

# Weight of The Nation

## Part 1: CONSEQUENCES

**ANCHOR:** As a group ask staff: What are you more AWARE of after watching the following sections:

- What parts of Cindy's story stood out for you?
- Which of the Bogalusa Heart Study findings surprise you?
- You've just learned that what happens in early childhood is important for health later in life. How will that affect the way you educate your participants?
- What are your thoughts regarding this statement: "people with weight problems were fated to be fat; their genes doomed them to being overweight".

**APPLY:** Post the following statements; one for each flipchart. Divide into groups of 2-3. Ask each small group to post responses on flipchart and rotate to each flipchart. Educators are basically responding to the following participant statements:

- "You don't crave broccoli, and our generation is growing up craving big Mack"
- "I get tired feeling like a failure!"
- "We have to save our children!"
- "It's not always the person with best cards who wins the game. What matters is how well you play the hand you're dealt" - Genes vs. Environment.

**AWAY:** Gather the group back, and ask them to answer these questions with their personal point of view. You may have them write their responses on post-its and pasted to a flipchart.

- What kinds of changes does your community need to make to improve its health?  
How can we go about making those changes?
- If you were to put the community's you work in obesity rates on the map, name the area you think it would show the highest rate? Why did you pick this area?