was performed by a blind evaluator for the groups. Descriptive analyses were carried out.

Results: Infants of EG participated in 7 (53.84%) types of activities in the home environment, and presented a frequency mean of 3.38 ($\pm$0.0), while in the CG between 7 and 8 (58.97%) activities and showed a mean frequency of 3.89 ($\pm$0.31). In motor development, the EG obtained a mean total score of 17.6 ($\pm$2.51), percentile <5; while the CG, a mean of 23.67 ($\pm$5.50), percentile between 10 to 25.

Conclusion: Preterm infants presented less motor development and participation at home when compared to full-term infants. Further studies with larger sample sizes and in different contexts, such as in the community, are recommended.

Implications: Knowledge about prematurity and its impact on motor behavior and participation is essential for early intervention to support the demands of each family. The infants participation is correlated with motor performance; therefore, these factors need attention in the first months of life, a period of intense neuroplasticity of the central nervous system.

Keywords: Preterm infants, Participation, Child development

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DOES THE ADDITION OF SELF-MANAGEMENT STRATEGIES FOR REDUCING SEDENTARY BEHAVIOUR TO MULTICOMPONENT TRAINING IMPROVE LEAN MASS INDEX?

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Background: In the aging process, changes in body composition occur, with an increase in fat mass and a decline in lean mass, and this decline is closely related to functional dependence and the appearance of disabilities. Physical exercise can directly cause changes in body composition. However, studies show that a long time spent in sedentary behaviour (SB) can lead to a reduction in functional independence and an increase in mortality, regardless of physical exercise. Despite this, evidence is still needed to verify whether the reduction in CS can have positive effects on body composition.

Objectives: To assess whether the adoption of self-management strategies (SMS) in multicomponent training (Multi) compared to isolated multicomponent training can improve the lean mass index of older adults who were physically active before the pandemic.

Methods: A single-blind, randomized, controlled clinical trial was performed. Forty-five elderly participants in a multi-component group physical exercise project were divided into two groups: Multi and Multi + AG. The Multi consisted of aerobic exercises, muscular resistance, balance, and flexibility (3x week, 50 minutes/session). The SMS consisted of setting goals and weekly telephone follow-ups by a professional trained in these strategies. The lean mass index

(lean mass/height^2) was evaluated by dual-energy X-ray absorptiometry (DXA). The intervention lasted 16 weeks, starting after the release of group physical exercises, due to the COVID-19 pandemic scenario, and reassessed shortly after 16 weeks of intervention. A generalized mixed linear model was used to analyze the data (fixed factors: time, group and interaction and random factor: subjects).

Results: The sample had a predominance of 74% females, a mean age of 74.45 $\pm$ 6.1 years, body mass of 69.41 $\pm$ 15.43 kg. Both groups showed an increase in lean mass index (estimated marginal means: 0.217, CI: 0.01 to 0.42, p < 0.038). There was no group effect and no interaction between group and time. In this way, both groups obtained improvements in the lean mass index.

Conclusion: SMS to reduce SB did not potentiate the effects of Multi on the lean mass index of older adult participants in a group physical exercise project.

Implications: The provision of multicomponent physical exercise programs for the older adults, with characteristics similar to the sample of this study, may be sufficient to improve the lean mass index.

Keywords: Older adults, Body composition, Sedentary behavior

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PROFILE CHARACTERIZATION OF PARTURIENTS WHO HAD VAGINAL BIRTH IN A PUBLIC HOSPITAL OF BRASILIA IN THE FIRST SEMESTER OF 2019

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Background: In 2019, there were 42.422 deliveries in Distrito Federal, of those that 45,45% were vaginally, and 54,52% were caesarean sections according to Live Birth Information System. Considering the presented data, studies reaffirm the high rate of caesarean sections. Public measures were adopted to follow the global recommendations, that from all the births less than 15% should be caesarean sections. The Rede Cegonha include actions to ensure the quality, security and humanization of the service available to the women, since the pregnancy to the first two years of the child's life. Therefore, this study presents the relevance of the monitoration from the ways of birth and the impacts from each one.

Objectives: Analyze the most prevalent vaginal birth parturients profile from a hospital in Brasília in the first semester of 2019.

Methods: This study consist in a descriptive cross-sectional study, wich analyze medical records from a hospital in Brasília, in 2019 from January to June. The excluded criteria were twin pregnancy and illegible letters, and the included criteria were: vaginal birth. The analysis consists in sections, the describe the sociodemographic, parturient clinical profile, and newborn data.

Results: Among the study's eligibility criteria, 437 medical records were selected. For characterization of the sociodemographic