

EFFECTIVENESS OF A PROJECT TO PROMOTE HEALTHY SNACKS FOR THE CHILDREN IN PRIMARY SCHOOL

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Introduction: In school-age child nutrition is very important. The family's role in food and nutrition education is unquestionably. The school can provide a context of formal learning complementary to the family in improving the quality of school lunches.

Objectives: Improve the food quality of the snacks for the children in primary school.

Methods: The evaluation focused on monitoring food quality of the snacks, which are categorized into: 0 - not brought snack; 1 - unhealthy snack; 2 - healthy snack (it has 2 of the 3 food groups and does not contain unhealthy foods); 3 - very healthy snack (consisting per 1 of the group of cereal, 1 of the group of fruits and 1 of the milk and derivatives group, and contains no unhealthy foods). The evaluation was done in two weeks (beginning and end) of the 1st and 3rd period, and a week in the middle of the 2nd period. In each week 3 ratings were made on: Monday, Wednesday and Friday.

Results: We found that the intervention carried out with parents, teachers and students throughout the school year, was effective in improving the quality of school lunches of children attending primary school ($p = 0.000$). In the first evaluation moment, children had an average of a snack between unhealthy and healthy ($x = 1.63$, $SD = 0.62$) and at the end of the school year an average of a snack between healthy and very healthy ($x = 2.4$, $SD = 0.57$). There was a high index of satisfaction with the project by stakeholders.

Conclusions: The results suggest the need to implement continuous projects promoting healthy eating among children of primary school, as a way of promoting healthy behaviors in children and consequently in families.

Keywords: Food quality. School lunches. Primary school.

SUCCESS FACTORS IN FOOD EDUCATION RESEARCH AND INTERVENTION PROGRAMS/PROJECTS WITH SCHOOL AGED CHILDREN

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Introduction: In school age years, an adequate diet is a determining factor for health promotion, preventing diseases associated with poor diet habits, such as obesity, one of the main challenges of public health in the 21st century. In this sense, WHO elects efficient food education (FE) programs, whose success is attributed to changes in the school environment that include curriculum, long-term intervention and educational community engagement.

Objectives: To analyse recent data of the FE research and the results by the implemented programs, as a support for intervention strategies with success potential.

Methods: Literature Review about FE's interventions with children and youth in school age (pre-school to Key Stage 3) that cover seven educational programs/projects running in Portugal since 2000 and six action-research projects developed in the same period in other instances.

Results: We found enhancement of eating behaviour in long term interventions, integrated (curriculum, parents engagement, students, community and surrounding environment), earlier ones (≤ 8 years), with appeals to peers and adults modelling (teachers and

parents), with direct experience (sensorial experiences, preparing food...) and feeding information.

Conclusions: Strategies applied in FE must be intensive and target individual factors (increase the importance given to health and healthy lifestyle benefits); provide opportunities for children to taste new and healthy food and help them develop practical skills (planning/preparing of meals and reading labels); and change environment factors (family, teachers, health professionals and community engagement), exploring the influence of peer groups, and increasing the access/availability of healthy food.

Keywords: Food education. Children. Success factors.

BODY IMAGE AND OVERWEIGHT IN ADULTS OBESE FEMALE - WHAT ABOUT PROMOTION HEALTH EDUCATION?

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Body image and self-concept are of unique importance; with body weight having an impact on peer's acceptance. In this sense, patients with higher BMI have more difficulty in their relations. In fact, the greater the dissatisfaction with their own body (especially in women) the lower is the frequency of sexual activity. A negative body image is often associated with refusal to live sexual experiences, which has as consequences decreased sense of subjective well-being in their lives. This research aimed to know the subjective perception of body image in obese and overweight women and study the association between BMI and body image. An exploratory and quantitative study was developed, based on a sample of 149 women aged between 18 and 65 years. Data was collected in various hospitals from northern and central Portugal having been used for this purpose, the Sexual Satisfaction Index (SSI) and Binge Eating Scale (BES). The results show that 46.6% of participants feel embarrassed about their appearance and weight. Of these, 31.1% feel disappointed and 15.5% feel a lot of shame and contempt, reasons why, these women avoid any social contacts. The perception of body image is all the more negative the greater the BMI. The results of this research, suggest Women with higher BMI seem to be subject to greater mental suffering, because they feel great discomfort in relation to their body. Feelings like shame and and difficulty in socialization are morbidities for subjective well-being. Considering the results and their implications, it suggests an investment in education for health promotion in general and in health food in particular.

Keywords: Body image. Overweight. Women. Sexual satisfaction. Portugal. Health education.

H2Q - "HOME TO QUEIMA" COME AND GO SAFE: PREVENTION OF DRINK-DRIVING DURING ACADEMIC PARTIES

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Introduction: The relationship between alcohol consumption and the increased risk of road traffic accidents is well documented (Sanem et al, 2016). In Portugal, despite its significant decrease, driving under the influence of alcohol continues to be one of the major causes