**Methods**

4-stage intervention:
1. (1121) Individual nutrition & PA counseling (Nutritional status assessment; Nutrition and Dietary Assessment and Diet, Nutrition and Physical Activity Education)
2. (20) Healthy cooking workshops
3. (2) Children’s Group Sessions (Nut & PA activities)/ municipality
4. (3) sessions of Parent/Families Group counseling

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**Screening for childhood obesity**

- 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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**WHO Surveillance Initiative (COI – Portugal 2008)**

- The programme was QuasiExperimental
- Developed in 2009 in 5 healthcare centres and local governments in Portugal
- Developed in 2009 in 5 healthcare centres and local governments in Portugal

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**Preliminary results**

<table>
<thead>
<tr>
<th>Percentile</th>
<th>5%</th>
<th>10%</th>
<th>25%</th>
<th>50%</th>
<th>75%</th>
<th>90%</th>
<th>95%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boys</td>
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<td></td>
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</tbody>
</table>

- 91.3% (9.2)

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**Next International Conference on Childhood Obesity**

6-9th July
Estoril/Oeiras
www.cioi2011.org

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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