



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.

Find out how to participate at www.mun-si.com.

MUN-SI OEIRAS

Within the MUN-SI six thematic areas, the **municipality of Oeiras** chose the theme "**Healthy Schools**" for the school year 2013/2014 and in this context the MUN-SI Oeiras is developing the following activities

Elementary school teacher's training

The **1st Session of teachers training of Oeiras elementary schools** aimed to raise awareness and to reinforce the promotion of healthy eating in school environment, as well as discussion of one of this year's theme chosen ("Beans" and "Fish") in classroom.

The Leguminous Crops			
December	EB1 Silvia Philips		
	25 students		
January	EB1/JI Alto de Algés	EB1 Gil Vicente	EB1/JI Porto Salvo
	305 students	76 students	76 students
February	EB1/JI Porto Salvo	EB1/JI Sophia Mello Breyner	EB1/JI Cesário Verde
	44 students	80 students	25 students

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Photo of the activity performed by students at the MUN-SI Oeiras program on the topic "Beans". The drawings shown represent the story about the celebration of the 100th anniversary party of Grandpa Bean, which aimed to raise awareness of the different legumes.



School sessions

Among the "Beans" theme activities, during the months of **December, January and February**, **26 sessions** were held in **6 Oeiras elementary schools** covering approximately **640 students**.



Drawings made by students of the elementary school EB1/JI Alto de Algés about the story of the "Family of Vegetables"

In classroom children were reminded of the **Portuguese Food Guide**. What is its purpose? What food groups does it contains? What does it teaches us? These were some of the issues addressed. The focus was on the "leguminous crops group" of this food guide. Pictures of and real Vegetables were showed so that kids could play and get to know about them: *Where do they come from? What are their nutritional characteristics? Where and When should we eat them?* Finally, a **practical activity** which include "telling a story of the Vegetable Family" for younger kids <7 which was further illustrated by them through a drawing. For 3rd and 4th grade children a play was staged by the students, in which each character was a different vegetable.

MUN-SI Activities April-June: FISH

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Rede Internacional EPODE no XII International Congress on Obesity (ICO)



Over 1000 of the world's leading researchers and experts on obesity and related diseases, including EIN's very own Dr. Borys, Pierre Richard and Hugues Du Plessis, as well as members of the EIN's Scientific Advisory Board & Minister's Club, gathered in Kuala Lumpur for a four day congress from 17th – 20th March 2014. During this congress, Professor Jan Vinck of the EIN's Scientific Advisory Board presented the 22% decrease of overweight and obesity that has been witnessed in the VISANO towns, Belgium.



The Research Centre in Health in Nutrition CEIDSS a non-governmental association is responsible, among other projects for the development, management and implementation of MUN-SI program. In February 2014, Luxembourg, CEIDSS participated in the kick-off meeting of the **EU project "OPEN"**, an innovative project to scale up efforts to prevent childhood obesity across Europe. The OPEN project has the participation of 11 community programmes/countries, including MUNSI program.

OPEN project aims to reach almost four million people across Europe, including 975,000 children and adolescents, with the goal of **helping individuals and communities to achieve and sustain active, healthy lifestyles**. Currently in Europe, one in three 11-year-olds are overweight or obese.

Over the next three years, the OPEN project will work with programmes and initiatives based in Belgium, Cyprus, Estonia, Germany, Hungary, Italy, Sweden, France, Greece, Malta, The Netherlands, Poland, Portugal, Romania, Slovakia and Spain.

Does Family income interfere with children's diet and nutritional status?

Ana Rito, Leonor Melo da Bernarda, Ana Valente

OBJECTIVES: To evaluate the association between family income, obesity and food intake in children from three Portuguese municipalities (Oeiras, Seixal and Viana do Castelo) within the MUN-SI Program. **MATERIAL AND METHODS:** An observational cross-sectional study was performed in 1673 children aged between 9-11 years old from 91 elementary schools of Oeiras (n=512), Seixal (n=489) and Viana do Castelo (n=672) municipalities. Family income data were obtained by a self-response questionnaire. Nutritional status evaluation was assessed using BMI according to CDC Criteria. Children Dietary habits were achieved by the application of a qualitative food frequency questionnaire with 25 food items. Statistical analysis was performed by Z test for proportions and binary logistic regression model. Statistical significance was obtained at 0,05 level. **RESULTS:** The prevalence of underweight (BMI<P5) was lower than 4% in all municipalities. Pre-obesity (P85≥BMI<P95) was more prevalent in Viana do Castelo (21.6%) when compared with Seixal (16.1%) and Oeiras (16.9%). No statistical differences were observed in obesity prevalence (BMI>P95) from the three municipalities (Oeiras: 12.7% vs. Viana do Castelo: 15.0% vs. Seixal: 15.1%). More than 45% of the children have a daily intake of skimmed or semi-skimmed milk. At least 50% of the participants from the three municipalities consumed meat 3 to 7 times a week and 35% of them consumed fish with the same frequency. Viana do Castelo was the municipality where the frequency of soup consumption (42.9% consume at least weekly) and vegetables (74% consume at least weekly) was higher, but also where the consumption of fresh fruit was less frequent. Higher prevalence of obesity (16.4% and 19.0%) was found in families with low income (<500 Euros/month and 501-850 Euros/month, respectively) compared to those with high income (>2751 Euros/month). The odd ratios associated were statistical significant (OR = 2.151 and OR = 2.628, respectively) in both cases. The frequency of vegetables or fruits consumption was not statistically associated with childhood obesity. **KEY FINDINGS:** Overweight prevalence was similar and relevant (>30%) in all municipalities. Childhood obesity, and poorer diet was inversely related with Family income. This study supports the idea that family based community interventions at local level are needed for childhood obesity.

Contacts

Website: www.mun-si.com

Facebook: <https://www.facebook.com/programamunsi>

Email: programa.munsi@gmail.com

Address: Sala da Pousada; Fábrica da Pólvora de Barcarena 2730-036 Barcarena, Oeiras