



MUN-SI

MUN-SI programme arises closer to each municipality needs and local policies and intends to offer a proactive and interactive response to the problem of childhood malnutrition.

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The main community actions were developed in MUN-SI Oeiras. The intervention area chosen was "Healthy Schools" and the main topics "fruits, vegetables and water". 24 Sessions were developed in 12 Oeiras primary schools. These sessions were conducted in classroom involving 484 children.

Each month these activities were developed depending on the subtheme of each month (see table).

Theme	February Vegetable soup	March Fruit deserts	April Spinach
Activity in classroom	Preparation of vegetable soup + trial	Preparation of healthy fruit desert + trial	Athlete visit + Performing outdoors physical activities



Figure 3 – Preparation of vegetable soup at school.



Figure 4 – The athlete Miguel Moreira talking about the importance of physical activity.



Figure 1 – Cabbage trial at school.



Figure 2 – Children with their crown, made by them.

Theme	May Strawberry	June Water
Activity in classroom	Elaboration of a recipe with strawberries + trial	MUN-SI Morning



Figure 5 – MUN-SI Morning.

MUN-SI Activities January-March: LEGUMINOUS CROPS

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MUN-SI joined the EPODE International Network (EIN) in 2012. The EPODE Network was, previously created in 2008 (France) with the objective of supporting the implementation of community-based programmes in European countries.

Based on the EPODE methodology and results, MUN-SI aims to reduce the thinness/ overweight/obesity at community level.



October 2013 events

MUNSI participated in the **EUROPEAN OBESITY FORUM** organized by the EPODE International Network. This event was a call to action for European perspectives, solutions and compromises on obesity and prevention of noncommunicable diseases.

The European Obesity Forum took place in Bucharest on 16th –18th October 2013.

Prof Ana Rito presented “Using City Structure to Promote Health in Portugal” on the 'Session II - DISCUSSING THE ROLE OF THE ENVIRONMENT IN PREVENTING OBESITY'.



Socioeconomic Characteristics and Childhood Obesity. A Study Carried Out Within The MUN-SI Project

Érica Doroana; Ana Lúcia Silva e Ana Rito

INTRODUCTION: Childhood obesity represents nowadays one of the biggest health problems worldwide. It is well established that genetics and life style's modifiable behaviours are related to obesity; however, economical and social conditions regulate the nutritional status. Understanding the relation between socioeconomic conditions and children nutritional status is crucial to establish strategies to prevent obesity. Within the MUN-SI pilot program, which promotes childhood health, we've tried to relate social and economical variables to childhood obesity, in order to characterize its association.

METHODS: MUN-SI, as a pilot study, presented three stages (2008-2011) and involved children from the ages of 6 to 12, registered on the first cycle of basic education, in the public schools of Oeiras, Seixal, Montijo, Fundão and Viana do Castelo. Socioeconomic data (family monthly income, profession and level of parental schooling) and childhood nutritional status (weight and height) were obtained on two occasions (2008-2009; 2010-2011).

RESULTS: Populations of 2254 and 1602 children were characterized in stages 1 and 3, respectively. In stage 1, that is, in 2008-2009, it was concluded that 33.1% of the children were overweight and 14.6% were obese. These values slightly decrease to 32.9% and 14.2%, respectively, on the third stage. On both moments, it was also concluded that the risk of developing childhood obesity increases if the following conditions are observed: parents whose qualifications are $\leq 3^{\text{rd}}$ cycle of basic education, whose monthly income is $\leq 1500\text{€}$ and whose professional status is \leq semiqualfified profession (OR:IC95%).

CONCLUSIONS: This study shows that medium to low educational qualifications, family income and low professional status have a negative association (risk factor) with childhood obesity, that is, they are inversely related. These results corroborate the importance of implementing measures to protect childhood nutritional status on families of low socioeconomic conditions.

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