

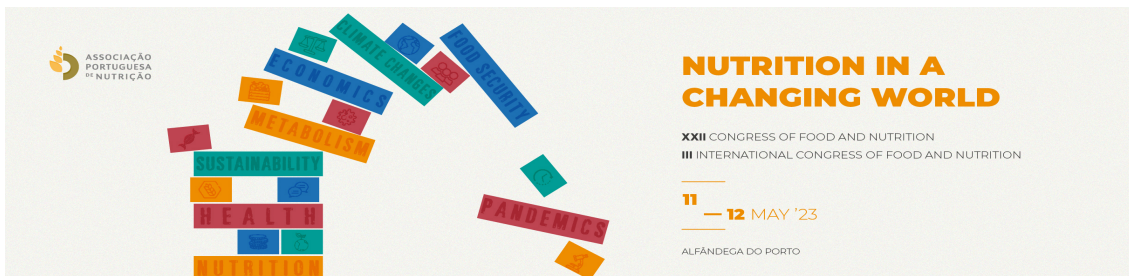
## **Submission of Abstracts / Submissão de resumos**

**XXII Congress of Food and Nutrition**

**III International Congress of Food and Nutrition**

**11 | 12 May 2023**

**Centro de Congressos da Alfândega do Porto**



## Title / Título

(Font: Calibri - Bold; Size: 11; Alignment: justified; Space: 1,5; capital letters)

**Note:** The title should be written in the same language as the institutions and as the abstract.

(Fonte: Calibri – Negrito; Tamanho: 11; Alinhamento: justificado; Espaçamento: 1,5, letras maiúsculas)

**Nota:** O título deve ser escrito no mesmo idioma das instituições e do resumo.

## STRATEGIES FOR THE ENGAGEMENT OF YOUTH IN HEALTH-RELATED ACTIVITIES IN PORTUGAL: THE CO-CREATE PROJECT

## Authors / Autores

Name and Surname written in full (Font: Calibri - Bold; Size: 11; Alignment: justified; Space: 1,5.)

Present all author's Name and Surname or professional name; Between authors, their names should be separated by semicolon;

Use underline to highlight the author responsible for doing the presentation.

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Apresentar Nome e Sobrenome ou nome profissional de todos os autores; Entre os autores, os seus nomes devem ser separados por ponto e vírgula;

Colocar o nome do autor que realiza a apresentação do trabalho em sublinhado.

Sofia Mendes<sup>1</sup>; Inês Figueira<sup>1</sup>; Ana Rito<sup>1,2</sup>

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Number each institution for which the authors work or cooperate with.

They should be numbered next to the author's name (Name + Surname<sup>1</sup>) without space, and should be presented as superscripts.

Present the institution's full name. Please, avoid the acronyms.

Use one paragraph for each institution.

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Disponer o nome completo da instituição. Por favor, evitar o uso de siglas.

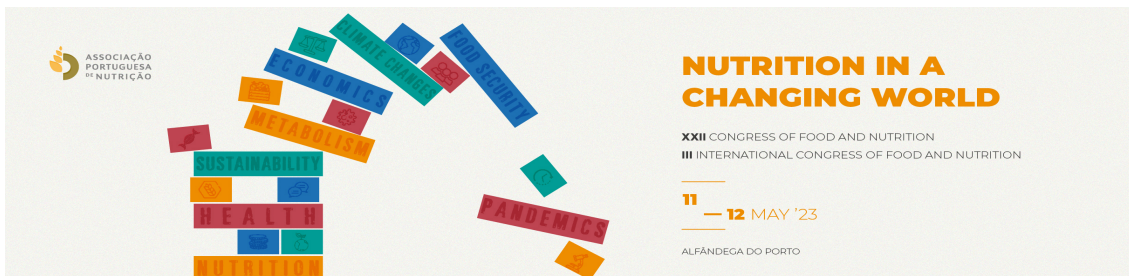
Utilizar um parágrafo para cada instituição.

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<sup>1</sup>Centro de Estudos e Investigação em Dinâmicas Sociais e Saúde (CEIDSS)



<sup>2</sup>Instituto Nacional de Saúde Doutor Ricardo Jorge (INSA) – Departamento de Alimentação e Nutrição



### **Title / Título**

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## **STRATEGIES FOR THE ENGAGEMENT OF YOUTH IN HEALTH-RELATED ACTIVITIES IN PORTUGAL: THE CO-CREATE PROJECT**

### **Abstract / Resumo**

Structure: Introduction, Aims, Methodology, Results and Conclusions;

Word limit: 300; Font: Calibri; Size: 11; Alignment: justified; Space: 1,5.

**Tables:** a simple table, within the assigned space for the abstract. The table title should be brief, clear and concise regarding its purpose. The table's legend should also be displayed in Calibri 11.

**References:** They should not be included in the abstract.

**Note 1:** The abstract should be written in the same language as the title and as the institutions.

**Note 2:** Only original works will be considered. Systematic reviews, meta-analysis and narrative reviews will not be considered.

Estrutura: Introdução, Objetivos, Metodologia, Resultados e Conclusões;

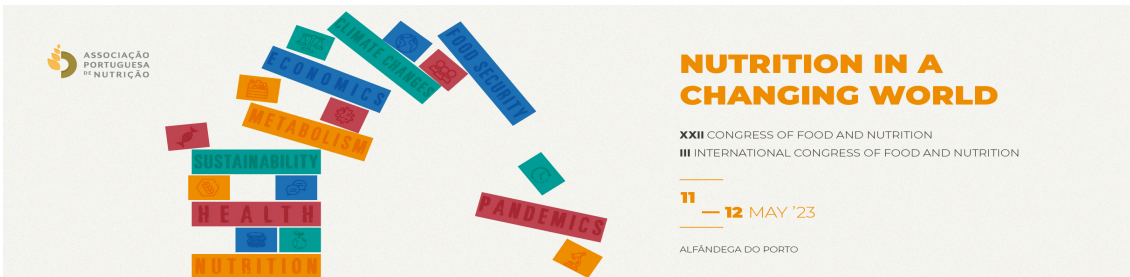
Limite de palavras: 300; Tipo de letra: Calibri; Tamanho: 11; Alinhamento: justificado; Espaçamento: 1,5.

**Tabelas:** uma tabela simples, dentro do espaço designado para o resumo. O título da tabela deve ser breve, claro e conciso face ao propósito da mesma. A legenda da tabela também deverá ser apresentada em Calibri 11.

**Referências bibliográficas:** Não devem ser incluídas nos resumos.

**Nota 1:** O resumo deve ser escrito no mesmo idioma do título e das afiliações.

**Nota 2:** Apenas trabalhos originais serão considerados. Trabalhos de revisão sistemática, meta-análise e revisão narrativa não serão considerados.



**Introduction:** The lack of attention paid by policymakers to the views and role of young people in societal matters, including health, has been a contributor factor for the poor youth involvement in the development of health-related policies. The CO-CREATE (CC) project aims to collaborate with adolescents across Europe in developing policy ideas that contribute to overweight and obesity prevention.

**Aim:** Present the strategies for the recruitment and engagement of youth in CC project in Portugal.

**Methods:** In order to recruit for a diversity of youths, the Portuguese CC Team identified the scout organization CNE (*Corpo Nacional de Escutas*) as the most relevant gatekeeper, being the biggest Portuguese youth association. The principles of youth-led participatory action research were employed to design 3 Youth Alliances, temporal gathering of a group of young people that work together towards a common goal: Scout groups of Oeiras, Parque das Nações and São Domingos de Rana.

**Results:** Several opportunities were created to promote the Portuguese youth engagement in the project such as the planning and organization of local and national Dialogue Forums and the presentation of youth policy ideas to three political parties of the Portuguese Parliament. Recommendations from the CC youth for encouraging youth involvement in the development of policies are highlighted below:

- Promote training and empower youth, for example, through and in schools;
- Create opportunities for youth to be part of national and international projects as active partners is needed, and facilitating youth promoting this via their channels;
- Establish partnership with existing youth organizations to foster synergies;
- Use tools that ensure equal and balanced participation in discussions between youth and stakeholders.

**Conclusion:** Nowadays young people's voices remain underrepresented in health policy processes, however CC is an example of a successful initiative that was able to motivate and mobilize youth in Portugal.