



# SuperSized Kids

HOW TO RESCUE YOUR CHILD FROM THE OBESITY THREAT

## Interview Questions

1. We have young children today facing serious adult health problems. How did we get into this mess?
2. Can you give an example of the tragedy caused by childhood obesity?
3. Can you describe the "Perfect Storm" health crisis facing America?
4. Is there anything we can do to solve the SuperSized Kids threat?
5. In SuperSized Kids why do you refer to childhood obesity as the "family business"?
6. Should I be concerned about the SuperSized Kids threat even if my child is not obese?
7. Is there a correlation between rest and the childhood obesity problem?
8. Why is it important for families to get fit together?
9. Is there a link between television time and childhood obesity?
10. What can communities do to help families with the SuperSized Kids problem?
11. What can government do to reduce the SuperSized Kids problem?
12. Are Americans overfed yet undernourished?
13. Is it important for families to eat together?
14. Is there a difference between fruit juices and fruit drinks?
15. Is fruit juice a good substitute for eating fruit?
16. Are vending machines a problem for the SuperSized Kids threat?
17. Should children go on a diet?
18. Where should parents start to reduce the SuperSized Kids threat?
19. What eating ideas can you recommend to busy families?
20. Why is including the 8-week plan in SuperSized Kids important?
21. Do you see hope for families struggling with the SuperSized Kids threat?