Brown Sugar Baby: Digital Story Discussion Guide

I. Describe it: what is the problem in the story?
Phillippia talked about the foods she grew up eating.

- What kinds of dishes are common in her family and what’s the problem with them?
- What health problems are her family members facing? Is it just in her family?
- What are the messages that Phillippia and her family hear from doctors about their traditional diet? Are these messages working to get people to change their diets? Why or why not?
- What does Phillippia think about the idea of not eating traditional foods? Why?

II. Personalize it: how does this problem affect you and your community?
Think about some of the traditional foods in your family and community.

- How would you rate our own traditional foods in terms of healthiness? Why?
- Are there health issues related to diet that are common in your family and community? Have you ever heard concerns from doctors about the food people eat in our families and community?
- What are the rates of obesity and diabetes in our community?
- Phillippia talked about organic foods. What are the benefits of organic foods according to her? What is your experience with organic food?

III. Consider the issue: Why is this happening? What’s behind this problem?

- What do you think influences people's choices about food in our community? What makes it hard in our families and communities to make healthier food choices?
- How accessible are healthy foods in our community? What barriers keep people from getting healthy foods?
- What in the environment make it easier or harder to make healthier food choices?

IV. Take action: What can we do about this problem?
Phillippia asks: “How do we work together to change the culture of obesity?”

- What ideas does Phillippia have about this question?
- What changes are currently being made in King County to prevent obesity? How can we support these changes?
- What else do you think would work in our community to help people make healthier food choices?
• How do you think we can answer Phillippia’s question, “How do we create systems that help us create longer, healthier lives?”

Activities to explore more

• Explore the MOVE “Learn the Issues” section. Examine the diabetes and obesity rates by ethnicity and by income level. What are the differences you see across each of these factors? Why do you think levels are different by ethnicity and income?
• Use the MOVE map to see where people can get fresh and/or organic food in your neighborhood. Compare that to another neighborhood. If you see a difference between the neighborhoods, why?
• Conduct your own survey of the markets and gardens in the neighborhood where people can get food. Document your findings by taking photos and load your results onto the MOVE map.