

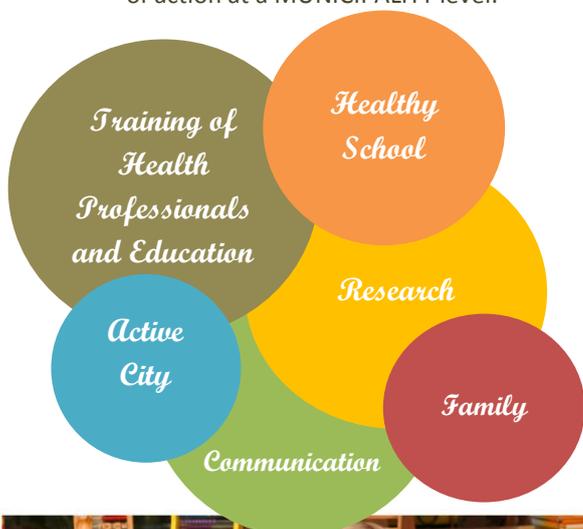


MUN-SI

OUR NEWSLETTER
CELEBRATES ITS
2ND ANNIVERSARY!

Do You Want To Be a MUN-SI Municipality?

A cross and multi-sectoral approach through SIX 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 obesity).

For more information: mun-si.com

Sign up **for free!** You only have to send an email to:
programamunsi@gmail.com

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

1st Training for teachers MUN-SI Oeiras 2015/2016

On the 12th of November took place our first training for teachers MUN-SI Oeiras 2015/2016. The nutritionists and all the teachers from each participating school got together in the Library of "EB1/JI do Alto do Algés". The topic that will be addressed during the current school year was presented there. Furthermore, it was discussed the schedule for each session as well as further activities that might be interesting to carry out. These activities began in January 2016 and will be conducted throughout the whole year.

Será que
trazes um



VENCE?

Diverte-te a ser Saudável e constrói todos os dias um lanche Variado, Económico, Nutritivo, Criativo e Equilibrado!

MUN-SI on the Radio

The journalist Carlos from **Renascença Radio** invited the nutritionist and researcher **Ana Rito** for a insightful conversation about **heathy eating habits**. The nutritionist also talked about the **AMEA Teens project**, which is connected to the SIC reality show **Peso Pesado Teen**, and other issues related to childhood obesity.

You can listen to it on Renascença: http://rr.sapo.pt/artigo/39290/ana_rito.





First Home Visits

In September 2015, our nutrition team started the individual intervention with AMEA teens' families. As the projet was designed for low income families, these were selected by municipal officials taking into account their economic needs. On the first visit to their homes, the nutritionists introduced the project using a manual (in which all AMEA activities are explained) that was delivered to each family. Then, they filled in a questionnaire about eating habits, knowledge of nutrition and physical activity. In addition, it was evaluated the nutritional status of the adolescents, through anthropometric measurements.

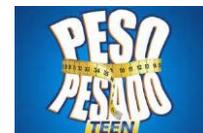


2nd AMEA Teens meeting



On the 22nd of December, the 2nd AMEA Teens training took place where all the activities implemented so far were presented and discussed among the nutritionists and the coordination. It was also discussed the next steps where the group activities will take place, particularly the one of Healthy Food Education and Physical activity.

AMEA teens adolescents on the Peso Pesado TEEN show



AMEA teens' adolescents visited the SIC reality show *Peso Pesado TEEN!* During this activity, they had the opportunity to get to know Bárbara Guimarães, the presenter of the show, and to exercise by taking part in a class prepared by the adolescents competitors.

See more at: <http://sic.sapo.pt/Programas/peso-pesado/videos/2015-12-20-Em-vez-de-receberem-um-treino-vao-dar-um-treino> .



EAT MEDITERRANEAN

The "Eat Mediterranean's project: The Program for Eliminating Dietary Inequality in Schools" started in October with a diagnostic assessment. In addition to an anthropometric measurement, a questionnaire was applied aimed at knowing the eating habits and physical activity of the 6000 children and adolescents from schools in Santarém.

On the 16th of October, "World Food Day", the nutrition team prepared an activity, in which the students had the opportunity to taste some mediterranean recipes using local and seasonal products.