

MINISTÉRIO DA SAÚDE

# GUIA DE ATIVIDADE FÍSICA PARA A POPULAÇÃO BRASILEIRA

MATERIAL SUPLEMENTAR



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**MINISTÉRIO DA SAÚDE**  
**Secretaria de Atenção Primária à Saúde**  
**Departamento de Promoção da Saúde**

**GUIA DE**  
**ATIVIDADE FÍSICA**  
**PARA A POPULAÇÃO BRASILEIRA**

**MATERIAL SUPLEMENTAR**



PROCESSO DE ELABORAÇÃO E BIBLIOGRAFIA DO GUIA  
DE ATIVIDADE FÍSICA PARA A POPULAÇÃO BRASILEIRA

## **MATERIAL SUPLEMENTAR**

# PROCESSO DE ELABORAÇÃO DO GUIA DE ATIVIDADE FÍSICA PARA A POPULAÇÃO BRASILEIRA

O Guia de Atividade Física para a População Brasileira foi construído em parceria com a Universidade Federal de Pelotas, que reuniu um corpo de 70 pesquisadores da área da atividade física relacionada à saúde, além do corpo técnico do Ministério da Saúde e da Organização Pan-Americana de Saúde (OPAS). O processo de construção ocorreu por meio de criteriosa revisão da literatura científica; escutas a setores e instituições relacionados, especialistas e população; e, consulta pública. Esses processos reforçam o compromisso do Ministério da Saúde com a promoção da atividade física e com a melhoria das condições de saúde, garantindo que a população brasileira tenha acesso a um documento de qualidade.

Para promover a construção coletiva e proporcionar a ampla participação e discussão sobre o conteúdo deste documento, foram realizadas as etapas descritas a seguir. Cabe destacar que em decorrência da pandemia do novo Coronavírus todos os procedimentos descritos foram adaptados de forma que ocorressem online.

## 1. Formação da equipe de trabalho

Oito pesquisadores compuseram o comitê científico, com representantes de todas as regiões do Brasil, além de integrantes do corpo técnico da Coordenação- Geral de Promoção da Atividade Física e Ações Intersetoriais (CGPROFI) do Ministério da Saúde e da Organização Pan-Americana de Saúde (OPAS). Foram abertos editais para seleção de pesquisadores para atuarem na elaboração do texto do Guia, um para coordenadores e outro, para componentes dos grupos de trabalhos (GTs). Os GTs foram criados de acordo com as temáticas dos capítulos do Guia: 1) conceitos relacionados a atividade física; 2) crianças até 5 anos; 3) crianças e Jovens de 6 a 17 anos; 4) adultos; 5) idosos; 6) educação física escolar; 7) gestantes; e, 8) pessoas com deficiência. Dessa forma, cada um dos 8 GTs foi composto por um coordenador, seis ou sete integrantes pesquisadores, um membro do comitê científico e um técnico do Ministério da Saúde. Por cinco meses, foram realizadas reuniões online semanais em cada GT e do comitê científico, onde eram definidos e deliberados os processos de escrita do Guia.

## 2. Revisões na literatura científica

Foi realizada uma vasta e criteriosa revisão da literatura científica a fim de buscar as melhores evidências sobre os benefícios da atividade física no escopo de cada um dos capítulos. Além disso, as Recomendações Globais de Atividade Física da Organização Mundial da Saúde publicadas em 2020 foram a base para a quantidade e volume da atividade física recomendada por ciclos de vida no Guia brasileiro.

### **3. Oficinas de escuta com diversos atores**

Para nortear a escrita do Guia, a equipe de trabalho realizou algumas atividades com a finalidade de escutar a opinião de diferentes atores sobre qual deveria ser a abordagem e o conteúdo do novo Guia. Cada GT escutou atores envolvidos no tema de seu capítulo por meio de entrevistas, questionários eletrônicos, rodas de conversa e grupos focais. O objetivo era entender a dificuldade que cada um desses atores encontrava para incluir a atividade física no dia a dia, verificando o que esperavam de um Guia de atividade física. Participaram das escutas: crianças e adolescentes, pais e responsáveis, professores, profissionais de saúde, adultos e idosos, gestantes e puérperas, pessoas com deficiência, gestores estaduais e municipais da área da saúde e da educação, conselhos profissionais e outras entidades engajadas na promoção da atividade física.

### **4. Consolidação do texto do Guia**

Com base nas informações obtidas pelas evidências científicas e nas oficinas de escuta, cada GT redigiu seu capítulo, utilizando um template pré estabelecido pelo comitê científico. Esses textos foram consolidados pelo comitê científico e seguiram para validação interna no Ministério da Saúde.

### **5. Consulta pública**

O texto elaborado pela equipe de trabalho e validado pelo Ministério da Saúde foi divulgado na plataforma online oficial do Ministério da Saúde e ficou disponível para receber manifestações no período de 14 a 31 de agosto de 2020, via questionário online. Essa etapa teve por objetivo tornar pública a versão elaborada e receber contribuições da sociedade. Foram recebidas 312 contribuições de 264 indivíduos ou instituições. Após a consulta pública, a equipe de trabalho consolidou as contribuições, e as incorporou ao texto, constituindo assim a redação final do Guia de Atividade Física para a População Brasileira.

### **6. Elaboração do plano de comunicação**

Visando a facilitar a divulgação da publicação após seu lançamento, está sendo traçado um plano de comunicação, com apoio de profissionais da área da promoção da atividade física e comunicação.

### **7. Divulgação e implementação**

O grupo de trabalho está elaborando um documento voltado a profissionais de saúde do SUS a fim de auxiliá-los a criar estratégias de implementação do Guia em sua dinâmica de trabalho.

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