

Childhood Obesity Notes
June 15, 2013

Attendance: Nort Beckerman, Maggie Cooper, Kim Durand, Josefina Giron, Sally LaBonte, Monique Martineau, Cory Morgan, Josephine Peters, Tricia Rodgers, Aisha Salazar, Sam Stebbins, Zulma Vargas, Michal Warshow

Visual Imagery

Sam shared a photo of kids playing and the group discussed that as a goal – kids of all ages, all races, shapes and sizes, playing together. How can we create that space? Seemingly simple to do, but how can we implement something like that, accessible to all?

Josefina reported that she and others do talk with WIC members to support their health. Cory added information to his website.

All agreed that obesity is very complex and there could be many reasons that contribute to obesity: mental health, low income, no access to summer camps due to costs or time, parents need counseling, there could be anxiety issues, people don't have the opportunity to eat well.

We could hold events, accessible, with pay, demos, recipes, etc. A food truck to give out FOOD good and info.

But could we take a holistic approach to figure out the "WHY", what are the underlying causes?

Empathetic Interviewing

Want to know more about Empathetic Interviews?

- It is tool to help us understand the way people do things and why they do those things.
- To learn more about Empathetic Interviewing, see <http://arlingtonva.tv/the-heart-of-the-matter-how-arlington-county-used-empathy-to-redesign-community-services/> for how the Library used this process.
- Note that in the two interview snippets, no one ever mentions the word "library"
- The goal of empathetic interviewing is to gain "insight"
- [Brief description](#)
- [Really detailed training](#)
- Empathy is the foundation of designing anything - If we better understand people, we can define a more effective program.

Possible question to think about for the Empathetic Interviews:

What do you (need/want) from your community to facilitate a healthy life.

Tease out their definition of community

Tease out their definition of healthy
Get people to tell their stories, maybe start with the prompt “can you think of a time when...”

Is there some data that already exists that we haven't looked at yet?

Emily has a pre-test/post-test used at AFAC.

Arlington Pediatric Clinic has a survey.

There might be questions on those surveys that we could use.

Places to go for the empathetic interviews to reach people we don't have connections with: go hang out for a bit at AFAC or where the people are – health fairs, farmers market, swimming pool, Queen of Peace, food pantries, etc. Also, partner with APAH, AHC, Greenbrier, Arlington Mill, and others to connect with various populations to speak with.

Volunteers for empathetic interviewing: Aisha, Corey, Maggie, Josefina, Michal, Zulma and Monique would be interested.