



## Impact of a decade of a school and community-based program in the **municipality of Oeiras**

The MUN-SI program emerged in 2008. It arises closer to each municipality needs and local policies and intends to offer a proactive and interactive response to the problem of childhood obesity, following the data from Childhood Obesity Surveillance Initiative (COSI)/WHO Europe, which identified Portugal as one of the European countries with the highest prevalence of overweight and obesity in children.

The municipality of Oeiras has been a partner since MUN-SI program was established! Throughout the last decade, continuous interventions took place with a comprehensive approach, involving various partners, stakeholders and community environmental child settings: **School, Family and Local Community.**

### ~ goal ~

Slow the progression of the prevalence of overweight and childhood obesity in primary schools in the municipality.

- + Promote healthy eating habits based on the principles of the Mediterranean Diet
- + Promote physical activity
- + Assess and Monitor childhood nutritional status

### ~ how? ~

- 1. Initial diagnosis:** measurement of child's weight and height, assessment of knowledge, eating behaviors and lifestyle
- 2. Intervention:** playful-educational sessions in a school environment
- 3. Assessment of the program**

— WITH THE ACTIVE PARTICIPATION OF THE FAMILY —

### ~ in ~ numbers

**52**  
Nutritionists

**41**  
Schools  
Primary Education

**300**  
Teachers

**7696**  
Children  
(6 -12 years old)

**900**  
Sessions



### gains in the intervention

**Change in breakfast pattern:** ↑ fruit intake, ↓ soft drink intake

**Change in snacks consumption:** ↑ intake of fruit and vegetables and ↓ intake of unhealthy bakery products, cakes and biscuits.

↑ **level of adherence to the Mediterranean Diet**

**Decreasing trend in the prevalence of overweight and obesity**

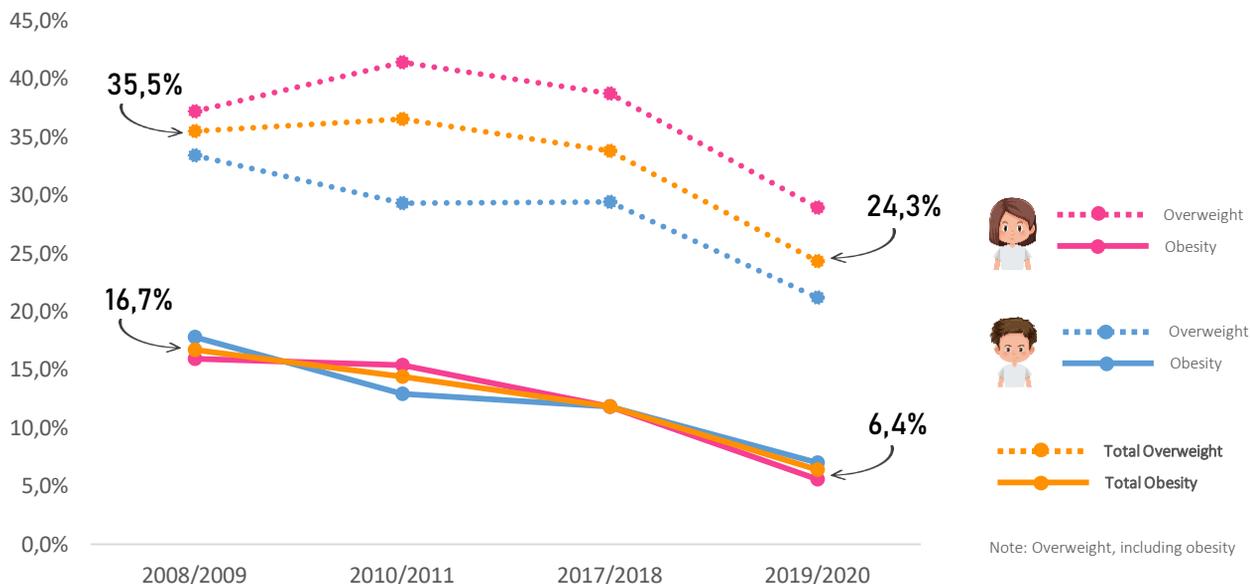
**Acquirement of knowledge** about the Mediterranean Diet and healthy eating habits

↑ the practice of regular **physical activity**



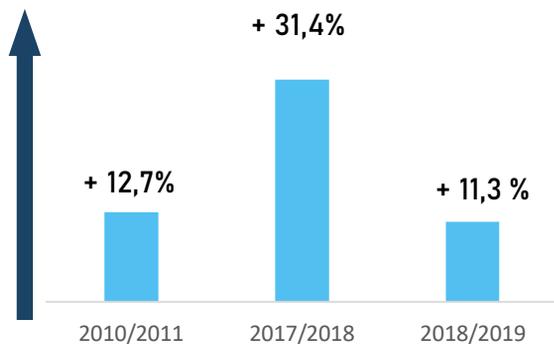
# Results of a decade of intervention in the **municipality of Oeiras**

## NUTRITIONAL STATUS



## PHYSICAL ACTIVITY

REGULAR PHYSICAL ACTIVITY PRACTICE  
(≥ 3 TIMES / WEEK)



Note: Values obtained compared to the previous year

## goals 2020-2030

### ~ MUN-SI OEIRAS ~

**0% increase in the prevalence of overweight and childhood obesity to continue the reversed trend**



**Increase by 20% or more the number of children in the municipality who practice daily physical activity**



**Remove breakfast cereals from the most frequently eaten foods by children**



**Increase the frequency of fruit and vegetables intake by 5% or more in children**



**Encourage the adoption of sustainable eating practices**



**Increase nutritional literacy among children, families, teachers and local community**



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