



MUN-SI

MUN-SI PRESENTED IN BRAGANÇA CITY



On July 3rd, 2015, MUN-SI Programme was presented on “Café de Ciência”, at Casa da Seda, an initiative of Bragança City Hall, which tackles several topics related with science. This year, Prof. Ana Rito was invited to talk about children's health, where she presented MUN-SI and AMEA teens.



NUTRITION AWARDS 2015

1ª Menção Honrosa Iniciativa de Mobilização (2nd Prize)

MUN-SI – Health Promotion Programme in Municipalities for children | CEIDSS



<http://sicnoticias.sapo.pt/especiais/greenprojectawards/2015-09-14-6-Educacao-do-Food-and-Nutrition-Awards-ja-tem-vencedores>



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 in 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 email to: programamunsi@gmail.com.

We offer nutrition and communication internships for students and young graduates.



Do you follow us on **INSTAGRAM**?
Add us: **programa_munsi**





AMEA TEENS: THE BEGINING

Last July, CEIDSS selected 5 nutritionists for AMEA TEENS (promotion of health in adolescences) for the 5 participating municipalities (Águeda, Paredes, Figueira da Foz, Oeiras e Odivelas). The first training for nutritionists and for the local coordinators was held on the 26th July with 21 participants. The project began on September, with 15 adolescents and their families selected in each municipality.

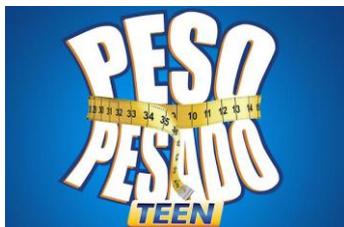


More news at: <http://www.mun-si.com/alimente-bem-esta-familia/>

AMEA TEENS E BIGGEST LOSER

AMEA TEENS Project

Established a partnership with the Portuguese version of Biggest Loser Teen, broadcasted on SIC.



The aim of the TV program

is to help 18 teenagers with obesity to become healthier and to achieve normal weight.

In 2016, after the end of the show, **AMEA Teens** will integrate these teenagers where our nutritionists will follow them in their daily lives, guiding and helping them to continue a healthier lifestyle. They will also have a huge contribution in the group activities. With this initiative, the teenagers can keep their journey of changing their lives and become healthier.

AMEA AT EUROPEAN OBESITY FORUM

On September 24th and 25th another edition of European Obesity Forum took place in Brussels, organized by the EPODE international network.

At this meeting, where several community based programmes (CBP) attended, there were several presentations of the projects ongoing. In the context of OPEN project (<http://openprogram.eu/>), all 13 CBPs were invited to present their actions on Promoting Health in adolescences. MUN-SI Team, presented its new project "AMEA teens" (<http://www.mun-si.com/amea-teens/>) the national project which aims to empower teenagers in a multilevel approach coordinated by CEIDSS – Centro de Estudos e Investigação em Dinâmicas Sociais e Saúde (<http://infoceidss.wix.com/ceidss>).



COSI PORTUGAL 2013

At the National Institute of Health Dr. Ricardo Jorge (INSA), the Childhood Obesity Surveillance Initiative (COSI) Portugal 2013 was presented on a National forum with the Ministry of Health. According to WHO criteria the prevalence of overweight and obesity in these children has decreased in this 5 year period. 31,6% of children were overweight and 13,9% were obese. On the other hand, thinness decreased between 2008 (1,0%) and 2010 (0,8%) but has tripled in 2013 (2,7%).

Read the full report at:

http://repositorio.insa.pt/bitstream/10400.18/3108/3/Relatorio_COSI_Portugal_2013.pdf.