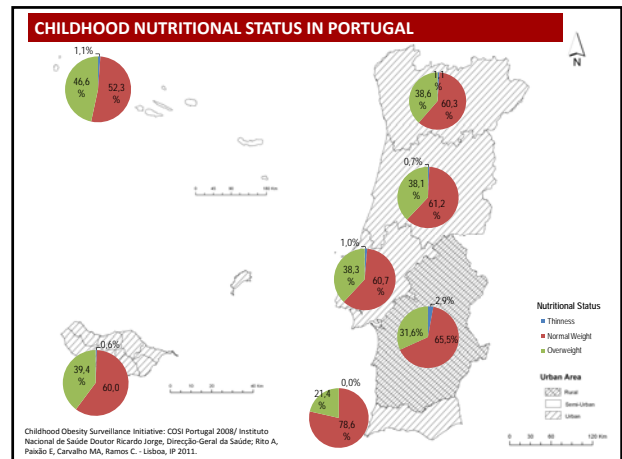


Project Obesity Zero

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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

- 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)




METHODS

4 stages intervention:

- Individual nutrition & Physical Activity (PA) counselling
- Healthy cooking workshop
- Children’s Group Sessions (Nut & PA activities)
- Parents/families Group counselling


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







Melgaço




Mealhada



Cascais




Beja





Silves

HEALTHY COOKING WORKSHOPS

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



Gymkhana



Traffic Light Diet Game

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



Mealhada



Cascais

RESULTS

- Children's participation by municipalities.

| | | Municipalities | | | | | Total |
|---------------------------|---|----------------|----------|---------|------|--------|-------|
| | | Melgaço | Mealhada | Cascais | Beja | Silves | |
| Overweight children | n | 86 | 122 | 135 | 89 | 50 | 482 |
| | % | 77,9 | 87,7 | 37,8 | 23,6 | 94,0 | 60,8 |
| Obtained parent's consent | n | 44 | 100 | 25 | 21 | 29 | 219 |
| | % | 51,2 | 82,0 | 18,5 | 23,6 | 58,0 | 45,4 |

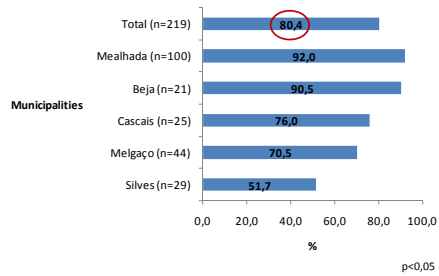
RESULTS

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

| | Girls (n=152) | Boys (n=141) |
|--------------------------|---------------|--------------|
| Age (years) | 8,5 (±1,3) | 8,8 (±1,4) |
| BMI (kg/m ²) | 22,1 (±2,7) | 22,7 (±3,5) |
| Weight (kg) | 41,8 (±9,6) | 44,0 (±10,1) |
| Height (cm) | 136,5 (±10,1) | 138,4 (±9,4) |
| BMI-Percentile | 93,2 (±6,1) | 94,0 (±5,8) |

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