



## News Release

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### **City, YMCA invite public to free screenings of HBO 'Weight of the Nation' series, a comprehensive look at America's obesity epidemic; what communities can do**

MARYSVILLE - U.S. citizens stubbornly remain obese despite decades of efforts by movie stars, fitness gurus, educators and religious leaders to get Americans into shape. Instead of becoming healthier, obesity has increased dramatically over the past 30 years, according to the Centers for Disease Control and Prevention.

The rate has tripled for children, especially among low-income youths who have few options about the quality of food they eat and the safety of the open spaces they can play in, health officials say.

HBO is taking a shot at the obesity problem with a multipart series and public health campaign billed "The Weight of the Nation," and sharing the series at the community level to inspire solutions-seeking discussions.

The City of Marysville, YMCA and Snohomish Health District invite you to attend the free four-part documentary series featuring case studies and interviews with leading experts and individuals and families struggling with obesity. The series spotlights the facts and myths of this urgent public health issue, shows how obesity impacts the nation's health and cripples the health care system – and what individuals and communities can do.

Screenings are 6:30-8 p.m. in the Youth Development Center at the YMCA, 6420 60<sup>th</sup> Drive NE on the following consecutive Thursday nights, and followed up with a discussion period:

**March 7 - Part 1: Consequences** - how we arrived at this point, with a strong section of statistical data aimed to inform viewers

**March 14 - Part 2: Choices** - What we can do to change lifestyles

**March 21 - Part 3: Children in Crisis** – youth obesity

**March 28 - Part 4: Challenges** - Bonus video shorts, with a focus on policy development and local resources making efforts to promote change

Healthy refreshments will be served, with evenings facilitated by Health District experts. For more information contact Ronda Hardcastle, YMCA Health and Well-Being Director at (360) 651-1605 or email [rhardcastle@ymca-snoco.org](mailto:rhardcastle@ymca-snoco.org). Attend at least three screenings and receive a 3-month family membership at the YMCA (must sign up between April 1-30).

"This is a series you don't want to miss," says Jim Ballew, Marysville Parks and Recreation Director. "The obesity crisis has dire consequences for our community and nation if left unresolved. Be a part of the discussion to determine how we can improve the overall health of our community by the people who call it home."

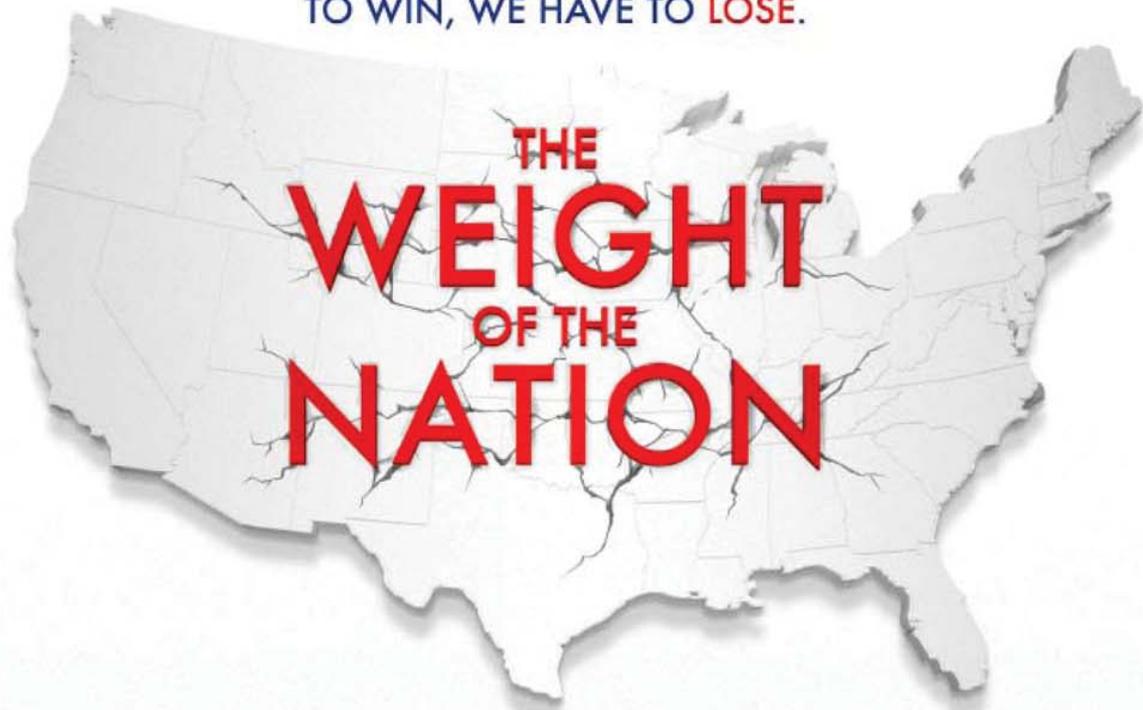
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The City of Marysville, in partnership with the YMCA, Health District and a diverse group of local organizations and businesses, has confronted the obesity epidemic in recent years through its pioneering Healthy Communities initiative. The initiative aims to reverse the damaging trends of obesity and chronic diseases through a community-based policy approach that focuses on promoting more free and low-cost recreational opportunities and physical activity, and healthier eating.

Community events like Healthy Communities Challenge Day celebration and the Get Movin' summer youth fitness campaign coming Saturday, June 1, and the 95210 for Health campaign are just a few ways that Marysville promotes child health and basic daily healthy habits.

###

TO WIN, WE HAVE TO LOSE.



CONFRONTING AMERICA'S OBESITY EPIDEMIC.

Three years in the making, **THE WEIGHT OF THE NATION** is a four-part documentary series featuring case studies and interviews with leading experts and individuals and families struggling with obesity. The series spotlights the facts and myths of this urgent public health issue, showing how obesity affects the health of the nation and cripples the health care system - and what individuals and communities can do.

**Be a part of the discussion to determine how we can improve the overall health of our community by and with the people who call it home,**

**ALL FILM SCREENINGS WILL BEGIN AT 6:30 PM IN THE MARYSVILLE YMCA YOUTH DEVELOPMENT CTR., 6420 60th DRIVE NE**

**Thursday, March 7**  
**Thursday, March 14**  
**Thursday, March 21**  
**Thursday, March 28**

**Part 1: Consequences**  
**Part 2: Choices**  
**Part 3: Children in Crisis**  
**Part 4: Challenges**

*Healthy refreshments served, with evenings facilitated by Snohomish Health District experts. Attend at least three screenings and receive a 3-month YMCA family membership\*.*

*\* must sign up between April 1-30*

**MORE INFO**

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