



24 – 26  
SEPTEMBER

2017

## EUROPEAN FORUM FOR PRIMARY CARE

#EFPC2017 PORTO CONFERENCE

### Programme Book & Information

The Citizen Voice in Primary Care; a social commitment to 'health for all'!

Casa do Medico, Porto, Portugal



CONSÓRCIO ORGANIZADOR



**Abstract ID: EFPC2017350****Prevention of marijuana, cigarette and hookah use with adolescent athletes: Experience Report**

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**Keywords:** Adolescent ; health promotion; Substance Abuse ; Handball

**Purpose:** To present a health education activity carried out with female handball athletes, with 14 to 16 years old, who live in social environments where people use marijuana, cigarettes and hookah.

**Context:** Previously, it was identified that at least ten of fourteen athletes were vulnerable to become users of these substances. Method: Before four sport training sessions, the team was assembled to discuss, as of Socratic questioning, the health effects produced by those substances.

**State of the art:** It was identified that, at beginning of the debates, they did not know most of the deleterious impacts on health caused by those substances, and they identified the use as ways for social approval. It was debated how social approval can be achieved by other ways, such as the development of social skills. At the end of the discussions, they received pamphlets that reported the consequences of the substances, and were encouraged to study in bibliographic sources. At the end of the last session, a "contract" was drawn up indicating the deleterious effects induced by substances on health, that they know it, as well as, that social approval can be achieved by other ways, such as social skills. In the end, two athletes were vulnerable.

**Abstract ID: EFPC2017353****Introducing a dialog with brazilian population about childhood obesity and obesogenic environment.**

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**Keywords:** Childwood Obesity; Obesogenic Environment; Food and Nutrition Education; Cancer Prevention

**Purpose:** The main purpose of the animation video Childwood Obesity (available at <https://www.youtube.com/watch?v=qsZ9fHdG0ZM>) was to create an audio visual material to introduce a dialog channel and raise awareness of the Brazilian population about the influence of the environment at food and nutrition choices.

**Context:** An obesogenic environment promotes obesity in people and populations influencing physical, economical, sociocultural and policy factors. It was considered that even with the understanding about healthy food habits the personal choices are not so simple. Children are a special target of food industry advertisements, stimulating the consumption of food products that can promote over weight and obesity. Additionally, the access to shopping facilities, availability and cost of different kinds of food are also important topics to discuss with population about.

**State of the art & Statements for debate:** What is the people perception about their food environment? How do they organize their routine of buying, preparing, cooking and the consumption of food meals? Which kind of strategies people could create on their communities to guarantee a healthy food environment? These are some questions that could be raised and intermediated with this audio visual resource.