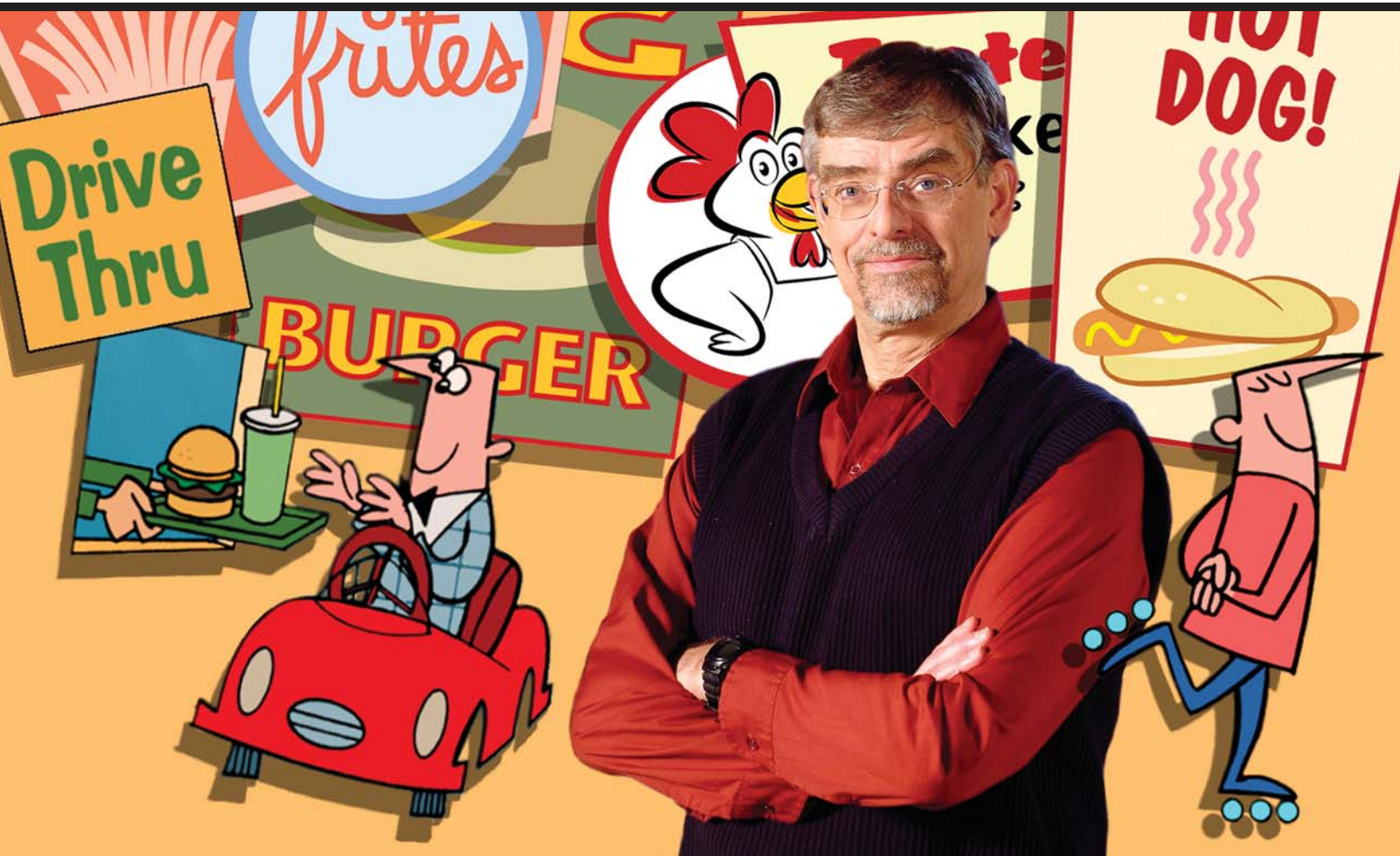


# The Weight of the World



Facing Obesity

## USERS' GUIDE





## USERS' GUIDE

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## INTRODUCTION

**“The turn of this millennium marks, approximately, the period of time when more people are dying of over-nutrition than of under-nutrition.”**

*Dr. Stephan Rossner*

The documentary ***The Weight of the World*** was created to raise awareness of obesity as a global public health crisis. It expresses the perspective that communities can take action to reduce obesity.

The Users' Guide is designed to maximize the benefit of ***The Weight of the World: Facing Obesity*** as a discussion (and teaching) tool. The guide breaks the documentary into chapters, summarizes each chapter and directs users to related information in the DVD Extras and additional resources. The guide provides discussion questions and suggests activities to be used in the classroom.

## FILMMAKER'S STATEMENT

by director Glynis Whiting — March 2004

As we started out making ***The Weight of the World*** obesity was just beginning to hit front page headlines as a public health crisis. The documentary was inspired by the personal observations of Graydon McCrea, an Executive Producer at the National Film Board of Canada. During his travels he noted that the girth of North Americans, particularly in children, was growing. He partnered on the concept with Michael Allder at CBC *Nature of Things* and they brought me on as director.

It soon became apparent that the story of obesity is bigger than overweight individuals. The weight loss industry has failed at reducing the obesity crisis but succeeded in profiting at its multi-billion dollar game. Meanwhile entire nations around the globe are being affected.

We decided to approach the subject from the perspective that Western culture, exported around the globe, is the cause of this international epidemic. It's imperative to understand the wider picture. If decades of diet foods, pills, and surgery haven't slowed the problem, we must start working on solutions that take into consideration the cultural change that is at the root of obesity and start reshaping our society.

During early discussions with individuals who have spent their professional lives working in the area of obesity there was an edge of hopelessness. Despite their efforts they were witnessing a rapid increase in the numbers of obese individuals and it was reaching into every corner of the world. They felt as though they were talking to themselves.

Since that time there have been encouraging changes. Unable to ignore the crisis any longer, governments, communities, schools and, under duress, the food industry have joined those experts in creating change. Recently, one obesity researcher was about to board a plane to yet another conference when he confided, “Obesity specialists have become the rock stars of the science world”. They are being heard.

If we've done our job, ***The Weight of the World*** will be a megaphone for those voices. This obesity epidemic affects everyone. The old ways of fighting back are not working but our interview subjects put the power back into the hands of the people by reassuring them that they're part of a bigger picture — a picture they can do something about. Our hope is that this documentary will inspire discussion, understanding, action and change.



## THE DVD

The DVD *The Weight of the World: Facing Obesity* contains:

1. **The Film** – a 51 minute documentary, offered in both English & French, standard television or wide-screen format, with or without closed captioning.
2. **The Chapters** – allows viewers to go directly to specific sections within the documentary. The content of each chapter is found in the body of the Users' Guide.
3. **The Extras** – includes nine segments of additional interview material on obesity related topics, for a total of over 72 minutes of supplementary content.
  - i. **Weight** (6:00) – explores some reasons for weight gain, emphasizing the complexity of the problem.
  - ii. **Health** (7:23) – provides greater detail on the health impacts of obesity, including an explanation of Type II Diabetes, the psychosocial costs and the relationship between the medical community and obese patients.
  - iii. **Children** (9:10) – offers recommendations for helping children stay healthy.
  - iv. **Culture** (8:16) – includes further discussion on how our changing society promotes obesity.
  - v. **Politics** (10:22) – explores costs to the health care system and ideas on engaging government and industry to help fight obesity.
  - vi. **Aboriginal Setting** (4:57) – provides further details on the Sandy Lake program, a holistic community-based approach.
  - vii. **School Setting** (10:15) – provides further details on the Philadelphia school program, including class room activities to promote healthy living.
  - viii. **Urban Planning** (8:56) – shares ideas on how urban planning can contribute to creating healthier neighbourhoods.
  - ix. **Community** (6:11) – expands the discussion on the Simon Fraser University planned pedestrian community.

4. **PDF Attachments** – including: Users' Guide, transcripts of the documentary (English & French) and *The Weight of the World* film one-sheet.



## WHO APPEARS IN THE DOCUMENTARY?

**The Weight of the World** features leading experts on the obesity crisis, including those who have implemented strategies for combating the problem.

The audience is introduced to the obesity crisis by **Dr. Stephan Rossner**. He also provides additional information in the DVD *Extras* and participates in engaging conversations with some of the experts. As the Director of the Obesity Unit at Huddinge University Hospital in Sweden, Rossner oversees a staff of 50 collaborators. Together they treat the morbidly obese and research many realms of the problem. Rossner is also the former President of the International Association for the Study of Obesity and has published over 400 scientific papers. He believes in finding creative approaches to informing the public about obesity and sets the bar high by working as a Health Theatre actor, writing cookbooks and traveling the world as a noted public speaker.

**Dr. Oded Bar-Or** has been working with overweight and obese children for over twenty years. He is Professor of Pediatrics at Ontario's McMaster University where he established the Children's Exercise & Nutrition Centre in 1983. The Centre addresses clinical, scientific and educational issues related to physical activity in children. Childhood obesity has become a major focus at the clinic in the last several years, which reflects the emergence of the Juvenile Obesity Epidemic. The Centre provides a multidisciplinary treatment of obesity, using a team of therapists that includes a nutritionist, kinesiologist, behaviour therapist, physiologist and a physician.

**Jean-Pierre Després**, PhD, is a professor at Laval University in Quebec City and one of the senior researchers at the Brown Research Chair on Obesity, which is known internationally for its groundbreaking obesity research. Després received his PhD in exercise physiology from Laval and pursued post-doctoral training at the Department of Medicine at the University of Toronto. He has published more than 320 papers in peer-reviewed journals and has written 40 book chapters in the areas of obesity, lipidology, diabetes, insulin resistance syndrome, exercise and nutrition.

**Christopher Hume** is a journalist with the Toronto Star and a respected critic in the areas of Architecture and Urban Planning.

**Dr. Shiriki Kumanyika**, is a Professor of Epidemiology at the University of Pennsylvania School of Medicine. She holds a PhD in Nutrition from Cornell University and a Masters of Public Health from John Hopkins. An internationally respected expert on obesity related topics, she has advised the World Health Organization on obesity prevention through her work on the International Task Force on Obesity.

**Michael Geller** is trained as an architect and is sought after as an urban planner. He has been involved in the development of landmark pedestrian areas such as Vancouver's False Creek area and Granville Island.

Former Chief **Jonas Fiddler** was the leader of the Sandy Lake Band for over twenty years. He remains active on the band council. The Oji-Cree community in Northern Ontario once had the third highest rate of Type II diabetes in the world.

Deputy Chief **Harry Meekis** is a spokesperson for the Sandy Lake Band and is involved in ensuring that funds are available for the Diabetes Prevention Program.

**Roderick Fiddler** is trained as a social worker and is the coordinator of the Diabetes Prevention Program.

**Sandy Sherman**, PhD works for the Philadelphia Food Trust. Since 1994 this non-profit organization, an extension of the century old Reading Terminal Farmers' Market, has been working to ensure that healthy foods are available in all neighbourhoods of the city at fair prices. Sherman has been instrumental in planning its programs, in particular the Nutrition Policy Program which promotes healthy lifestyles from within the schools.



## CHAPTERS

**“We used to look upon obesity as a trivial, self-inflicted condition, a cosmetic problem. But now we realize that obesity is actually a deadly disease.”**

*Dr. Stephan Rossner*

**The Weight of the World** takes the approach that the wave of obesity being experienced around the world is the result of a global cultural shift. The only way we will stem this tide is to change the environment in which we live.

For easy access to subject matters, the DVD has been divided into thirteen chapters. The content of each is described below. In addition to the full-length documentary, the DVD **The Weight of the World: Facing Obesity** includes *Extras* that discuss obesity in further detail. The following descriptions also indicate which *Extras* relate to each chapter and suggest discussion questions and additional resources, such as web sites.

## Chapter 1 – (duration: 5:35)

### Introduction of The Problem

Dr. Stephan Rossner introduces obesity as the first manmade epidemic, revealing that it has spread globally, leading to serious health problems in both adults and children. This crisis has recently dominated world headlines but for Rossner and his peers, understanding the problem and searching for solutions has been a life long journey.

The opening of **The Weight of the World** establishes the scope of the problem, including some of the negative health impacts of obesity. Dr. Oded Bar-Or describes the impact of obesity specifically as it relates to children.

### Discussion questions

Dr. Oded Bar-Or tells us that overweight and obese children are ostracized by their peers and, therefore, are less likely to join in physical activities. What strategies could be employed to change this situation? Does this apply to other age groups? Why or why not?

### Relevant Extras

- i. Weight
- ii. Health
- iii. Children

### Resources

*(complete list, with more details, at end)*

- International Association for the Study of Obesity: [www.iaso.org](http://www.iaso.org)
- International Obesity Task Force: [www.iotf.org](http://www.iotf.org)
- Health Canada: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- Active Healthy Kids Canada: [www.activehealthykids.ca/](http://www.activehealthykids.ca/)
- National Center for Chronic Disease Prevention and Health Promotion: [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)



## Chapter 2 – (1:46) How Much Is Too Much?

At what point does excess weight become a health problem? The most common measurement used in evaluating body weight is the Body Mass Index.

The calculation to arrive at the BMI is:

**weight (kilos) divided by  
height (meters) squared**

Although standards vary internationally, in North America a BMI of 18 – 24 is classified as a normal body weight, 25 – 29 is considered overweight and a BMI of 30 and over amounts to obesity.

In this chapter Dr. Jean-Pierre Després reveals that we must also take into account the location of body fat. He explains the adverse impact of visceral fat on human health.

### **Relevant Extras**

ii. Health

### **Resources**

- D. B. Brown Research Chair on Obesity:  
[www.obesity.chair.ulaval.ca](http://www.obesity.chair.ulaval.ca)

## Chapter 3 – (7:13) How Did We Get Here?

This segment of the documentary describes how social evolution, from the Stone Age through modern times, has resulted in the obesity crisis. The human brain has not evolved as quickly as the environment in which we live. A “set point”, similar to a thermostat, controls weight. When we begin to lose weight, a famine response is triggered. The body burns fewer calories to protect our fat, as it has since prehistoric times.

In the modern world, people expend far less energy than in the past. Christopher Hume describes the relationship between urban sprawl, our devotion to the automobile, and obesity. Dr. Jean-Pierre Després explains how our ever-increasing reliance on labour saving devices contributes to the obesity epidemic.

Children are perhaps the greatest victims of the energy imbalance. They have been born into this inactive society and are particularly affected by television and advertising that promotes an unhealthy diet. In Chapter 3, Dr. Shiriki Kumanyika offers insights into the relationship between children, television, and the marketplace.

### **Discussion questions**

The Weight of the World presents obesity as a problem resulting from changes in society. Do you agree with this perspective? Why or why not? If so, what changes, in your opinion, have had the most negative impact? If not, what factors do you believe are responsible for the obesity crisis?

### **Relevant Extras**

- iii. Children
- v. Politics
- viii. Urban Planning

### **Resources**

- International Obesity Task Force:  
[www.ietf.org](http://www.ietf.org)



## Chapter 4 – (5:00) Energy In

**“When you take a plate of food in a restaurant ... and weigh it out on other dishes there are sometimes two or three meals in that one serving.”**

*Dr. Shiriki Kumanyika*

When the amount of energy consumed exceeds the energy expended over a long period, the imbalance results in obesity. Dr. Kumanyika describes the reaction of modern humans to increased availability of food and explains the role of the food industry in promoting unhealthy lifestyles. Messages about fat and sugar consumption are used as examples of how the food industry has used confusion about nutritional information to pad its bottom line.

### **Discussion questions**

Reduced physical activity and over consumption of food have been identified as factors that contribute to the energy imbalance that causes obesity. Do you think one presents a greater risk than the other? What are the difficulties in overcoming each of these?

### **Relevant Extras**

- iv. Culture
- v. Politics

### **Resources**

- Health Canada: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- National Center for Chronic Disease Prevention and Health Promotion: [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)
- The Food Trust: [www.thefoodtrust.org/](http://www.thefoodtrust.org/)
- *Food Politics*, Marion Nestle, University of California Press, March 2002

*(note: The Weight of the World does not provide viewers with specific nutritional information beyond the idea that people should, overall, consume less. The web sites above do offer that information.)*

## Chapter 5 – (1:12) Societal Influences

**Stores in the inner city charge more for food items and in poorer neighborhoods, choice is limited. Fresh foods, with narrow profit margins, compete with highly processed foods. Price and time pressures push people toward calorie packed convenience and fast foods which appear to be a better buy.**

*The Weight of the World*

Shiriki Kumanyika explains some of the socio-economic factors that lead to obesity, providing another indication of the complexity of the problem. Dr. Kumanyika's research has had a particular focus on cultural issues in behavioral interventions.

### **Classroom Activity**

Objective: To identify healthier food items. Students will copy ingredient labels on packaged food items supplied in the classroom. In groups students will compare items, discuss which are healthier, and make a list of the healthier items. (“Healthy” to be defined based on age group.)

### **Relevant Extras**

- iii. Children
- iv. Culture
- vii. School Setting

### **Resources**

- International Association for the Study of Obesity [www.iaso.org](http://www.iaso.org)
- International Obesity Task Force The Food Trust: [www.thefoodtrust.org/](http://www.thefoodtrust.org/)
- National Center for Chronic Disease Prevention and Health Promotion: [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)
- The Food Trust: [www.thefoodtrust.org/](http://www.thefoodtrust.org/)





**Chapter 6 – (2:25)**  
**Global Problem**

**“...Globalization has changed the face of obesity. In Mexico and Brazil, for example, where overweight used to be a sign of wealth, it now often marks poverty. The increased availability of foods at lower prices mean the poor have access to a richer diet. While the elite can choose to adopt a healthy lifestyle, the poor have fewer food choices and more limited access to nutrition education.”**

Source: IOTF Web site

Global access to westernized culture has accelerated the problem of obesity in the developing world. Stephan Rossner and Shiriki Kumanyika share their insights.

**Discussion Questions**

In the book *Fast Food Nation* it states that the introduction of McDonald's into a country marks the point at which obesity begins to rise. Discuss this phenomenon. What are the hurdles specific to developing countries in combating obesity?

**Relevant Extras**

iv. Culture

**Resources**

- International Association for the Study of Obesity [www.iaso.org](http://www.iaso.org)
- International Obesity Task Force: [www.iotf.org](http://www.iotf.org)
- *Fast Food Nation*, Eric Schlosser, Houghton Mifflin, January, 2001

**Chapter 7 – (2:10)**  
**It's Not All Bad News: Solutions**

Dr. Jean-Pierre Després reveals that the worst affects of obesity can be improved with a small weight loss. Viewers are warned, however, that the diet and weight loss industry has not been effective in combating the problem. In fact, those corporations rely on overweight and obese clients to survive. New partners and approaches must be part of the solution. Our entire society must change to tackle the obesity epidemic.

**Discussion Questions**

Dr. Stephan Rossner says that we must find new partners and creative solutions to battle the obesity epidemic. Who should be responsible for implementing solutions and why? Discuss possible solutions, including ideas not presented in the documentary. What is the role of prevention?

**Relevant Extras**

i. Weight



## Chapter 8 – (5:22) Changing the Built Environment

**“We need partners and solutions that will put the balance back into our communities”.**

*The Weight of the World*

The way we design our buildings and cities impacts how much we exercise. Jean-Pierre Després of Laval University discusses the need to overhaul our society, including incorporating healthy lifestyles into the workplace.

The documentary turns to Simon Fraser University for an example of a walkable community. Architect Michael Geller worked closely with the Simon Fraser Trust to create a village that embraces the principles of a pedestrian community and sustainable development. A study by Dr. Lawrence Frank reinforces these principles. For the first time research has proven that the type of community in which people live is a determining factor on how much they weigh. In the book *Health and Community Design*, which Frank co-authored with Peter Engelke and Thomas Schmid, the details of how urban planning impacts our health are explained.

### Classroom Activity

Objectives: Identify urban planning features that are pedestrian friendly or unfriendly. Draw a map of your neighbourhood. List five features that would make it a healthier place to walk? (culmination of lesson on urban planning)

### Relevant Extras

- viii. Urban Planning
- ix. Community

### Resources

- The Simon Fraser Community: [www.university.ca](http://www.university.ca)
- Congress for the New Urbanism: [www.cnu.org](http://www.cnu.org)
- The Food Trust: [www.thefoodtrust.org/](http://www.thefoodtrust.org/)  
Pattern Language: [www.patternlanguage.com](http://www.patternlanguage.com)
- *Health and Community Design*, Lawrence D. Frank, et al, Island Press, May 2003

## Chapter 9 – (1:54) Other Utilitarian Exercises

**“We have to provide an environment that allows people to be more active and build it into their daily lives”**

*Dr. Lawrence Frank*

Fighting inactivity is one of the keys to obesity prevention. People, especially those who are inactive, are most likely to participate in exercise that serves a purpose. Drs. Frank and Bar-Or provide two examples.

### Discussion Questions

Jean-Pierre Després and Larry Frank explain that “utilitarian” activities, in other words exercise that is achieved as we go about our daily life, are those in which people are most likely to engage. Do you agree with this perspective? Why or why not? What activities do you participate in that could be described as “utilitarian”? Are there others that you could be doing as an individual? As a family or group?

### Relevant Extras

- iii. Children
- xiii. Urban Planning
- ix. Community

### Resources

- Mom, Pop, and Me: [www.mompopandme.com](http://www.mompopandme.com)
- Active Healthy Kids Canada: [www.activehealthykids.ca/](http://www.activehealthykids.ca/)
- National Center for Chronic Disease Prevention and Health Promotion: [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)
- *Health and Community Design*, Lawrence D. Frank, et al, Island Press, May 2003



## Chapter 10 – (1:36) Facing Energy Intake

The obesity crisis has created a new expectation of the food industry. Dr. Shiriki Kumanyika explains that lawsuits involving obesity claims and unhealthy products are forcing the food industry to re-examine the way it does business.

### Discussion Questions

Obesity has been compared to cigarette smoking in relation to the extent of the problem. How are they similar? How are they different? How could strategies used to combat the health issue of smoking be used as a model to fight obesity?

### Relevant Extras

v. Politics

### Resources

- *Fast Food Nation*, Eric Schlosser, Houghton Mifflin, January 2001
- *Food Politics*, Marion Nestle, University of California Press, March 2002



## Chapter 11 – (5:03) Sandy Lake & Philadelphia – Overview of Problem

Chapter 11 introduces two unique healthy lifestyle initiatives.

Until recently, very few programs had engaged entire communities to fight the obesity epidemic. Two exceptions are the Diabetes Prevention Program in Sandy Lake, Ontario and The Comprehensive School Nutrition Policy Pilot Program in Philadelphia, Pennsylvania. The Philadelphia program started in four schools in 2000 and is now established in schools across the system. The Sandy Lake program was initiated over ten years ago. The goal of both programs is to create entire environments that encourage a healthy lifestyle.

When the people of Sandy Lake realized the extent to which it was being affected by deadly Type II diabetes, Chief Jonas Fiddler enlisted the help of diabetes specialists Dr. Bernie Zinman from the University of Toronto and Dr. Stewart Harris of the University of Western Ontario. With input from the community they designed a program to reach and maintain healthy weights. They've placed a special emphasis on prevention and a baseline study charts the progress of individuals. The program is constantly evolving to engage community members of every generation.

While designing the Philadelphia Nutrition Policy Program, it became evident to Sandy Sherman that the school was the portal through which they would reach the community most effectively.

### Classroom Activity

Objectives: To identify healthy and unhealthy habits. To implement change in behavior. To practice change in behavior.

Keep a diary for a week including physical activity and food consumption. Add five healthy behaviors. Monitor the new behaviors for 29 days to change habits. This exercise can be done in a classroom or family setting.

### Relevant Extras

- Aboriginal Setting
- School Setting

### Resources

- The Food Trust: [www.thefoodtrust.org/](http://www.thefoodtrust.org/)
- Sandy Lake Health & Diabetes Project: [www.sandylakediabetes.com](http://www.sandylakediabetes.com)



**Chapter 12 – (7:52)**  
**Sandy Lake & Philadelphia – The Programs**

The documentary examines the programs in Sandy Lake and Philadelphia. Although there is not yet scientific data available, both programs show promising results.

Both programs prescribe a change in lifestyle based on increased activity and a healthier diet. The dietary approach at Sayre Middle School in Philadelphia is to increase consumption of fresh fruit and vegetables to five to ten servings a day. The focus is on a positive action. When participants increase their daily consumption of fruit and vegetables, it replaces less healthy foods in the diet.

**Discussion Questions**

In both Sandy Lake and Philadelphia solutions have been individualized to meet the specific needs of the community. Identify a community to which you belong (family, school, neighbourhood, country) and define traits that make your situation unique. What strategies might work for your community to fight obesity?

**Relevant Extras**

- vi. Aboriginal Setting
- vii. School Setting

**Resources**

- The Food Trust: [www.thefoodtrust.org/](http://www.thefoodtrust.org/)
- Sandy Lake Health & Diabetes Project: [www.sandylakediabetes.com](http://www.sandylakediabetes.com)

**Chapter 13 – (4:02)**  
**Conclusion**

***“For children and youngsters to be successful in developing healthy eating habits they just have to think about being healthy. If they’re physically active, if they choose good foods, they’re going to develop life long healthy habits and we’ll have accomplished our goals.”***

*Sandy Sherman, PhD.*

The experts summarize the importance of changing the way we live to overcome the obesity crisis.

**Classroom Activity**

Objectives: To identify healthy living behaviors. To promote change within the community.

Plan an Ad Campaign to promote healthy living. Compose slogans and draw posters that incorporate at least one healthy living behavior. Culminate with a healthy living fair to share the information with other students. This exercise can be shaped for the school or the wider community. (“Healthy living” to be defined based on age group.)





### SUMMARY LIST OF DISCUSSION QUESTIONS

1. The Weight of the World presents obesity as a problem resulting from changes in society. Do you agree with this perspective? Why or why not? If so, what changes, in your opinion, have had the most negative impact? If not, what factors do you believe are responsible for the obesity crisis?
2. Dr. Oded Bar-Or tells us that overweight and obese children are ostracized by their peers and, therefore, are less likely to join in physical activities. What strategies could be employed to change this situation? Does this apply to other age groups? Why or why not?
3. Reduced physical activity and over consumption of food have been identified as factors that contribute to the energy imbalance that causes obesity. Do you think one presents a greater risk than the other? What are the difficulties in overcoming each of these?
4. In the book Fast Food Nation it states that the introduction of McDonald's into a country marks the point at which obesity begins to rise. Discuss this phenomenon. What are the hurdles specific to developing countries in combating obesity?
5. Jean-Pierre Després and Larry Frank explain that “utilitarian” activities, in other words exercise that is achieved as we go about our daily life, are those in which people are most likely to engage. Do you agree with this perspective? Why or why not? What activities do you participate in that could be described as “utilitarian”? Are there others that you could be doing as an individual? As a family or group?
6. Dr. Stephan Rossner says that we must find new partners and creative solutions to battle the obesity epidemic. Who should be responsible for implementing solutions and why? Discuss possible solutions, including ideas not presented in the documentary. What is the role of prevention?
7. Obesity has been compared to cigarette smoking in relation to the extent of the problem. How are they similar? How are they different? How could strategies used to combat the health issue of smoking be used as a model to fight obesity?
8. In both Sandy Lake and Philadelphia solutions have been individualized to meet the specific needs of the community. Identify a community to which you belong (family, school, neighbourhood, country) and define traits that make your situation unique. What strategies might work for your community to fight obesity?



### SUMMARY LIST OF CLASSROOM ACTIVITIES

1. Objective: To identify healthier food items.

Students will copy ingredient labels on packaged food items supplied in the classroom. In groups students will compare items, discuss which are healthier, and make a list of the healthier items. ("Healthy" to be defined based on age group.)

2. Objectives: To identify healthy living behaviors. To promote change within the community.

Plan an Ad Campaign to promote healthy living. Compose slogans and draw posters that incorporate at least one healthy living behavior. Culminate with a healthy living fair to share the information with other students. This exercise can be shaped for the school or the wider community. ("Healthy living" to be defined based on age group.)

3. Objectives: To identify healthy and unhealthy habits. To implement change in behavior. To practice change in behavior.

Keep a diary for a week including physical activity and food consumption. Add five healthy behaviors. Monitor the new behaviors for 29 days to change habits. This exercise can be done in a classroom or family setting.

4. Objectives: Identify urban planning features that are pedestrian friendly or unfriendly.

Draw a map of your neighbourhood. List five features that would make it a healthier place to walk? (culmination of lesson on urban planning)





## SUMMARY LIST OF SELECTED ADDITIONAL RESOURCES

(alphabetical order — books at end)

### Active Healthy Kids Canada:

[www.activehealthykids.ca/](http://www.activehealthykids.ca/)  
*<Experts on physical activity for Canadian children and youth.>*

### Congress for the New Urbanism: [www.cnu.org](http://www.cnu.org)

*<Giving physical shape to community.>*

### D. B. Brown Research Chair on Obesity:

[www.obesity.chair.ulaval.ca](http://www.obesity.chair.ulaval.ca)  
*<A Laval University Center dedicated to research, communication and education on obesity.>*

### The Food Trust: [www.thefoodtrust.org/](http://www.thefoodtrust.org/)

*<Building strong communities through healthy food.>*

### Health Canada: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

(for food guide select “Healthy Living”)  
*<Making this country’s population among the healthiest in the world as measured by longevity, lifestyle and effective use of the public health care system.>*

### International Association for the Study of Obesity:

[www.iaso.org](http://www.iaso.org)  
*<Improving global health by promoting the understanding of obesity and weight-related diseases through scientific research and dialogue, whilst encouraging the development of effective policies for their prevention and management.>*

### International Obesity Task Force: [www.ietf.org](http://www.ietf.org)

*<Informing the world about the urgency of the problem of obesity and persuading governments that the time to act is now.>*

### Mom, Pop, and Me: [www.mompopandme.com](http://www.mompopandme.com)

*<Teaching your children a healthy lifestyle.>*

### National Center for Chronic Disease Prevention and Health Promotion: [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)

*<Promoting safer, healthier people.>*

### Pattern Language: [www.patternlanguage.com](http://www.patternlanguage.com)

*<Rebuilding our neighbourhoods; slowly rebuilding the Earth. Includes a slide show on how to make sprawl communities walkable.>*

### Sandy Lake Health & Diabetes Project:

[www.sandylakediabetes.com](http://www.sandylakediabetes.com)  
*<A successful partnership between First Nations and health researchers in addressing the challenges of diabetes.>*

### The Simon Fraser Community: [www.university.ca](http://www.university.ca)

*<The planning and design of a new community, guided by four sustainability cornerstones: Environment, Education, Equity and Economy.>*

*Fast Food Nation, Eric Schlosser, Houghton Mifflin, January, 2001*

*Food Politics, Marion Nestle, University of California Press, March 2002*

*Health and Community Design, Lawrence D. Frank, et al, Island Press, May 2003*

