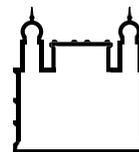




Centro de Pesquisas
AGGEU MAGALHÃES



FIOCRUZ

Ministério da Saúde

MESTRADO PROFISSIONAL EM SAÚDE PÚBLICA 2011

Prova de Inglês

Sexta feira dia 01 de abril de 2011

09h00 - 12h00

SECTION 1

Answer questions 1-10 with reference to the text that follows. Only one option is correct for each question.

- Q1. The term 'review' in the article's title suggests that:
- A. the article confines itself to analysis of results reported in other articles and presents no original field research of its own
 - B. the article has been thoroughly revised by an editor
 - C. the article presents reservations regarding the contents of a previous article by the same authors
 - D. the authors have systematically revised this article since its original publication
- Q2. This extract is probably:
- A. from the beginning of the article
 - B. from the end of the article
 - C. from the middle of the article
 - D. an abstract produced for publicity purposes
- Q3. Which of the following could replace the word 'grown' in the first sentence of the first paragraph without altering the meaning:
- A. evolved
 - B. improved
 - C. increased
 - D. deepened
- Q4. The first paragraph tells us that:
- A. around 20,000 more articles have been published in the last decade than in the previous one
 - B. more articles mentioning physical activity have already been published this century than in the whole of the last century
 - C. Physical education has been mentioned in a total of 50,000 articles since the 18th century
 - D. 5,300 articles published in 2000 contain the term physical activity in the abstract or the title
- Q5. The last sentence of the first paragraph remarks that:
- A. Epidemiological research has evolved further in Brazil than in the rest of the world
 - B. A Brazilian review has traced worldwide trends in the epidemiology of physical activity
 - C. A study published not long ago has revealed the worldwide tendency to publish more articles on physical education is reflected in Brazil
 - D. Physical activity should be covered more by epidemiologists in Brazil

Q6. The word 'although' at the beginning of the second paragraph could be replaced by which of the following without altering the meaning:

- A. However
- B. Despite
- C. Meanwhile
- D. While

Q7. The first sentence of the second paragraph tells us that:

- A. It can be said that more than 60% of individuals worldwide are physically active
- B. Sixty percent of the Brazilian population try but fail to jog for at least 150 minutes a week
- C. Roughly 17% of all the people in the world engage in absolutely no kind of physical activity
- D. The WHO's findings suggest that the advantages of physical activity presented in literature are not as great as people believe

Q8. Which of the following comparisons of the 2002-2003 comprehensive world study mentioned in Paragraph 2 and the study carried out by the Brazilian National Cancer Institute in 2003 (mentioned in Paragraph 3) is true:

- A. The results of the World study are more statistically significant
- B. The World study found a higher incidence of inactivity in Brazil
- C. More of the people covered by the Brazilian study came from higher income groups
- D. The Brazilian study included younger people

Q9. Which of the following would NOT be considered an example of physical activity by the VIGITEL survey?

- A. playing football
- B. manual labor
- C. driving to work
- D. washing clothes by hand

Q10. Which of the following individuals would the VIGITEL survey consider to be 'active during their leisure time'?

- A. A teenager who works out in the gym for 45 minutes once a week
- B. An old man who walks in the park for 30 minutes every week day
- C. A woman who spends five minutes cycling to and from work every day
- D. A young man who runs a marathon once a month but does not train

Physical activity in Brazil: a systematic review

(EXTRACT)

INTRODUCTION

1. Research in the field of physical activity has grown significantly in recent years. A search in MEDLINE/PubMed for articles containing the term “physical activity” in the title and/or abstract showed that the number of articles published since 2000 (nearly 30 thousand) has exceeded the total published in the entire 20th century (approximately 20 thousand). Considering all articles launched in the respective databases (independently of subject), for every 200 articles published, one contains the term “physical activity” in the title and/or abstract (i.e., 5.3 per thousand). In Brazil, a recent review of the evolution in epidemiological research in physical activity also shows this same trend.
2. Although the health benefits of physical activity are well established in the literature, the World Health Organization (WHO) estimates that some 17% of the world population practices no physical activity whatsoever, and approximately 60% fail to reach the minimum criterion (2.5 hours or 150 minutes per week) to be considered physically active. The most comprehensive study in the world on physical activity was conducted in 2002-2003, with 212,021 adults (18-69 years of age) from 51 countries (mostly low and medium income), including Brazil. The overall prevalence of physical inactivity (non-weighted mean for all the countries) was 18%, as compared to 25% and 30%, respectively for Brazilian men and women.
3. There have been various studies on physical activity in Brazil, but mostly in specific populations, i.e., in a given location. In 2003, the National Cancer Institute (INCA), coordinated by the Ministry of Health, conducted the first national survey (which however included only 15 State capitals) containing information on physical activity in the population 15 to 69 years of age. In this survey, overall prevalence of insufficient physical activity was 37%, varying from 28% in Belém (Pará State) to 55% in João Pessoa (Paraíba State).
4. In 2005, the Brazilian Ministry of Health launched the program Surveillance of Risk Factors for Chronic Non-Communicable Diseases by Telephone Survey (VIGITEL). This nationwide survey has been conducted annually since 2006 in all the State capitals plus the Federal District. According to the most recent available data (for 2008), physical inactivity (defined as no leisure time physical activity in the previous three months, absence of intense effort at work, inactive commuting to work, and no involvement in heavy housecleaning) reaches 26.3% of the Brazilian population (29.5% of men and 23.5% of women). Additionally, only 16.4% (20.6% of men and 12.8% of women) met the criteria to be considered active during their leisure time (30 minutes of moderate activity at least 5 times a week or 20 minutes of vigorous activity at least 3 times a week). Comparing the surveys from 2006 and 2007, the prevalence of physical inactivity decreased slightly (a drop of 2.9 percentage points), while sufficient leisure-time activity increased slightly (by 1.5 percentage points), with this increase occurring mainly in males.

SECTION 2

Answer questions 11-20 with reference to the text that follows. Only one option is correct for each question.

Q11. The title tells us that the article:

- A. is critical of a consumer society based on fruit and vegetables
- B. aims to investigate the statistical significance of the association between a number of variables and the consumption of fruit and vegetables in Brazil
- C. uses factor analysis to determine the quantity of fruit and vegetables consumed in Brazil
- D. starkly outlines the consequences of not consuming fruit and vegetables

Q12. This extract is probably:

- A. from the beginning of the article
- B. from the end of the article
- C. from the middle of the article
- D. an abstract produced for publicity purposes

Q13. The statistics given in the first paragraph show that:

- A. 54,369% of the population of Brazilian state capitals is aged over 18 years
- B. Brazilians are more likely to consume vegetables than fruit
- C. less than one in ten of the Brazilians covered by this study consume a sufficient quantity of fruit and vegetables
- D. Around 61% of women regularly consume fruit and vegetables compared with roughly 40% of men.

Q14. The last sentence of the first paragraph tells us that:

- A. there is no statistically significant difference between the quantity of fruit and vegetables consumed by women compared to men
- B. enough women consume adequate quantities of fruit and vegetables for this to be a satisfactory result
- C. women consume fruit and vegetables more than men but not in sufficient quantities
- D. insufficient intake of fruit and vegetables is a consequence of high levels of poverty

Q15. The term “the country” in Paragraph 2 refers to:

- A. rural areas
- B. Brazil
- C. a typical nation
- D. a specific part of Brazil

Q16. Paragraph 2 shows that:

- A. More people eat fruit and vegetables in the countryside than in state capitals
- B. Regular consumption of fruit and vegetables is more common in the north than in the south of Brazil
- C. Regular consumption of fruit and vegetables is more common in the south than in the north of Brazil
- D. Macapá tops the ranking for Brazilian cities in terms of regular intake of fruit and vegetables

Q17. Paragraph 3 shows that:

- A. In no Brazilian state capital does more than 11% of the population consume an adequate quantity of fruit and vegetables, although the figure for women tends to be better than that for men.
- B. In no Brazilian state capital does less than 11% of the population consume adequate quantities of fruit and vegetables, although the figures of the women tend to be better than those of men
- C. There are massive regional discrepancies in Brazil with regard to the intake of fruit and vegetables, with some state capitals and some women consuming more than adequate quantities
- D. Women consume adequate quantities of fruit and vegetables in most state capitals.

Q18. According to the final paragraph, which of the following factors is NOT associated with higher consumption of fruit and vegetables?

- A. marital status
- B. socioeconomic status
- C. age
- D. level of education

Q19. Which of the following lists contains only vegetables?

- A. onions, sausages, pears, spinach
- B. apples, oranges, carrots, potatoes
- C. cabbage, cauliflower, carrots, peas
- D. pizza, roast beef, sugar, evaporated milk

Q20. Which of the following sentences would you expect to find in the conclusion section of this article?

- A. the VIGITEL program should be applauded for its efforts promoting adequate consumption of fruit and vegetables and the results it has achieved
- B. levels of fruit and vegetable consumption in Brazil will probably rise over the next few years as a result of the encouraging results found for women between 2006 and 2008
- C. the VIGITEL survey was seriously flawed in that it suggests that there is no reason for concern regarding the levels of consumption of fruit and vegetables in Brazil
- D. initiatives for promoting fruit and vegetable consumption in Brazil need to be implemented, given that the consumption is below the current recommendations

Factors associated with fruit and vegetable consumption in Brazil, 2006 (EXTRACT)

RESULTS

1. The indicators for fruit and vegetable intake were evaluated among 54,369 individuals aged 18 years living in Brazilian state capitals and the Federal District, of whom 60.8% were women and 39.2% were men. Less than half of these individuals consumed fruits (44.1%) or vegetables (43.8%) on five or more days a week, and less than a quarter (23.9%) declared that they regularly consumed both fruits and vegetables. Adequate consumption, i.e. five or more times a day, was reported by 7.3% of the interviewees. Although the frequency of consumption of these groups of foods was significantly greater among the women than among the men, the indicators showed that neither sex had sufficient fruit and vegetable intake.
2. The rate of regular fruit and vegetable intake varied greatly between different regions of the country. It was highest in the state capitals in the southern region (36.5%) and lowest in the state capitals of the northern region (11.9%). The city with the lowest frequency of consumption was Macapá (Amapá) (7.8%), while Porto Alegre (Rio Grande do Sul) presented the highest frequency (38.6%).
3. Despite the regional differences, only a small proportion of the population living in the Brazilian state capitals reported adequate fruit and vegetable intake, ranging from 2.4% in Rio Branco (Acre) to 10.5% in Porto Alegre (Rio Grande do Sul). The pattern of higher consumption among women was observed in most of the state capitals, especially in relation to regular consumption of both fruits and vegetables.
4. The frequency of regular consumption was higher among the women (29.2% versus 17.8% among the men). It increased with age, and was significantly higher among individuals aged 65 years, in relation to young adults aged 18 to 24 years (adjusted odds ratio = 3.11). Higher frequency of consumption was shown to be directly associated with schooling level. From analysis of the adjusted associations, the frequency of regular consumption of fruits and vegetables increased with individuals' age and schooling level. In addition, married status was a factor independently associated with consumption of these foods.

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MESTRADO PROFISSIONAL EM SAÚDE PÚBLICA 2011

Prova de Inglês

Sexta feira dia 01 de abril de 2011

09h00 – 12h00

Nome de candidato: _____

RG de candidato: _____

CPF de candidato: _____

Question	Answer			
1	A	B	C	D
2	A	B	C	D
3	A	B	C	D
4	A	B	C	D
5	A	B	C	D
6	A	B	C	D
7	A	B	C	D
8	A	B	C	D
9	A	B	C	D
10	A	B	C	D

Question	Answer			
11	A	B	C	D
12	A	B	C	D
13	A	B	C	D
14	A	B	C	D
15	A	B	C	D
16	A	B	C	D
17	A	B	C	D
18	A	B	C	D
19	A	B	C	D
20	A	B	C	D

GABARITO

1	A	11	B
2	A	12	C
3	C	13	C
4	B	14	C
5	C	15	B
6	D	16	C
7	C	17	A
8	D	18	B
9	C	19	C
10	B	20	D