

Screening to Action Small Gathering Agenda

This agenda is designed for a small group of about eight to fifteen people. Use this to host a 2–2.5 hour screening and conversation for your neighborhood, business, faith group or the leadership team of a healthy community coalition.

The goals of this agenda are to

- Build relationships among participants
- Learn about the obesity epidemic
- Discuss existing community efforts and assets to fight obesity
- Identify actions the group and partners can take 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.

Consider building a “walk and talk” into the agenda to integrate physical activity into the meeting.

Welcome 10 min

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

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

Share our experiences 10 min

- Ask participants to state their name and briefly describe what brought them to this meeting.
- Ask participants what makes it hard to talk about weight and obesity.
- Ask what themes the group is noticing from your initial discussion.

Watch *The Weight of the Nation™*: Part 4 20–70 min

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

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

- Introduce film
HBO created *The Weight of the Nation™* 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.

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Explore actions we can take

30–45 min

Keep track of the time so participants have a chance to discuss all of the questions in this part.

- Ask participants, before seeing this film, what were their assumptions about the factors that have contributed to obesity. Did the film change their views?
- Give examples from the film of the kinds of actions individuals and communities are taking to reduce obesity and improve health.

- Implement workplace wellness
- Build new parks, bike paths or sidewalks
- Create community gardens at schools
- Distribute healthy food through supermarkets, food carts, or roving trucks

Ask your participants if any of these things have been tried in your neighborhood or community. If so, how would you characterize your current efforts? What seems to be working? Where do you seem to be getting stuck?

- Ask what one change could make a big difference in your [neighborhood, workplace or community]. Where would we start? Who could we work with to make it happen?
- What resources do we have in our community to help us?

Hand out follow-up information

- Point out some highlights of that information

Plan next steps

15–25 min

- Of all the ideas we've discussed, what seems the most promising? As a group, what do we see as the top two or three top ideas?
- What next steps can we take to bring these ideas to life? For example, we can
 - Make plans to meet again as a group to work on some of our ideas
 - Join up with an existing group or coalition
 - Contact local leaders or policy makers and invite them to join us
 - Identify and agree on next steps and who is responsible for them
- Thank everyone for participating