

Obesity Prevention in Portugal **National Platform Against Obesity**

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DGS (Directorate-General for Health) / Platform Against Obesity

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www.dgs.pt



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PLATFORM AGAINST OBESITY:



**WHO European Ministerial Conference
on Counteracting Obesity**

Diet and physical activity for health

Istanbul, Turkey, 15-17 November 2006



EUROPE



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European Charter on counteracting obesity



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Badenweiler memorandum

White Paper



Aims

- **Curbing the epidemic and reversing the trend is the ultimate goal.**
- Visible progress in children in the next 4-5 years;
- Contribute to the reversion of the epidemic growth until 2015;

Intersectoral



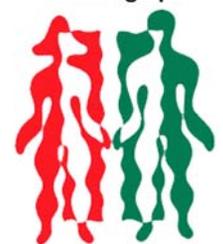
Platform in action – 2008

launched in
May 2007

Commitments & partnership:

- Ministry of Education
- National Youth Institute
- Consumers Association
- Food Industry Federation
- Local Markets & Farmers
- The biggest bank
- Public restaurants & caterers association
- Food retailers association
- Adv association
- Nutritionists Association
- Dieticians Association
- Nursing Association
- Pharmaceuticals Association
- Family Doctors Association

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Platform in action - 2008

INFORMATION EDUCATION ALERTING THE PROBLEM

- Translation of the European Charter Against Obesity
- A specific “Telephone advise/counselling & referral” - Ministry of Health Line (NHS)
- “General Food Recommendations” revision with the Redefinition of the National Council on Nutrition.
- Incentive to improving nutritional profile of food items and better nutritional information in labels
- **STAMP “Seleccção Positiva”**
Restaurants proposal of the “Healthy Menu” (Prize)

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Platform in action - 2008

TOOLS FOR HEALTH

- **Health Professionals training (nation wide)**
- **Prize/award “Prevention against obesity”**
- **Anthropometry Manual (helping surveillance)**
- **Manual of best-practice in obesity management**
- **National Commission on Obesity Surgical Treatments**
- **Guidelines for Relapse Prevention**

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Platform in action - 2008

CHILDREN

- **Nutritional Childhood Obesity Surveillance**

**WHO European Childhood Obesity
Surveillance Initiative**



**WORLD HEALTH ORGANIZATION
REGIONAL OFFICE FOR EUROPE**

**National
Representatives**

Studies

-Prescholar

-Adolescents

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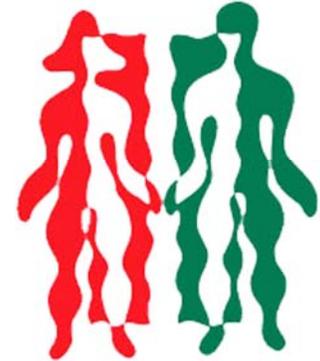
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Local governments Agreement

Healthy Lifestyle Educational Programme PRIMARY SCHOOLS

- 1) *Research / prevalence / determinants /
Surveillance*
- 2) *Intervention*

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“Movement Positive Energy”

- *Roadshow* schools/beachs
- *Kit* - School
- Positive Energy brigades
- TV
- Website “Platform Against Obesity”





Obesidade Infantil



Plataforma em Acção



Próximos Eventos

- 15.01.2008 Escola em Movimento
- 15.01.2008 Pellentesque Habitant Morbi
- 15.01.2008 Pellentesque Habitant Morbi



Road Show

Leiria 23 Mar
Porto 30 Mar
Faro 10 Abr

Escola Saudável



Ass. de Promoção Social de Alhandra

Pellentesque habitant morbi tristique senectus
et netus et malesuada fames. Pellentesque
habitant morbi...

[Saber mais →](#)

Crianças

Jogos Passatempos Dicas

Pellentesque habitant
morbi tristique senectus
et netus et malesuada

[Entrar →](#)

Newsletter

Pellentesque habitant morb tristique senectus

E-mail

[Subscrever →](#)



Pais

O que devo mandar para o lanche do meu filho?

[Dúvidas →](#)

Registe o seu agregado familiar e ajude-nos
a conhecer melhor o seu caso

[Iniciar Registo →](#)

Viver Saudável

Guia de Exercício

Morbi tristique
senectus et netus
et malesuada



Calculador de Índice de Massa Corporal

Pellentesque habitant
morbi tristique senectus
et netus et malesuada
pellentesque habitant
morbi tristique senectus
et netus et malesuada

Idade

Altura m

Peso Kg

[Calcular →](#)

Centro de Conhecimento

Mini-enciclopédia habitant morb tristique senectus

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Profissionais

Pellentesque habitant morb tristique senectus

[Entrar →](#)

Projecto OI

Pellentesque habitant morb tristique senectus

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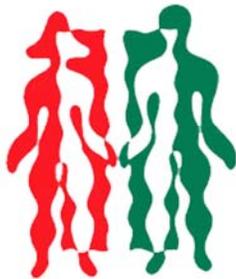
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