



MUNSI
A Community-based programme

Ana Lúcia Silva¹, Carlos Ramos¹, Mariã Ana Carvalho¹ and Ana Rito^{1,2}

¹ University Atlântica, Oeiras, Portugal,
² National Institute of Health Dr. Ricardo Jorge, Lisbon, Portugal

➔ Partnership between the Ministry of Health, University Atlântica and the Municipalities of Fundão, Montijo, Oeiras, Seixal and Viana do Castelo.

BACKGROUND

2.8 million people die each year as a result of overweight and obesity¹

35 million overweight children in developing countries and 8 million in developed countries²

92 million were at risk of overweight

Portugal has 10.7 million inhabitants³

- 13.8% of adults⁴
- 14.6% 7-9 years old⁵



¹Global status report on noncommunicable diseases 2010. World Health Organization 2011
²Population based prevention strategies for childhood obesity: report of a WHO forum and technical meeting, Geneva, 15-17 December 2009
³World health statistics 2011. World Health Organization 2011
⁴Carroll et al. Overweight and obesity in Portugal: national prevalence in 2001-2005. Obes Review, 2008; 9: 11-19
⁵Rehark, Patrick C, Cavelloni MA, Berman C. Childhood Obesity Surveillance Initiative Conferences 2008, 2010. Seattle, WA
© Dea M, Blassner M, Borgh I. Global prevalence and trends of overweight and obesity among preschool children. American Journal of Clinical Nutrition 2010;92:1207-66

BACKGROUND

60 million children in 2020⁶

Associated with adverse metabolic effects¹

Obesity have reached epidemic proportions¹

3.5% of total expenditure for health was the economic burden related to obesity⁴

➔ Unhealthy diets and physical inactivity as key risk factors

⁶Global status report on noncommunicable diseases 2010. World Health Organization 2011
¹Carroll et al. Overweight and obesity in Portugal: national prevalence in 2001-2005. Obes Review, 2008; 9: 11-19

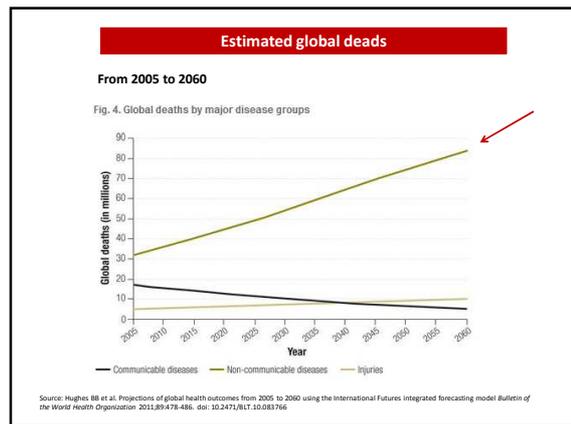
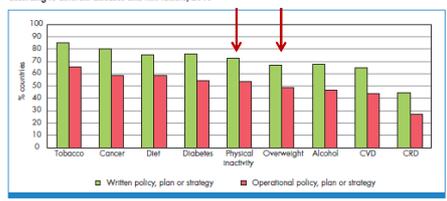


Figure 4. Percentage of countries with policies, plans or strategies, either integrated or disease/risk-factor specific, according to different diseases and risk factors, 2010



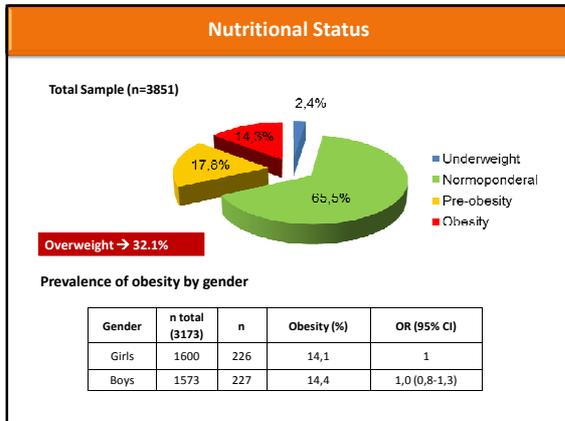
EU, these projections represent a vision of an improving future for health population

Lifestyle interventions addressing diet and physical activity are considered a first-line intervention

Schools:

- Promote healthy dietary and physical activity patterns
- Potential access point for engaging parents and community members in preventing their own and school-age children's





Results

	N total	Obesity		OR (95% CI)
		N	%	
Family size (3 elements)	572	98	17,1	1,6 (1,1-2,3)*
Family monthly income (851-1500€)	609	108	17,7	3,9 (1,4-10,8)**
Hours of sleep (≤ 8hours)	294	54	18,4	1,5 (1,1-2,1)*
No breastfeeding	231	46	19,9	1,6 (1,1-2,2)*
Macrosomic children (> 4000g)	126	32	25,4	2,5 (1,3-4,6)*
Sweets daily consumption (more than 1x/day)	67	14	20,9	2,3(1,2-4,3)*
Soup daily consumption (more than 1x/day)	844	100	31,0	0,6(0,3-1,0)*

*p<0,05
**p<0,01

Innovative strategy model that effectively reaches the children population through its schools or family environment

MULTIPLE THEMES

Portuguese Food Guide

Healthy Food and Nutrition

Healthy breakfast

Drink water

Physical Activity

Food Safety

Key points

- Raise awareness of the importance and benefits of healthy lifestyle
- Educate whole children community
- Conduct local healthy programmes and initiatives
- Build capacity to implement local programmes
- Create supportive environments
- Encourage and engage stakeholders

Community-based programmes will be a vital part of the effort to stem this rising tide of childhood obesity...

Ministério da Saúde

Instituto Nacional de Saúde
Dr. Ricardo Jorge

THANK YOU FOR YOUR ATTENTION

Ana Rito^{1,2}, Ana Lúcia Silva¹, Carlos Ramos¹ and Maria Ana Carvalho¹

¹ University Atlântica, Oeiras, Portugal,
² National Institute of Health Dr. Ricardo Jorge, Lisbon, Portugal