

# Screening to Action Brown Bag Lunch Agenda

This agenda is designed for a small group that intends to meet over a lunch or series of lunches. Use this to host a screening and conversation for a board, a staff, or a group of organizational partners. You may have to expand or contract this agenda to fit your chosen time frame.

The goals of this agenda are to

- Learn about the obesity epidemic and its causes
- Discover your organizations unique role or opportunity to address obesity
- Discuss existing community efforts and assets to fight obesity
- Identify actions your organization can do internally or in partnership with others to address obesity

Feel free to use your own language and context when asking questions. The statements below are only suggestions for how your discussion may flow.

## Welcome

Please see Facilitator Tips on page 19 for suggested ground rules.

- Welcome everyone and do introductions if necessary
- Briefly review the goals of your screening and dialogue
- Establish ground rules

## Watch *The Weight of the Nation*<sup>TM</sup>: Part 4

Screen chapters 1 & 11 from *The Weight of the Nation*<sup>TM</sup> Part 4: Challenges (18 min).

If you have more than two hours, consider showing additional chapters or all of Part 4 (68 min).

- Introduce the film  
HBO created *The Weight of the Nation*<sup>TM</sup> a 4-part documentary to confront America's obesity epidemic in order to help us
  - Learn more about America's obesity epidemic
  - Hear what communities around the country are doing to change things
  - Spark ideas for what we can do here

## Follow-up discussion

- Ask participants what intrigued or surprised them the most
- Ask participants how they see obesity impacting your organization or those you serve
- As a group, discuss existing community efforts and whether those are working or need additional resources
- Ask participants to generate a list of new ideas that could work in your community

## Plan next steps

- Ask of all the ideas you've discussed, what seems the most promising. As a group, what do you see as the top two or three ideas?
- Ask what next steps you all can take to bring these ideas to life. For example, can we:
  - Make plans to meet again as a group to work on some of our ideas?
  - Consider watching other segments?
  - Explore our current workplace policies in depth?
- Thank everyone for participating