

Health Care Providers Fighting the Fat

Tuesday, 10 July 2012

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Brianna Gibbs/KMXT

Staff members at Providence Kodiak Island Medical Center are waging a war on obesity this summer. But you won't find them wielding the typical combat weaponry. Instead, Providence will use community workshops and reality TV to fight the nationwide epidemic that is no stranger to Kodiak.

-- (WOTN 1 : 33 "For the first time in history our...it's really an excellent documentary.")

That's Heather Preece, a local pediatric dietician, talking about the HBO documentary series, "Weight of the Nation."

-- (WOTN 2 : 28 "The HBO documentary series was...we should do this here in Kodiak.")

Preece said three episodes will be shown throughout July. Each episode runs about an hour long, and the film will be followed by a panel discussion featuring local health experts. Preece said this will be a time for people to ask questions about the film, their own personal health, resources in the community and even sign up for free phone consultations.

Belinda Chambers is a registered dietician helping put on the events and said the films will be complimented by a series of workshops beginning in late July.

-- (WOTN 3 : 44 "We're going to be offering three...engaging in more physical activity.")

Chambers encourages all community members to attend the films and workshops, whether they are struggling with their weight or not.

Both women said they hope to six week series will provide important tools and information for families, but also rally a community of troops to start making changes in school and work environments. The first film showing will take place at 7 p.m. tonight (Tuesday) in the Choral Pod of the Gerald C. Wilson Auditorium.

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