CEIDSS in partnership with the National Institute of Health Doctor Ricardo Jorge (INSA), through its Department of Food and Nutrition (DAN), as a Collaborative Center of the World Health Organization/Europe for Childhood Obesity and Nutrition organized the CIOI - Childhood Obesity Symposium, which was held in Lisbon 10th of July.

The main objective of this symposium was to continue the thematics discussed at the International Conference on Childhood Obesity, held in 2017 (CIOI 2017).

The preliminary data from COSI Portugal 2019, the child nutritional surveillance system integrated in the WHO/Europe Childhood Obesity Surveillance Initiative (COSI), was presented by the main researcher, Dr. Ana Rita. This session was chaired by Dr. Raquel Duarte, Secretary of State for Health and by Dr. Fernando Almeida, President of INSA.

The initiative featured an Inaugural Conference entitled “Childhood Obesity Surveillance Initiative (COSI)/WHO Europe - Inspiring a Global Surveillance System”. The theme was presented by Dr. João Breda, Director of the WHO European Department of Prevention and Control of Noncommunicable Disease.
CO-CREATE

**CO-CREATE** - "Confronting obesity: Co-creating policy with Youth" is a 5 years project (2018-2023) funded by the H2020 programme of the European Union. It gathers 14 research and advocacy groups in six European countries plus Australia, South Africa and the United States. The project aims to reduce the prevalence of obesity among adolescents in Europe through policy actions to promote a healthier food and physical activity environment.

CEIDSS, the Portuguese partner at CO-CREATE, conducted several workshops, between April-May 2019, during the implementation of Work Package (WP) 4. These workshops used a process called ‘group model building’ (GMB) to generate system maps in the form of causal loop diagrams. These maps represented the factors perceived by participants to affect the diets and physical activity of adolescents. In addition to generating the maps, participants discussed ways in which these systems could be reshaped through policy actions to generate healthier outcomes.

The adolescents’ pre-registration was done through the CO-CREATE sticker (using QR code) and through the CO-CREATE Portugal Instagram @cocreate_portugal. In this WP, 60 adolescents were selected to participate from 4 secondary schools, 2 from Oeiras and 2 from Cascais.
CO-CREATE Meetings:

- On the 11-15th March, CEIDSS team participated in the system maps training for WP4 held by LSHTM and Deakin University in London.
- On the 26-28th June, CEIDSS team participated in the project meeting in Amsterdam.

Follow CO-CREATE Portugal in INSTAGRAM

Click here:

https://www.instagram.com/ocreate_portugal/

Follow #EU_COCREATE on social media.

If you want to know more about CO-CREATE project you can subscribe the newsletter.

Follow CO-Create project on Twitter @EU_Cocreate


COSI Portugal 2019

The WHO European Childhood Obesity Surveillance Initiative (COSI) is a unique system that for over 10 years has measured trends in overweight and obesity among 300,000 primary school aged children. In Portugal, CEIDSS has been a strong and important organization for the COSI study, giving technical support and providing data management and analysis.

Among other Portuguese representatives, CEIDSS participated on the 12th WHO/Europe COSI meeting, in Bergen, Norway, May 2019 where other 36 countries joined.

The preliminary data from COSI Portugal 2019 were presented at the CIOM - Childhood Obesity Symposium in the National Institute of Health Doctor Ricardo Jorge (INSA). The results were presented in the Factsheet containing the highlights of the 5th COSI round.

Between 2008 and 2019, Portugal has consistently shown a downward trend in the prevalence of overweight and childhood obesity. From 2008 to 2019, there was a 8.3% reduction in the prevalence of overweight (37.9% to 29.6%) and childhood obesity from 15.3% in 2008 to 12.0% in 2019.

Eat Mediterranean Project

Eat Mediterranean – A Program for Eliminating Dietary Inequalities in Schools (EM) was a community based intervention, coordinated by the Regional Health Directorate of Lisboa e Vale do Tejo, in partnership with CEIDSS, during the years 2015-2017, funded by the EEA Grants.

This was a very successful program which followed the public health intervention strategy recommended by the WHO aiming to reduce nutritional inequalities in school-aged children through the promotion of Mediterranean Diet principles.
CEIDSS was invited to participate in a conference of an initiative INHERIT, a European research project that aims to identify promising European practices, which simultaneously promotes health equity and environmental sustainability. This initiative promoted the meeting, from an intersectoral perspective, of the different actors that promote health and sustainability in the field of food production and consumption. In this conference Sofia Mendes, CEIDSS nutritionist was invited to present an oral communication about Eat Mediterranean showing its work on redesigning the school menus to provide nutritionally appropriate school meals based on the Mediterranean Diet.

Please find below related publications of Eat Mediterranean


MUN-SI

MUN-SI is a community-based programme, guided by local policies, which offers an interactive response to childhood malnutrition (thinness and overweight) seeking its prevention at municipality level, based on continuous and sustainable action mainly at school level.

During the scholar year 2018/2019, MUN-SI implemented its activities in Oeiras Municipality in several primary schools, developing a program towards 320 children 8-10 years old, using several didactic and ludic sessions on promotion of Mediterranean Diet and Healthy Breakfast.

Please visit the website and subscribe MUN-SI newsletter

During its 10 years of existence, MUN-SI has contributed for the mission of the WHO European and Portuguese Healthy Cities Network.

A recent publication evaluating the initiatives of more than 20 Portuguese “healthy cities” have concluded that support and particularly a scientific evaluation is needed to better understand the impact of several activities promoted at municipality level, towards health promotion.


Miss Galaxy Gala

Towards a inter-sectoral approach, MUN-SI has participated and collaborated in the Miss Galaxy Portugal on June 28th, a non-discriminatory contest that values the health of young women. MUN-SI presented the title “Miss Healthy 2019” and gave away a basket of healthy food.
MUN-SI MINUTES
This year MUN-SI has launched a new online feature, available at MUN-SI [youtube channel]. “MUN-SI MINUTES” is a collection of small videos about scientifically based information addressing the most diverse themes associated with child nutrition. You can subscribe the Youtube channel and watch the videos here.

MUN-SI INSTAGRAM
MUN-SI is also in Instagram!
A page that wants to give clear messages to parents, teachers and the community about child health!
Through this page you can follow all the steps of the MUNSI 2019 program in schools!
Follow us at: @munsi_saudesinfantil

Do You Want to be a MUN-SI Municipality?
A cross and multi-sectorial approach through six main areas at a COUNTRY level.
Learn more about MUN-SI, by sending us an e-mail to: munsi@cei.dss.com
We offer internships in the fields of nutrition and communication for students and young graduates.
Where have we been

International Conferences

Doutora Ana Rito, Principal Investigator of COSI Portugal and Director of CEIDSS attended the 12th WHO/COSI Europe Meeting, in June 13th and 14th, in Norway, sharing and discussing several issues related with the Surveillance Initiative at European level.

- Rito A, Baleia J, Mendes S, Gregório MJ. WHO Childhood Obesity Surveillance Initiative: Portugal Available here

The Director of CEIDSS also participated by invitation in the 26th European Congress of Obesity, in Glasgow, May 2019.

In Portugal

CEIDSS researchers participated at:


Sofia Mendes
At the Conference “Food for Thought: for healthier and more sustainable food for all”, in May 6th, in Lisbon, with the oral presentation “EAT MEDITERRANEAN: A Program for Eliminating Dietary Inequality in Schools”.
Dr. Ana Rito
At the Congress of the “Ordem dos Psicólogos-
Conferencia Bem Estar, o que nos diz a ciência
sobre a felicidade” May 16th, Figueira da Foz,
with a oral presentation by Ana Rito: “criança
obesa feliz ou em triste realidade”.

VIII Congresso de Nutrição e Alimentação,
May 16th and 17th, Porto

- Lima A, Baleia J, Mendes S, Portugal I,
  Rascón C, Dinis A, Rito A. Prática de
  atividade física em crianças e
  adolescentes do universo escolar de
dois municípios portugueses – projeto
“Eat Mediterranean” Available here

In this Congress, Ana Rito, CEIDSS Director,
chaired and co-authored with Maria
Buoncristiano, the oral presentation about
“Aleitamento Materno e Obesidade Infantil”.

What’s on the World

Fact sheet – Severe obesity among children
aged 6-9 years

This factsheet presents the prevalence of
severe obesity in school-aged children from 21
countries participating in the first three rounds

Fact sheet – Breastfeeding & Obesity

This factsheet describes associations between
breastfeeding, exclusive breastfeeding and
obesity among children; using data from 22
countries participating in the fourth round of
COSI (n=100 583 children). Results indicated
wide between-country differences in
breastfeeding prevalence.

Key Publications

Prevalence of Severe Obesity among Primary School Children in 21 European Countries. Obes Facts (2019), 12:244-258. Available here