

The **MUN-SI Program**, coordinated by CEIDSS - Center for Studies and Research in Social Dynamics and Health (www.ceidss.com) is a health promotion program for children and adolescents and their families developed at the municipal level. It aims to offer an interventional response to the problem of child malnutrition (low weight and obesity) through a comprehensive, transversal and multisectoral approach based on local partnerships.



SIX main areas of action at the MUNICIPAL level:

Family Healthy School Communication Active City Research Training of health professionals and Education



Through a variety of media outlets, such as television, newspapers and local radios, consistent messages on strategies for promoting healthy lifestyles are disseminated.



Multiple actions are developed such as home visits and the supermarket, with personalized food counseling and planning; Healthy cooking workshops with local Chefs; among others. These interventions are promoted, among other projects, in AMEA Teens.

Family



This component is observed in the cities covered by the program, through scientific studies on the nutritional status of children and adolescents, in collaboration with other partners, in particular COSI PORTUGAL.

Communication

Investigation

Active City



Urbanism and the promotion of physical activity, at the community level, are enhanced through the use of public spaces such as parks, beaches, cycle paths and recreational spaces, among others.

Healthy School



For a healthy and sustainable school environment, activities are carried out with the involvement of children, families and teachers, addressing various themes: Water, Soup and Vegetables, Fruits, Pulses, Breakfast, Healthy Snacks, among others.

Formation



It is promoted the training of health professionals regarding the surveillance, screening, treatment and monitoring of children's nutrition. In education professionals this is adequate to the activities developed in the area "Healthy School".

