

Weight of The Nation

Part 2: CHOICES

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

- Is there a right way to lose weight?
- What do you think of the strategies to lose weight?
- Why diets don't work?
- Why is it so hard to lose weight?

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:

- "I know what to do, I just don't do it!"
- "I don't know where to start!"
- "How can I save myself from diabetes?"
- Viana's Scenario: What do you say to individuals who are emotionally connected to food?
- What do you say to participants about juice consumption?

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.

- How do you feel about giving weight management advice after gaining awareness from this presentation?
- What support do you need for giving weight-related advice to participants?