

## Social Studies Lesson Plan 1

### Obesity Trends

**Quick summary:** Students will engage in an interactive social studies lesson in which they will compare, analyze and interpret the trends in state obesity rates and the current obesity rates in their local and state counties.

**How long will it take:** 45 minutes

**What do I need:** Student worksheet (Page 2 in *Worksheet Booklet* in zip file)

#### How does it work:

Teachers can obtain data and a PowerPoint slide presentation on the obesity trends from 1995 through 2009 on the Centers for Disease Control & Prevention (CDC) website: [cdc.gov/obesity/data/trends.html](http://cdc.gov/obesity/data/trends.html). The current adult obesity rates in state counties are located on the County Health Rankings website: [countyhealthrankings.org](http://countyhealthrankings.org).

The teacher will share the data obtained from the websites with students. Divide the class into groups of four to five students to review, analyze and interpret the data. While working in small groups, each student will complete the worksheet. Provide the groups 15 to 20 minutes to respond to the discussion questions. Groups will share their responses with the class.

#### Discussion questions:

1. Interpret the statistics:
  - a) How does your state obesity rate compare to other states?
  - b) How does your county obesity rate compare to other counties in your state?
  - c) What other information can you learn from these statistics?
2. What major factors do you think have contributed to the obesity rate increase over the past 25 years?
3. Why do you think obesity rates vary between states?
4. Why do you think obesity rates vary between counties in your state?
5. How does the obesity epidemic affect you and your family?
6. How does the obesity epidemic affect your school and community?

## Obesity Trends

Student Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

Names of Students in your Group: \_\_\_\_\_

**Directions:** As a group, answer the following questions based on the information that your teacher presented on the obesity trends and the current adult obesity rates in the counties within your state. Your group will work together, however, each student in the group must complete their own worksheet as you will need it for a homework assignment.

1. Interpret the statistics:

a) How does your state obesity rate compare to other states?

b) How does your county obesity rate compare to other counties in your state?

c) What other information can you learn from these statistics?

2. What major factors do you think have contributed to the obesity rate increase over the past 25 years?

3. List at least three reasons why you think obesity rates vary between states.

4. List at least three reasons you think obesity rates vary between counties in your state?

5. How does the obesity epidemic affect you and your family?

6. How does the obesity epidemic affect your school and community?