

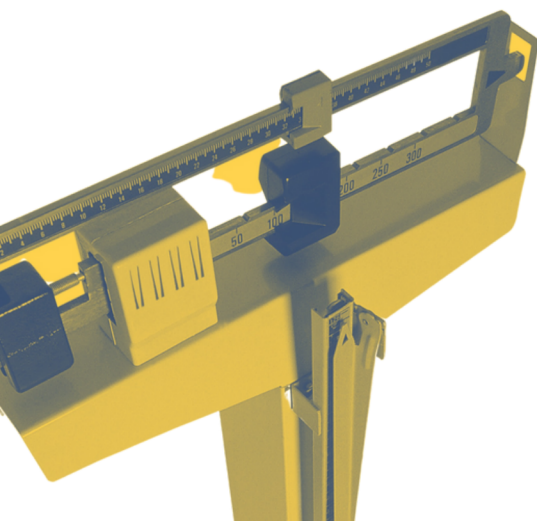
THE STUDENT BODY

FILM & LESSON PLAN

The Student Body film follows Bailey a high school student who is determined to eliminate School BMI Screenings. Through a series of interviews, Bailey shows why the BMI measurement is flawed and exposes its detrimental impact on fellow students.



WHAT PROBLEM DOES THE FILM ADDRESS?



Millions of U.S. children have been weighed in schools over the years due to mandated School BMI Screening policies. Decades after these weigh-ins began, research has shown the screenings have yielded no positive child health outcomes on either a population level or on an individual level. **Do we need to measure our students' bodies in order to teach them healthy, self-care behaviors?**

A 2021 study of 28,000 students in California Public Schools (over 3 years) found that **School BMI Screenings "did not improve students' weight status or physical health." The screenings did, however, "decrease students' satisfaction with their weight."** We know that body dissatisfaction can trigger a host of mental health problems (Madsen et al., 2021).

BMI IS A VERY FLAWED METRIC TO USE FOR DETERMINING A STUDENT'S HEALTH STATUS

BMI is an inaccurate tool for measuring individual health

Telling students to change their BMI encourages dieting, which is harmful to physical and mental health

- BMI was meant to be used for studying populations of people, not as a measurement of an individual's health (Devlin, 2009).
- There are much more accurate medical assessments for determining a person's disease risk, such as blood pressure, urinalysis, blood sugar and cholesterol level tests (Bacon & Aphramor, 2011).
- BMI was created by Belgian astronomer Adolphe Quetelet in the 1830s. His sample measurements were based only on white, European males (Devlin, 2009).
- Dieting is the most important predictor of a developing eating disorder. People who diet are at 5x risk of developing an eating disorder (Golden et al., 2016).
- 9% of the U.S. population—or almost 30 million Americans—will have an eating disorder at some point in their life (Deloitte Access Economics, 2020).
- Body image can have a much bigger impact on health than body size (Campos et al., 2006).
- 95% of people who lose weight regain it all within 5 years, up to two-thirds of people gaining even more weight than they lost (Bacon & Aphramor, 2011).

LESSON OVERVIEW

This 4-part lesson is designed for today's high school students and can be taught in two 55-minute class periods. The lesson explores themes in *The Student Body* movie in greater detail including the flaws of BMI measurement, how to look at health and self-care without taking body measurements, and how students can learn to "take action" in their environment. **The Student Body film and this accompanying lesson both teach students to explore health beyond BMI and to stand up for what they believe in.**

✓ LESSON PLAN

✓ CLASSROOM SLIDES

✓ HOMEWORK & WORKSHEETS

PART 1

Introduction. Before watching the movie, students will learn about cast members and background information about the BMI measurement.

PART 2

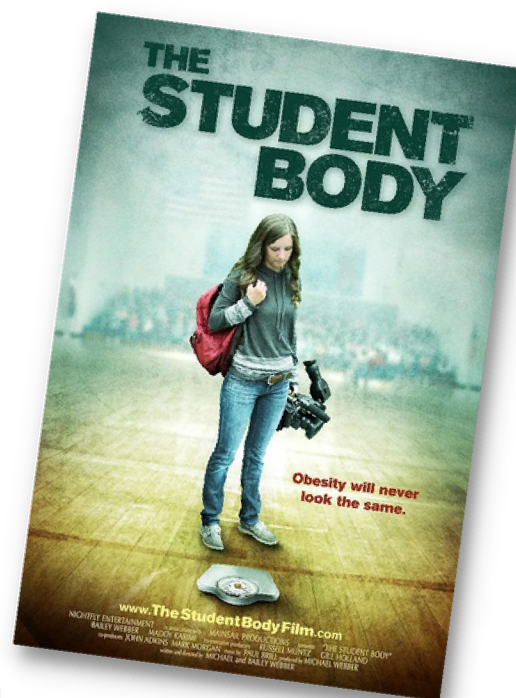
The Student Body film. Students will watch the 45-minute film and answer questions on an accompanying worksheet.

PART 3

Health and Self-Care. The class will discuss "What is health?" And talk about self-care as an essential tool for good health. Students will be discuss health-promoting behaviors including self-compassion and mindful eating.

PART 4

Taking Action. Students will learn 7 different ways they can take action in their environment for issues they feel strongly about, as Bailey did in the movie.



THE STUDENT BODY LESSON WAS CREATED IN COLLABORATION WITH THE FILMMAKERS



DENISE HAMBURGER

Founder and Executive Director of BE REAL USA, head curriculum writer



ALLY LATVALA

Undergraduate student in nutrition and cognitive science at UNC Chapel-Hill



MICHAEL WEBBER

Award winning documentary filmmaker and producer of *The Student Body*



BAILEY WEBBER

Student investigative journalist, writer, and co-director of *The Student Body*



MIRIAM NELSON

Student of Economics and Government at Harvard University



VERENICE GOMEZ-TREJO

Pre-med senior at the University of Chicago



SCAN FOR RESOURCE CITATIONS