

## **Data about working conditions, health profile and nutrition of farmers rural families of Teresina – PI, Brazil**

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**Abstract:** Family farming holds the promise of adopting agricultural practices and contributing to food and nutritional sovereignty and security. Farmers' health is conditioned by social, economic, technological and organizational factors related to the production and consumption profile, as well as the physical, chemical, biological, mechanical and ergonomic risks present in work processes. The objective is to characterize the health and nutrition profile of rural family farmers in Teresina – Piauí, from the perspective of identifying and preventing possible risks in the group. Methodology:

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Descriptive and cross-sectional case study conducted in a rural Teresina area. For data collection, an interview was conducted, which involved socioeconomic aspects, lifestyle, self-reported health status, food intake assessment and anthropometry. Data were processed in the Spreadsheet Program and presented with descriptive statistics. Twenty family farmers participated in the survey. Of these, they were 50% of each sex, most of them perceived to be brown and were aged between 40 and 59 years. As for health conditions, just over half considered their health status from poor to regular and did not practice physical activity; low prevalence of smokers. Most considered the working conditions good / great and all reported being satisfied / very satisfied working in this area. The most prevalent nutritional status among adult farmers was overweight, being higher among men. In the elderly, the higher prevalence was identified in women. The high risk for metabolic and cardiovascular diseases was present in both age groups, being higher among the elderly; The very high risk was identified only in adult women. Regarding food consumption, 95% of farmers consume fresh foods, and 25% ultra-processed.

**Keywords:** Farmers' association. Food and nutrition security. Community health.