

Reverse Visioning

What can the City do to make every child obese?

To wrap up our presentations at the forum as we headed into the break out sessions, we asked the participants to switch gears for a moment to get into brainstorming mode. We asked them to play “opposite day” with the question: What are the actions we might take if our goal were instead, to **promote** obesity in each and every child in Austin? At first, the ideas came a bit slowly but in no time at all, there were ideas aplenty! You can view the exercise on the [video](#) or read each of the ideas, listed below.

- Have obese role models
- Prevent access to facilities, outdoors
- Free cable television
- Wipe out the playgrounds
- Nobody can grow food
- Encourage food cravings
- Fast food delivered to schools
- No gym class
- Stock vending machines with soda
- Fry everything
- No breastfeeding in hospitals
- No trails
- Larger than super-size, mega-size menu item
- Make gas \$0.25
- Better Happy Meal toys
- Let crime in parks run rampant
- No sidewalks
- Throw away bike racks
- No more races or fun runs
- Tax fresh vegetables
- Change what food stamps can be used for
- No more WIC
- Close YMCAs
- Widen streets by taking out sidewalks & cut trees so there's no shade
- Encourage playing of more videogames
- No pools
- No organized sports
- Keep daylight savings time, so it's dark early
- Stigmatize healthy people
- Encourage competition for funding among departments e.g. affordable housing vs parks
- Fines for exercising
- Low cost housing shouldn't have appliances in the kitchen so people are forced to go to fast-food places
- Schools should only be drive-to zones, no crossing guards
- Nutrition labels need to be written as legal documents
- Ban farmers markets
- Increase mph on roads, no crosswalks
- Add elevators to every apartment building
- Commercialize parks e.g. Park sponsored by Dairy Queen