

NEWSLETTER

JAN-JUL 2019

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Highlight

SIMPÓSIO **CIOI** 10 julho 2019 INSA | Auditório OBESIDADE INFANTIL



CIOI SYMPOSIUM 2019

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 thematic discussions 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 Rito**. 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/cocreate_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 CIOI – 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

- **Rito AI**, Dinis A, Rascôa C; Maia A, Mendes S, Padrão J, Stein-Novais C, Lima J. *Mediterranean Diet Index (KIDMED) Adherence, Socioeconomic Determinants, and Nutritional Status of Portuguese Children: The Eat Mediterranean Program*. [Portuguese Journal of Public Health](#) (2019), 36(3)
- Santos M, Mendes S, Dinis A, Rascôa C, **Rito AI**. *Avaliação da intervenção qualitativa na composição nutricional de refeições escolares: programa Eat Mediterranean*. [Boletim Epidemiológico Observações](#) (2018), 23: 39-43.
- **Rito AI**, Dinis A, Rascôa C; Maia A, de Carvalho Martins I, Santos M, Lima J, Mendes S, Padrão J, Stein-Novais C. *Improving Breakfast Patterns of Portuguese Children - An evaluation of Ready to Eat Cereals according to the European nutrient profile model*. [Eur J Clin Nutr](#). (2018), Jul 4th
- **Rito AI**, Dinis A, Rascôa C; Rodrigues S, Stein-Novais, Mendes S, Maia A, Luis S, Luciano R: *Avaliação e Promoção da qualidade alimentar e nutricional de refeições escolares portuguesas. Programa Eat Mediterranean*. [Acta Portuguesa de Nutrição](#) (2018), 12: 6-12



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.

- **Rito Al**, Cardoso R, Portugal I, Baleia J, Mendes S, Bica M: Evaluation of Portuguese Community Health Projects and initiatives within the European and National Healthy Cities Network. [Acta Portuguesa de Nutrição](#) (2019), 16: 4-8

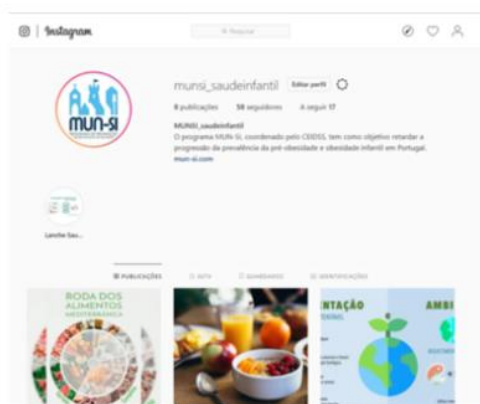


Miss Galaxy Gala

Towards a inter-sectorial 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_saudeinfantil

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@ceidss.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:



The Congress of the "Ordem dos Nutricionistas - Nutrição - Uma Visão Global", March 21st and 22th, in Lisbon.

- Bica M, Mendes S, Rito A. Evaluation of Soft Drinks Intake Among 6-8 Years Old - Portuguese Children and Overweight: COSI Portugal 2008-2016 [Available here](#)



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-Conferência 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”.

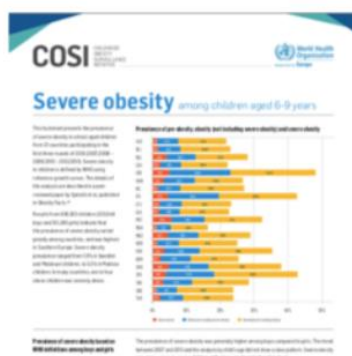


XVIII Congresso de Nutrição e Alimentação, May 16th and 17th- Porto

- Lima A, Baleia J, Mendes S, Portugal I, Rascôa 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 Marta 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 of COSI (2007/2008 – 2009/2010 – 2012/2013).

[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

Research Article

Association between Characteristics at Birth, Breastfeeding and Obesity in 22 Countries: The WHO European Childhood Obesity Surveillance Initiative – COSI 2015/2017

Ana Isabel Rito^a, Marta Buoncristiano^b, Angela Spinelli^c, Benoit Salanave^d, Marie Kunešová^e, Tatjana Hejgaard^f, Marta García Solano^g, Anna Fijałkowska^h, Lela Sturuaⁱ, Jolanda Hyska^j, Cecily Kelleher^k, Vessilka Duleva^l, Sanja Musić Milanović^m, Victoria Farrugia Sant'Angeloⁿ, Shynar Abdurakhmanova^o, Enisa Kujundžić^p, Valerina Peterkova^q, Andrea Gualtieri^r, Iveta Pudule^s, Ausra Petrasauskiene^t, Maya Tanygulyeva^u, Rakhmatulloev Sherali^v, Constanta Huidumac-Petrescu^w, Julianne Williams^x, Wolfgang Ahrens^y, Jolko Breda^z

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Research Article

Prevalence of Severe Obesity among Primary School Children in 21 European Countries

Angela Spinelli^a, Marta Buoncristiano^b, Viktoria Anna Kovacs^c, Agneta Yngve^d, Igor Spiroski^e, Galina Obreja^f, Grzegorz Starc^g, Napoléon Pérez^h, Ana Isabel Ritoⁱ, Marie Kunešová^j, Victoria Farrugia Sant'Angelo^k, Jørgen Meisfjord^l, Ingunn Høiden Bergh^m, Cecily Kelleherⁿ, Nazan Yardim^o, Iveta Pudule^p, Ausra Petrasauskiene^q, Vessilka Duleva^r, Agneta Sjöberg^s, Andrea Gualtieri^t, Maria Hassapidou^u, Jolanda Hyska^v, Genc Burazeri^w, Constanta Huidumac-Petrescu^x, Mirjam Heinen^y, Hajnikka Takacs^z, Hana Zamrazilová^{aa}, Tülay Başoğlu^{ab}, Elena Sacchini^{ac}, Ioannis Pagkalos^{ad}, Alexandra Cucu^{ae}, Paola Nardone^{af}, Paul Gately^{ag}, Julianne Williams^{ah}, Jolko Breda^{ai}

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Rito AI, Buoncristiano M, Spinelli A, Salanave B, Kunesova M, et al. Association between Characteristics at Birth, Breastfeeding and Obesity in 22 Countries: The WHO European Childhood Obesity Surveillance Initiative – COSI 2015/2017. The European Journal of Obesity (2019) – [Available here](#)

- Spinelli A, Buoncristiano M, Kovacs VA, Yngve A, Spiroski I, Obreja G, Starc G, Pérez N, Rito AI, Kunešová M, Sant'Angelo VF, Meisfjord JI, Bergh IH, Kelleher C, Yardim N, Pudule I, Petrasauskiene A, Duleva V, Sjöberg A, Gualtieri A, Hassapidou M, Hyska J, Burazeri G, Petrescu CH, Heinen M, Takacs H, Zamrazilová H, Bosi TB, Sacchini E, Pagkalos I, Cucu A, Nardone P, Gately PA, Williams J, Breda J. **Prevalence of Severe Obesity among Primary School Children in 21 European Countries.** Obes Facts (2019), 12:244–258. [Available here](#)