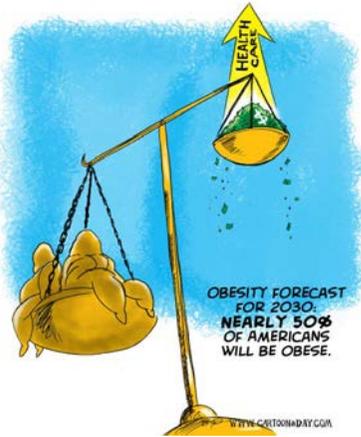


## HBO Series "The Weight of the Nation" Part III - Children in Crisis

**Directions:** Please answer these questions in your journals.

1. Before the film, what types of SPECIFIC health effects of childhood obesity were you aware of?
2. What kind of assumptions did you have about overweight and obesity in children? They will grow out of it? Being overweight isn't really a problem for your health until middle age?
3. According to the film, only 1 in 10 parents seek help for their obese children. Why do you think that is?
4. What barriers are in the way of parents seeking help for their overweight or obese children?
5. When you saw Sofia, what did you initially think about her weight? Did she look obese to you?
6. Like Sofia and her family, many of us think that physical activity can stave off serious disease, even though we're overweight. What's your reaction to the fact that Sofia has serious health issues in spite of her dancing?
7. Sofia's parents try to help her on their own, with little success. Have you ever been in the situation of trying to get a family member to eat better? How did it play out?
8. Dr. Taveras did a little detective work to determine that Tiarra's TV watching and juice drinking were contributing to her weight gain. Think about your own family and identify any habits or behaviors that might be ready for a change. List them out.
9. Looking over your list, are there any that would be easy for your family to address? Which ones?
10. Which of the behaviors on your list seem too hard to change? Why? What support would you need to help you make those changes?
11. Do you think there should be a difference in regulation of advertising to kids versus advertising to adults?



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