Newsletter

October – December 2014

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.*

A multicomponent and multistakeholder approach - *SIX Main areas of action*

Family_ Healthy School_Active City_Awareness_ Nutrition Training of Health and Education professionals_Research

Find out how to participate on **www.mun-si.com**

National Campaign "Alimente bem esta Família"

14% of the Portuguese population is unemployed

27,4% are in risk of social exclusion and poverty

A food program to underprivileged families

Call

(+351) 760 10 25 50

With one call you contribute with 0,50 euro + IVA and you can

National Campaign "Alimente bem esta Família"

Facebook: Alimente bem esta família

A national program "***Alimente bem esta família***" is an on-going campaign which is collecting donations through a simple call (**760 10 25 50 - Portugal**). It seeks to engage the community and all stakeholders at local level on helping deprived Families with children of 12-16 years old through a set of individual counselling, guidance and promotion on health sessions. The campaign "*Alimente bem esta Família*" is locally established with the help of the municipalities and trained nutritionists to implement it on site.

Some of the actions include nutritional status evaluation, individual counseling on malnutrition, meal planning, visits to supermarkets to teach how to choose healthy food according to family income and participation in healthy cooking workshops, with local chefs.

If you collaborate with a MUNICIPALITY, if you know someone that needs help or if you are simply a FRIEND of this cause, find out how to participate and how to collaborate by sending an e-mail to: programa.munsi@gmail.com

See all the news at Centro de Imprensa:

http://www.mun-si.com/alimente-bem-esta-familia/

European Obesity Forum

Lisbon 26 - 28 nov. 2014

3 DAYS IN LISBON

25 COUNTRIES REPRESENTED

31 SPEAKERS

460 KILOMETERS

UNITING COMMUNITIES FOR OBESITY PREVENTION

Together overcoming challenges faced by Community-Based-Programmes

... AND EXCHANGING IDEAS

7 COLLABORATIVE WORKSHOPS

21 BEST PRACTICE CASE STUDIES

522 TWEETS

90 446 POTENTIAL REACH

"Municipalities are pivotal in everything that we've been doing in what concerns health education & food education."

Dr. Fernando Lead Da Costa, Portuguese Deputy Minister of Health

"In 46 countries in the European region, over 50% of the population is overweight and over 20% is obese."

Dr. Joao Breda, Programme Manager Nutrition, Physical Activity and Obesity, WHO Regional Office for Europe

The **European Obesity Forum** (EOF) is an annual event organized by **EPODE International Network (EIN)** that joins more than 20 countries from Europe and several specialists and scientists.

This year, EOF was co-organized by **MUN-SI,** in Portugal. It took place in Lisbon, November 26th-28th hosting 25 European community-based-programs and several Portuguese municipalities among some other Institutions. The first two days were dedicated to sharing experience and discussing key-topics on prevention of obesity, like social marketing, public and private partnerships, political involvement, social media and health inequity.

The last day began with the Opening ceremony with the speeches of Dr. Jean Michel-Borys, EIN Secretary-General, Prof. Ana Rito, Researcher and Director of the MUN-SI Program, Dr. Fernando Egídio Reis, Deputy Minister of Education and Dr. Fernando Leal da Costa, Deputy Minister of Health (Fig. 1).

This conference day continued with three sessions: I) Health inequalities; II) EPODE and its connection to private sector; III) *Media* and social involvement, with many international oral communications. During the event, all participants cycled more than 460km in 4 bikes placed in the conference room.