**Group Appointments**

**SESSION 1 LIVING HEALTHY…..The Way to Go!!!**

**Objectives:**

1. Parents and children will know of the following:

* Increasing prevalence of childhood obesity in Contra Costa County.
* Hispanics- have the highest prevalence of obesity by race of children and youth seen at the CCRMC health centers.

1. Parents and children will learn the health complications of obesity
2. Parents and children will learn the differences in different kinds of milk- whole, low fat and non-fat milk ; the amount of sugar in sweetened drinks

**Activity Schedule:**

**4:30 – 4:45 pm Registration and Signing of Confidentiality Form** *(Promotora)*

**4:45 – 5:00 pm Welcome and Introductions** *(Provider, Promotora)*

**5:00 – 5:15 pm Pre-Test** *(Provider/Promotora)*

**5:15 – 5:20 pm Review of Rules for the Group** *(Promotora)*

**5:20 – 5:45 pm -Overview of the Childhood Obesity Problem in Contra Costa and its Effects on the Physical and Mental Health** *(Provider)*

**-Demonstration of the Fat Content in Different Types of Milk** *(Provider/Promotora)*

**- Demonstration of the Amount of Sugar in Sweetened Drinks** *(Provider/Promotora)*

**5:45 – 5:55 pm Zumba** *(Promotora)*

**5:55 – 6:00 pm Conclusion** *(Provider)*

*5/11 ACadiz*