

Concordance of total physical activity, during the process of transculturation of the FINDRISC in Uruguay



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GENERAL BACKGROUND

The **FINDRISC** score has been developed to predict diabetes and other glucose abnormalities based on self reported risk factors and anthropometric measurements.

In the original score, the question on physical activity was designed to identify individuals who, in their spare time, “read, watch TV, and work in the household with tasks that don’t strain physically” and whose “work is mainly done sitting and does not require much walking.” The next category was “physical activity at least 4 hours per week”.

Lindström J, Tuomilehto J. *Diabetes Care* 26:725–731, 2003

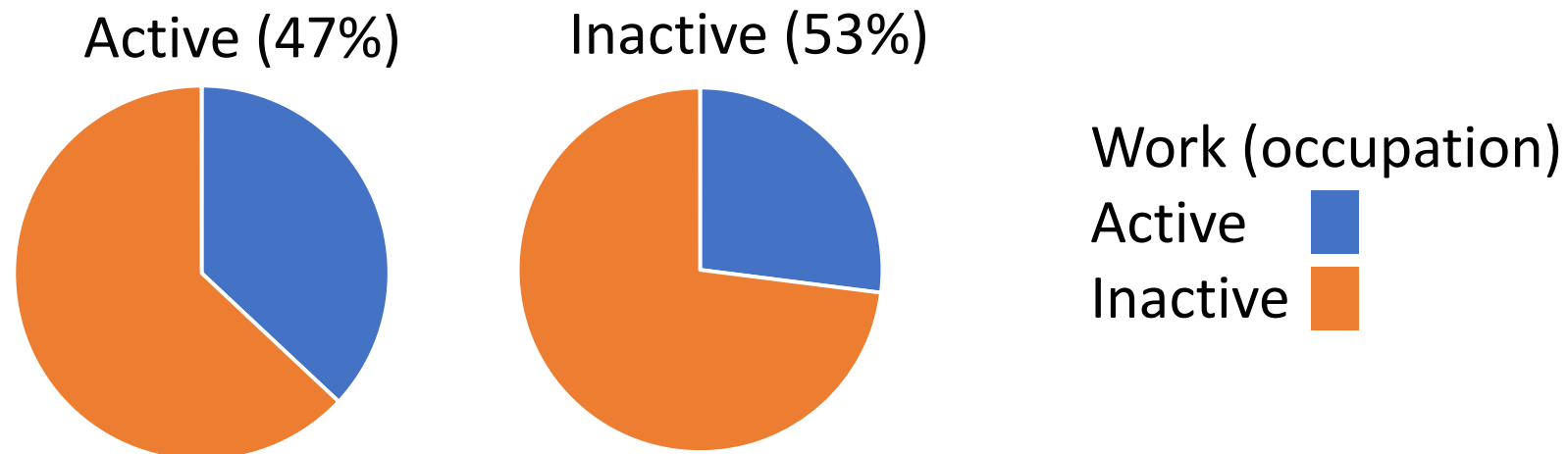
In the spanish version we ask:

4. Do you do at least 30 minutes of physical activity during work and/or during leisure time? Yes = 0 No = 2 points

LOCAL BACKGROUND

We validated the FINDRISC in 195 men and women living in a small urban environment in Uruguay (Canelones and Maldonado)

- 47% of the subjects reported doing physical activity in the FINDRISC (active). Among them, 37% had an occupation which was considered to involve significant physical activity.
- Among the 53% who reported being physically inactive, 27% also had an occupation which was considered to involve significant physical activity



THE PROBLEM

- We believe that in our local setting the question about physical activity in the FINDRISC may not capture significant Physical Activity done during work and daily routines
- There may be a misconception about what Physical Activity really means
- In our local setting many people still do manual work (occupation) demanding significant Physical Activity (truck driver, nurse, domestic help, farmer)

AIM OF THE STUDY

Main objective:

The aim of the study is to assess the total Physical Activity and evaluate its concordance with the reported Physical Activity in the FINDRISC.

Methods:

- We plan to develop a comprehensive questionnaire which captures total Physical Activity, including significant Physical Activity done at work and during the daily routines (type, frequency, duration)
- We will test the concordance (kappa) with the FINDRISC
- We will adapt the question related to Physical Activity in the FINDRISC based on the findings of this study, as part of the transculturation process.

Thank you!

