



## **Jovem Doutor Quixadá Project: The role of medical students in health promotion outreach**

### **Projeto Jovem Doutor Quixadá: O protagonismo dos estudantes de medicina durante a extensão promotora de saúde**

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**Skarlatt Horanna Azevedo Fernandes Sousa<sup>1</sup>, Vinícius Alves Vieira<sup>2</sup>, Andressa Crysda Lopes Alves<sup>3</sup>, Yasmim Oliveira Leitinho<sup>4</sup>, Mariana Nóbrega Damacena<sup>5</sup>, Vitória Alice Fernandes de Oliveira<sup>6</sup>, Igor Oliveira Felício<sup>7</sup>, Nivea Fernandes Furtado<sup>8</sup>, Gabriel Mesquita Rocha<sup>9</sup>, Beatryz Silva Chagas<sup>10</sup>, Flora Mattos Dourado de Mesquita<sup>11</sup>, Francisco Regis da Silva<sup>12</sup>.**

#### **ABSTRACT**

**Introduction:** Adolescence is marked by a phase of life full of emotional, cognitive, social and hormonal transformations, also highlighting changes in the affective relationship between young people and in their experience of sexuality. Therefore, connecting education and health is essential for sharing information, identifying users' health needs, and fostering individuals' autonomy, so that their choices can be more appropriate, in addition to reducing the distance between health professionals and the population. **Methodology:** This is a descriptive experience report of an extension group, whose main audience is students from the full-time high school in the municipality of Quixadá, Ceará. The interventions took place from August 2023 to October 2023. The actions involved an educational blitz, lectures and active methodologies on various topics. In addition, a profile was created on the social network *Instagram* to publicize the project's actions and educational-training content, which enabled a greater reach. The actions were divided into five themes, namely: Educational blitz on the culture of peace; Bullying and Fake news; Negative impacts of alcohol and drug use in adolescence; Mental health; STI's in adolescence. **Result:** The actions on bullying and the Yellow September action began with a brief explanation on the subject, which served for students to become aware of the theme and those who already knew it could reaffirm the concept. Subsequently, at the end of the explanation, the students were able to ask their questions and share experiences, which made the action more interactive, enriched the debate and enabled a mutual exchange of knowledge. On the other hand, the Educational Blitz on the culture of peace in schools had a different approach, using pamphlets with the numbers of violence among the public and its impact on the future, so that the young people approached were impacted and recognized the importance of implementing the

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<sup>1</sup> Undergraduate student in Medicine, Centro Universitário Estácio de Sá- Quixadá

<sup>2</sup> Undergraduate student in Medicine, Centro Universitário Estácio de Sá- Quixadá

<sup>3</sup> Undergraduate student in Medicine, Centro Universitário Estácio de Sá- Quixadá

<sup>4</sup> Undergraduate student in medicine, Centro Universitário Estácio de Sá- Quixadá

<sup>5</sup> Undergraduate student in medicine, Centro Universitário Estácio de Sá- Quixadá

<sup>6</sup> Undergraduate student in Medicine, Centro Universitário Estácio do Sá- Quixadá

<sup>7</sup> Undergraduate student in Medicine, Centro Universitário Estácio de Sá - Quixadá

<sup>8</sup> Bachelor's Degree in Nursing, Residency in Public Health, Undergraduate student in Medicine, Centro Universitário Estácio de Sá- Quixadá

<sup>9</sup> Undergraduate student in medicine, Centro Universitário Estácio de Sá- Quixada

<sup>10</sup> Undergraduate student in Medicine, Centro Universitário Estácio de Sá- Quixada

<sup>11</sup> Master's Degree in Clinical Psychology - UNIFOR

<sup>12</sup> Master's Degree in Public Health, Centro Universitário Estácio de Sá- Quixada



culture of peace in schools. Finally, the project contributed to the strengthening of the school-university relationship, improving the quality of life of young people, breaking down classroom barriers, especially when it comes to mental health.

**Keywords:** Health education, University extension, Adolescents.

## INTRODUCTION

Adolescence is characterized by the phase of life with several emotional, cognitive, social and hormonal transformations. It is also important to highlight changes related to the affective relationship between young people and sexuality. (WORLD HEALTH ORGANIZATION, 2008).

Thus, this period of life is marked by the formation of identity and personality, in coexistence with the expectations of the society in which one lives. Adolescence promotes contact with new ethical, moral, and existential dilemmas, as well as issues related to suffering and mental illness (ABERASTURY, 2003; ERICKSON, 1976).

In addition, the postmodern reality is marked by uncertainties combined with the ephemerality of relationships, immediacy, hedonism and the consumer society. Such characteristics favor the fragility and superficiality of the bonds, which culminates in a social structure that favors isolation and loneliness (BAUMAN, 2004).

In this conception, Araújo (2004) states that Health Education actions are linked to the exercise of citizenship in the search for better living conditions and the health of the population, especially when they permeate all phases of care, promoting spaces for the exchange of information, allowing the identification of users' health demands and the most appropriate choices, and reducing the usual distance between health professionals and the population.

Thus, health education is a process of knowledge production. Mediated by intentional educational practices, it broadens people's critical and reflective awareness. In the field of health, educational practices are closely related to the concept of health (MENEZES; MORGED; MALDONADO, 2019). Thus, educational practices can create possibilities for health promotion (PEREIRA; BANDEIRA, 2022). Therefore, the importance of actions to promote the health of adolescents is highlighted, in order to contribute to improvements in their quality of life

From this perspective, the articulation of means that correlate education and health aims to promote the autonomy of subjects that favor the minimization of risks (AZEVEDO et al., 2014). The "Young Doctor Project" - education and health promotion in the school context (MEDescola) was conceived from the experience of the Project "Young Doctor: Health in



Schools and Student Educator - promoted by the University of São Paulo (USP), with the perspective of a look at the adolescent public of the Sertão of Ceará, in which it was possible to identify many vulnerabilities and specific needs.

## METHODOLOGY

This is an experience report of medical students from a project under the support of the Institutional Extension Committee (CIExt) of the Estácio do Ceará University Center – Quixadá Campus. The meetings started on May 1, 2023 and the actions ended in December 2023. The project had the participation of five volunteer scholarship holders and students who took courses: Teaching-Service-Community Integration I (IESC I); Family Health II and III; Medical Humanities and Professionalism I and Integrated Seminar III.

A priori, the schools were contacted to present the project, and thus, an alignment of actions was carried out and later an event to disseminate this extension project within the partner institution through an educational blitz at the scheduled exit of the end of the 2nd shift, dealing with the theme of culture of peace and combating violence.

The education and health promotion actions were carried out in a full-time high school in the municipality of Quixadá, Ceará. About 200 students benefited from the project, including computer technician students, agribusiness technicians, nursing technicians and administration technicians, with 50 students in each of the classes.

In addition, a profile was created on the social network *Instagram* to publicize the project's actions and educational-training content, which made it possible to reach the academic community and generated interaction with students from the full-time School of Vocational Education, located in the municipality of Quixadá.

Thus, the *on-site* actions were planned and carried out, on average two actions each month, with themes that met the following specific objectives: culture of peace and health promotion; negative impacts of *bullying* in the school context; negative impacts (social, economic, health) of the use of licit and illicit drugs by adolescents and moral-sexual harassment and the impacts of *Fake News* in adolescent health.

## RESULTS AND DISCUSSIONS

The actions were divided into five themes, so that each student could participate at least once. The theme of the actions was based on the specific objectives of the extension project. In



this sense, important and necessary reflections were promoted in order to promote the health of adolescents and contribute to their quality of life.

## EDUCATIONAL BLITZ ABOUT CULTURE OF PEACE

The culture of peace is one of the ways of resolving conflicts in a peaceful way, which has excellent potential for confronting violence in its complex dimensions. It is worth emphasizing that violence is not a problem restricted to public security, as it culminates in a serious health problem that reflects in the high incidences of Homicides, accidents, and suicides cause direct or indirect damage to the physical and mental health of individuals and populations.

In 2023, Brazil presented several cases of threats and some attacks on schools in several states reported in the Brazilian media. Therefore, we are aware that violence aggravates the health of the country, causing much more than expenses for the public coffers. A priori, the project's activities began through an educational blitz so that young people felt impacted by the statistics of violence among the public in question and its impact on adult life presented in the pamphlets made by the extension workers.

The relationship between violence and health in Brazil began to be studied in a more systematic way in the period of redemocratization, through studies carried out by Maria Cecília de Souza Minayo, a researcher at the Jorge Careli Department of Studies on Violence and Health, of the Sergio Arouca National School of Public Health (Claves/Ensp/Fiocruz) in 1990 (MINAYO, 2006).

Recognizing the process of importance of implementing the culture of peace to improve Brazilian public health, the students were able to contemplate the specific objective and also understand that the health-disease process is beyond the signs and symptoms, rescuing knowledge of Management II that provides the student with knowledge of the Natural History of Disease, specifically of Pre-pathogenesis.

## BULLYING AND FAKE NEWS ( VITÓRIA AND IGOR )

Bill No. 4224, of the Chamber of Deputies (BRASIL, 2021), aims to establish measures to protect children and adolescents against violence in educational and similar environments. It proposes the creation of the National Policy for the Prevention and Protection of Sexual Abuse and Exploitation of Children and Adolescents. In addition, the bill intends to modify the Penal Code, the Law on Heinous Crimes and the Statute of the Child and Adolescent, in order to strengthen the security and integrity of these groups and combat criminal practices that affect them.



Given the relevance of this theme, the Young Doctor extension project, at the Maria Cavalcante Costa State School of Professional Education, promoted a comprehensive and engaging educational action, focused on relevant topics such as bullying, moral and sexual harassment. The event began with a conceptual introduction, providing a solid foundation for the discussions that followed. Space was opened for students to share their personal experiences, which enriched the debate and made it more interactive. As the students' reports emerged, the various facets of these problems were broadly addressed, presenting pertinent data and statistics, in addition to relating the themes to each other.

It was observed that although students had a basic understanding of the concepts of bullying, bullying and sexual harassment, there was still some confusion regarding the differences and interconnections between them. In view of this, we sought to explain in a clear and concise way the nuances of each one, highlighting their differences and showing how they are interconnected.

Throughout the activity, the importance of reporting these situations was emphasized, promoting a safer and more welcoming school environment for all. To reinforce learning, the event ended with a quiz addressing the topics discussed, rewarding the top three winners. He was extremely pleased to see the knowledge imparted being understood and applied by the students.

The extension workers involved in this experience described it as extremely enriching and rewarding. During the development of the activities, they were able to perceive in a concrete way the positive impact that their actions have on the citizenship formation of young people and adolescents. There is a firm conviction that elucidating hostile behaviors and promoting the denunciation and reparation of these situations contribute significantly to increasing the quality of life of these individuals. In addition, the experience provided the opportunity to contribute to the creation of a healthier and more inclusive school environment, a fact that fills us with pride and motivation to continue this work.

Currently, *fake news* can be considered a major aggravation to the acquisition of knowledge, as it distorts reality and modifies the credible content of information (CARDOSO, 2021). A study published in the journal *Science* by researchers at the Massachusetts Institute of Technology (MIT) reveals that teens are more likely to believe and spread fake news, and that fake news is 70% more likely to be shared.

Thus, in a context of a virtual environment, despite providing positive exchanges, it contains components that rigidly determine what can be valued and holds the power to criticize in anonymity, promoting true virtual lynchings. Together with these elements, the broad and



unrestricted access to information without critical reflection favors the development of mental illness (CACCIACARRO, 2023).

#### NEGATIVE IMPACTS OF ALCOHOL AND DRUG USE IN ADOLESCENCE.

In August, an action was carried out focused on the impact of alcohol and drug use, based on studies that reveal that school is an ideal environment to develop specific programs on alcohol and drugs for adolescents, and that has shown effective results in changing the behavior, beliefs and attitudes of adolescents, to a large extent, about behavioral change in relation to alcohol consumption and undesirable behaviors associated with the consumption of these substances (AMATO *et al.*, 2020).

Similar to the Young Doctor project, in other countries there is also an interest in reducing the consumption of alcohol and other drugs by adolescents, as evidenced in the creation and implementation of the project "The School Health AND Alcohol Harm Reduction Project", initially developed and applied in Australia and later applied in the northern region of Ireland and in the state of São Paulo. in Brazil, where it was shown to be highly effective in reducing the problem studied, since it obtained a reduction of more than 60% in the consumption of these substances (AMATO *et al.*, 2020).

In this context, in order for adolescents to reflect on drug abuse and its impacts, concepts of physiology and pharmacology were used in order to stimulate knowledge about the effect of drugs at the level of the Central Nervous System, specifying the types of drugs based on their action in the body, which are: stimulants, depressants and disturbers, in addition to differentiating the concept of licit and illicit drugs.

Despite a more conceptual approach, the extension workers were able to get the attention and interaction of the students, as many of the students reported cases of relatives and friends who were under frequent drug use and how much that action disrupted the individual's personal, social and emotional life, resulting in isolation, school dropout and damage to the adolescent's health. In this way, it led many young people to the conclusion that there are no benefits to alcohol and drug abuse, on the contrary, there are many harms.

Thus, studies have shown that health education in schools about the consumption of alcohol and other drugs had an impact not only on the reduction of alcohol consumption, but also had a positive impact on other aspects of the lives of the participating individuals, such as improvements in mental and physical health, which generates benefits in areas such as learning and socialization. thus evidencing the importance of these interventions (SILVA *et al.*, 2019).



The extension workers described the experience as an opportunity to adapt communication in an accessible way to the target audience, as well as an opportunity to respond to social demands through the protagonism of medical students in the face of the needs and weaknesses of adolescents through health education.

#### YELLOW SEPTEMBER: THE IMPORTANCE OF TALKING ABOUT MENTAL HEALTH WITH YOUNG PEOPLE.

According to the World Health Organization (WHO), suicide is characterized by the act of taking one's own life. The phenomenon is multifactorial and includes biological, psychological, psychiatric, social and cultural aspects. suicide is not always linked to the desire to die, but to exterminate emotional pain that seems unbearable, endless, and inescapable (CACCIACARRO, 2023; SCAVACINI, 2018).

Although suicide is a public health problem, the taboo on the subject prevented it from being openly addressed in society for many years. In 2014, the WHO launched the report "*Preventing Suicide: A global imperative*" that warns of the importance of preventing suicide (WHO, 2014).

According to suicidology researchers, increasing awareness about the subject is one of the ways to reduce its incidence. In view of this, in the month of September, in allusion to Yellow September, we had the support of a psychologist specialized in family therapy to carry out a moment of awareness in a welcoming way with the young people so that no trigger was awakened. The importance of talking about mental health in schools was reinforced and that suicide is not only a public health problem, but also a collective problem.

The exercise of empathy with the colleague was highlighted. For this, a dynamic was used in order to raise awareness about myths of suicidal behavior and suicide. Finally, the students were made available to contact the applied psychology services of the universities in the city of Quixadá, which have free psychological care.

#### RAISING AWARENESS AND PREVENTING STI'S IN ADOLESCENCE

Sexually transmitted infections (STIs) are caused by a variety of microorganisms, such as viruses and bacteria, that can be transmitted through unprotected sex. According to the WHO (World Health Organization), the prevention of STIs should occur primarily through the use of condoms. In addition, some infections can be transmitted vertically maternally during the gestational period (MOREIRA et al., 2021).

However, as much as the use of condoms is essential to avoid these infections, there is a large portion of adolescents who resist the use of such protective measures because they believe that they are somehow invulnerable to this type of infection, and that the use of this method can lead to a reduction in pleasurable sensations and discomfort. In addition to the partner's disagreement regarding the use (MOREIRA et al., 2021).

In view of the relevance of addressing this theme, during the month of October 2023, an action was carried out at José Linhares da Páscoa square in partnership with academic leagues of the Estácio University Center - Quixadá Campus, aiming to reach the adolescent public, focusing on the importance of condom use as the main form of protection in sexual practices. The action consisted of the delivery of condoms attached to an information folder to pedestrians who passed through that place.

The material distributed brought the proposal of informing the public about the main STI's, focusing on infections by human papillomavirus (HPV), Syphilis, human immunodeficiency virus (HIV) and Gonorrhea. These infections were duly elucidated, covering aspects of the causative agent, possible complications, and evolution of the condition in certain infections, as well as methods of transmission and prevention, such as vaccines and the condom itself. In addition, the material addressed instructions on the correct way to place male and female condoms in the form of illustrations, making it easier to understand the steps.

The extension workers described the experience as something of extreme relevance for the health of the community, since there is still a high prevalence of these infections. In addition, they stressed the importance of community engagement in actions of this nature, since issues such as these are often neglected or inadequately addressed.





**HPV**

O HPV é a principal causa de câncer de colo do útero em mulheres e, a cada ano, mais de 340 mil mulheres morrem de câncer de colo do útero relacionado ao HPV.

Nos homens, a Agência Internacional para Pesquisa em Câncer (IARC) estimou que em 2018 houve mais de 69.400 casos de câncer causados pelo HPV. Em homens, o câncer relacionado ao HPV é mais frequente no pênis, ânus, boca e garganta.

**Como Prevenir?**

A melhor maneira de prevenir o HPV é por meio da vacinação antes do início da vida sexual. No Brasil, a vacina é distribuída gratuitamente pelo Sistema Único de Saúde (SUS) e é indicada para

- Meninas e meninos
- Adolescentes de 9 a 14 anos, com esquema de 2 doses.
- Mulheres e Homens que vivem com HIV/Aids, transplantados de órgãos sólidos ou medula óssea, pacientes oncológicos, imunossuprimidos por doenças e/ou tratamento com drogas imunossupressoras na faixa etária de 9 a 45 anos, com esquema de três doses (0,2,6 meses), independentemente da idade.

**SÍFILIS**

É uma infecção sexualmente transmissível. Quando não tratada ela gera graves prejuízos a saúde.

Qualquer pessoa que tenha mantido relações sexuais desprotegidas sem o uso do preservativo corre um risco maior de contrair a sífilis. Um dos primeiros sinais da doença é uma pequena ferida (cranco duro), indolor, no pênis, na vagina, ânus ou boca. A ferida costuma desaparecer após alguns dias, mesmo sem tratamento. Entretanto, a bactéria causadora da doença continua ativa na corrente sanguínea.

**Sífilis Congênita**

Ocorre quando a Sífilis é transmitida de mãe para filha, caso não seja realizado o diagnóstico e tratamento da doença durante a gestação. A doença acarreta inúmeros problemas de saúde ao bebê ou abortamento.

**Como Prevenir?**

Use camisinha em todas as práticas sexuais (oral, anal, vaginal). A camisinha (masculina ou feminina) deve ser colocada desde o início da relação sexual.

**HIV**

Esse vírus é o mesmo causador da aids, que é a sigla em inglês da síndrome da imunodeficiência adquirida, uma doença que enfraquece o sistema imunológico humano.

Pode ser transmitido por relações sexuais sem proteção (anal, vaginal e oral), leite materno (se a mãe for HIV Positivo), seringas compartilhadas, e durante o parto ou gravidez caso a mãe seja HIV Positivo.

**Como Prevenir?**

Realizar o uso e retirada adequados da camisinha em relações sexuais

**Gonorreia**

- Causada por bactéria
- Pode atingir órgãos genitais masculinos e femininos, além de garganta e olhos
- A transmissão se dá através de relação sexual desprotegida com uma pessoa infectada
- No homem o principal sintoma é o corrimento abundante e muita dor ao urinar
- 90% das mulheres são assintomáticas. Se não for descoberta, causa inflamação das trompas e posteriores complicações
- Quando não tratada pode causar infertilidade no homem e outros danos a saúde

## FINAL THOUGHTS

During the conception, maturation and implementation of the ideas described, the adolescents and extension students were able to live experiences that favored both sides. In this way, the university extension allows the student to dialogue, to know the vulnerabilities faced by the population and, as protagonists in their education, to consolidate part of their knowledge, in a practical, didactic and effective way, while providing the participating public with access to services and information that contribute to their personal and social development. supporting the maintenance of your health and well-being. In view of this, it is possible to add human value to professional training, in addition to intellectual aspects - such as obtaining a more critical and mature posture, the ability to work in a team and solve problems. Certainly, the early contact of the physician in training with the reality of the adolescent public fosters the construction of a social conscience consistent with the local context, allowing, in the future, a holistic and assertive action, capable of generating positive impacts on the health system and, consequently, on the entire life of individuals. The strengthening of the school-university bond, as it enriches the academic journey, raises the quality of life of young people, because, by overcoming the barriers of the classroom - in which they often occupy a passive position - it is able to foster a more dynamic and relevant educational environment. In this way, the implementation of an active approach to issues of interest to young people in the intra-school sphere enables the development and improvement of socio-emotional skills, which enable the construction of more resilient, empathetic citizens prepared for the challenges that surround human reality.



In this scenario, the students of the Medicine course acted as agents of health promotion and, in effect, of disease prevention, illustrating the essentiality of the role of the student in the local reality, by providing the discussion of themes pertinent to the universe of adolescents and the context in which they are inserted. This is because a significant portion of the public alluded to sometimes feels embarrassed and afraid to dialogue in the domestic sphere about more socially sensitive issues, with their parents or guardians. In this way, they seek in the school environment the opportunity to express themselves and be heard, in addition to solving their curiosities and doubts - which are strongly present in this phase of life. Thus, by instigating a light and relaxed discussion, with the use of active methodologies, medical students present them with the opportunity to deconstruct certain "taboos" when discussing alcohol and drugs, sex life and mental health, for example. In cases where the adolescent is suffering due to violence manifested in the classroom, such as bullying, or does not feel comfortable talking within the family or in the student environment, the aforementioned educational actions developed by the students can provide comfort, stimulate resilience and encourage them to seek the specific help they need. In view of this, these activities, in addition to stimulating youth well-being, reflect, in the short, medium and long term, on the prevention of physical and psychological pathologies.



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