



## MUN-SI

**MUN-SI Programme** is coordinated by Centro de Estudos e Investigação - **CEIDSS**. 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](http://www.mun-si.com).

## MUN-SI OEIRAS

(Supported by **SANOFI**)

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

### 2nd Elementary School Teacher's Training

The **2nd Session of Oeiras elementary teachers training** took place on June 4<sup>th</sup>. This session aimed to **evaluate the anual plan of activities**, particularly on the classroom thematic sessions ("The Leguminous Crops" and "The fish"). It was also discussed the **need for continuous training** and teachers made suggestions on possible topics to be develop next year, on MUN-SI Oeiras.

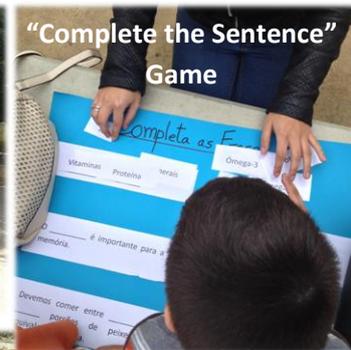
### School Sessions

#### The Fish

The Fish					
March	EB1/JI Alto de Algés				
	205 students				
April	EB1/JI Alto de Algés				
	100 students				
May	EB1/JI Silvia Philips	EB1/JI Porto Salvo	EB1 Gil Vicente	EB1/JI Cesário Verde	EB1/JI Sophia Mello Breyner
	80 students	76 students	76 students	25 students	80 students

During the months of **March, April and May**, the themes developed in the participating schools of MUN-SI Oeiras were "**The Fish**" and the "**Promotion of Spontaneous Physical Activity**". **26 sessions** were held in **6 Oeiras elementary schools**, covering approximately **640 students**.

In this context, five educational games were developed towards children. It was emphasized through these activities the benefits of fish consumption. Spontaneous physical activity was promoted through various activities and outdoor games.



### MUN-SI at XVI Annual Congress of the Portuguese Association of Enteral and Parenteral Nutrition



The Sixteenth Annual Conference of the Portuguese Association of Parenteral and Enteral Nutrition was held on April 28<sup>th</sup> and 29<sup>th</sup> in Porto. Several topics about food and nutrition were addressed. MUN-SI program was presented in the panel on "Innovative Projects in Food Education".

### Child and Maternal Variables and Childhood obesity in Fundão, Montijo, Oeiras, Seixal and Viana do Castelo Municipalities

**Introduction:** Childhood obesity has been considered a global epidemic and its prevalence has increased in recent decades throughout the world. It is well known that child and maternal variables influence the development of childhood obesity. This study aims to evaluate the relationship between child and maternal variables and obesity in school aged children from Fundão, Montijo, Oeiras, Seixal and Viana do Castelo municipalities.

**Methodology:** 3173 children were selected from 167 elementary public schools public schools of Fundão, Montijo, Oeiras, Seixal and Viana do Castelo, 5 portuguese municipalities that participated in phase 1 of the MUN-SI project. Data was analysed on breastfeeding, durability of breastfeeding, maternal weight gain, gestation length, birth weight and maternal age. Children Nutritional status was assessed according to the *Center for Disease Control and Prevention* (CDC). The descriptive analysis included the calculation of frequencies and application of the binary logistic regression model on all variables, in order to calculate the odds ratios (OR) for confidence intervals at 95%. **Results:** Of the 3173 children assessed, 50.6% were female with a mean age of 7.5 years ( $\pm 0.8$ ). The prevalence of overweight was 32.1%, of which 14.3% were obese. Breastfeeding rate was 90.1%. In relation to birth weight, the results show that macrosomic children have a higher risk of obesity. The durability of breastfeeding, maternal weight, gestational age and maternal age showed no association with childhood obesity. **Conclusion:** Absence of breastfeeding and the higher birth weight seems to be associated with the development of childhood obesity.

### MUN-SI at XIII Congress of Food and Nutrition



The XIII Congress of Food and Nutrition organized by the Portuguese Association of Nutritionists was held on May 22<sup>nd</sup> and 23<sup>rd</sup>, in Porto. On May 23<sup>rd</sup>, during the poster session, MUN-SI program presented the following paper: *MUN-SI Oeiras elementary Schools teachers assessment on Food and Nutrition knowledge and diet.*

**Ana Lucia Silva, Ana Filipa Coelho, Carlos Ramos, M. Ana Carvalho, e Ana Rito: Revista Nutricias; 11:26-28, 2011.**



On May 27<sup>th</sup> 2014 It was officially launched the **OPEN Project – Obesity Prevention through European Network** by EPODE International Network. The aim is to develop and implement successful school-based actions through 11 European community initiatives, including MUN-SI Program. The program aims to reach 975,000 children and adolescents, with the goal of helping individuals and communities to achieve and sustain active, healthy lifestyles. Watch the video at:

[https://www.youtube.com/watch?v=dQw0DiKbmyl&list=HL1401178087&feature=mh\\_lolz-](https://www.youtube.com/watch?v=dQw0DiKbmyl&list=HL1401178087&feature=mh_lolz-)

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