



Questions for Classroom Discussion

“Fight Obesity” Campaign

- **What should be the main goals of a “Fight Obesity” Campaign at a school?**
 - ⇒ Consider the most obvious goal of the campaign, which is to reduce obesity... the easiest way to accomplish this is through diet and exercise
 - ⇒ Consider intermediate goals that must exist before there can be an end to obesity, such as educating students, promoting good health and exercise, and helping students at risk of becoming obese recognize and correct their actions
 - ⇒ Consider the need to establish firm rules and procedures at the school to deal with different situations where it can have an influence on childhood obesity

- **What are procedures and strategies that a school might put in place as a result of a “Fight Obesity” Campaign?**
 - ⇒ Consider the need for the school to promote activity and exercise, which is a huge factor in reducing obesity
 - ⇒ Consider the ability of the school to raise awareness about diet and nutrition
 - ⇒ Consider the need for teachers to be involved in helping students, as well as ways to keep parents updated on this issue as it relates to their children

- **Who needs to be involved in a “Fight Obesity” campaign in order for it to be successful?**
 - ⇒ Consider how students who are at-risk of becoming obese need to know how to handle situations, as well as where to get help when necessary
 - ⇒ Consider how students can work together to encourage healthy living among their peers
 - ⇒ Consider how adults—parents, teachers, principals—all have a role in reducing childhood obesity, such as by raising awareness, knowing what is going on with individual students, and serving as trusted role models