FRPR WXEPUFXORV IUXWDV H KRUWDOLoDV \$S
 GDUDP D GHILQLomR LQFOXQLQGR QD UHVSrvWD R IDWR GH FRPHU TX

FRUUHWRV &RP UHODomR jV PXGDQoDV GD GLHWD FLQFR FULDQoDV
UHWLUDUDP GRFHV H JRUGXUDV GD DOLPHQWDomR H VHWH FULDQoDV
KRUWDOLoDV QD GLHWD \$ DTXLVLomR GH FRQKHFLPHQWR WDPEpP IR
WD GR TXH IRL DSUHQGLGR QR GLD HP TXH \$ H \$RUWULFESD&RPHG%\$PHVTX

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\$ SUHYDOrQFLD PXQGLDO GD REHVLGDGH LQIDQWLO DSUHVHQWD XP U
FDGDV VHQGR HQWmR FRQVLGHUDGD XPD HSLGHPLD PXQGLDO (VWH
XPD YHJ TXH DOpP GD DOWHUDomR HVWpWLFD HVWi DVVRFLDGD FRP
FRGHJHQHUDWLYDV TXH DIHWDP DV VRFLHGDGHV LQGxVWULDOLJDGDV

1DV HQWUHYLVWDV WRGDV DV FULDQoDV SDUWLFLSDQWHV DSUHV
H RX FRPRUELGDGHV DVVRFLDGDV j REHVLGDGH HP VXDV IDPtOLDV S
jV GRHQoDV GR VLVWHPD FDUGLRYDVFXODU JDVWURLQWHVWLQDO H
DomR GH ULFR HQWH REHMLGDGH H GRHQoDV FU QFR GH HQHWDWV

(VVHV IDWRUHV HVWmR UHODFLRQDGRV j RULJHP GD REHVLGDGH
UHV JHQpWLFRV H DPELHQWDXV \$ QUMHOMD FLRFR D UHDOLJDomR GH
FtFLRV ItVLFV D LQFOXVmR GH PHLRV GLJLWDLV FRPR WHOHYLVmR
XVR GH DOLPHQWRV LQGxVWULDOLJDGRV VmR IDWRUHV UHOHYDQWHV
REHVLGDGH LQIDQWH DVSHFWRV SRGHP VHU FRUUHODFLRQDGRV FRP
GHVWH HVWXGR QRV TXDLV DV FULDQoDV DSUHVHQWDUDP WDQWR ID
QRV FRP GHVWDTXH SDUD R QtYHO VRFLRHFRQ{PLFR D LQFOXVmR H
LQGxVWULDOLJDGRV SULQFLSDOPHQWH VXFRV DUWLILFLDLV UHIULJH
FRPR R EDL[R tQGLFH GH UHDOLJDomR GH DWLYLGDGHV ItVLFDV H EUL

2 H[FHVVR GH JRUGXUD FRUSRUDO YLVWR PDLV FRPXPHQWH QDV
FXODU GH HQVLQR SRGH VHU YLVWR FRP IUHTXrQFLD HP WFDGRV RV G
SHVTXLVD UHDOLJDGD WRGDV DV FULDQoDV HVWDYDP PDWULFXODGD
HVWDYDP LQVHULGDV HP IDPtOLDV FRP UHQGD LQIHULRU D XP VDOIUL
GH D SHVTXLVD WHU VLGR IHLWD HP XP KRVSLWDO GD UHGH S~EOLFD
LQFLGrQFLD GH IDPtOLDV GH EDL[D UHQGD

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GDGH QD PHGLGD HP TXH VH UHODFLRQD FRP R DFHVVR D GLVSRQLE
omR H j HVFROKD GH DHEFHVRXQ HVWH HVWXGR TXH D UHODomR VRFL
GD FULDQoD LQIOXHQLRX QD HVFROKD H QR DFHVVR DRV GLYHUVRV
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FHUWDV IUXWDV FRPR PHomR H PRUDQJR SRU H[HPSOR SRU VHUHP D
QDUDP TXH FRQKHFLDP WRGRV HVVHV DOLPHQWRV \$V KRUWDOLoDV
GUDWRV PDLV FRQVXPLGRV VmR RV GH PDLV EDL[R FXVWR HFRQ{PLFR
GD D GLHWD GH DFRUGR FRP D FRQGLomR HFRQ{PLFR &BXDPtSULBGS
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\$GHPDLV DR YHULILFDU D DOLPHQWDomR DOpP GH FRQVLGHUDU
LQJHULGRV p QHFHVViULR WDPEpP YHULILFDU D FRPSRVLomR H TXDO
RV SDGU}HV DOLPHQWUDHV PXGDUDP QR GHFRUWHUHQGHDSORWLDWVQp
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PDV H UHIULJHUDQWHV ,VVR SRGH VHU REVHUYDGR QHVWH HVWXGR
RQ URVHGRNRJR XPDYHJ TXHHQWHRV DOP HQVRV PDLV GRDGRV HWDYDP KRUDoDV IUX
WDV OHLWH H iJXD H D PDLRU SUHGLOHomR GDV FULDQoDV IRL SRU D
Do~FDUHV H JRUGXUDV \$V OHJXPLQRVDV SRXFR IRUDP FLWDGDV

2EVHU-YRHX TXH DV FULDQoDV TXH Mi KDYLDP SDVVDGR SRU FRQVX
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SURILVVLRQDLV TXH DV DWHQGLDP QHVWDV FRQVXOWDV HQWUHWdqV
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WRULDO

6DEHQGR TXH D IDOWD GH DWLYLGDGHV ItVLFdv H GR EULQFDU G
GHP LQIOXHqFLDU QD REHVLGDGH LQIDQWLO WdqWR FULDQoDV FRPR
VREUH WDLV DVSHFWRV (PERUD FLQFR FXLGDGRUHV WHQKDP UHODW
DWLYLGDGHV ItVLFdv DOpP GD HGXFDomR ItVLFd H EULQFDGHLUDV TX
DILUPDUDP TXH DV EULQFDGHLUDV UHDOLJDGDV D PDLRU SDUWH GRW
VmR GH UDFLRFtQLR OyJLFR RX YLGHrJDPHV 3RGH VHU SHUFHELGR
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\$ OLWHUDWXUD YLJHQWH PRVWUD TXH D REHVLGDGH LQIDQWLO
FRP D SUIWLFd GD DWLYLGDGH ItVLFd H VRIUHx D LQIOXrQFLD GD SUH
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WHOHYLVmR SRU PDLV GH WUrV KRUDV GLD TXDQWR MRJDU YLGHrJDP
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HVWXGR 'H DFRUGR FRP XPD SHVTXLVD UHDOLJDGD HP &KLFDJR QRV
FD DV SHVVRDV WHQGHP D FRPHU PDLV TXDQGR HVWmR DVVLVWLQGR
YHUWLGR IRU R SURJUDP DVLQGHROBQWFRHPP IDWRU LPSRUWDQWH S
PHQWR GH SHVR 2XWUD SHVTXLVD UHWUDWD TXH R KiELWR GH DVVL
GRV SRGH SURPRYHU R FRQVXPR DOLPHQWUDU QmR VDXGiYHO

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QRV PHQLQRV H GH D QDV PHQLQDV HQWUHWURH HWDQGRV
WUDJHP TXH DV GLIHUHQoDV SRGHP HVWUDU DVVRFLDGDV DRV IDWRUH

TXH D SUHYDOrQFLD GH VREUHSHVR H REHVLGDGH HP DOXQRV GH DOV
omR PDVFXOLQD H IHPLQLQD IRL GH H (P URKWSUHF VSHWDFXHQW HHD
OLJDGD QD UHJLmR QRUGHVWHVGRSSEMDCHQFRQVGRKXEHVLGDGH GH
SXODomR IHPLQLQD H GH QD SRSXODomR PDVFXOLQD QmR PRVWUD
HQUUH JrQHURV 1HVWH HVWXGR GD DPRVWUD GH GHJ FULDQoDV RL
FLQFR DSUHVHQWDYDP REHVLGDGH LQIDQWLO

\$R FRQVLGHUDU R GHVHQYROYLPHQWR LQIDQWLO GR SRQWR GH
GRV DRV DQRV D FUL-DHQRHQRVGRGDVFRQHUBWJHW RQGH
DSUHQQGH VLPXOWDQHDPHQWH D OHYDU HP FRQWD VHX SRQWR GH YLV
Do}HV SRLV WHP FDSDFLGDGH FRJQLWLYD SDUD FRPSUHHQGHU R TXH
WRPDGD GH GHFLV}HV SRU VL SUySULD

6DEHQGR TXH FDGD TXHVWLRQiULR IRL IHLWR GH IRUPD LQGLYLQ
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PDo}HV SDVVDGDV DWUDYpV GR EULQFDU H UHVSRRQGHUDP DV TXHVW}
DSUHQQGHUDP QDTXHOH MRJR 2 DSUHQGLJDGR LPHGLDWR SRGH VHU Y
VREUH DOLPHQWDomR VDXGiYHO GHVHMR GH PXGDQoDV QD GLHWD G
GLGR QDTXHOH GLD 1RYH FULDQoDV SDUWLFLSDQWHV FLWDUDP DOJX
RX DOLPHQWDomR DGHTXDGD QHVH ~OWLPR LWHP FRPR SRGH VHU Y
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\$ & PHQFLRQRX VXD SHUFHSomR VREUH R TXH KDYL D DSUHQGLG
QmR SRGH FRPHU PXLWR GRFH H UHIULJHUDQWH WRGR GLD H TXH VDC
WRGR GLD '

-i D & GL³\$SHUHQGL DOLPHQWDomR PDLV VDXGiYHO H R TXH SRGH
R TXH SRGH FRPHU WRGR GLD H R TXH SRGH FRPHU Vy jV YH}HV '

2 DSUHQGLJDGR GR WHPD WUDEDOKDGR QHVWD SHVTXLVD IRL FO
GD & TXDQGR HOD QDUURX D VHJXLQWH³ FSHUDCHDXFRPSUHHQGHUDP
PLQKD DOLPHQWDomR SDUD VHU VDXGiYHO '

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GHV QXWULFLRQDL³ XH & VFDLVRPHQWRV WrP BRSRIULW KD & LD VHQFLR
QRX WRGD DTXLVLomR GH FRQKHFLPHQWRV SUHFDYFRVSDDDOCH FRPHU
WR IDJHU H[HUFtFLRV SDUDU GH WRPDU UHIULJHUDQWH H FRPHU ED

7DO DSUHQGLJDGR WDPEpP IRL YLVWR D SDUWLU GDV UHVSRVWD
YHO H PXGDQoDV QD GLHWD DSYV R EULQFDU XPD YHJ TXH TXDWUR F
QLo}HV H WRGDV PRGLILFDUDP DWUDYpV GDV UHVSRVWDV DR MRJR
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(P SHVTXLVD UHDOLJDGD QR DQR GH SHVTXLVDGRUHV EXVFD
FHSomR GH XP JUXSR GH FULDQoDV TXH WLQKDP HQWUH RLWR H G

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VHOHFLRQDU RV DOLPHQWRV (PERUD QmR WHQKD VLGR DQDOLVDGD I
D SDUWLU GR UHODWR GDV FULDQoDV H%GIP ERQFO SVHIG LGRHWJRJRDE
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GH WHU XP SDSHO LPSRUWDQWH QD UH HGXFDomR DOLPHQWU GH FU
GR XWLOLJD R EULQFDU FRPR UHFUXVR WHUDSrXWLF

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\$ SDUWLU GRV UHVXOWDGRV H GD GLVFXW VmHRU IDSEBIV HTXMDGR V U
oDV SDUWFLSDQWHV DSUHVHQWDUDP GLYHUVRV IDWRUHV SUHGLVSR
1RW-RX TXH D SDUWLU GR EULQFDU IRL SRVVtYHO LQYHVWLJDU D DOL
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GRV DOLPHQWRV H GD QHFHVVLGDGH GH PXGDQoDV SDUD VH REWU K
9LVWR TXH R EULQFDU D SDUWFLSDomR VRFLDO H D HGXFDomR VmR
DQoD R WUDEDOKR GH UHHGXFDomR DOLPHQWU SDUD UHYHUWHU R T
SHVR D SDUWLU GH XP MRJR GH WDEXOHLUR IDFLOLWRX jV FULDQoD
QXWULFLRQDLV GRV DOLPHQWRV EHP FRPR IDYRUHFHX XPD PHOKRU
WRV DOLPHQWUHV

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VLQR FHQWUDGR QDV PXGDQoDV SHVVRDLV TXH IDoDP VHQWLGR H VL
GHUDQGR D IUHTXrQFLD H R FRQWH-GR GR IHHGEDFN R XFRDQVH[WR H
oD &RP HVWH HVWXGRHYTHXHLIDFRXLOLJDomR GR EULQFDU DWUDYpV
JyJLFR IRL XP PHLR GH LQYHVWLJDomR GRV KiELWRV DOLPHQWUHV
DQoDV TXH IUHTXHQWDP DWHQGLPHQWRV DPEXODWRULDV

(PERUD R HVWXGR WHQKD DSUHVHQWDGR GDGRV UHOHYDQWHV
FDWLYRV XPD SHVTXLVD D ORQJR SUDJR VH IDJ QHFHVViULD SDUD
QDOLJDomR GRV FRQKHFLPHQWRV VREUH KiELWRV DOLPHQWUHV V
GHVWH DSUHQGLJDGR SRHVFRQWULPLSRGH FRP D UHHGXFDomR DOLPH
oD REHVD 3RUWDQWR FRP R XVR GH XPD PHWRGRORJLD ORQJLWXO
GLFDV H R DFRPSDQKDPHQWR H YLJLOKQFLD GR GHVHGYROYLPHQW
SRGHP UHGXJLU DV OLPLWDo}HV GH HVWXGRV WUDQVYHUVDLV FRPR

5HIHUrQFLDV

&HROLQ 3 'DNDJHP / /DUDQMHLUD / \$OYDUHQJD 0 \$YDOLDomR G
KiELWRV DOLPHQWUHVFRQWULPLSRGH HVFRODUHV GD HVFROD PRGHOR G
ULR DGYHQWLVDW 681\$6R 5BXOR%UDV GH 2EHVLGDGH 1XWULomR H
PHQWR -

%UDVLO &RPXQLFDomR 6RFLDGH3QXWULomR FDL H SHVR GDV FUL
VLOHLUDV XOWUDSDVVD SDGUmR LQWHUQDFLRQDO >SHULyGLFR RC
@ 'LVSRQtYHO HP KWWS ZZZ LEJH JRY EU KRPH SUHVLGHQFLD
QRWFLFLDBYLVXDOLJD SKS"LGBQRWFLFD LG SDJLQD

6FRUJRQL 1 \$UD~MR 5&7 2EMXLYGDGH QH FOWR DV H[yJHQDV HWV
FDVR QD SHUVSHFWLYD GD WHUDSLD RFXSDFLRQDO 5HY GH ,QLFL

'H 6i \$* HW DO 6REUHSHVR H REHVLGDGH HQWUHXFWULDQDQ HP L
GLHW KRVS - '2, JRGLQKR

*XUQDQL 0 %LUNHQ & +DPLOWRQ - &KLOGKRRG 2EHVLW\ &DXVH
0DQDJHPHQW 3HGLDWU &OLQ 1RUWK \$P \$XJ

6RDUHV /' 3HWURVNL (/ 3UHYDOrQFLD IDWRUHV HWLROyJLFRV H
LQIDQWLO 5HY %UDV GH &LQHDQWURSRPHWULD 'HV-HPHQKR +X

9LDQD 9 3VLFRORJLD VD~GH H QXWULomR &RQWULEXWR SDUD F
DOLPHQWU 5HY \$QiOLVH 3VLFRoyJLFD

0LUDQGD HW DO 3UHYDOrQFLD GH VREUHSHVR H REHVLGDGH LQIDQ
S~EOLFdv YV 3ULYDGDV 5HY %UDV 0HG {VSRUWH

0HOOR (' /XIW 9& 0H\HU) 2EHVLGDGH LQIDQWLO FRPR SRGHPRV
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&UX] 6+ HW DO 3UREOHPDV GH FRPSRUWDPHQWRVFRQDWHWRGRH SH
VXO GR %UDVLO - %UDV 3VLTxLDWU

+HQULTXHV 3 HW DO 3ROtWLFdv GH 6D~GH H GH 6HJXUDQoD \$OLPH
GHVDILRV SDUD R FRQWUROH GDLREFLDGDGH LQIDQWLO YD

:RUOG +HDOWK 2UJDQLJDWLRQ :+2 5HSRUW RI WKH FRPPLVVLRQ
VLW\ :DVKLQJWRQ :+2

%UDVLO 0LQLVWpULR GD 6D~GH 6HFUHWdULD GH 9LJLOkQFLD HP
OLVH GH 6LWXDomR GH 6D~GH 3ODQR GH Do}HV HWWUDWpJLFDV SDUD
FU{QLFDV QmR WUDQVPLVVtYHLV -'&17 QLRQ%VMDpULR GD 6D~GH 6HFU
GH 9LJLOkQFLD HP 6D~GH 'HSDUWDPHQWR GH \$QiOLVHGHDLWxQbMR
WpULR GD 6D~GH ± 6pSULHLQ% 7H[WRV %iVLFrv GH 6D~GH

3LQWR 53 HW DO \$QiOLVH GRV IDWRUHV DVVRFLDGRV DR H[FHVVR
3DXO 3HGLDWU -

0XQJXED 0&6 7HUDSLD 2FXSDFLRQDO HP DomR LQWHUGLVFLSOLQD
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GR 5LR *UDQGH GR 1RUWH

\$PHULFDQ 2FFXSDWLRQDO 7KHUdS\ \$VVRFLDWLRQ \$27\$ (VWUXWXU
2FXSDFLRQDO GRPtQLR • 8GR#HUD/RXJLGD 5HYLVWD GH 7HUDSLD 2FXS
8QLYHUVLGDGH GH 6mR 3DXOR 6mR 3DXOR

3LQKHLUR 0)* *RPHV &/ \$ERUGDJHQV GR EULQFDU HP FXUVRV GH
VD~GH HGXFDoM ItVLFD ILVLRWHUDSLD H WHUDSLD RFXSDFLRQDO

5H]HQGH 0 (VWDPRV %ULQFDQGR" 5HIOH[}HV VREUH D 3UiWLFD GD
\$QDLV GR f &RQJUHVVVR %UDVLOHLUR GH 7HUDSLD 2FXSDFLRQDO FR
GDGHV D GH PDLR GH *RLKQLD *2

)HUODQG) 2 EULQFDU H D 7HUDSLD 2FXSDFLRQDO ,Q)(5/\$1') 2
FDU D FULDQoD FRP GHILFLrQFLD H D WHUDSLD RFXSDFLRQDO HG

*XLGHWL 0 \$V DYDOLDo}HV SVLFROYJLFDV ,Q 7RXUUHWWH & *X
ORJLD GR 'HvHQYROYLPHQWR GR QDVFLPHQWR j DGROHVFrQFLD 3HW

7HVWD :/ 3RHWD /6 'XDUWH 0I ([HUftFLR ItVLFR FRP DWLYLGDGHV
QDWLYD SDUD R WUDWDPHQWR GD REHVLGDGH LQIDQWLO 5HYLVWD %
(PDJUHFLPHQWR -

3LPHQWD \$3\$ 3DOPD \$ 3HUILO HSLGHPLROYJLFR GD REHVLGDGH H
WHOHYLVmR DWLYLGDGH ItVLFD H REHVLGDGH 5HY %UDV &LrQ H 0

(VNHQDL HW DO)DWRUHV VRFLRHFRQ{PLFRV DVVRFLDGRV D REHV
PXQLftSLR GH &DUDSLFXtED 63 %UDVLO 5 %UDV FL VD~GH

7ULFKHV 50 *LXJOLDQL (5- 2EHVLGDGH SUIWLFDV DOLPHQWUHV I
omR HP HVFRODUHV 5HY 6D~GH 3~EO-LFD

%HUJDPDVFR -6 %ULRVFK - /HPHV 31 0HQGHV \$ 6LP}HV *\$ 9LHEL
DWLYLGDGH ItVLFD QD LQIkQFLD FRPR IRUPD GH SUHYHQomR GH IXWX
'LJLWDO %XHQRV \$LUHV >SHULyGLFR RQOLQH@ >DFHVVR HP PD

ODLD (* HW DO +iELWR GH DVVLVWLU j WHOHYLVmR H VXD UHODom
GRV GR SHUtrGR GH D HP FDSLWDLV EUDVLOHLUDV &DG 6D~C
H

3LDJHW - \$ IRUPDomR GR VtPEROR QD FULDQoD LPLWDomR MRJR
VHQWDomR HG 5LR GH -DQHLUR /7& S

7RXUUHWWH & 2 GHVHQYROYLPHQWR GDV FULDQoDV HP LGDGH HV
WL 0 ,QWURGXomR j 3VLFRORJLD GR 'HvHQYROYLPHQWR GR QDVFLPH
OLV 9R]HV - S

0XQJXED 0& 6LOYD &\$% 3HUFHSo}HV GH FULDQoDV VREUH D VXD D
WRV QXWULFLRQDLV PHGLDQWH DWLYLGDGHV O~GLFDV \$QDLV GR f
2FXSDFLRQDO FRQWH[WRV WHUULWyULRV H GLYHUVLGDGHV D G
*2

6XEPHWLGR HP
\$FHLWR HP
3XEOLFDGR HP