

| <b>City</b> Belo Horizonte                         |  |
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| <b>Country</b>                                     | Brazil   |
| <b>Population</b>                                  | 2,375,151  |
| <b>Title of policy or practice</b>                 | Food Squad   |
| <b>Subtitle (optional)</b>                         | Ludic Strategies of Food and Nutritional Education in Promoting Healthy and Sustainable Diets  |
| <b>URL video</b>                                   |  |
| <b>Category</b>                                    | Sustainable Diets and Nutrition  |
| <b>SDGs</b>  | SDGs: 3, 4, 11, 12.  |
| <b>Brief description</b>                           | <p>Data from the Family Budget Survey conducted in the years 2008-09 show a prevalence of obesity of 14.3% and overweight of 33.5% among Brazilian children aged five to nine. It is noted that in childhood, the excess of weight predisposes to several health complications, such as: respiratory problems, diabetes mellitus, hypertension, dyslipidaemias, raising the risk of mortality in adult life. The exchange of healthy meals made up of basic food (rice, beans, vegetables, meats and dairy products) by industrialized countries has become a frequent food consumption pattern associated with the early onset of chronic noncommunicable diseases. Thus, in recent years, several interventions have focused on ecological models, which seek to understand obesity through people's behaviour, which can be affected by different levels of influence: intrapersonal, interpersonal, community, social and cultural, and interaction between them. In this sense, the insertion of art into educational programs becomes relevant since it can stimulate creativity that recreates possibilities of comprehension of the students, contributing to the adoption of healthy food behaviours. Through educational and communication actions, Belo Horizonte City Hall mobilizes the population to adopt healthy food practices. Based on strategies that allow the exchange of experiences, the meetings are held with theoretical and practical moments, with a participatory and dynamic approach, which favours dialogue and reflection on the importance of healthy eating in all phases of life. In this context, the Food Squad Project emerges, which operates in municipal schools in Belo Horizonte since 2013 and today educates about 8,000 students from seven to 11 years old by year. Children participate in healthy eating educational workshops through ludic strategies: art theatre mobilization, culinary workshops among others.</p> |
| <b>Date of start and state (ongoing/completed)</b> | 04/2013 – 12/2020<br>Ongoing   |
| <b>Actors and stakeholders involvement</b>         | Municipal Secretariat for Social Assistance, Food Security and Citizenship;<br>Municipal Secretariat of Education;<br>Municipal Secretariat of Health;<br>Universidade Federal de Minas Gerais.  |
| <b>Approach</b>                                    | <p>Planning:</p> <ul style="list-style-type: none"> <li>Selecting schools for participation based on health and food safety criteria.</li> </ul> <p>Execution of the Program:</p> <ul style="list-style-type: none"> <li>Intervene through workshops and MOBS/SMASAC Mobilization Art Theatre for students;</li> <li>Teacher as a multiplier in the classroom using guided pedagogical practices;</li> <li>Healthy Eating Discussion Groups with parents and family to be organized with schools in partnership with the Municipal Secretariat of Health.</li> </ul>   |
| <b>Innovation</b>                                  | The practice is innovative as it ensures the concept of sustainability linked to the responsibility for future generations. Children involved who practice sustainability and notions of daily health  |

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|                                     | <p>promotion will be able to act locally and change the environment in which they live. Another important point is that such children also become conscious consumers by guaranteeing the right to information, recognition of misleading advertising and healthy choices for self-consumption. It is worth mentioning that Law no. 13666/2018 defines that food and nutritional education is now included among the mandatory cross-curricular themes of the curricula of pre-school, elementary and high school education. Thus, SUSAN innovated in its strategy in 2019 and began to train also teachers who will act as multipliers in the classroom, addressing the theme of food, nutrition and healthy life practices in a food and nutritional security perspective. In the new version, therefore, the Food Squadron now incorporates the dissemination of pedagogical practices, which are worked on in four meetings addressing the following modules: food and health; environment and legal frameworks; and final evaluation.</p>  |
| <p><b>Impact</b></p>                | <p>Since the year 2015, the project has had 31,680 participations in Food and Nutrition Education workshops. In total, there were 7,290 students impacted. Those students are expected to act in the transformation of their environment, contributing to the prevention of nutritional deviations as well as being health promoters through good eating habits. One of the strategies is to demonstrate that there is a universe of consumption possibilities even with few resources, diversifying revenues and ways of cooking that allow access for all audiences. Other important points are the recovery of culinary practices and flavours that can be grown in a home garden, in recyclable materials in small spaces and the stimulus to the full use of food. Regarding the impact, data from a survey conducted in 2015 that analysed 786 schoolchildren (447 in the Control Group and 339 in the Intervention Group) concluded that short-term nutritional intervention provided an increase in fruit consumption (<math>\beta = 0.06</math>, <math>p = 0.011</math>) and reduction in the intake of added sugar (<math>\beta = 0.05</math>, 95% CI: 0.02-0.12, <math>p = 0.031</math>), proving that the actions have an influence on children's eating habits. A new study published in 2018 analysed 613 students with an average age of 9.4 years and identified that the action of food and nutritional education reduced the consumption of chips, cookies, artificial juices and soft drinks. The results were statistically significant (<math>p &lt; 0.05</math>).</p> <p>Source: Carmo et al (2018). DOI: 10.12691 / JFNR-6-5-4. Annex 1.</p> |
| <p><b>Inclusion</b></p>             | <p>The Mobilization and Education for Food Consumption Program of the Belo Horizonte City Hall has an intersectoral action, including other food security programmes of the municipality, such as School Feeding, Popular Restaurants, Community Gardens and Food Bank. The articulation also goes beyond the boundaries of the theme, which works especially in partnership with the Municipal Secretariats of Education, Health and Social Policies, in addition to articulation with Universities and Municipal Councils. The activities are carried out especially in municipal schools, kindergartens and institutions and also in the Social Assistance Reference Centres (CRAS).</p> <p>SUSAN's programs and projects are part of a set of mutually supportive actions that are built and developed in an intersectoral manner, bringing together partners from different sectors of government, such as health, education, social assistance, urban policy, besides Universities and organized civil society associations. It is important to emphasize the actions of food and nutritional assistance, which attend the population with the greatest social vulnerability, be they children, adults or the elderly, inserted in public or private equipment partners to the City Hall, such as schools, day care centres, shelters and Long Stay for the Elderly institutions.</p>   |
| <p><b>Adversity coefficient</b></p> | <p>The origins of the concern with food security are mainly due to the discussions about hunger that emerged around 1992, when the Movement for Ethics in Politics acted strongly in the awareness of the Brazilian population. It was then that the Municipal Supply Policy of Belo Horizonte began to be outlined, what would later become the food security policy. In January 1993, a study committee was created to write a draft proposal for the creation of the Municipal Secretariat of Supply. A survey conducted at all municipal health centres, on the same day as the child vaccination campaign, pointed to a serious malnutrition at the time, especially in children up to five years old.</p> <p>Belo Horizonte, lined up with the national scenario, has undergone several economic,</p>   |

demographic and social changes in recent decades, culminating in important changes in the health conditions of the population.

The current Brazilian epidemiological scenario is represented by the triple burden of diseases with an incomplete schedule of infections, malnutrition and reproductive health problems; the challenge of chronic diseases and their risk factors (smoking, overweight, obesity, physical inactivity, stress and inadequate diet); and expressive growth of external causes. This scenario is part of the nutritional transition, marked by several changes in food consumption, which, together with a sedentary lifestyle, is considered an immediate factor in the increase of the prevalence of overweight in the Brazilian population (MENDES, 2009). It should be noted that obesity is a chronic disease with complex aetiology and with multiple associated factors, such as life habits, socioenvironmental characteristics and genetic / biological susceptibility (WHO, 2011).

The challenging context of nutritional education thus requires approaches that embrace food problems more broadly, by strategies that overcome the mere transmission of information (BIZZO and LEDER, 2005; BOOG et al., 2003). In this sense, the insertion of art within educational programs becomes relevant since it can stimulate creativity that recreates possibilities of comprehension of the students, contributing to the adoption of healthy eating behaviours (PIRES et al., 2009).