

Discussion Family Food Decisions....Overweight and Obesity

Objectives:

1. Celebrate the families' healthy decisions and efforts to improve
2. To identify strategies that are working and areas that need improvement
3. Identify barriers and constraints on achieving their weight control goals
4. Set goal(s) for behavior changes
5. Aid families in locating and assessing useful information

1. Your family identified weight control as a key food goal. What prompted you to set this goal? Is this a goal for all members of your family? Do other family members have different goals about food and health?
2. How did weight become a problem for you or other members of your family?
3. Can you share some things that you have been trying to help with weight control? What types of strategies or approaches have worked for you? [Follow-up on strategies that work]
4. Please share other behaviors that you think would be a good idea to try (e.g. food, eating, or physical activity).
5. What are some of the reasons that these things are difficult to do?
6. What are some of the things about the way that your family makes food decisions/brings food into the house/prepares food ect. that make it difficult to make healthy food choices?
7. From everything we've talked about, what are one or two changes that you would like to try? How are you going to make these changes?
8. Are you interested in some resources that may help you?

For the educator: Note actions you would like to see the family to work on and other comments for follow-up with the family.

Please suggest changes and/or additions to the questions above to ask families when discussing their food decision-making. Please make any additional suggestions to Ardyth Gillespie ahg2@cornell.edu Thank you!