

# NEWSLETTER

Jan-Dec 2017

www.ceidss.com



## Highlight

The International Conference on Childhood Obesity (CIOI) was one of the most important forums for policy-makers, experts and key stakeholders to learn about and discuss tactics for the prevention of childhood obesity. CIOI 2017 was honoured with the High Level Endorsement from the Honourable President of the Portuguese Republic.



Presidência da República

www.CIOI2017.com

This conference was attended by a series of scientific and informative presentations, several debates and interactive workshops of internationally renowned speakers. Combined with a fantastic social program.

Professor Philip James, Chair of the Presidential Council of Global Prevention Alliance in the United Kingdom, highlighted the fact that policies affecting the supply and cost of food should be considered, as availability and price affect what parents are able to feed their children.



Dr. João Breda called on WHO European Member States to restrict the marketing of HFSS foods to children in all forms of media. He pointed out that self-regulation by the food industry has proven inadequate. Twitter: <https://twitter.com/JoaoBreda2>

Dr. Tim Lobstein, Head of Policy at the World Obesity Federation, also called for more accountability from industry. Twitter: <https://twitter.com/WorldObesity>



### Social Programme

All CIOI 2017 participants were invited to participate in CIOI 2017 team cycle challenge. Once they arrived to the venue, the participants had to go to the Exhibition hall and at the Technogym booth, chose the bicycle of their team colour, and start cycling. The aim of this challenge was to promote physical activity. Each coffee break had an activity prepared, such as the participation in a Zumba Class together with children, a Yoga class led by children, a flash mob, an amazing Ballet performance, a children's Choir, among others. This all done without any industry sponsorship!

Learn more at: <http://www.cioi2017.com/>

## CEIDSS Projects

### MUN-SI 2017/2018

MUN-SI is a community based program, 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 school year 2016/2017, 7 primary schools from Oeiras Municipality, with 400 children, participated in this very comprehensive program which included a Nutritional Status survey and the promotion of the THEME "Mediterranean Diet". The children's knowledge about Mediterranean Diet, increased from 22,7% to 72,9%, at the end of the intervention. Parent's knowledge about the concept of Mediterranean Diet was about 66%, but increased to 77% at the end of the program.

#### Do You Want to Be a MUN-SI Municipality?

A cross and multi-sectorial approach through six main areas at a COUNTY level. Sign up for free! You only have to send an e-mail to: [programamunsi@gmail.com](mailto:programamunsi@gmail.com)

We offer internships in the fields of nutrition and communication for students and young graduates.

Follow the Program: <http://www.mun-si.com/>

### EAT Mediterranean

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, which followed the public health intervention strategy recommended by the WHO, that aim to reduce nutritional inequalities in school-aged children through the promotion of Mediterranean Diet principles.

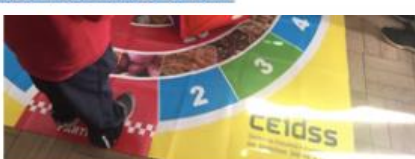


This program was developed during scholar years 2015/2016 (1st stage - Diagnosis) to 2016/2017 (2nd stage Intervention and Evaluation). The Program targeted 25 schools and 257 classes, (preschool to secondary school) of 3 Public Schools Groupings of Santarém and Alpiarça Municipalities, towards 6000 children.

The EM program proved to have a favourable impact on the participant's nutritional status by decreasing the prevalence of overweight from 32,3% (11,2% obesity and 21,1% pre-obesity) at the start of the program to 29,7% (10,1% obesity and 19,6% pre-obesity) after the EM intervention. Regarding fruit intake, 20,3% of the participants reported eating 3 to 5 servings of fruit per day at the end of the program while at the beginning of EM, the corresponding figure was 10,6%. Concerning the intake of vegetables (not including vegetable soup), there was an increase from 19,3% to 31,7% of the participants who reported eating 2 to 3 servings per day. The percentage of students which stated that never eat savoury snacks, pastry, candy and soft drinks (37,4%, 16,7%, 28,1%, 30,6%, respectively) increased significantly after the EM intervention (42,6%, 23,5%, 36,4%, 43,4%, respectively).

Follow the Program: <http://www.ceidss.com/eat-mediterranean/>

children's obesity, following the success of programs based on an interdisciplinary strategy to the ones most at risk, especially those with a low socioeconomic status and where overweight and obesity childhood are more prevalent.



AMEA kids selected 325 overweight and obese children from 5 Portuguese regions (in partnership with Directorates from Algarve, Alentejo, Lisboa e Vale do Tejo, Madeira and Azores). It was developed, in 22 municipalities and in 49 primary schools, a Healthy Life Style Program at Individual Level (Nutritional counselling sessions monitoring and tackling overweight or obese children) and at Community Level acting on Schools. This successful program targeting the most disadvantaged social groups, with the goal of promoting healthy lifestyles and developing an innovative response in families with children between 6 to 10 years, showed that, (preliminary results), overall there was a decrease in the number of overweight children in all study groups showing a bigger effect in Lisbon Region (-18,3%). There were also some positive changes in fruit frequency (>4 times/week) (+1,9%), in vegetables frequency (every day) from 36,3% up to 53,1%), whereas regarding non healthy food items (soft drinks, candies and savoury snacks) it was seen an overall decrease, reducing in 15,4% of children that had some sort of intake per week.

Follow the Program: [www.ameaprogram.com/amea-kids/](http://www.ameaprogram.com/amea-kids/)

## CEIDSS Scientific

### Where have we been

CEIDSS researchers were present at two major Congresses of Obesity:

- at European Congress on Obesity (ECO 2017) in May 17-20, Porto, Portugal, in the session "Childhood Obesity Management: from the Lab to the Community".



- At the 27<sup>th</sup> European Childhood Obesity Group Annual Congress (ECOG 2017) in November 15-17, Rome, Italy, joining the session "Ten years of childhood obesity surveillance in Europe".



- At EPHNA/WHO EU meeting in September 7-8, Copenhagen, Denmark. The European Public Health Nutrition Alliance (EPHNA) is bringing together independent institutes responsible for nutrition communication from European countries since 2014. The focus of this inspiring meeting was on learning from each other and developing best practices for nutrition communication.



## What's on the World

### In Portugal

["Portuguese consumers' attitudes towards food labelling Portuguese consumers' attitudes towards food labelling \(2017\)"](#)

This report adds knowledge about Portuguese consumers' understanding, preferences and use of different labelling formats. There was some evidence of differences between consumers who are poorly and highly literate and also according to gender, age and socioeconomic status;



### In the World

The WHO Regional Office for Europe has launched a new tool to support Member States in assessing the extent and nature of food marketing to children:

["Monitoring food and beverage marketing to children via television and the internet – a new tool for Member States in the WHO European Region"](#).



#### Good maternal nutrition: The best start in life

This publication is divided in three parts: the results of a systematic review of the most recent evidence on maternal nutrition, the prevention of obesity and non communicable diseases; a review of existing recommendations for nutrition, physical activity and weight gain during pregnancy in European countries; and lists of possible opportunities for action in European countries.