

NEWSLETTER

Want to be a **MUN-SI** municipality?



A cross and multi-sectoral approach through **6 main areas of action** at a **MUNICIPALITY level**:

MUN-SI is a health promotion programme for children, based on local policies that offers an interactive response to childhood malnutrition (thinness and overweight).

For more information www.mun-si.com

We offer internships in the fields of nutrition and communication for students and young graduates.

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MUN-SI Oeiras

MUN-SI Oeiras 2016/2017 worked in **371 children**, aged **8 to 10 years**, of 16 classes of the 3rd year of schooling in 7 schools of Basic Education, and in 16 professors and their teachers.

The "Mediterranean Diet" was the theme addressed, with the aim of promoting a Mediterranean Diet combined with its scientifically proven health benefits.

MUN-SI in Action

"A Mediterranean Journey"

The first intervention, during the second period, took place in the classroom and was attended by **children and teachers**.

The main objective was to present, in a general way, the theme through a story entitled "**A Mediterranean Journey**" involving the active participation of all children.



"A Mediterranean Journey" tells the adventure of an American family that goes to discover the patterns of the **Mediterranean Diet**. The story begins with the arrival of Taylor the house, the youngest daughter. She tells the family what she had learned at school about the Mediterranean Diet, convincing her parents and brother to embark on the discovery of the **10 Principles**, visiting four countries in Europe (Greece, Italy, Spain and Portugal) which, from the outset, follow this food pattern.

MUN-SI in Action

Cooking Workshop

The **second intervention**, during the third school period, took place in the classroom / cafeteria and was attended by **children, teachers and parents**.

The main objective was to **present some recipes** that could include, simply, **food characteristic of a Mediterranean Diet**, such as vegetables, seasonal fruit, legumes, olive oil, herbs and water.



With help of all participants, a **flavored water**, a **fruit smoothie**, and **humus with vegetable sticks** were prepared and tasted.

MUN-SI Research

MUN-SI on

The **CIOI - International Conference on Childhood Obesity** took place on 5, 6, 7 and 8 July in Lisbon.



On July 7, trainee Catarina Afonso presented a poster alluding to the **MUN-SI Program**. A cross and multi-sectoral approach through 6 main areas of action at a municipality level: **Active City; Healthy School; Communication; Investigation; Training of Health Professionals and Education; and family**.

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CIOI INTERNATIONAL CONFERENCE ON CHILDHOOD OBESITY

MUN-SI Program
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The **MUN-SI Program**, coordinated by CEIDS - Center for Studies and Research in Social Dynamics and Health (www.ceids.com) is a health promotion program for children and adolescents and their families developed at the municipal level. It aims to offer an interventional response to the problem of child malnutrition (low weight and obesity) through a comprehensive, transversal and multisectoral approach based on local partnerships.

SIX main areas of action of the MUNICIPAL level:
Family, Healthy School, Communication, Active City, Research, Training of health professionals and Education

Family: Multiple actions are developed such as home visits and the supermarket, with personalized food counselling and planning. Healthy cooking workshops with local chefs, among others. These interventions are promoted, among other projects, in AMFA Teams.

Communication: Through a variety of media outlets, such as television, newspapers and local radios, consistent messages on strategies for promoting healthy lifestyles are disseminated.

Active City: Urbanism and the promotion of physical activity, at the community level, are enhanced through the use of public spaces such as parks, beaches, cycle paths and recreational spaces, among others.

Formation: It is promoted the training of health professionals regarding the surveillance, screening, treatment and monitoring of children's nutrition. In education professionals this is adequate to the activities developed in the area "Healthy School".

Investigation: This component is observed in the cities covered by the program, through scientific studies on the nutritional status of children and adolescents, in collaboration with other partners, in particular COSI PORTUGAL.

Healthy School: For a healthy and sustainable school environment, activities are carried out with the involvement of children, families and teachers, addressing various themes: Water, Soup and Vegetables, Fruits, Pulses, Breakfast, healthy snacks, among others.

