

Childhood Obesity Workgroup
July 30 notes, sent July 6

Hello Childhood Obesity Workgroup -

Thank you to everyone who was able to join us on June 30th for our Empathetic Interviewing training. Angela Churchill with Dept. of Human Services talked about and then led us through an example of what it looks like and how it works.

Here are some key points I scribbled down:

- We will hear how people lead their lives.
- Try to go in WITHOUT assumptions or judgement.
- We want to answer what people need that they don't even know they need?
- Go where the conversation takes you.
- Angela provided us with a script, but that is NOT meant to guide every conversation, it is meant to help get the conversation going. Do not feel the need to use it, or come up with your own!

We have several volunteers who are ready to go out in the field:

Sam, Josefina, Marybel, Sheila, Whitney, Aisha, Corey, Michal, Tricia, Monique and Leticia. Although Zulma was unable to attend, she has also volunteered. **THANK YOU!!!!**

Now we need to decide who goes where, and when.

I'll be sending a separate e-mail to each of the volunteers to get additional information. **If you have decided you would like to volunteer, let me know.**

I'll have a grid of partners and locations and fill that in with dates/times.

The note takers are key and will capture the participants name, characteristics and location of the interview, as well as using a form (attached) write down:

- Say (quotes or phrases)
- Think (your interpretation of their thoughts)
- Do (what they are actually doing i.e. fidgeting, arms folded, etc.)
- Feel (your interpretation of their feelings)

At the end of each interview, after saying thank you and goodbye, talk as a team to see if anything was missed. Keep the form in a safe place, and/or take a picture of it with your smart phone and send it off to kdurand@arlingtonva.us for future analysis.

We set a goal of each team reaching out to 20 people over the next few weeks, possibly breaking it down to no more than 4-5 at a time at a particular event. At the end of July/early August, we will meet again as a group to look at our findings!

Volunteers: Look for my e-mail and please respond quickly so we can get the teams set.

Thank you all so much for your participation in this process. I will keep you on our e-mail list so you can stay up-to-date and participate when you are interested and able.