

Supplementary File

Let`s record our action plan?



Figure S1: Records of the intervention group's family health team action plan. The term "snack exercises" refers to simple, quick exercises that can be performed in different spaces.

Table S1. Number of workshop evaluations per module and characteristic.

General evaluation of the workshops						
	Poor	Fair	Good	Very good	Excellent	No answer
Content						
Physical activity	-	-	10 (7.1%)	54 (38.6%)	68 (48.6%)	8 (5.7%)
Adequate and healthy nutrition	-	2 (1.5%)	17 (12.7%)	46 (34.3%)	49 (36.6%)	17 (12.7%)
Healthy lifestyle and lifestyle changes	-	2 (1.4%)	34 (23.6%)	39 (27.1%)	54 (37.5%)	15 (10.4%)
Relevance						
Physical activity	-	1 (0.8%)	17 (12.1%)	66 (47.1%)	47 (33.6%)	10 (7.1%)
Adequate and healthy nutrition	-	4 (3.0%)	16 (11.9%)	49 (36.6%)	46 (34.3%)	14 (10.4%)
Healthy lifestyle and lifestyle changes	-	4 (2.8%)	29 (20.1%)	47 (32.6%)	45 (31.3%)	18 (12.5%)
Methods						

Physical activity	-	1 (0.8%)	17 (12.1%)	70 (50.0%)	40 (28.6%)	13 (9.3%)
Adequate and healthy nutrition	-	6 (4.5%)	16 (11.9%)	48 (35.8%)	44 (32.8%)	15 (11.2%)
Healthy lifestyle and lifestyle changes	-	3 (2.1%)	37 (25.7%)	47 (32.6%)	36 (25.0%)	21 (14.6%)

Place, structure, and organization

Physical activity	3 (2.1%)	7 (5.0%)	36 (25.7%)	48 (34.3%)	46 (32.9%)	9 (6.4%)
Adequate and healthy nutrition	2 (1.5%)	5 (3.7%)	30 (22.4%)	41 (30.6%)	33 (24.6%)	17 (12.7%)
Healthy lifestyle and lifestyle changes	4 (2.8%)	5 (3.5%)	39 (27.1%)	49 (34.0%)	31 (21.5%)	16 (11.1%)

Facilitators

Physical activity	-	3 (2.1%)	25 (17.9%)	50 (35.7%)	48 (34.3%)	14 (10.0%)
Adequate and healthy nutrition	-	2 (1.5%)	24 (17.9%)	45 (33.6%)	44 (32.8%)	14 (10.4%)
Healthy lifestyle and lifestyle changes	-	2 (1.4%)	37 (25.7%)	41 (28.5%)	47 (32.6%)	17 (11.8%)

Workload

Physical activity	-	17 (12.1%)	56 (40.0%)	32 (22.9%)	24 (17.1%)	11 (7.9%)
Adequate and healthy nutrition	1 (0.7%)	9 (6.7%)	36 (26.9%)	36 (26.9%)	36 (26.9%)	16 (11.9%)
Healthy lifestyle and lifestyle changes	1 (0.7%)	6 (4.2%)	43 (29.9%)	35 (24.3%)	41 (28.5%)	18 (12.5%)

Respondents: (i) Physical activity: 140; (ii) Healthy lifestyle and lifestyle changes: 144; Promotion of adequate and healthy nutrition: 134.

After that, data was presented on the emotional health of health professionals, highlighting the need to recognize personal limits and the importance of self-care. This activity enabled health professionals to reflect on their lifestyle habits and the changes needed, as well as the difficulties that exist in this process.

Then, professionals were introduced to notions of mental health and how anxiety, depression, and the abuse of alcohol and other drugs harm physical and emotional health. Next, the professionals were presented with concepts and theoretical foundations on how to work in groups.

In the end, it was proposed that the groups be divided into smaller ones, with each BHU drawing up action plans, considering the local context, to present and discuss the possibilities of implementing and developing collective actions aimed at promoting lifestyle changes for people with AH and DM. These action plans were presented collectively, providing an exchange of experiences and mutual learning about strategies for implementing the CHArMING Project operative groups.

Physical activity group

The Physical Activity workshop aimed to discuss the theme of physical practices in the context of PHC based on the most recent evidence on the subject, the Physical Activity Guide for the Brazilian Population, and the empowerment of individuals with a focus on recognizing territories as spaces with possibilities for developing active behaviors.

The initial trigger was the discussion of a poem called "Advice Poem", in which the participants pointed out similarities with their practical daily lives. Body practices and physical activity were then contextualized according to the evolution of public policies and scientific evidence. The next moment dealt with each participant's

perception of their involvement in physical activity and the population's participation in this scenario. To problematize and promote individual and collective reflection among the participants, the "Well-being Pentacle" was applied to broaden the concept of quality of life and health, including factors relevant to this purpose.

Once these themes had been worked on, factors that constitute barriers and opportunities for the development of physical practices in the territories under the responsibility of the professionals taking part in the workshops were collectively produced. Once these factors had been listed, the "Physical Activity Itinerary" was produced, in which the participants highlighted the availability of physical activities in their territories, including intersectoral actions. With this mapping done, we proposed the following reflection: "Are we achieving the minimum of at least 150 minutes of moderate physical activity per week as proposed by the WHO?".

The concept of brief counseling and its potential were presented, followed by a proposal for a protocol of supervised and unsupervised physical activities for each territory involved in the intervention. Concepts on how to monitor activities and exercises were presented, including physical activity diaries, objective measures (two-minute stationary walk test and handgrip strength test), and subjective perception of the exertion scale.

At the end of the workshop, an action plan was proposed, based on the goals and evidence highlighted in the previous moments (WHO, barriers and opportunities, physical activity itinerary, protocol). Each BHU was invited to reflect on and record an action plan.

Healthy and adequate nutrition group

The workshop aimed to qualify PHC professionals to carry out collective actions to PAHN for people with DM and/or AH.

To conduct the workshop, a detailed protocol was drawn up to guide the implementation of the Permanent Education workshop for the development of PAHN groups for people with DM and AH, to align the facilitators and ensure the success of the activity.

Physical spaces made available for the workshops were organized by the coordination team in each municipality, taking into account a structure that would make it possible to hold a cooking workshop.

Activities were divided into seven stages to train the professionals in the support materials provided in the online course and referenced in the "Protocol for Intervention in Physical Activity and Promotion of Healthy Nutrition - CHArMING Project". These sessions consisted of:

- Moment 1 - Reception and integration of the participants;
- Moment 2 - Getting to Know the Food Guide for the Brazilian Population;
- Moment 3 - Conversation about PAHN and support materials for collective actions; Moment 4 - Sharing group experiences;
- Moment 5 The importance of evaluating the groups;
- Moment 6 - Planning for the implementation of PAHN collective actions;
- Moment 7 - Closing.

The content was based on materials published by the Ministry of Health and adapted for the project's audience. ¹⁴⁻²⁰

Moment 1 of the workshop was aimed at welcoming the workshop participants, encouraging the integration of the participants and the implementation team, as well as presenting the continuing education proposal, and drawing up the coexistence

agreement. Activities included introducing the participants, the program, the objectives of the workshop, and drawing up a coexistence agreement. In Moment 2, the key concepts of the Food Guide for the Brazilian Population, the NOVA classification of foods, and the use and appreciation of regional foods were presented, and a cooking workshop entitled "Cooking: the basis of a healthy diet" was held. In Moment 3, the professionals were introduced to and explored the support books for collective PAHN actions. In addition, a round table discussion was held on the importance of consuming fruit, vegetables, and regional foods.

In Moment 4, the obstacles and facilitators to carrying out the actions proposed in the project were discussed through exchanges of experiences between the professionals and the BHU. Moment 5 discussed the importance of evaluating groups and identifying the potential and limitations of group evaluation tools. In Moment 6, the discussion centered on planning for the implementation of the collective PANH actions proposed in the workshop. To this end, work was done on building Action Plans for the PANH groups at the BHU based on the PDSA cycle (Plan, Do, Study, Act). Finally, in Moment 7, the professionals were given an anonymous evaluation form of the workshop, taking into account the content; relevance to practice; methods used; location, structure, and organization; facilitators and the workload proposed for each moment. After handing in this evaluation, the facilitators shared a final message of reflection and thanks.

B) Tables with workshop evaluations by theme, characteristic, and municipality:

B.1: Evaluation of the Physical Activity Workshop

General evaluation of the physical activity workshop					
Poor	Fair	Good	Very good	Excellent	No answer

Content						
Carai	-	-	1 (3.7%)	12 (44.4%)	14 (51.8%)	-
			4			
Carlos Chagas	-	-	(12.1%)	8 (24.2%)	20 (60.6%)	1 (3.0%)
Malacacheta	-	-	1 (3.8%)	15 (57.7%)	6 (23.1%)	4 (15.4%)
Novo Cruzeiro	-	-	1 (3.8%)	13 (50.0%)	10 (38.5%)	2 (7.7%)
			3			
Pote	-	-	(10.7%)	6 (21.4%)	18 (64.3%)	1 (3.5%)
Relevance						
Carai	-	1 (3.7%)	2 (7.4%)	15 (55.5%)	9 (33.3%)	-
			5			
Carlos Chagas	-	-	(15.2%)	15 (45.4%)	12 (36.3%)	2 (6.0%)
			3			
Malacacheta	-	-	(11.5%)	14 (53.8%)	5 (19.2%)	4 (15.4%)
			3			
Novo Cruzeiro	-	-	(11.5%)	12 (46.2%)	9 (34.6%)	2 (7.7%)
			4			
Pote	-	-	(14.3%)	10 (35.7%)	12 (42.9%)	2 (7.0%)
Methods						
Carai	-	-	4 (14.%)	14 (51.9%)	8 (29.6%)	1 (3.7%)
Carlos Chagas	-	-	3 (9.1%)	15 (45.4%)	14 (42.4%)	2 (6.0%)
			3			
Malacacheta	-	-	(11.5%)	15 (57.7%)	3 (11.5%)	5 (19.2%)
Novo Cruzeiro	-	1 (3.8%)	2 (7.7%)	14 (53.8%)	6 (23.1%)	3 (11.5%)
Pote	-	-	5 (17.9)	12 (42.9%)	9 (32.1%)	2 (7.0%)
Place, structure, and organization						
			4			
Carai	-	1 (3.7%)	(14.8%)	11 (40.7%)	10 (37.0%)	1 (3.7%)
			12			
Carlos Chagas	3 (9.1%)	2 (7.4%)	(36.4%)	8 (24.2%)	8 (24.2%)	1 (3.0%)
			5			
Malacacheta	-	1 (3.8%)	(19.2%)	10 (38.5%)	6 (23.1%)	4 (15.4%)
			5			
Novo Cruzeiro	-	-	(19.2%)	8 (30.8%)	11 (42.3%)	2 (7.7%)
			10			
Pote	-	3 (10.7%)	(35.7%)	11 (39.3%)	3 (10.7%)	1 (3.5%)
Facilitators						
			6			
Carai	-	1 (3,7%)	(22,2%)	11 (40,7%)	7 (25,9%)	2 (7,4%)
Carlos Chagas	-	1 (3,0%)	7	9 (27,3%)	16 (48,5%)	1 (3,0%)

			(21,2%)			
Malacacheta	-	1 (3,8%)	1 (3,8%)	12 (46,2%)	7 (26,9%)	5 (19,2%)
			7			
Novo Cruzeiro	-	-	(26,9%)	8 (30,8%)	9 (34,6%)	2 (7,7%)
			5			
Poté	-	-	(17,9%)	10 (35,7%)	9 (32,1%)	4 (14,0%)
Workload						
			15			
Carai	-	4 (14,8%)	(55,6%)	5 (18,5%)	3 (11,1%)	-
			10			
Carlos Chagas	-	4 (12,1%)	(30,3%)	9 (27,3%)	10 (30,3%)	1 (3,0%)
			13			
Malacacheta	-	2 (7,7%)	(50,0%)	6 (23,1%)	0 (0,0%)	5 (19,2%)
			7			
Novo Cruzeiro	-	3 (11,5%)	(26,9%)	8 (30,8%)	6 (23,1%)	2 (7,7%)
			11			
Poté	-	4 (14,3%)	(39,3%)	4 (14,3%)	5 (17,9%)	4 (14,0%)

Respondents: Carai 27; Carlos Chagas 33; Malacacheta 26; Novo Cruzeiro 26; Poté 28.

B.2: Evaluation of the Healthy Lifestyle and Lifestyle Changes Workshop

General evaluation of the healthy lifestyle and lifestyle changes workshop						
	Poor	Fair	Good	Very good	Excellent	No answer
Content						
			2			
Carai	-	-	(7,4%)	7 (25,9%)	14 (51,9%)	4 (16,7%)
			6			
Carlos Chagas	-	-	(16,2%)	13 (35,1%)	18 (48,6%)	-
			7			
Malacacheta	-	-	(28,0%)	8 (32,0%)	8 (32,0%)	2 (8,0%)
			8			
Novo Cruzeiro	-	-	(32,0%)	6 (24,0%)	7 (28,0%)	4 (16,0%)
			11			
Poté	-	2 (6,7%)	(36,7%)	5 (16,7%)	7 (23,3%)	5 (16,7%)
Relevance						
			3			
Carai	-	-	(11,1%)	11 (40,7%)	9 (33,3%)	4 (16,7%)
			8			
Carlos Chagas	-	1 (2,7%)	(21,6%)	10 (27,0%)	18 (48,6%)	-

Malacacheta	-	1 (4.0%)	6 (24.0%)	11 (44.0%)	5 (16.0%)	2 (8.0%)
Novo Cruzeiro	-	-	5 (16.0%)	8 (32.0%)	7 (28.0%)	5 (16.0%)
Poté	-	3 (0.1%)	7 (23.3%)	7 (23.3%)	6 (26.7%)	7 (23.3%)
Methods						
Caraí	-	-	4 (14.8%)	11 (40.7%)	6 (22.2%)	6 (22.2%)
Carlos Chagas	-	-	10 (27.0%)	10 (27.0%)	16 (43.2%)	1 (2.7%)
Malacacheta	-	-	10 (40.0%)	10 (40.0%)	3 (12.0%)	2 (8.0%)
Novo Cruzeiro	-	1 (4.0%)	4 (16.0%)	8 (32.0%)	7 (28.0%)	5 (20.0%)
Poté	-	2 (6.7%)	9 (30.0%)	8 (26.7%)	4 (13.3%)	7 (23.3%)
Place, structure, and organization						
Caraí	-	-	3 (11.1%)	14 (51.9%)	6 (22.2%)	4 (14.8%)
Carlos Chagas	2 (5.4%)	1 (2.7%)	7 (18.9%)	11 (29.7%)	15 (40.5%)	1 (2.7%)
Malacacheta	-	-	12 (48.0%)	9 (36.0%)	2 (8.0%)	2 (8.0%)
Novo Cruzeiro	-	-	(24.0%)	8 (32.0%)	7 (28.0%)	4 (16.0%)
Poté	2 (6.7%)	4 (13.3%)	11 (36.7%)	7 (23.3%)	1 (3.3%)	5 (16.7%)
Facilitators						
Caraí	-	-	4 (14.8%)	8 (29.6%)	11 (40.7%)	4 (14.8%)
Carlos Chagas	-	-	9(24.3)	13 (35.1%)	15 (40.5%)	-
Malacacheta	-	1 (4.0%)	6 (24.0%)	10 (40.0%)	6 (24.0%)	2 (8.0%)
Novo Cruzeiro	-	-	6 (24.0%)	7 (28.0%)	8 (32.0%)	4 (16.0%)
Poté	-	1 (3.3%)	12 (40.0%)	3 (0.1%)	7 (23.3%)	7 (23.3%)
Workload						
Caraí	-	2 (7.4%)	7 (25.9%)	7 (25.9%)	5 (18.5%)	6 (22.2%)
Carlos Chagas	-	-	11	8 (21.6%)	17 (45.9%)	1 (2.7%)

			29.7%)			
			8			
Malacacheta	-	1(4.0%)	(32.0%)	9 (36.0%)	5 (20.0%)	2 (8.0%)
			4			
Novo Cruzeiro	-	1 (4.0%)	(16.0%)	7 (28.0%)	9 (36.0%)	4 (16.0%)
			13			
Poté	1 (3.3%)	2 (6.7%)	(43.3%)	4 (13.3%)	5 (16.7%)	5 (16.7%)

Respondents: Carai 27; Carlos Chagas 37; Malacacheta 25; Novo Cruzeiro 25; Poté 30.

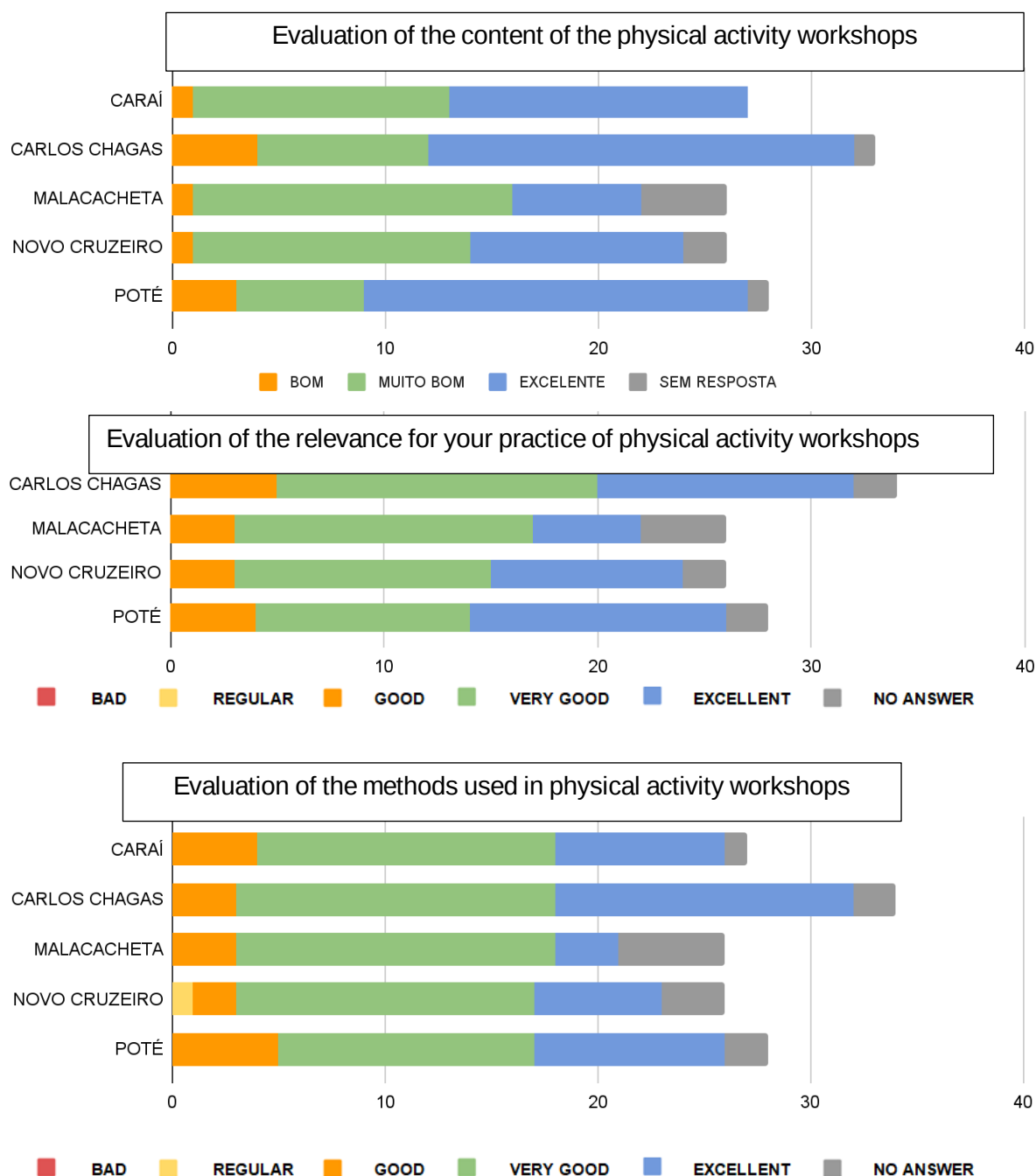
Table B.3: Evaluation of the Adequate and Healthy Nutrition Workshop

General evaluation of the adequate and healthy nutrition workshop						
	Poor	Fair	Good	Very good	Excellent	No answer
Content						
			7			
Carai	-	-	(29.2%)	8 (33.3%)	7 (29.2%)	2 (8.3%)
			1			
Carlos Chagas	-	-	(3.3%)	11 (36.7%)	18 (60.0%)	-
Malacacheta	-	-	-	8 (36.4%)	6 (27.2%)	8 (36.4%)
			6			
Novo Cruzeiro	-	1 (4.0%)	(24.0%)	8 (32.0%)	5 (20.0%)	5 (20.0%)
			3			
Poté	-	1 (3.3%)	(10.0%)	11 (36.7%)	13 (43.3%)	2 (6.7%)
Relevance						
			6			
Carai	-	2 (9.1%)	(27.3%)	10 (45.5%)	4 (18.2%)	-
			1			
Carlos Chagas	-	-	(3.3%)	10 (33.3%)	19 (63.4%)	-
Malacacheta	-	-	-	7 (31.8%)	8 (36.4%)	7 (31.8%)
			5			
Novo Cruzeiro	-	1 (4.0%)	(20.0%)	9 (36.0%)	5 (20.0%)	5 (20.0%)
			4			
Poté	=	1 (3.3%)	(13.3%)	13 (43.3%)	10 (33.4%)	2 (6.7%)
Methods						
			5			
Carai	-	2 (9.1%)	(22.7%)	10 (45.5%)	5 (22.7%)	-
			1			
Carlos Chagas	-	-	(3.3%)	10 (33.3%)	19 (63.3%)	-
Malacacheta	-	-	-	10 (45.5%)	5 (22.7%)	7 (31.8%)

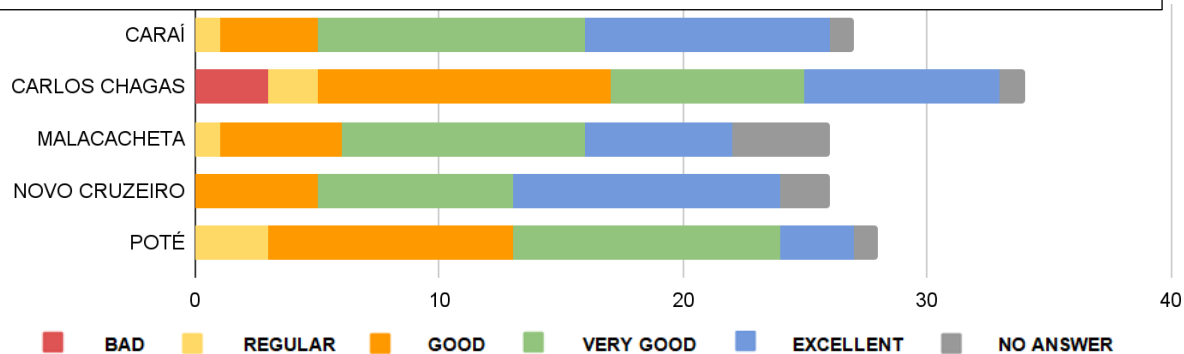
Novo Cruzeiro	-	2 (8.0%)	4	9 (36.0%)	5 (20.0%)	5 (20.0%)
			(16.0%)			
Poté	-	2 (6.7%)	6	9 (30.0%)	10 (33.3%)	3 (10.0%)
			(20.0%)			
Place, structure, and organization						
Caraí	-	1 (4.5%)	6	7 (31.8%)	7 (31.8%)	1 (4.5%)
			(27.3%)			
Carlos Chagas	1 (3.3%)	1 (3.3%)	4	12 (40.0%)	12 (40.0%)	-
			(13.4%)			
Malacacheta	-	-	4	7 (31.8%)	4 (18.2%)	7 (31.8%)
			(18.2%)			
Novo Cruzeiro	-	-	4	9 (36.0%)	6 (24.0%)	5 (20.0%)
			(16.0%)			
Poté	1 (3.4%)	3 (10.0%)	12	6 (20.0%)	4 (13.3%)	4 (13.3%)
			(40.0%)			
Facilitators						
Caraí	-	1 (4.5%)	10	8 (36.4%)	3 (13.6%)	-
			(45.5%)			
Carlos Chagas	-	-	1	9 (30.0%)	20 (66.7%)	-
			(3.3%)			
Malacacheta	-	-	1	7 (31.8%)	7 (31.8%)	7 (31.8%)
			(4.6%)			
Novo Cruzeiro	-	-	5	8 (32.0%)	7 (28.0%)	5 (20.0%)
			(20.0%)			
Poté	-	1 (3.3%)	7	13 (43.3%)	7 (23.4%)	2 (6.7%)
			(23.3%)			
Workload						
Caraí	-	6 (27.3%)	6	6 (27.3%)	3 (13.6%)	1 (4.5%)
			(27.3%)			
Carlos Chagas	-	1 (3.3%)	5	9 (30.0%)	14 (46.7%)	1 (3.3%)
			(16.7%)			
Malacacheta	-	-	8	3 (13.5%)	4 (18.2%)	7 (31.8%)
			(36.5%)			
Novo Cruzeiro	1 (4.0%)	1 (4.0%)	5	7 (28.0%)	6 (24.0%)	5 (20.0%)
			(20.0%)			
Poté	-	1 (3.3%)	7	11 (36.7%)	9 (30.0%)	2 (6.7%)
			(23.3%)			

Respondents: Caraí 22; Carlos Chagas 30; Malacacheta 22; Novo Cruzeiro 25; Poté 30.

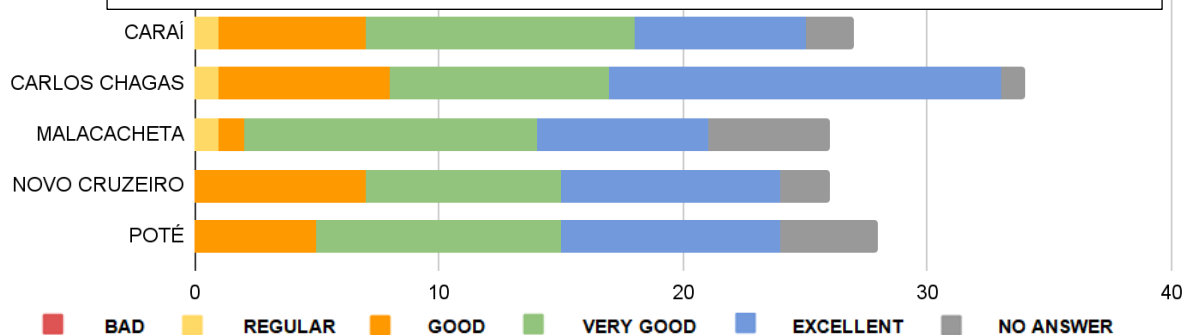
C) Graphs with the results of the evaluations carried out using a Likert scale by the workshop participants:



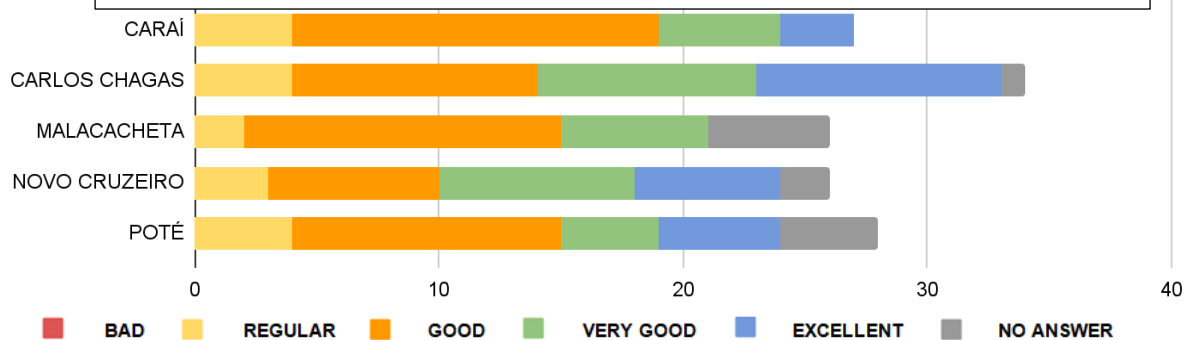
Evaluation of the location, structure and organization of the physical activity workshops



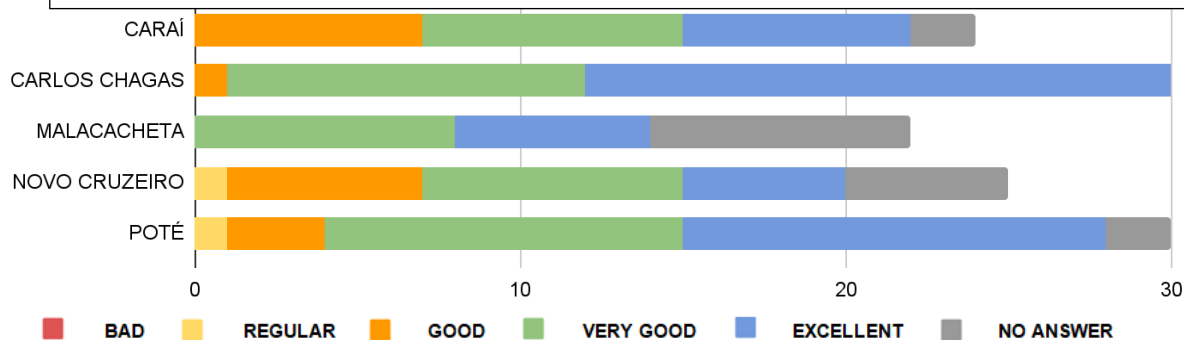
Evaluation of the facilitators of the physical activity workshops



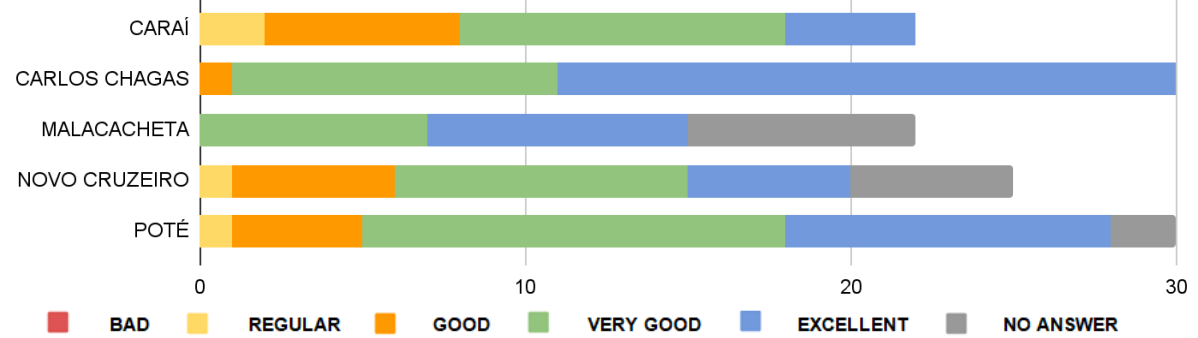
Evaluation of the workload of physical activity workshops



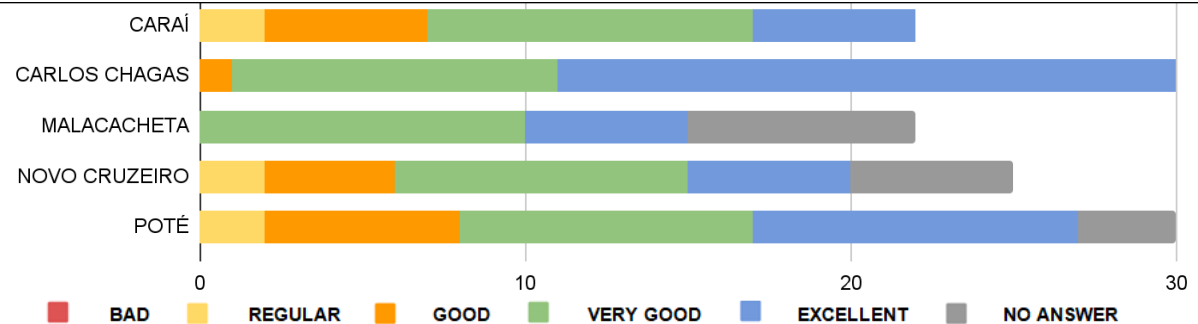
Evaluation of the content of promotion of adequate and health eating workshops



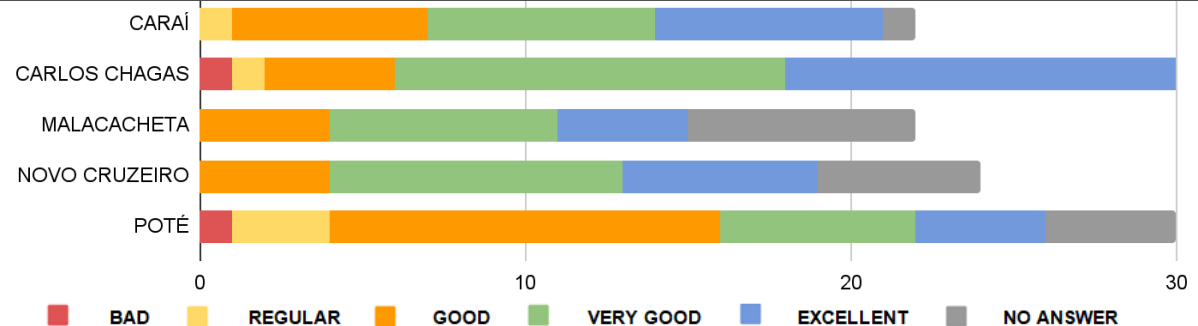
Evaluation of relevance to your practice in promotion of adequate and health eating workshops



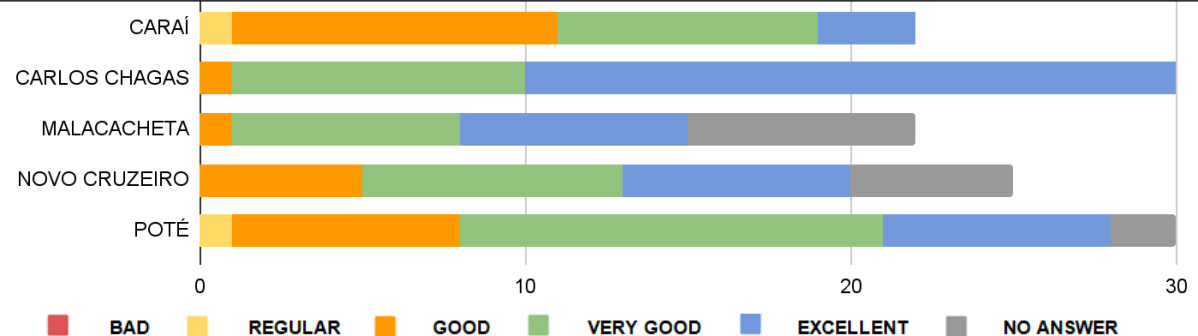
Evaluation of methods used in promotion of adequate and health eating workshops



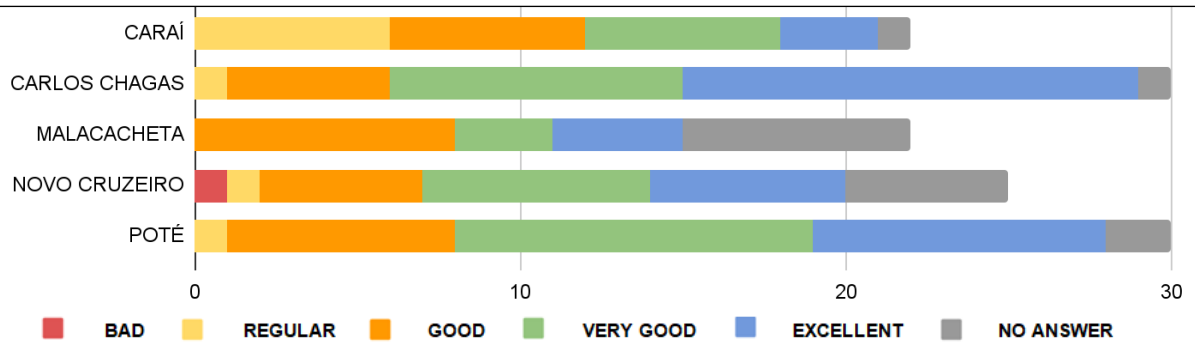
Evaluation of location, structure and organization of promotion of adequate and health eating workshops



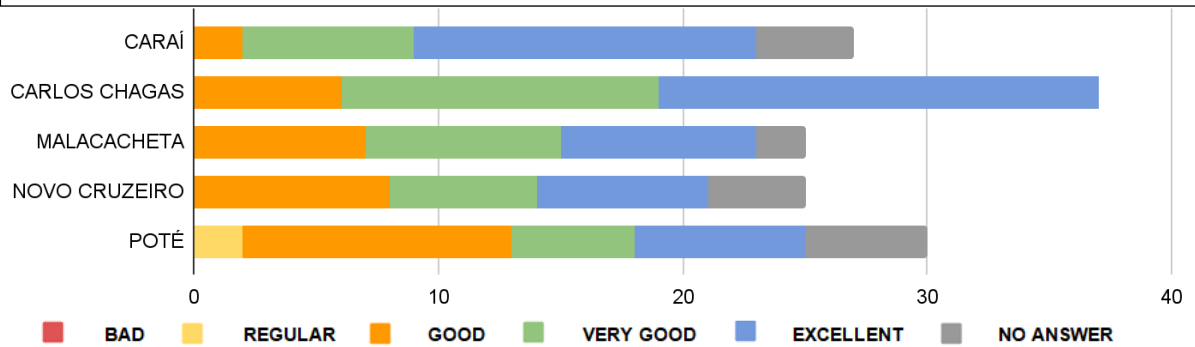
Evaluation of facilitators of promotion of adequate and health eating workshops



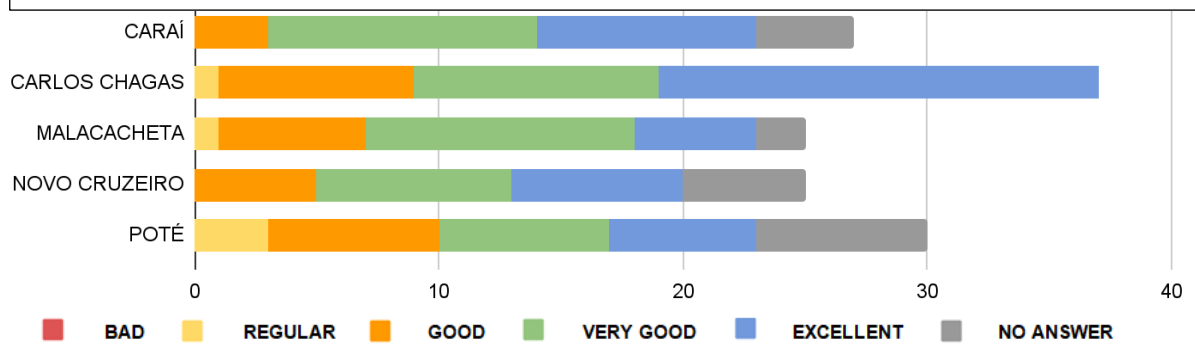
Evaluation of workload of promotion of adequate and health eating workshops



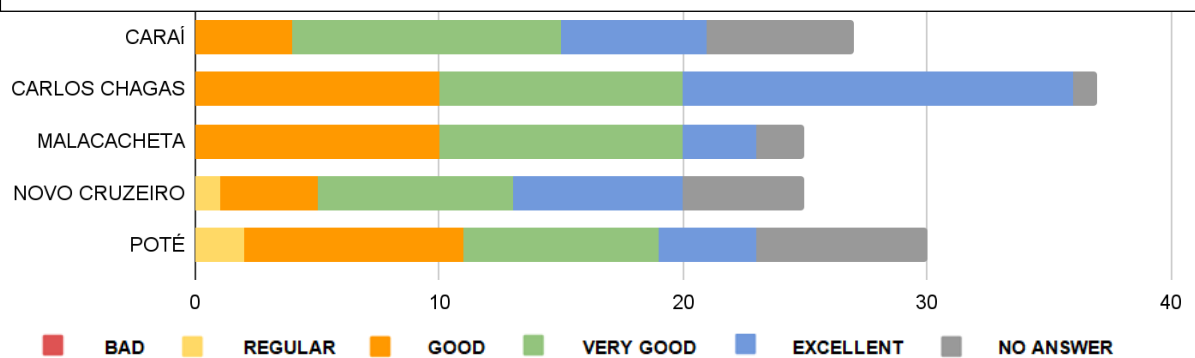
Evaluation of content of health lifestyle workshops



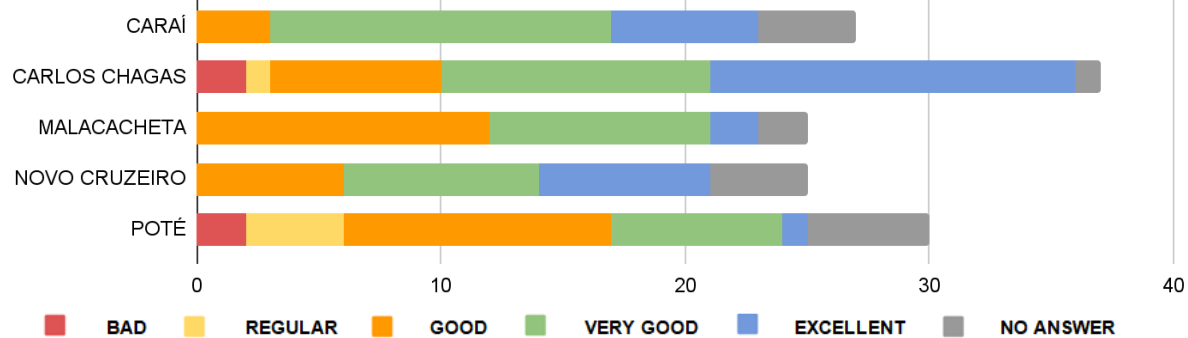
Evaluation of relevance to your practice in health lifestyle workshops



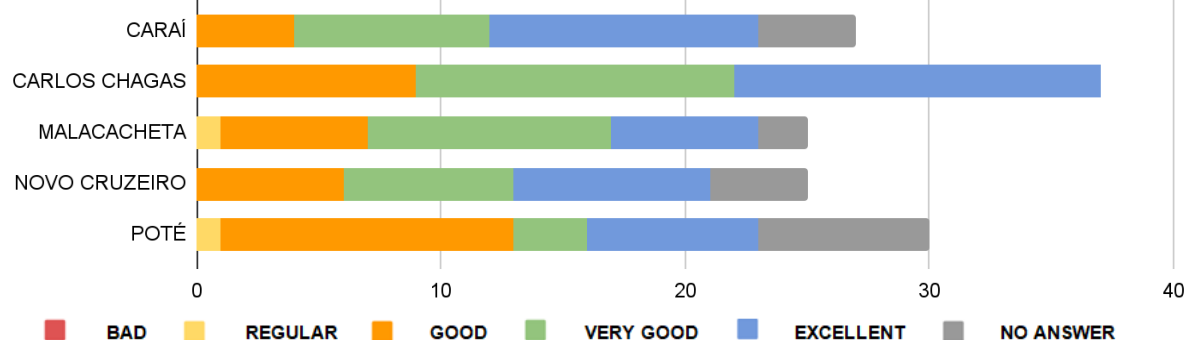
Evaluation of methods used in health lifestyle workshops



Evaluation of location, structure and organization of health lifestyle workshops



Evaluation of facilitators of health lifestyle workshops



Evaluation of workload of health lifestyle workshops

