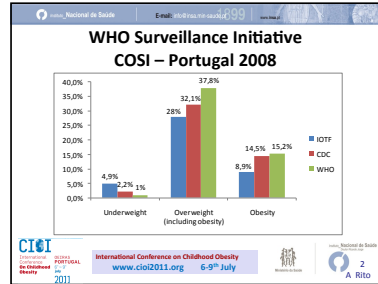


PROJECT OBESITY ZERO

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Announcement: CIOI 2011 next International Conference on Childhood Obesity
www.cioi2011.org



METHODS

4 stage intervention:

- (1121) Individual nutrition & PA counselling (**Nutritional status assessment; Nutrition and Dietary Assessment and Diet, Nutrition and Physical Activity Education**)
- (20) Healthy cooking workshops
- (2) Children's Group Sessions (Nut & PA activities)/municipality
- (5) sessions of Parents/families Group counselling

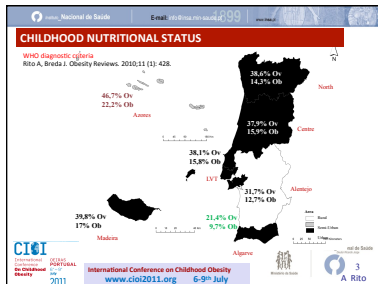
International Conference on Childhood Obesity
www.cioi2011.org 6-9th July
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PRELIMINARY RESULTS

• 80,5% of children decreased their percentile (P) obtained from their BMI/age

ICS Individual Counseling Sessions	Total
1 st ICS	294
n	262
Mean, SD	93,6 (5,9)
2 nd ICS	262
n	243
Mean, SD	93,1 (7,3)
3 rd ICS	243
n	220
Mean, SD	92,5 (7,7)
4 th ICS	220
n	91,3 (9,2)
Mean, SD	

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PROJECT OBESITY ZERO (POZ)

- The main purpose of POZ is to tackle childhood obesity at municipality level through a set of activities (healthy cooking programme and a nutritional guidance programme) targeted at low income families with overweight children (6-10 years old)

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- Project Obesity Zero...**
 - Established and promoted a real partnership between healthcare centres and local governments
 - Was the first community-family-based programme targeting overweight children in Portugal
 - Developed competences and skills, within the families, about nutrition, healthier food selection, preparation and cooking, especially in those families with obese children

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 POZ movie

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Next International Conference on Childhood Obesity

6-9th July
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METHODS

- Quasi-experimental multicentric study
- The programme was developed in 2009 in 5 portuguese municipalities in Portugal articulated with Healthcare centres and local governments

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