





Partner Presentation Form

Name of the organisation :	Instituto Politécnico de Bragança	 ipb INSTITUTO POLITÉCNICO DE BRAGANÇA
Address:	Campus de Santa Apolónia - 5300-253 Bragança Portugal	
Tel:	(+351) 273 303 200 / 273 331 570	
Fax:	(+351) 273 325 405	
Web site:	www.ipb.pt	

Name of the contact person :	<i>Vera Ferro-Lebres</i>	
Function:	<i>Pro-President</i>	
Address:	Instituto Politécnico de Bragança Serviços Centrais Campus de Santa Apolónia - 5300-253 Bragança Portugal	
Tel:	(+351) 273 303 200 / (+351) 273 331 570	
Fax:	(+351) 273 325 405	
E-mail:	vferrolebres@ipb.pt	

Name of the contact person :	<i>Juliana Almeida de Souza</i>	
Function:	<i>Lecturer</i>	
Address:	Escola Superior de Saúde do IPB Avenida D. Afonso V - 5300-121 Bragança Portugal	
Tel:	(+351) 273 330 950	
Fax:	(+351) 273 327 915	
E-mail:	julianaalmeida@ipb.pt	

Name of the contact person :	<i>Manuela Meireles</i>	
Function:	<i>Researcher</i>	
Address:	Instituto Politécnico de Bragança Centro de Investigação de Montanha Campus de Santa Apolónia - 5300-253 Bragança Portugal	
Tel:	(+351) 273 330 950	
Fax:	(+351) 273 327 915	
E-mail:	manuela.meireles@ipb.pt	

Name of the contact person :	<i>Ana Raquel Rodrigues</i>	<p><i>Picture of the contact person</i></p>
Function:	<i>International Relations Office</i>	
Address:	Instituto Politécnico de Bragança Serviços Centrais Campus de Santa Apolónia - 5300-253 Bragança Portugal	
Tel:	(+351) 273 330 835	
Fax:	(+351) 273 325 405	
E-mail:	anaraquel@ipb.pt	

Project Number: 2021-1-RO01-KA220-HED-000032108

Type of organisation:

SME School University Public Authority
Training No Profit NGO

Other (Specify)

Fields of action :

SMEs Youth Universities Public Authorities
Equal opportunities Schools Unemployed

Other (Specify)

Description of the organisation

The Polytechnic Institute of Bragança (IPB) is a higher education public institution with a defined mission in creating, transmitting and diffusing technical-scientific and professional knowledge through the articulation of study, teaching, applied research and experimental development. IPB belongs to the European Network for Universities of Applied Sciences (UASNET), which main objectives include the transferability of professional skills and the integration of applied research in their professional and technological education mission.

Founded in 1983, IPB is presently composed by five schools. Its activities embrace a wide area of knowledge and technology, namely, arts, communication and multimedia, business sciences and law, education and teachers training, agriculture sciences and natural resources, health, tourism, sports, technologies and engineering.

The IPB has an internationalization programme with widely recognized success, including the annual mobility of more than 900 incoming and outgoing students and 300 teaching and non-teaching staff members, as the result of the cooperation with several European HEIs and with universities from the Community of Portuguese-Speaking Countries and all over the World

Taking into account its dimension (9000 students and 500 full time equivalent teachers), IPB is placed in the first line of the international mobility. Considering the latest governmental data, 30% of IPB graduates had an international mobility experience during their study programme, which remarkably places IPB above the objective established by the EU for 2020 (20%). IPB also distinguishes itself as partner in European projects.

The IPB is one of the few Portuguese HEIs awarded with both the ECTS and the DS Labels (Diploma Supplement), thus assuring the quality and the transparency of the management and the fair academic and professional recognition of its qualifications (www.ipb.pt/iro, www.ipb.pt/ectsguide, www.ipb.pt/sd). IPB is a certified institution awarded with ISO 2001:2008 standards certificate, our Planning and Quality Management Office implements mechanisms of quality control in order to improve quality of services and follow financial implementation of projects.

The Escola Superior de Saúde de Bragança (ESSa) is one of five schools integrated in the IPB. It is a public higher education institution whose mission is the training of 1st and 2nd cycle, postgraduate training, research and the provision of services to the community, in the field of health. Throughout its existence, it has sought to reconcile a growth strategy with the fundamental principle of the search for formative quality, fulfilling its institutional function, and for that reason it has deserved the recognition of other educational institutions, health and the community in general. As a higher education institution, it currently occupies an important training space in the area of health sciences, constituting itself as a fundamental pillar for the development of the region.

Mountain Research Centre (CIMO) is a National Research and Development unit of excellence, funded by FCT, the Portuguese national funding agency for science, hosted at the IPB. CIMO conducts research on Mediterranean mountain systems following an interdisciplinary strategy to go from Nature

(raw materials, natural resources, biodiversity, agriculture, forest management) to Products (Food and Bio-based materials). CIMO applies a holistic and interdisciplinary research approach, integrating natural, social and engineering sciences to promote sustainable development through the use of endogenous resources and creation of value chains. CIMO aims to promote scientific and technological development and their transformation into global opportunities to socioeconomically reinforce mountain ecosystems taking advantage of a successful past experience and a consolidated national/international leadership. The CIMO has currently 137 members, which comprises 80 PhD integrated members, 37 integrated PhD students, 20 Project Grant researchers and 15 collaborators.

In this context, CIMO aims to contribute towards the development of the country, namely of the Northern region, according to the “Norte 2020” guidelines, by turning regional challenges into opportunities and extending their socio and economic impact to national and international levels. The diversity of background and expertise of their members suits CIMO’s main subject of study: complex physical-biological-human mountain systems.

Experience of the organization in previous European projects

We have experience in both teaching, scientific research and community projects related to nutrition, obesity and eating disorders.

We participate in networking at national and international level such as the Portuguese Association of Dietitians, the Order of Nutritionists, the European Federation of Dietitians (EFAD) and in thematic networks: DIETS Dietetics Thematic Network, funded by the European Union (229180-CP-1-2006-1-UK-ERASMUS-TN) e DIETS2 Dietetics Thematic Network, funded by the European Union (177201- LLP-1-2010-1-UK-ERASMUS-ENWA).

Experience and Expertise of the organization in the project’s subject area

The ESSa offers several formative option for graduates and post-graduates. It comprises Dietetics and Nutrition degree and other health programs that include dietetics and nutrition in the study plan, such as Nursing and Gerontology. To ensure the teaching of dietetics and nutrition, the ESSa has several nutritionist lectures, two of whom are proposed as a key member. Also, to ensure research on Dietetics and Nutrition field, CIMO has a nutritionist researcher, also proposed as a key member.

The key persons involved in this project are nutritionists/dietitians and have been involved in several project, such as, DIETS, Demola; LaCaixa; Engajed; Link me up, POCH.

Within the scope of dietetic and nutrition field, the DIETS project was a professional and higher education institution network experience in two different funds: DIETS2 - Dietitians Ensuring Education, Teaching and Professional Quality, funded by the European Union (177201- LLP-1-2010-1-UK-ERASMUS-ENWA) and DIETS Dietetics Thematic Network - Dietitians Improving Education and Training Standards across Europe,

funded by the European Union (229180-CP-1-2006-1-UK-ERASMUS-TN).

Within the scope of training innovation, we can highlight the Demola Project, a co-creation platform (<https://www.demola.net>); Link Me Up - 1000 ideas - Co-creation Support System Innovation, Creativity and Entrepreneurship Consortium (POCI-03-33B5-FSE-072070) is a project that brings together 13 Portuguese Polytechnic Institutes to promote entrepreneurship through the training of young students and/or entrepreneurs with a view to increasing the quality of employment and creating innovative companies (e http://portal3.ipb.pt/uploads/apoioinvestigacao/fichas_projeto/Ficha_Projeto_Link_Me_Up.pdf); POCH Project - Teacher Training (POCH-04-5267-FSE-000820) whose objective is to invest in conditions conducive to improving the quality, effectiveness and efficiency of the education and training system, through the promotion of formative innovation and applied research, creating multidisciplinary and multicultural co-creation ecosystems, allying the academic community of the IPB (teachers, employees and students), companies and organizations at regional, national and international levels (http://portal3.ipb.pt/uploads/apoioinvestigacao/fichas_projeto/Ficha_Projeto_000820_V02_21072020-1.pdf). Other link: <https://www.cocreationportugal.com/>

Contributions that can be provided to the project

There is a recognized need of more information regarding nutrition for health professionals and other professionals that may influence food consumption (as teachers, social care professionals and food service personnel). Regarding medical professionals some education institutions are starting to implement nutrition in medical curriculum, however this has been seen as pioneers examples and not the normality yet. This project will help to boost the skills and confidence of health professionals to deal with young people's body weight and body image distortions, stigma and vulnerability, eating habits and to improve their communication and treatment success rates.

The experience and expertise of the IPB team members in the field of nutrition and teaching can add a great contribution to this project, facilitated by experience in international projects.

Reasons of involvement in the project

IPB main objectives include the transferability of professional skills and the integration of applied research in their professional and technological education mission. Being part of this project will contribute to the mission of this institution, in particular in the area of dietetics and nutrition.

Our members included in these projects, in addition to being experts in the field of dietetics and nutrition, has been involved in the project in national and international projects previously mentioned.

Taking part in this project will also respond to national needs of population food habits improvement. Inadequate food habits appeared as the main modifiable lifestyle factor contributing to mortality in

Portugal, representing 9,5% of the healthy lost years. Data at national level shows that 29,6% of children has already excess of body weight. Furthermore, more than half of Portuguese adult population has overweight and obesity translating into a prevalence of around 1 million of obese and 3,5 millions of pre-obese. Prevalence of obesity in the North region of Portugal, where our institution is located is also 58,6%. In a Portuguese sample of women with overweight and obesity, those who also had binge-eating, an eating disorder (ED) showed significantly higher levels of weight self-stigma and self-criticism and lower levels of self-reassurance, than women without binge-eating. Eating disorders may also be a life threatening condition as patients with ED are at higher risk of attempting suicide or dying. In Portugal, 4.485 hospitalizations with associated EDs were registered between 2000 and 2014 corresponding to the top of the cases, as many others not requiring hospitalization would remain undiagnosed.

Other reason to take part in this project is to contribute to the increase of knowledge in the field of nutrition and dietetics, obesity and diseases of eating behavior in health professionals. This will have a direct impact on the nutritional health of the Portuguese population. It is then crucial to have health professionals well prepared to work with individuals with weight self-stigma and eating disorders. Portugal have around 17 medical graduates per 100 000 inhabitants, per year, ranking as seventh in the countries from OECD with more medical graduates. In an international survey made in 2014, about nutrition education in European medical schools, Portugal appeared with 0h of mandatory nutrition education. This indicator is even of more concerning when comparing with countries like Austria and Spain who had at time 50h of mandatory nutrition education in their medical curriculum.

Contact Person's Experience and Expertise

Vera Ferro-Lebres is lecturer since 2005 in Instituto Politécnico de Bragança (IPB), Portugal. Has during past assumed assumed the role of degree coordination for Dietetics and Nutrition, co-coordination of the Diagnostic and Therapeutic Technologies Department and responsibility of several different curricular units, including the internships and field work of the Dietetics and Nutrition degree, in strong cooperation with IPB's stakeholders.

Is an active member of the Portuguese Nutritionist Members, where she integrated the general council (Professional license 0032N).

Has published peer reviewed research papers in health area.

Has integrated several organizational and scientific committees for national and international conferences. Has been invited to participate as speaker or moderator for National and International conferences.

Has integrated research and community action projects funded by national and international entities, more recently projects in pedagogical innovation, focusing teacher training and stakeholder involvement in higher education.

Is a member of Instituto Politécnico de Bragança Presidency team, where assumes the role of Pro President for Entrepreneurship, Employability and Formative Innovation.

Is the coordinator of the Entrepreneurship and Employability Office and pedagogical innovation and co-creation projects, as Demola North Portugal, of Instituto Politécnico de Bragança.

Juliana Almeida de Souza is a dietitian regulated by the Order of Nutritionists in Portugal and a specialist in Community Nutrition and Public Health by the same professional order. She is graduated in Dietetics, master in Public Health and doctor in sciences in Food Consumption and Nutrition. Since 2005 Juliana is lecturer in Instituto Politécnico de Bragança (IPB), currently she is coordinator Dietetics and Nutrition degrees and head of the Diagnostic and Therapeutic Technologies Department. During all these 16 years she has been teaching and responsible for several curricular units and internships in the undergraduate course in Dietetics and Nutrition. Also she is now trainer in the POCH Project - Teacher training (POCH-04-5267-FSE-000820) and COMPETE Project - Link Me UP - Consortium of 13 polytechnics (POCI-03-33B5-FSE-072070) for the elaboration of 1000 innovative ideas. She Has experience in national and international associations, since she was member of the General Council of the Order of Nutritionists – in 2015/2019 mandate; member of the Disciplinary Council of the Portuguese Association of Dietitians – in 2012/2016 mandate; IPB key-contact person and WP8 members (Exploitation) at DIETS2 Dietitians Ensuring Education, Teaching and Professional Quality, funded by the European Union (177201- LLP-1-2010-1-UK-ERASMUS-ENWA) in 2010/2013; IPB key-contact person and WP3 members (Using Information Technology to Share Experiences and Enhance Communication Skills) at DIETS Dietetics Thematic Network, funded by the European Union (229180-CP-1-2006-1-UK-ERASMUS-TN), 2008/2010.

Manuela Meireles graduated in Science of Nutrition from the Faculty of Science of Food and Nutrition from the University of Porto and has a Ph.D. in Metabolism, Clinic and Experimentation. She is actually a researcher and a nutritionist with a professional specialization in clinical nutrition. She has been teaching about nutrition since 2009 in different health courses like Dietetic and Nutrition, Integrated Master in Medicine, and to the Professional course of Esthetic, Cosmetic and Wellbeing. Her lessons cover a broad range of topics, including eating disorders. She has experience in the preparation of pedagogic materials and in the use of the best scientific available evidence in the preparation of those. At IPB, Manuela Meireles is collaborating on national and international projects related to food and nutrition.

Ana Raquel Rodrigues is the representative of the International Relations Office from IPB. Ana is responsible for supporting European projects.