***Obesity Trends in America***

Power point – CDC’s obesity rates

1. Describe the change that is occurring among obesity and overweight rates among Americans.

1. Why do you think Americans are becoming more and more overweight?
2. Factors causing increased occurrence of overweight:
   1. Unhealthy \_\_\_\_\_\_\_\_\_\_\_\_\_\_
      1. Examples:
   2. Portion sizes -
   3. Drinks -
   4. Activity –
3. Describe 2 initiatives in our local community that are helping to reduce overall obesity and overweight rates?
4.  Do you think the government has the right to dictate what kinds of foods can be served in school cafeterias and vending machines? WHY?