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Contact details: jorgetorres@campus.esel.pt**KEYWORDS**

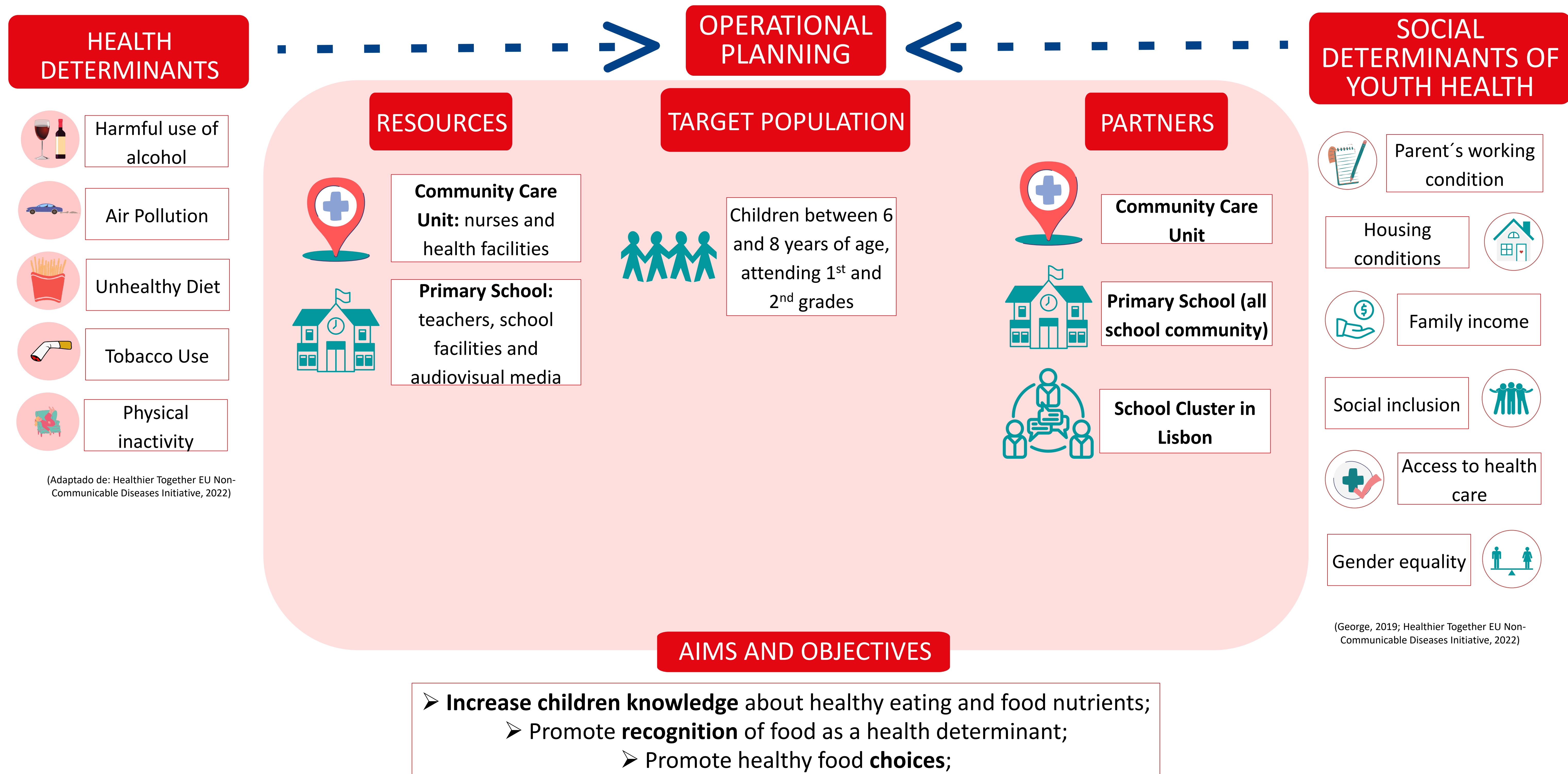
Health education; Community nursing; Childhood overweight; Childhood obesity; Community intervention

RATIONALE

This project follows the Health Planning methodology. Its starting point is a Local Health Plan for a geodemographic area of Lisbon, which constitutes an operational planning document for that same area. It is aligned with the international and national goals established for the control of overweight and obesity. Some of the problems considered as priorities in this Plan are non-communicable diseases. These can be prevented by acting on some health determinants. Thus, this project focuses on healthy eating habits in children between 6 and 8 years old. At this age, there is a significant adipocyte rebound that can predispose to obesity at older ages (Jansen et al., 2005 cited by Rito et al., 2021).

Childhood obesity is associated with a high risk of obesity and premature death in adulthood. In addition, overweight or obese children are more likely to develop arterial hypertension and insulin resistance, contributing to an increased cardiovascular risk (WHO, 2021).

The project was planned to be implemented in an area of Lisbon with lower socioeconomic indexes, which can translate into vulnerability on children in the same area.

**ACTIVITIES**

- **Meeting with project partners**
- **Health education sessions:**
 - Food as a health determinant
 - Healthy eating habits and Mediterranean diet
 - Characterization of foods according to their nutritional characteristics
 - Relationship between food and environment
 - Constitution and importance of school meals
- **Practical health education sessions**
 - Nutri-Score
 - Snacks and healthy meals
 - Reading nutritional labels
 - Interpretation of information transmitted in the media that can influence food choices
- **Final project evaluation meeting with project partners**

(DGS, 2017; WHO, 2022)**EVALUATION**

- **Process indicators:**
 - (No. of sessions performed / No. of sessions scheduled) x 100
 - (No. of students who participated in the project / No. of students from participating classes) x 100
- **Result indicators:**
 - (No. of students who recognize the relationship between food and health / No. of students from participating classes) x 100
 - (No. of students who recognize the relationship between food and environment / No. of students from participating classes) x 100
 - (No. of students who recognize healthy or harmful foods according to their nutrients / No. of students from participating classes) x 100
 - (No. of students who choose healthy foods according to the nutritional label / No. of students from participating classes) x 100

CONCLUSION

Obesity and overweight are health determinants with a worldwide impact. Children are a vulnerable group, under the influence of social determinants. Partnerships must be established in order to act on the determinants of health, reducing their impact on the health of populations. The social determinants of health should be considered, especially in more vulnerable groups such as children. The specialist community nurse, using the Health Planning methodology, has the duty to continue to empower the populations, especially vulnerable groups. Its implementation can bring gains to children, families and society. Moreover, it facilitates compliance with national and international goals, as far as preventing overweight and obesity is concerned.

REFERENCES