

# NEWSLETTER

July-Sept 2016

[www.ceidss.com](http://www.ceidss.com)



## What's New

**CIOI 2017**  
INTERNATIONAL  
CONFERENCE  
ON CHILDHOOD  
OBESITY

We are happy to announce the International Conference on Childhood Obesity – CIOI2017, that will take place, from 5th to 8th July 2017 in Lisbon – PORTUGAL, at Fundação Champalimaud.

**Abstracts Submission is free and is now available at [www.cioi2017.com/submission](http://www.cioi2017.com/submission)**

[www.cioi2017.com](http://www.cioi2017.com)

## CEIDSS Projects

### AMEA teens



AMEA teens intends to support families with low socioeconomic income with adolescents above 12 years old. It was developed in Oeiras, Odivelas, Paredes, Figueira da Foz and Águeda. The program focused on promoting health in adolescents and consists in community and individual intervention. After one year, AMEA teens ended its program through a set of activities: **Facebook challenge**, where teenagers were able to post a video under the theme "I am healthy because..." and the **Flashmob**, where AMEA teens with the collaboration of MD Crew, surprised the community at the beach and other events with a dance choreography. Learn more at its new website [www.ameaprogram.com](http://www.ameaprogram.com)

### MUN-SI

MUN-SI is a community based programme for children, based on local policies that offer an interactive response to childhood malnutrition (thinness and obesity) seeking its prevention at municipality level based on continuous and sustainable actions mainly at school level. MUN-SI Oeiras presented its final results about the "VENCE Snacks". Abbreviation VENCE stands for V-ariety, E-conomic, N-utritious, C-reative, E-qual) activities under the theme "Healthy snacks to bring to school".

**1700** children participated, **68** teachers, in **8** primary and pre-schools. Overall we have seen healthier behaviors in children with less consumption of cookies, soft drinks and processed foods and overall increase intake in fruits and vegetables.

#### Do You Want To Be a MUN-SI City?

A cross and multi-sectoral approach through SIX main areas of action at a COUNTY level. Sign up for free! You only have to send an email to: [programamunsi@gmail.com](mailto:programamunsi@gmail.com). We offer internships in the fields of nutrition and communication for students and young graduates.

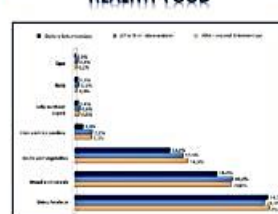
Please follow MUN-SI program at:

<https://www.facebook.com/programamunsi/?fref=ts>  
[www.mun-si.com](http://www.mun-si.com)



"Healthy VENCE Snacks"  
Young Economic, Nutritious, Creative, Equal

#### HEALTHY FOOD



"Healthy VENCE Snacks"  
Young Economic, Nutritious, Creative, Equal

#### PROCESSED FOODS



## EAT MEDITERRANEAN



Eat Mediterranean, an EEA Grant funded project, where CEIDSS is a partner, is a community-based intervention programme with the aim of contributing to the reduction of nutritional inequalities within the schools and family settings, by promoting the Mediterranean Diet.

The project is developed towards **6000 children from all scholar community of Santarém and Alpiarça** (portuguese cities). The 3rd trimester was focused on tackling childhood obesity and overweight of the participants through individual and clinical intervention.

Follow the project at:

<http://www.ceidss.com/eat-mediterranean/>  
<http://www.arslv.min-saude.pt/pages/527>

## COSI PORTUGAL

CEIDSS is a collaborating partner in COSI Portugal <http://www.ceidss.com/cosi-portugal/>, the National Childhood Nutritional Surveillance initiative from the Ministry of Health under the World Health Organization/Europe COSI study. CEIDSS has been giving full technical support to 200 examiners who participated in the study. Mostly health professionals trained to collect data, from the Regional Health Directorates (ARS, Azores DRS and IASaude, IP-RAM). Data was then inputted in a WHO online plataforma – OPEN CLINICA.



## CEIDSS Scientific



CEIDSS has joined the **European Public Health Nutrition Alliance** (<http://ephna.eu/>) and participated in the **International Congress of Dietetics** in September 6-8 Granada, Spain.

A joint presentation was done under the theme "European nutrition communication centres at EPHNA."



## What's on the World

**PNPAS (National Program on Healthy Food Promotion)** published a review of the current scientific evidence on reducing sugar consumption in Portugal and provides an initial contribution to a broad discussion on the need, benefits and strategies available on this important issue.

<http://nutrimento.pt/activeapp/wp-content/uploads/2016/09/Reducao-do-Consumo-de-acucar-em-Portugal-.pdf.pdf>

#### WHO Report

"Action plan for the prevention and control of noncommunicable diseases in the WHO European Region"

[http://www.euro.who.int/\\_data/assets/pdf\\_file/0011/315398/66wd11e\\_NCDActionPlan\\_160522.pdf?ua=1](http://www.euro.who.int/_data/assets/pdf_file/0011/315398/66wd11e_NCDActionPlan_160522.pdf?ua=1)

Three Main areas:

- 1) "Promoting healthy consumption via fiscal and marketing policies: tobacco, alcohol, food";
- 2) "Product reformulation and improvement: salt, fats and sugars"
- 3) "Salt reduction".



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