Great Weight Debate – conversation starters for focus groups

If you wish to hold focus groups or Great Weight Debate discussions with parents or carers,

below are a list of conversation starters that you may find useful.

**Conversation starters:**

* We would all like our children to be more active day to day - What would help this to happen?
* How could we make walking and cycling to and from places easier and more attractive?
* We all have sugary food and drink from time to time. What would help you or your family to eat and drink these less often?
* What would help you in a restaurant or takeaway shop to understand which food and drink options are healthier?
* We know that young people in London buy takeaway/ convenience foods quite often. What do you think would help young people to not buy as much unhealthy food and drink?
* When you or your family are out and about what influences the food and drink that you buy?
* What would help you or your family eat healthier?
* Many of us have times when we would like to lose weight – are there things that would help you or your child to maintain a healthy weight?