Project Obesity Zero

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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) targeting low income families with overweight school age children

METHODS

4 stages intervention:
1. Individual nutrition & Physical Activity (PA) counselling
2. Healthy cooking workshop
3. Children’s Group Sessions (Nut & PA activities)
4. Parents/families Group counselling

CHILDHOOD NUTRITIONAL STATUS IN PORTUGAL

• Quasi-experimental multicentric study

• The programme was developed in 2009 in 5 Portuguese municipalities in Portugal articulated with Healthcare centres and local governments
  - Melgaço (North)
  - Mealhada (Centre)
  - Cascais (Great Lisbon)
  - Beja (Alentejo)
  - Silves (Algarve)

INDIVIDUAL NUTRITION COUNSELING

• The project included 4 individual counselling sessions
  - 1121 individual counselling sessions

• Nutritional status assessment
  - Weight, Height, BMI, waist circumference

• Nutrition and Dietary Assessment
  - Questionnaires
  - Food Records and 24Hour Recall

• Diet, Nutrition and Physical Activity Education
  - The Traffic Light Diet was used to decrease energy intake and promote a healthy diet
  - Children were reinforced for increasing physical activities (pedometers)
**HEALTHY COOKING WORKSHOPS**

20 Healthy Cooking Workshops
1 Chef
5 Nutritionists
207 Children
226 Parents

**V-Boy Cookbook**

**CHILDREN’S GROUP SESSIONS**

- 21 Children's Group Sessions
- Diet, Nutrition and PA education
  - Portuguese Food Guide
  - The traffic light diet
  - PA promotion

**FAMILIES GROUP SESSIONS**

- 57 Parents attended 1 support and educational group session delivered by nutritionists
- Topics discussed:
  - Nutrition education
  - Eating and activity behaviour modification
  - Childhood Obesity

**RESULTS**

- Children’s participation by municipalities.

<table>
<thead>
<tr>
<th>Overweight children</th>
<th>Municipalities</th>
<th>Boja</th>
<th>Silves</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Melgaço</td>
<td>86</td>
<td>89</td>
<td>50</td>
<td>482</td>
</tr>
<tr>
<td>Meafala</td>
<td>67</td>
<td>51</td>
<td>47</td>
<td>293</td>
</tr>
<tr>
<td>Cascais</td>
<td>135</td>
<td>21</td>
<td>21</td>
<td>226</td>
</tr>
<tr>
<td>Beja</td>
<td>89</td>
<td>23</td>
<td>23</td>
<td>135</td>
</tr>
</tbody>
</table>

| Obtained parent’s consent | % |  
|----------------------------|---|---
| Melgaço                    | 77,9 |
| Meafala                    | 87,7 |
| Cascais                    | 37,8 |
| Beja                       | 23,6 |
| Silves                     | 94,0 |

| Finished the programme    | % |  
|----------------------------|---|---
| Melgaço                    | 51,2 |
| Meafala                    | 82,0 |
| Cascais                    | 18,5 |
| Beja                       | 23,6 |
| Silves                     | 58,0 |

**RESULTS**

- Mean values of age, BMI, weight, height and BMI-Percentile by sex.

<table>
<thead>
<tr>
<th></th>
<th>Girls (n=152)</th>
<th>Boys (n=141)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (years)</td>
<td>8,5 (±1,3)</td>
<td>8,8 (±1,4)</td>
</tr>
<tr>
<td>BMI (kg/m²)</td>
<td>22,1 (±2,7)</td>
<td>21,7 (±3,5)</td>
</tr>
<tr>
<td>Weight (kg)</td>
<td>41,8 (±9,6)</td>
<td>44,0 (±10,1)</td>
</tr>
<tr>
<td>Height (cm)</td>
<td>130,5 (±10,1)</td>
<td>138,4 (±11,4)</td>
</tr>
<tr>
<td>BMI-Percentile</td>
<td>93,2 (±6,3)</td>
<td>94,0 (±5,8)</td>
</tr>
</tbody>
</table>
RESULTS

• 80.4% of children decreased their BMI percentile

CONCLUSION

• Project Obesity Zero...
  – Established and promoted a 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 overweight children