

# MODULE 2

## GROWING HEALTHY FAMILIES:

### **Managing Our Weight**



# FACILITATOR GUIDE FOR MODULE 2

## Growing Healthy Families: Managing Our Weight

Timeframe		Purpose
Activity 1:.....10 minutes	Activity 2:.....10 minutes	Weight management can be difficult. Being overweight or obese can lead to serious health consequences in children and adults. During the past 30 years the number of overweight children has doubled and the number of obese children tripled. Parents of overweight children are often overweight and have feeding practices that can contribute to children being overweight. Children in minority groups are at particular risk (with the exception of Asian children). This module explores how to recognize, prevent and manage weight issues.
Activity 3:..... 15 minutes	Activity 4: .....20 minutes	
Summary:.....5 minutes	Total:.....60 minutes	
Learning Objectives		
<ol style="list-style-type: none"> <li>1. Identify appropriate weights for children and adults</li> <li>2. Recognize attitudes, family traditions, habits and routines that may contribute to obesity and long-term consequences</li> <li>3. Develop ideas for new routines, habits and traditions that will lessen the chances of obesity</li> </ol>		
Activities		
<b>Activity 1:</b> Welcome: Draw a penny from memory		
<b>Activity 2:</b> Explain & determine body mass index (BMI)		
<b>Activity 3:</b> Balloon Game: What family traditions and routines contribute to obesity? What can we change in our family to promote a healthier lifestyle?		
<b>Activity 4:</b> Game Board on Ideas for Changing Traditions and Habits		
<b>Activity 5:</b> Summary		
Room Setup	Handouts/PowerPoint/ Materials to Prepare	Materials/Equipment
The room should be arranged with several tables so that there are 4-6 people at a table.	<ol style="list-style-type: none"> <li>1. PPT slides</li> <li>2. Sorting pictures and sorting board</li> <li>3. Balloons with questions inside</li> <li>4. Game boards, cards, markers and dice for each table</li> </ol>	Computer Projector Markers Pens Pencils Sign-in Sheet Large balloons Scale <i>Parent Guide and Journal</i> Optional: rewards for summary

## MODULE 2: MANAGING OUR WEIGHT

### Activity 1: Welcome

#### Purpose of Activity:

- Welcome
- Recognize that people may look lighter or heavier than they actually are.

#### Instructions:

1. Have paper and pencils on each table. Have PPT #2 on the screen as everyone enters, and ask them to draw a penny from memory.
2. Welcome the group.
3. Remind them that they have seen thousands of pennies all of their lives.
4. Show participants PPT #3, and discuss how even when we see something all the time and work with it, we don't always observe it correctly.
5. The same is often true with our attitudes and perceptions about our weight and our children.
6. Ask: How difficult do you find it to manage your weight? Your child's weight?

#### Facilitator Script:

- *Welcome to our session on weight management. Please look at the slide (PPT #2) and draw a penny if you have not already. Remember, don't look at one, do this from memory!*
- (Have them finish the activity as you introduce the session, explain about locations of water, sign-in, etc.)
- *Maybe you or someone in your family or a friend has had a weight problem? It can be very hard to control. We are going to talk about how to identify if you have a problem and what to do about it!*
- *Look at an actual penny (show PPT #3). Did you get everything right on your drawing? Most of us have trouble really noticing details of the things and people we see every day, even things we have seen all of our lives.*
- *We are often not aware of weight. We know when our clothes are too tight but don't realize that we might be overweight or obese. We especially don't notice this in children. We often think it is baby fat that they will outgrow, but research shows us that few children outgrow baby fat after the age of two.*

#### Time: 10 minutes

#### Materials:

- PPT #2 Welcome!
- PPT#3 Penny
- Sign-In sheet
- *Parent Guide and Journal*
- Blank paper
- Pencils

#### Notes:

## Activity 2: Explain and Determine BMI

### Purpose of Activity:

- To teach parents how to identify the Body Mass Index (BMI) for themselves and their children and understand its relationship to weight management

### Instructions:

1. Show PPT #6, “Recognizing Appropriate Weights,” and use the *Parent Guide and Journal* to discuss what the caloric needs of adults and children are and the fact that adults need fewer calories as they get older.
2. Explain what a BMI is and have participants identify their BMI using the PPTs #7 and #8.
3. Ask participants to use a computer or smartphone to identify their child’s BMI, using the Internet and the address on PPT #9, “Determining Child BMI,” and the chart in their *Parent Guide and Journal*. If they have more than one child, ask them to look up only one child.
4. You may need to go to participants to provide this information if you are the only one who has Internet access or ask people to assist each other if some parents in the audience have smartphones. If you are looking up the information for them, begin the next activity, and when they are sorting cards together, complete this activity.
5. If no one has access, encourage them to take their *Parent Guide and Journals* with them to the library or a friend’s house and check their child’s BMI. The website URL is in the *Parent Guide and Journal*.
6. Use PPT #10 and #11, “Causes of Weight Management Issues,” to provide facts of weight management. Research shows that Hispanic, African American, and lower income children have a much higher incidence of being overweight and obese than Anglo, middle-class children. Discuss the implications of this information on your PPT.

### Facilitator Script:

- *Let’s look at page 11 of your Parent Guide and Journal “Calories Needed by Age and Sex for Moderately Active Child or Adult.” As adults get older they actually need fewer calories. Children also have very specific caloric needs. When we eat too much and get too many calories then don’t exercise enough and use up the calories, they turn into fat and make us overweight.*
- *One way to keep up with your weight is to determine your BMI. The next few PPTs explain them.*

### Time: 10 minutes

### Materials:

- *Parent Guide and Journal*
- Computer or Smartphones to look up child’s BMI (if available)
- PPT #6 Recognizing Appropriate Weights PPT #7 BMI
- PPT #8 Adult BMI
- PPT #9 Determining Child BMI PPT #10, #11 Causes of Weight Management Issues

### Notes:

- *What is your BMI? Use the chart you see on PPT# 8 or in your Parent Guide and Journal on page 17 to identify your own BMI.*
- *A child's BMI (PPT # 9) is measured in a different way, using height and weight charts. They can be harder to understand. The Center for Disease Control has provided a way to put in your child's height and weight and age online to find out their BMI. We have provided this information in your Parent Guide and Journal on page 18.*
- *There are many causes of weight management issues (show the PPTs #10 and #11). Some groups of people are more likely to have weight management issues than others, and these can lead to poor health for children and adults. Taking steps now to maintain a healthy weight can keep those health issues from becoming a problem. If your child is having weight issues as a result of medication, discuss it with your doctor. They can often substitute medications that have less impact on weight.*

**Notes:****Tips for Trainers!**

Use tickets to encourage participation and people's return on time from breaks. Hand them out and at the end of class have them put their names on the back and have a drawing for small prizes!

## Activity 3: Traditions, Attitudes and Routines That Can Lead to Obesity

### Purpose of Activity:

- To understand attitudes, traditions, etc. that may lead to unhealthy eating habits and problems with weight management

### Instructions:

- Discuss habits, tradition and routines that can lead to being overweight or obese.
- Take balloons you have created, throw one, have them pop it and read the questions then everyone can respond.
- Questions in the balloons (also found in handouts):
  - What are some of the favorite foods in your family that might be less healthy?*
  - What are some of the traditions in your family that might lead to weight management problems? (For example, we always eat a large meal at Thanksgiving then everyone sits all afternoon watching TV; or our grandmother used bacon fat to cook all of her vegetables; my grandmother always said a “chubby child is a healthy child.”)*
  - What are some habits you have that may lead to weight management problems? (For example, I always like to eat a big bowl of ice cream at night while I watch TV, or my children always come home from school, get a candy bar and sit down in front of the TV.)*
  - What are some ways you could make your family holidays healthier?*
  - What are some ways you could be more active as a family (or by yourself)?*
- Have participants turn to page 19 of the Parent Guide and Journal and record ideas for correcting their families' unhealthy habits.

### Facilitator Script:

- All of us have little habits and routines we follow or family traditions that could contribute to weight problems.*
- One habit, tradition or food is not going to cause weight problems, but each one adds up, and if there are too many that are less healthy, weight problems occur. For instance, if I have a large piece of pie and ice cream at my Thanksgiving dinner, that probably won't affect my weight. But if on Thanksgiving Day I eat all day and have several large pieces of pie, cake, ice cream, dressing, and other fattening foods, I may gain weight.*

**Time: 15 minutes**

### Materials:

- Balloons numbered with a strip of paper in each (also found in handout)

### Notes:

- *We are going to toss balloons. I will throw one to someone, and when they catch it, they have to pop it and read the question on the paper then everyone can answer.*
- *Remember, one habit, tradition or food we eat that we love and may be a less healthy is not going to cause weight problems.*
- *But if there are too many of these, we will gain weight and so will our children.*
- *Take a minute to write some of the habits in your family that you could change and ideas on how to do it in your journal on page 19.*

**Notes:****Tips for Trainers!**

Use tickets to encourage participation and people's return on time from breaks. Hand them out and at the end of class have them put their names on the back and have a drawing for small prizes!

## Activity 4: Ideas for Healthier Traditions and Routines Game Board

### Purpose of Activity:

- To gain ideas on how to create healthier traditions and routines in the family.

### Instructions:

1. Show PPT # 12, #13 “Traditions and Attitudes that May Lead to Weight Problems”, PPT #14, #15 “Avoiding Weight Problems” and PPT #16 “Remember.”
2. Give each table a game board, cards, markers and one die.
3. Instruct every table to choose their markers, and place them at the beginning and throw the die to move.

### Facilitator Script:

- *Many of our family traditions can lead to weight problems as you can see on PPTs #12, #13. It is often hard to change some of these traditions. But we live in a different world than our families did before. They tended to walk more and did not have all of the high fat, sugary foods we now have available to eat.*
- *PPTs #15, #16 give you some ideas on how to avoid weight problems.*
- *We are going to play a game that will give you more ideas*

**Time: 20 minutes**

### Materials:

- Game Boards, Cards, Markers and Dice for each table
- PPT #12, #13 Traditions and Attitudes That May Lead to Weight Problems
- PPT #14, #15 Avoiding Weight Problems
- PPT #16 Remember

### Notes:



## Activity 5: Summary

### Purpose of Activity:

- To record ideas for maintaining healthy weights and review

### Instructions:

1. Go over the objectives of this session on PPT #2, and remind participants that making one or two changes a week in their habits can result in a healthier family!
2. Ask participants to review page 19, “Ideas for Maintaining Healthy Weights,” in their *Parent Guide and Journal* and write some of the ideas they have heard today so they don’t forget! Ask about goals written in the *Parent Guide and Journal*, clap and reward those that have completed goals and have them write new ones.

### Facilitator Script:

- *Today we talked about weight management. It can be really hard, especially when our families and friends have traditions and routines we do regularly that are not healthy.*
- *Remember our objectives today? (PPT #2)*
- *Let’s go over a quick summary. (PPT #16)*
- *Please turn to your Parent Guide and Journal page 19, “Ideas for Maintaining Healthy Weights,” and write down some ways you could make your family environment healthier.*
- *How did you do on your goals you wrote in your journal last week? Who achieved those goals? Let’s give them a round of applause!*  
(You can show participants how to clap moving your hands in a circle for a “round of applause.” You may also want physical rewards such as a healthy snack or some small thing to encourage everyone to continue.)
- *Please write your next goals in your manual. Remember, if you can change just one thing a week that results in healthier behavior, you will be helping your family!*

### Time: 5 minutes

### Materials:

- Evaluation forms
- PPT #2, #16
- *Parent Guide and Journal*
- Small gifts or healthy snacks (optional)

### Notes:

**Ideas for Expectant Parents:**

It is important that expectant parents understand that gaining too much weight is harmful for the baby and can lead to obesity for Mom. Eating a healthy diet can keep that from happening.

**Ideas for Parents of Infants:**

It is a myth that babies will outgrow their baby fat. Most do not. It is important not to overfeed, and when baby pushes away from the bottle not to try to force her to eat a little bit more. Breastfed babies typically do not eat more than necessary and also have more protection from becoming obese than babies who are bottle fed.

**Notes:**

# HANDOUTS AND ACTIVITIES





## Balloon Game

### Directions:

1. Place in each of the balloons one of the following questions cut into a strip.
2. Blow up the balloon and tie it.
3. You can turn music on and have it play for a few seconds while the balloon is tossed around the room. The last person with the balloon when the music stops must pop it and read the question (or hand the question to someone else to read).
4. If you do not have a lot of time, simply call out a name and throw the balloon to that person. They should then pop the balloon and read the question or hand it to someone else to read. If you have a group with lower literacy, ask them to tell you the number and you can read to them.
5. Have participants respond to the questions.

### Balloon Questions to Be Placed in Balloons

1. **What are some of the favorite foods in your family that might be less healthy?**
2. **What are some of the traditions in your family that might lead to weight management problems?** (For example, we always eat a large meal at Thanksgiving and then everyone sits all afternoon watching TV, or my grandmother always used bacon fat to cook all of her vegetables, or my grandmother always said a “chubby child is a healthy child.”  
**What are some habits you may have that may lead to weight management problems?** (For example, I always like to eat a big bowl of ice cream at night while I watch TV, or my children always come home from school, get a candy bar and sit down in front of the TV.)
3. **What are some ways you could make your family holidays healthier?**
4. **What are some ways you could be more active as a family (or by yourself)?**

### Materials Needed:









- 5 large balloons and the questions below cut into small strips
- 1 straight pin in case participants have trouble popping their balloon

## Healthier Traditions and Activities Board Game

### Directions:

Cut out the game cards. Provide each table with game cards, a copy of the game board and a token for each person (different colored buttons, paper clips, or tokens from a board game such as Monopoly).

### Game Cards

 <p><b>Share a way your family could make holidays healthier.</b> <b>Move to the next space.</b></p>	 <p><b>What is one habit your family could begin to form that will improve your health?</b> <b>Move to the next space.</b></p>	 <p><b>Name a vegetable that your family doesn't normally eat, and have the group help you think of a way to make it more interesting to your family.</b> <b>Then move ahead 2 spaces.</b></p>
 <p><b>Name one physical activity your family could do together that everyone could enjoy.</b> <b>Then move ahead 1 space.</b></p>	 <p><b>What is one food you normally fry that you could serve baked or raw instead?</b> <b>Move ahead 1 space.</b></p>	 <p><b>Your family changed its routine of having cake for dessert to having fresh fruit with yogurt.</b> <b>Move ahead 2 spaces.</b></p>
 <p><b>What are some nighttime sleeping, eating and activity routines your family has that could be changed to be healthier?</b> <b>Move ahead 1 space.</b></p>	 <p><b>When your Mother tells you that your child is too thin, but the doctor says he is average weight, what could you tell her to help her understand?</b> <b>Move ahead 1 Space</b></p>	 <p><b>Your family has begun a new habit of having a dish of ice cream every night just before bed.</b> <b>Move back 1 space.</b></p>

START		END	
<p><b>You fried all of the food for your dinner. Lose a turn.</b></p>		<p><b>Draw a Card!</b></p>	
<p><b>Draw a Card!</b></p>		<p><b>You took your family on a walk around the block after dinner. Move ahead 1 space!</b></p>	
<p><b>You watched TV for 3 hours without moving around except to get food. Go back 2 spaces!</b></p>		<p><b>Draw a Card!</b></p>	
<p><b>You planned meals for a week with your family and included lots of fruits and vegetables. Move ahead 1 space!</b></p>		<p><b>You parked as close to the front of the store as you could instead of parking farther back and walking. Lose a turn!</b></p>	
<p><b>Draw a Card!</b></p>	<p><b>You rewarded your child for his good behavior by giving him candy. Move back 1 space.</b></p>	<p><b>Draw a Card!</b></p>	<p><b>You walked back and forth in front of the TV during commercials. Move ahead 1 space!</b></p>

## Additional Activities

<p><b>Physical activity correlated with theme for parents</b></p>	<p><b>Gotta Do:</b> Group members form a circle and toss a foam ball to someone. The chosen person calls out something they could do at home when their child can't go out, such as dancing, jumping jacks, pretending to climb a tree, hopping, etc. Circle members say "Gotta Do!" and do the activity or pretend to do whatever has been called out. Then the ball is tossed to another person.</p>
<p><b>Physical activity correlated with theme for children</b></p>	<p><b>TV Antics:</b> Have the children sit on the floor as they would in front of the TV. Have them think of things they could do to be active while they watch TV and have them do them. (For children too young to think of this you can name things, and then show them how to do them.) Some ideas can be putting their feet in the air like a bicycle and biking, swinging their arms like a monkey, inching around the floor like a worm, etc.</p>
<p><b>Parent-child activity based on theme</b></p>	<p><b>This is Me!</b> Have parents bring a small picture of their child. Give each parent a paper plate, and task the parent with writing the child's name, age, height and weight on the paper plate under or around the child's picture. Then have parent and child decorate the plate.</p> <p><b>Materials needed:</b> scale, measuring tape, paper plates, picture of child, permanent marker for each parent to write information, crayons, sequins, ribbon, glue, scissors, construction paper, etc.</p>
<p><b>Book and activity for children on theme</b></p>	<p><b>Book:</b> <i>I Like Me</i>, by Nancy Carlson</p> <p><b>Activity:</b> Read the book and then have children say something they like about themselves! Then have them identify things they like to do that can help them stay healthy.</p>

## Abbreviated Research Summary and Implications for Trainers

(A complete summary can be found at the end of this manual.)

Citation	Findings	Implications for Instructors
Centrella-Nigro, A. (2009)	4 out of 10 children born to parents of Mexican heritage are overweight or obese. Commercials on Spanish language TV channels feature more non-nutritious foods and drinks than on English only channels. Hispanic parents see their children as weighing less	Encourage parents to watch TV with their children and comment on the food and drinks shown.
USDA (2004)	2/3 of all fresh fruits and more than ½ of all fresh vegetables cost less than processed versions of the same produce.	Encourage parents to watch sales and to buy more fresh fruits and vegetables.
Tschann, J. M., et.al. (2013)	Monitoring children’s food intake and eating of higher calorie foods was correlated positively with lower BMI. Restricting the amount of food a child eats is related to higher BMI—one conclusion is that it lowers child self-regulation skills.	Parents can monitor the foods children are eating and provide unrestricted healthy and lower calorie foods. Parents should also allow children to make food choices and ask them if they are full to help them understand what “full” feels like.
Hodges, E. A., et.al. (2013)	50% of caregivers were not worried about their child’s weight and thought they were healthy even though they exceeded the 95th percentile for height and weight, 62% of parents in the study were not concerned about their children’s physical activity. Children are more likely to play when they get to choose the activities themselves	Encourage parents to realize that children today are not as active and that preschoolers don’t get enough exercise by just “being kids.” Encourage parents provide a variety of materials that children can choose to use to be active such as balls, chalk for hopscotch, scarves to wave in the wind, bikes, etc.
Souto-Gallardo, M.C., Jiménez-Cruz, A., & Bacardí-Gascón M. (2011)	Hispanic parents underestimated the weight of 79-91% of preschool children.	Encourage parents to check weight and BMI regularly.