



Kids and Heart Health Video

Companion Discussion Guide

This guide provides optional discussion questions that you can use with the video. There are several natural points in the video where you can pause the video and have a group discussion. You can choose which pauses and questions make sense for your group and time frame.

Pause video at minute 5:25 on the slide that says “Rise of Cardiovascular Risk Factors in Childhood”

- How is the food and entertainment environment different than when you were growing up?
- How do you think the current food and entertainment environment affects the children in your life?
- How does it affect parents and others who care for children?
 - In what ways does it make it harder to help kids build healthy habits?

Pause video at minute 9:45 on the slide that says “Building Heart Healthy Habits”

- What do you think are some of the factors that have led to the rising levels of childhood obesity?
- What are some of the factors that may be contributing to the higher levels of obesity in Black and Hispanic children?

At the end of the video

- What are some of the challenges that you might face as you try to help your children build heart healthy habits?
- Does anyone have strategies that have been helpful in getting your kids to make healthier food choices or be more active that you would like to share?
- What are some ideas about how we could help support the long-term heart health of the children in our community?

General tips for facilitating discussion:

- **Encourage all voices.** Create a welcoming, encouraging environment. Gently invite, but don't force, quiet members to join the conversation.
- **Acknowledge contributions.** Thank participants for sharing their thoughts and experiences and highlight valuable insights.
- **Ask follow-up questions as needed.** If participants offer short answers, consider following up by asking "Why do you think that is?" or "Tell me more" to dig deeper.
- **Gently steer the conversation back to the topic if it gets off track.**