



MUN-SI

MUN-SI is coordinated by **CEIDSS**, a non profit organization and research Centre.

MUN-SI program is developed closer to **each municipality needs and local policies** and intends to offer a proactive and interactive response to the problem of **childhood malnutrition** (thinness, pre-obesity and obesity) seeking **its prevention** at municipality level based on continuous and sustainable actions.

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A multicomponent and multistakeholder approach - SIX Main areas of action

Family_Healthy School_Active City_Awareness_
Nutrition Training of Health and Education professionals



Summer MUN-SI

Summer was very active in the city of Oeiras! A new project, “**Healthy Beach**” was developed through a set of activities at the beaches of Santo Amaro, Paço de Arcos and Torre. This project was done in collaboration with the City Council and with the support of **Sanofi**. MUN-SI welcomed three International students from Denmark, that gave support on these activities as these were done in Portuguese as well as in English.

On the 1st week of the beach activities, a nutritional survey was applied to all participants, and an individual assessment and counselling was conducted (Fig 1). The 2nd week focused on promotion of healthy beach snacks for children with several games and ludic activities (Fig. 2,3) and the 3rd week was devoted to elderly about hydration and physical activity (Fig.4)



Fig 1.



Fig. 2



Fig. 4



Fig. 3

During the month of July and among "OPEN" project activities we welcomed, international team to discuss several tasks of the Project, at our Research Center, CEIDSS,

Over the next three years, the OPEN project (a EU funded project) will work with programs and initiatives based in Belgium, Cyprus, Estonia, Germany, Hungary, Italy, Sweden, France, Greece, Malta, The Netherlands, Poland, Portugal, Romania, Slovakia and Spain. The OPEN project will see 11 community initiatives extend their work to reduce childhood obesity by 2016. It aims to reach almost four million people across Europe, including 975,000 children and adolescents, with the goal of helping individuals and communities to achieve and sustain active, healthy lifestyles.

MUN-SI will host the next European Obesity Forum



From 26th to 28th of November, at the *Altis Grand Hotel*, Lisbon, Portugal, MUN-SI will host the next European Obesity Forum.

Co-organizing this forum with EIN, over 20

Community-Based Programs will join, to discuss and share experiences about some of the key themes on prevention of obesity such as PPP, Social Media and Health Inequity.

National Campaign "Alimente bem esta Familia"



From 20th November 2014 a national campaign "**Alimente bem esta familia**" will be launched! This campaign will collect donations through a simple call

(**760102550**) and will seek to engage the community and all stakeholders at local level on helping deprived Families through a set of individual counseling, guidance and promotion on health sessions.

On the 28th of November, a Press Conference on MUN-SI activities (where we will show new data) will be held at the *Altis Grand Hotel*, Lisbon, Portugal. This Press conference will be conducted by Ana Rito (Director of MUN-SI), high level representatives of Health and Education and the World Health Organization-Regional Office for Europe (tbc).

In Portugal make us a call on 760 10 25 50 and help the campaign "ALIMENTE BEM ESTA FAMILIA". Stay tune on Mass Media and www.mun-si.com

MUN-SI participated on the **3rd International Conference and Exhibition on Nutrition & Food Sciences**" (Nutritional Science-2014) on September 23-25, 2014. This conference was held at Valencia, Spain hosted by OMICS Group Conferences.

Publications

Socioeconomic factors on school aged children's overweight and obesity in the context of a community based program - MUN-SI, Portugal. A contribution for the EU project OPEN.

Ana Rito, Ana Valente, Erica Doroana, Ana Lúcia Silva

Portugal is one of the countries within the WHO European Region with higher prevalence of childhood overweight (over 30%) and obesity but not all children are affected equally by the burden of obesity and poor health. Children in families that do not have adequate resources are more likely to be obese and face a greater burden of ill health than children who grow up in families that are better off. Based on the rationale that local governments exert an important and decisive role in counteracting childhood obesity, MUN-SI program was developed in Portugal. Along with other 11 European programs, MUN-SI is a partner in the EU project "OPEN", an innovative project to scale up efforts to prevent childhood obesity across Europe. In order to fully contribute to the design of local actions to promote active living and healthier dietary behaviours, a detailed children's nutritional status assessment, evaluation and association of its multivariable factors including socio-economic was needed to support following interventions. The objective of this study was to address the association between socioeconomic indicators and children's nutritional status (NS surveys) of the two rounds of the MUN-SI (2009 and 2011). An observational cross-sectional study on elementary schools from five cities included a total of 2726 children (round 1 (R1) = 1126; round 2 (R2)= 1600) aged between 6-12 years old. Childhood overweight and obesity prevalence was assessed according to WHO criteria. Socioeconomic status (SES) was defined according to three criteria: family income, parents occupation and education level. In R1 (2009), the prevalence of overweight was 39.4% (n = 444), of which 15.8% (n = 178) were obese. In the second round (2011) similar prevalence were obtained (40.8% of overweight, in which 16.9% obese). In both rounds, 69% of the families had a low income (<1500 €). Mother's education level was mainly up to 12th grade (79%) and more than 50% of fathers had an education level up to 9th grade. Parents occupation were mainly (>45%) unqualified or semi-qualified. In R1, a family income of 0-1500 € was associated with higher obesity prevalence (OR = 2,37; IC95%: 1,11-5,02). In R2, no significant association between obesity prevalence and low family income (p=0.494) was observed. Families where the parents had a non-qualified or semi-qualified occupation had a higher probability (mother - OR ≥ 3.4; father - OR ≥ 2.7) to have children with obesity. Low education level of the parents was also proved to be associated with higher childhood obesity prevalence. This study showed that low SES is an important risk factor to development of childhood obesity in Portuguese population. These results support that further intervention is needed on low socio-economic families.

(Oral presentation and abstract published at the 18^o Portuguese Congress on Obesity, Aveiro, Portugal)

Read more at: <http://mun-si.com/publicacoes/>