

---



# How We Turned Determinants of Obesity into a Children's Book

By: Kimberly Strull, Abigail Montalmant, Raphael  
Bartolome

---



# Hunter's Basketball Adventure

By: Kimberly Strull, Abigail Montalmant, Raphael Bartolome

*Hunter tried out for the  
basketball team last fall.*



*All his friends made it except for  
him... so he stopped going to the park  
to practice with them.*

*Hunter woke up today feeling very ill. He complained to Mother that he felt sick, especially during gym class yesterday....*

Mom, I'm feeling really sick...



Jeez, what happened to you? The gym yesterday, and now this.



*Mom decided that it was time to bring him to the doctor.*



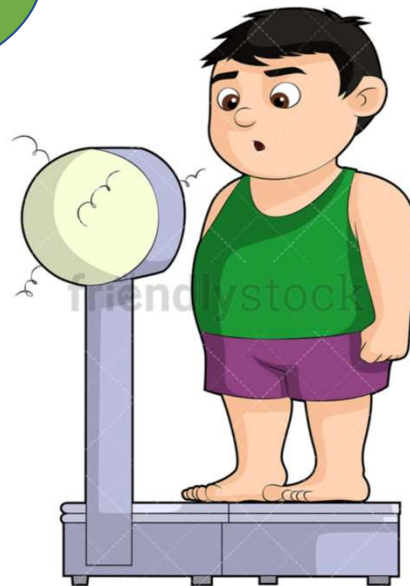
Gosh, I don't know if we can afford a doctor. I hope Hunter isn't too sick...

*Unfortunately, a lot of people can't afford a doctor. Hunter and his Mom also can't afford healthy food. Thankfully, there's a community doctor who can help Hunter.*

*Hunter went his pediatrician Dr. Schmutz, who performed the usual check-up with special attention to his symptoms.*



Step onto the scale here, Hunter.




*Dr. Schmutz realized that his symptoms were related to Hunter being overweight. She decided that it was time to create a plan with Hunter to make him healthier.*



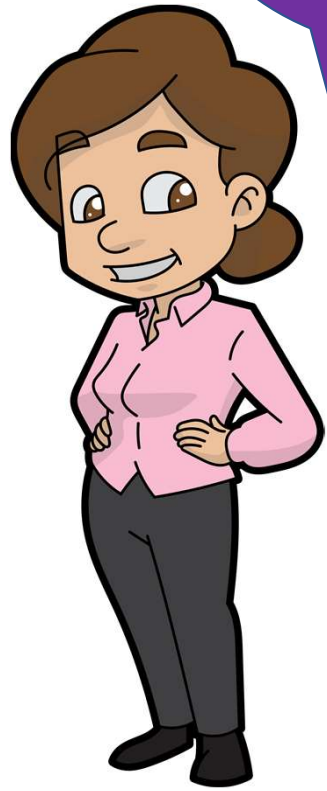

I think you should try training for something! That way you lose weight and becomes stronger! What kind of sports do you like playing?



I really like basketball.



That also means that you need to watch what you eat: no more junk food for you! You should have balanced meal and eat as many vegetables as you can.



Doctor, I'm not sure if we can afford vegetables right now. What should we do?





*The Doctor helped them buy vegetables, which can be very expensive. Without her help, they may not be able to buy healthy foods.*



What would you like to try first? The doctor really helped us out.

I'm not really sure yet... There's really a lot of vegetables here.

*After spending the morning at the doctor's office, Hunter and his mom spent the rest of the day learning about healthy foods at the grocery store. He decided on broccoli and garlic!*

Psssss... Hey Kid!  
Do you know what the  
COOLEST Vegetable is?



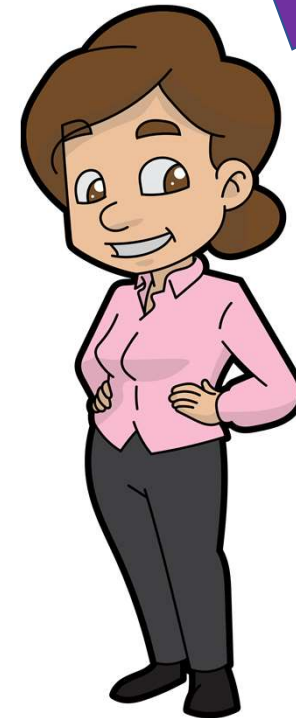
A rad-ish!  
Ha ha ha



GU1

Mom can we get a radish? They seem so cool!

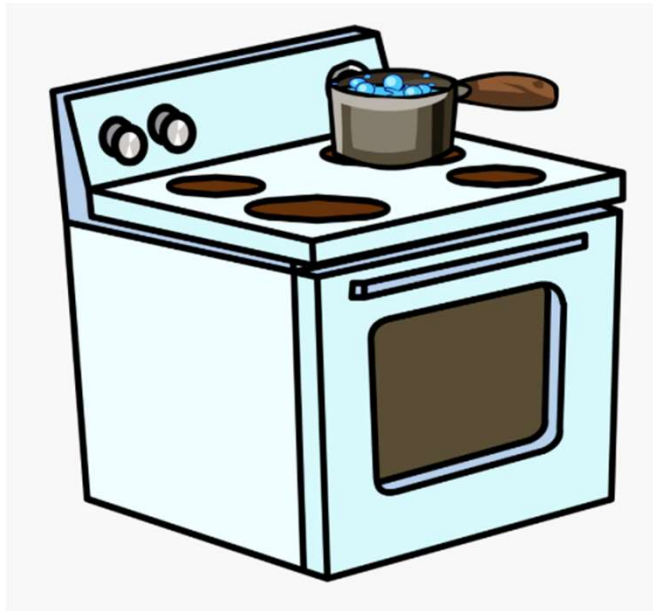
Of course! I think we should also try roasting broccoli with garlic too, it's delicious!



## Slide 12

---

**GU1** i feel like this text block should be in slide 7  
Guest User, 4/2/2020

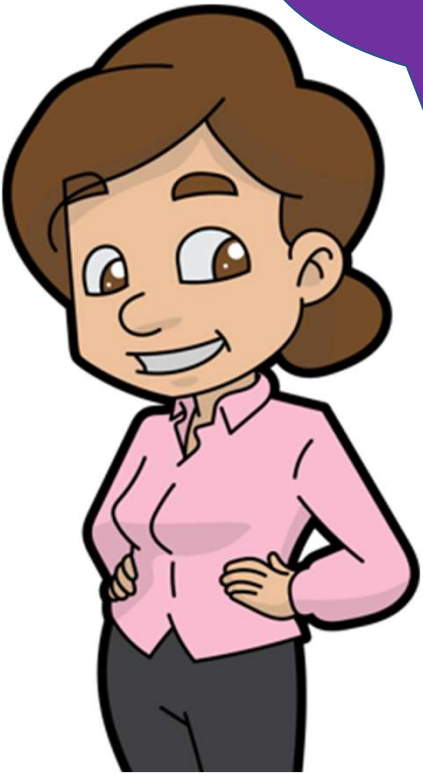


So, the first step is to heat up the pan, and add the minced garlic to the oil. After that, add the broccoli! Simple as that.



Wow, this smells so good! I can't wait to have some.

I hope you liked my  
broccoli! Tomorrow I'll  
make tasty tomato  
tostadas!



Wow Mom,  
sounds yummy!



Say the following 5  
times fast with Hunter!



- Goofy gorillas gobble grapefruits.
- Peter Piper picked a peck of pickled peppers.
- Purple penguins pick pickles.



*Ah, Hunter is hard at work. He really wants to drive his weight down so that he can become stronger for basketball.*



*It looks like Hunter is struggling right now... but he's trying his best! He will improve for sure in the meantime.*

*Well, well, well, it looks like Hunter is improving. He's faster, and he's beating his friends!*

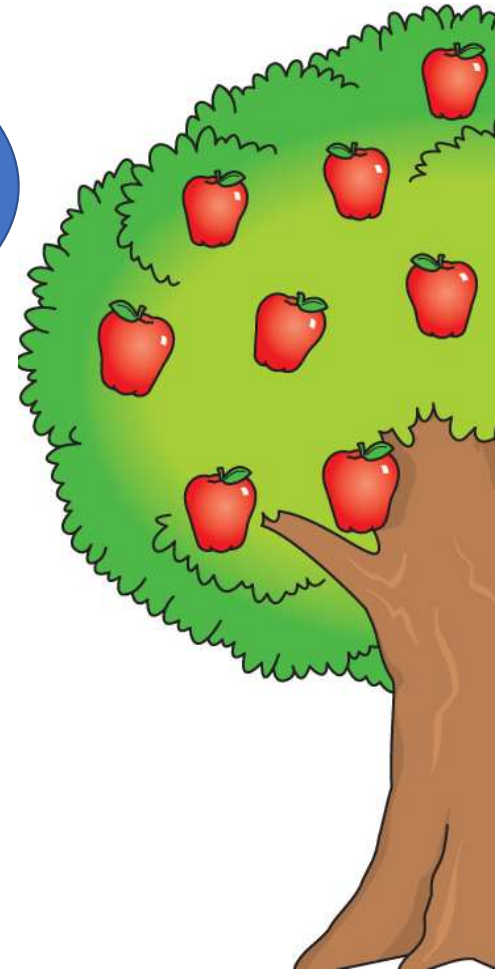




It's such a great day to be outside! I'm glad you're having fun and that we're also spending time walking instead of using subway.



Thanks for coming out with me! I'm having so much fun!



*Hunter made the team the next season after his significant improvement. Here he is winning his first game while being on the starting lineup!*



*But that's not all the success Hunter has been having...*

Welcome back! Ready for your weight-in?

Wow, would you look at that. You're looking fantastic! Someone's been up to some work.

*Well folks, what a happy ending. Even though Hunter was overweight, he was able to get rid of the extra weight by having a goal in mind and keeping track of what he was eating, while also working out. And he succeeded!*





This has been so much fun. I'm glad I decided to lose weight by training and eating well.

For anyone out there who also has the same problem as me, I hope that I showed you that it's possible to do anything!

*Before you go, Hunter wants to tell you a joke his basketball team taught him!*

What do you call a pig who plays basketball?



A ball hog!

---



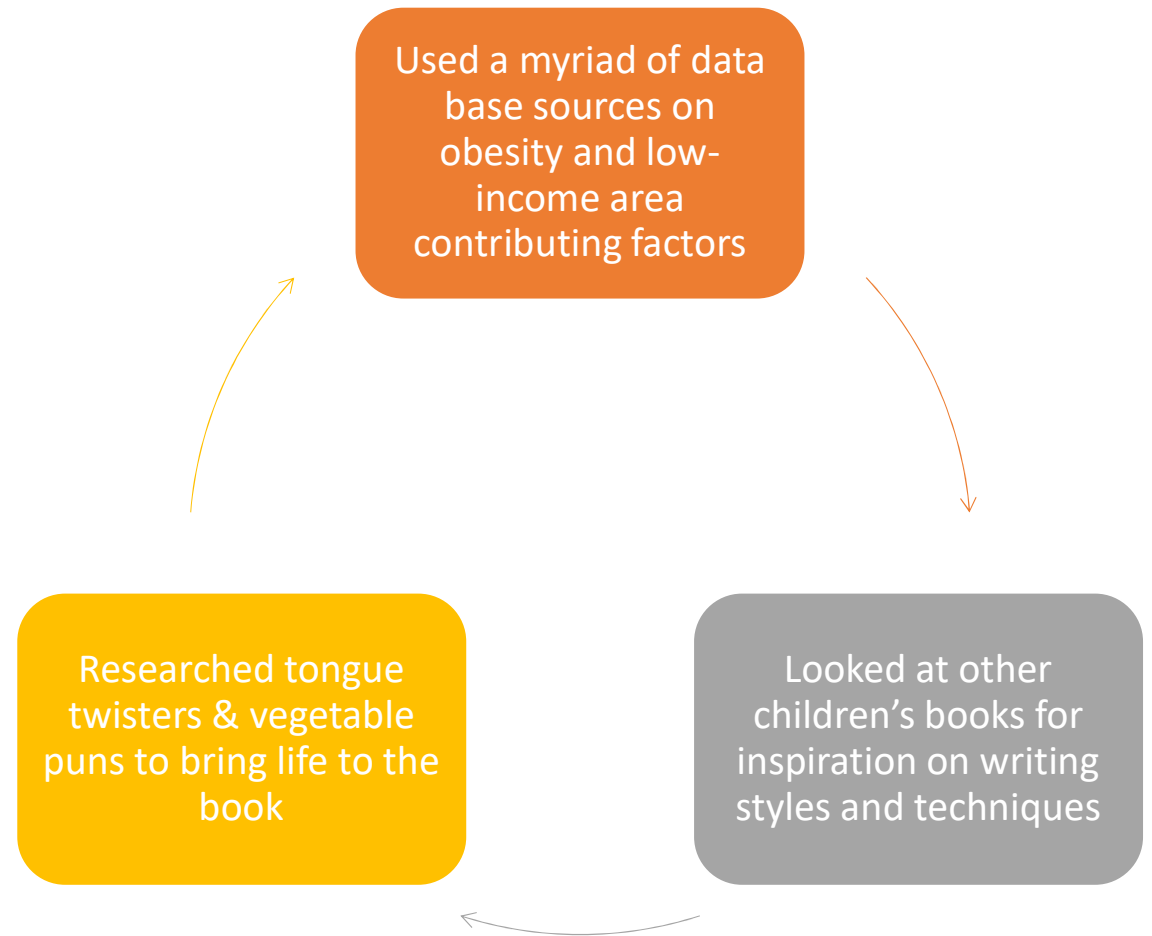
# How We Turned Determinants of Obesity into a Children's Book

By: Kimberly Strull, Abigail Montalmant, Raphael  
Bartolome

---



# Research Completed



# Work Split Up

## Kimberly

- Wrote out Story line
- Developed Characters
- Made joke suggestions

## Raphael

- Wrote the story & put onto slides

## Abigail

- Developed cover page and illustrations
- Helped make jokes

## Characterization

---

When I developed the characters in our book, I tried to envision a boy who needed to lose weight but was never really taught how.

---

He needed a guide to show him the way and I couldn't think of a better model for this than his mom.

---

I felt the need to add a physician to add a sense of authoritative medical advice.

---

The pressure of basketball and all of Hunter's friends making the team when he didn't added motivation to the story



## Goals For Writing the Dialogue

- Method of "breaking the ice."
- Introduce the idea that certain populations may not be able to afford doctors or healthy foods at the grocery store for a young targeted-audience.
- Introducing fun ways to lose weight by working out and cooking healthy meals in a presentable manner for kids.



## Goals For Writing the Dialogue

- Ultimately empower kids to take control of their lives in a meaningful way.
- Challenging to create a dialogue that was relatable for kids.



# Illustration

- After reading through the book, I went back through each page and envisioned appropriate illustrations for each given scenario.
- I then used Google images as a tool to find potential illustrations for the pages, keeping in mind the necessary factors that had to remain consistent throughout the book. For example, each picture of Hunter needed to have dark hair.

Literature  
Review  
vs.  
Children's  
Book

- In order to keep the book light and kid friendly, we decided it would be best to not include every detail of the research that we put into our literature review.
- It can also be difficult for a child to fully grasp the numerous determinants of obesity.
- We tried to include some depth into the book by adding the inability to afford a doctor and healthy foods.

## How We Revised Our Book

- For our first draft of the children's book, we realized that Hunter's voice didn't sound his age.
- So we went back and changed how he spoke to make it sound like an actual kid.
- Our first draft didn't have any jokes or creative language, so for our final product, we implemented that into the book to make the content more engaging.



Any questions?  
Thanks for watching!

---