



MUN-SI

QUER SER UM MUNICÍPIO MUN-SI?
WANT TO BE A MUN-SI MUNICIPALITY?

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A multicomponent and multistakeholder approach with **SIX** main intervention areas at the MUNICIPALITY level:

Family Healthy Schools Awareness Active City Research Nutrition Training of Health and Education Professionals

Do you want to be a **MUN-SI Municipality**? MUN-SI is a health promotion programme for children, based on local policies, that offers an interactive response to the problem of childhood malnutrition (thinness and obesity).

Sign up **for free!** You only have to send an e-mail to: programamunsi@gmail.com. We offer nutrition and communication internships for students and young graduates.

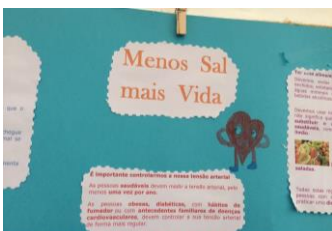
MUN-SI IN ACTION

MUN-SI AT WORLD HYPERTENSION DAY

On May 17th, 2015, the World Hypertension Day was celebrated by the **Portuguese Hypertension Association** through an event at **Porto de Recreio - Oeiras**, where MUN-SI team participated, as well.



The activities included hypertension screenings and nutritional counseling given by MUN-SI team. There was also an exhibition of some drawings made by students from Alto de Algés elementary school, about the theme "Hypertension".



"HEALTHY SNACKS: What to eat?"

From **March to June 2015**, MUN-SI Oeiras developed the second theme "healthy snacks". **69 classroom sessions**, in which **more than 1600 students** participate were given by a thoroughly program advising and education about what is a "healthy snack". At the sessions, we demonstrated to the children, that it is easy to bring healthy snacks to the school. We showed them options of food that are tasty and easy to carry, in detriment of food rich in sugar and fat.



Students were also engaged to send us some options of healthy and alternative snacks that they could bring to school. The best suggestions were put in a poster that we offer to all participant schools, at the end of the school year. Beside that, the poster also contained other options suggested by the nutritionists of MUN-SI team.

Lanches Saudáveis
Os lanches saudáveis não precisam de ser sempre iguais! Por isso, apresentamos aqui algumas alternativas. Experimente!

MANHÃ

TARDE

As Sugestões das Nossas Turmas

- 1 iogurte natural; 1 fatia de pão integral; 1/2 pãozinho; Comidinha de morango; Sumo de fruta natural.
- Iogurte; Cereais integrais; Fruta.
- Bolachas de aveia caseiras 100g de flocos de aveia; 1/2 maçã com casca; 1 ovo; 1 c. de sopa de azeitão; 1 c. de sobremesa de mel; Canela a gosto.



AMEA TEENS Projct "Alimente bem esta Família"

AMEA NUTRITIONISTS SELECTION

CEIDSS - Centro de Estudos e Investigação em Dinâmicas Sociais e Saúde (<http://ceidss.comunidades.net/>) selected 5 nutritionists to collaborate in AMEA TEENS Project. This project is developed in 5 municipalities (Odivelas, Oeiras, Águeda, Paredes and Figueira da Foz) and it will be held between July, 2015 and August, 2016.

The AMEA TEENS project (<http://www.mun-si.com/projeto-amea-2/>) is a community intervention project, towards families with adolescents aged between 12 and 18 years.

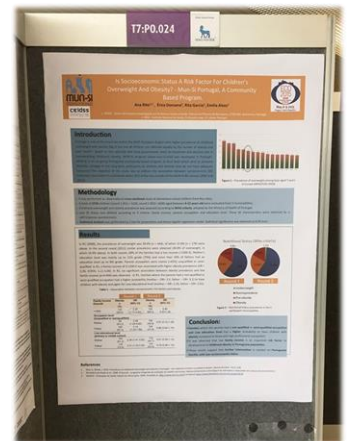
The nutritionists will be the focal points of AMEA project. With a specific training, they will become responsible for the application of the project in 15 families with adolescents. The main activities will include:

- ✓ 6 Counseling food sessions with each family;
- ✓ Co-Organization of 1 school activity at the municipality;
- ✓ Co-organization of 1 Workshop of Healthy Cooking;
- ✓ Co-organization and participation in the activities in social networks.

Find out more at MUN-SI website at <http://www.mun-si.com/projeto-amea-2/>, and Facebook.



Between 6th and 9th May MUN-SI was present at the 22nd European Congress of Obesity (ECO), in Prague, Czech Republic. The poster "Is Socioeconomic Status A Risk Factor For Children's Overweight And Obesity? - Mun-Si Portugal, A Community Based Program", about the relation between the socioeconomic status and the prevalence of malnutrition was presented on 6th, May by Ana Rito, MUN-SI coordinator.



EVENTOS REALIZADOS



MUN-SI AT XIV CONGRESSO DE ALIMENTAÇÃO E NUTRIÇÃO

On the 21st and 22nd May the XIV Food and Nutrition Congress organized by Associação Portuguesa dos Nutricionistas was held.

On 22nd May, Rita Garcia, intern, and Emília Alves, nutritionist, presented a poster about the Portuguese Healthy Cities Network. A project included in the International Healthy Cities Network - World Health Organization. The aim of the project is to decrease the social inequalities and improve the mental, social, physical and environmental well-being.

CEIDSS team participated too, with the oral presentation of Joana Baleia, intern about "Breastfeeding and birth weight - protective factors or risk for childhood obesity - COSI Portugal 2010". This paper was developed within the COSI Portugal project, in which CEIDSS participated.

