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*Diário da República*, 1st series

## ASSEMBLY OF THE REPUBLIC

### Resolution of the Assembly of the Republic No. 195/2021

*Summary:* Recommends measures to the Government to prevent, treat and combat obesity.

#### Recommends measures to prevent, treat and combat obesity to the Government

The Assembly of the Republic resolves, under the terms of paragraph 5 of article 166 of the Constitution, to recommend to the Government that:

1 — Effectively comply with the measures provided for in the priority health programs «Pro-Healthy Eating» and «Promotion of Physical Activity»:

- a) Assessing its degree of achievement, as well as the results obtained;
- b) Promoting a broad debate about its results, its consequences for the people's health throughout life and for the country's development;
- c) Using, in its dissemination, all means of communication, including digital ones, and mentoring the information according to the target audience.

2 — When defining the new national programs referred to in the previous point, take into account considering its multiple aspects, including the social and economic dimension of families, and involve all entities from the different areas considered essential, listening, namely, social groups that show more difficulties in accessing healthy food and to physical exercise and the industry sector, with the coordination of the Ministry of Health, through the General Directorate of Health (DGS).

3 — Make a financial investment in preventive health that approaches the average by investing, in particular, in health literacy, so that the population knows the ways to prevent obesity, warning signs and timely search for the professional of adequate health.

4 — Within the scope of the Portuguese Presidency of the Council of the European Union, raise awareness among the Member States for obesity problems, both in pediatric and adult age, encouraging them to adopt prevention and treatment measures for these patients.

5 - With regard to the food aspect:

- a) Carry out national surveys to find out how the eating habits of the Portuguese, fundamental for the development of public health policies;
- b) Carry out public campaigns to make the population aware of the costs in health caused by inadequate nutrition;
- c) Create conditions, through the Ministry of Social Security and Labour, and together with public entities and union organizations, to make meals available energetically balanced in the workplace;
- d) Develop measures and conditions to enable breastfeeding up to 2 years old of age, whenever possible, ensuring full and unquestionable respect for the choice of women;
- e) Continue cooperation with the food distribution and industry sectors, strengthening the procedures for the reduction of components harmful to health, given that these sectors they are fundamental allies for the success of obesity prevention;
- f) Create a food quality seal for establishments that use methods of healthy cooking, especially with regard to salt, sugar, quantities and distribution of food, and predominantly vegetable food.

6 — Positively discriminates against public entities that encourage the adoption of practices healthy, either in terms of food or in terms of physical activity, with their contributors.

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7 — Increase the time dedicated to the practice of physical activity in a school context.

8 — At the level of primary health care, reinforce the implementation of the fight obesity and develop preventive measures aimed at the causes of obesity, through:

- a) Encouraging obesity prevention and patient follow-up consultations with pre-obesity and obesity, with a view to treating obesity in the early stages of disease development;
- b) The increase in nutrition and psychology consultations, for early intervention and in a generalized way, using the Integrated Assistance Process for Pre-Obesity and ensuring its effective implementation throughout the territory;
- c) The implementation of preventive interventions for obesity centered on the family and schools, as well as obesity and metabolic disorders screening programs in community groups. and in a work context, by the care units in the community;
- d) The execution of obesity and metabolic alterations screening programs by uni-personalized health care facilities and by family health units;
- e) The creation, in each health center, of a multidisciplinary team of primary care to pre-obesity and obesity class I people, consisting of at least one doctor, one nurse, one a nutritionist, a psychologist and a professional exercise specialist;
- f) The hiring of professional specialists in physical exercise who prescribe exercise regular, safe and effective physical activity in each health center.

9 — At the level of the public hospital network:

- a) Increase the number of obesity consultations, namely increasing consultations obesity hospitals for patients with class II obesity with comorbidities and with obesity. class III in hospitals and local health units;
- b) Ensure that all children with overweight and obesity have access to services of nutrition and psychology;
- c) Ensure compliance with the DGS rules regarding the hospital referral of these patients, so that they have quick access to a specialty consultation;
- d) Create conditions to increase the number of obesity surgeries, giving priority to patients whose surgical treatment of obesity has been suspended as part of the disease pandemic COVID -19, so that it is not compromised;
- e) Empower all obesity surgical treatment centers, including centers of high differentiation in the surgical treatment of obesity, in order to reach the level of service necessary for an effective treatment of obesity in the Portuguese population.

10 - Ensure the effective functioning of obesity treatment centers properly accredited by the DGS and make available, in each regional health administration, at least one multidisciplinary center for the treatment of obesity, implementing a program in these centers. surgical treatment of obesity and creating or developing a multidisciplinary consultation for therapeutic decision, with regard to the Multidisciplinary Assessment of Surgical Treatment of the Obesity.

11 - With regard to health professionals:

- a) Ensure the completion of admission competitions for the necessary professionals, namely-mind of psychology and nutrition, in particular for primary care;
- b) Invest in greater training in obesity for specialists in General Medicine and Familiar.

12 - Take the necessary measures so that the drugs currently used in combat to obesity, and duly authorized by INFARMED — National Medicines Authority and Health Products, IP, are reimbursed by the National Health Service, creating a pharmacological subgroup for the treatment of obesity and predicting its maximum contribution.

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13 - In order to eliminate stigma and discrimination in relation to people with overweight and obesity:

- a*) Continue the awareness campaigns that have been carried out in schools in this context and promote broad national campaigns aimed at the adult population;
- b*) Take the necessary measures to prohibit, among others, discrimination in access to credits, insurance, essential goods and services, preventing any type of discrimination of the person depending on the disease, namely due to obesity;
- c*) Identify and eliminate obesity health messages that promote the stigma and discrimination.

Approved on June 18, 2021.

The President of the Assembly of the Republic, *Eduardo Ferro Rodrigues* .  
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