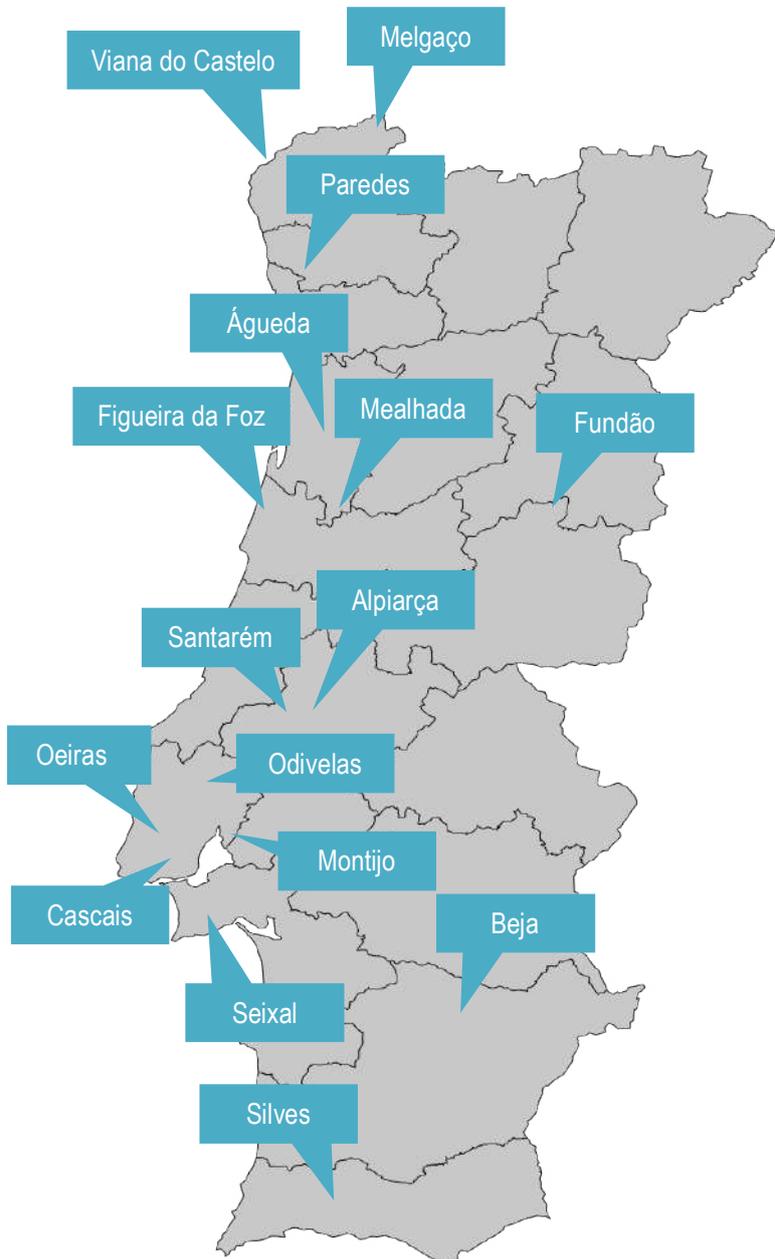


MUN-SI
PROGRAMA DE PROMOÇÃO
DE SAÚDE INFANTIL EM MUNICÍPIOS

Want to be a municipality?

MUN-SI Program **coordinated by CEIDSS – Centre for Study and Research on Social Dynamics and Health** – congregate the municipality action, the initiative of University Professors and Researchers of National Institute of Health Dr. Ricardo Jorge, with institutional support of Health, Education and Science Ministries.



MUN-SI is aimed particularly at children and adolescents and their families in their community spaces, and is developed through a municipal intervention program based on **6 core axes**, distributed through two basic levels of intervention, primary and secondary.

For a healthy and sustainable school environment, activities are carried out with the involvement of **children, families and teachers**, addressing several topics: Water, Fruit, Legumes, Mediterranean Diet, among others.

Healthy School



Through **social and media communication**, (such as TV, newspapers and local radio stations), we disclosed important messages about the strategies to promote healthy lifestyles.

Communication



Scientific Research



Healthy City



In this area of intervention, **spaces that promote healthy lifestyles** are identified: services allocated to food such as restaurants; and physical activity, such as parks, beaches, cycle paths, among others.

Family



This component is observed in the cities covered by the program through **annual surveys on the nutritional status of children and adolescents**, in collaboration with WHO / COSI Portugal studies.

Training



Multiple actions are developed, such as consultations, visits to the supermarket with a nutritionist, healthy cooking workshops with local Chefs, among others.

Training in **Health Professionals** refers to the surveillance, screening, treatment and child nutrition monitoring. This is appropriate to the activities developed in the area "Healthy School".

MUN-SI at School

School is considered as one of the most important settings for promoting health education. The health promotion approach in school environment consists in considering school as a whole where the entire school community (teachers, children, family, school auxiliaries and cooks) should contribute to a healthy and sustainable school environment.

Within the activities towards the promotion of a healthy school environment, children are considered As the main “actors” of the behavioral modulation and intervention is performed in **4 levels of action:**

1

Coordination Team

Municipal Team is responsible for **implementing the program locally, under the guidance of the National Coordination throughout 1-4 years.** The Municipality allows the selection and contact of the targeted schools and families for the implementation of the Program.

2

Initial Assessment

Nutritionists trained by MUN-SI assess the **nutritional status of children** (weight and height). The results are discussed with the families.

3

Classroom Implementation

The Program's design is performed every school year where a **theme is chosen aiming the promotion of a healthy lifestyle**. This program is discussed in detail with the municipalities and all teachers, who are key elements of the process. Age-appropriate, playful-educational activities are implemented with the goal of introducing and incorporating concepts about healthy lifestyles, mainly physical activity and nutrition.

4

Scientific Evaluation

Conducted through a **multidisciplinary committee of experts** who evaluate and validate all the actions and program's materials.



Want to be a MUN-SI Partner?

- ✓ **The Program will be discussed with the partners and the materials defined together,** in order to correspond to the partner's social responsibility mission.
- ✓ **Partner communication can be included** in the materials to be used.
- ✓ The **financial support** must contain a minimum financial contribution per school with or without support for materials to be developed.
- ✓ The activities will be disclosed in the MUN-SI Communication Plans as well as in the partners, if they wish to.
- ✓ The activities will be spread in the MUN-SI local/national and international networks.
- ✓ Reports concerning the activities and impact assessment will be presented every year.

Municipality as a Partner

The Municipal Team, selected by the Mayor, comprises a **Local Manager** and the corresponding **Local Team**.

- ✓ Program will be established in accordance with the **Municipality's local priorities**.
- ✓ The Municipality will identify the **areas of MUN-SI intervention**.
- ✓ The Coordination will submit a **proposal of activities** in each intervention area.
- ✓ The **activities will be carried out by Nutritionists** duly trained by and for the Program.



TO APPLY TO THE MUN-SI PROGRAM, SEND AN E-MAIL: