



**Tony Lub Peev Xwm Hloov Txoj Kev Rog Heev**  
**Tony’s Courage to Change His Weight**  
**Script English- Hmong**  
**SoLaHmo Radio Story about Healthy Family Lifestyles**

**Main Character:** Tony (15 year-old boy)

**Secondary Characters:** Narrator, Lisa (mother), Dad (Tony’s dad), School Nurse, Tony’s Sister, Tony’s Cousin, Friend 1

**Synopsis:** Tony is a 15-year-old boy who is obese. His school nurse suggests he enroll in a school “fit program” to help him lose weight. Tony is reluctant to change his behaviors and his concerned mother Lisa struggles to help him. After several attempts, Tony and Lisa are able to help him lose weight.

Tony yog ib tug menyuam tub rog heev uas muaj hnuv nyoog 15 xyoo. Nws lub tsev kawm ntawv tau pom zoo kom muab nws rau npe rau hauv ib qhov kev pabcuam los ntawm ib tus nurse kom pab tau nws qhov yuag. Tony yeej tsis yeem li hais txog txoj kev ua kom yuag, lino ua rau nws niam kuj muaj kev covnyom heev txog txoj kev yuav pab nws. Txawm yuav dhau ntau txoj kev nyuab npaum twg los thaum kawg Tony thiab nws niam, Lisa, kuj muaj peevxwm nrhiav tau kev los pab tau nws kom yuag lawm.

Sound effects	Audio (English)	Audio (Hmong)
Opening music fades in...	The SoLaHmo Partnership for Health and Wellness is a program of West Side Community Health Services. We are made up of Somali, Latino and Hmong community members working together with researchers and health care providers to make a difference in the health of our communities. The story you are about to hear is based on true events. We thank the families who shared their real life experiences to make this radio story possible. All names of characters in the story have been changed to protect their privacy.	
The sounds of children running around, teenagers	<b>Scene 1:</b> <b>Narrator:</b> At Phalen Lake, a family gathering is taking place. Children are laughing running around and playing volleyball. Parents are barbequing pork,	<b>Scene 1:</b> <b>Narrator:</b> Nyob rau pem Pab Dej Phalen, uas muaj kev tej tsev neeg tuaj nyob ua si uake. Cov me menyuam me kuj muaj suab luag, dhia ua si, thiab ntaus pob. Cov niam



<p>bumping a volleyball around, and the sounds of grilled meats</p>	<p>hot dogs, and the wives gather around making papaya salad. Tony, a 15-year-old Hmong boy, sits alone on the picnic table. Despite the warmth of the beaming sun, Tony sits hunched over, dressed in black. His eyes remain on the floor, zoning out the sounds of his cousins playing volleyball. Tony’s mother, Lisa, notices her son and asks if he’d want to join in.</p> <p><b>Tony:</b> No. I don’t want to.</p> <p><b>Lisa:</b> Why not?</p> <p><b>Tony:</b> Um, it makes you sweaty and tired. And if I play, I’ll get out of breath. I just don’t like that.</p> <p><b>Lisa:</b> Tony, you should at least try.</p> <p><b>Tony:</b> No Mom.</p> <p><b>Narrator:</b> Lisa gives up and leaves her son to sit on his own.</p>	<p>txiv kuj ci nqaij, ci hnyuv, thiab cov poj niam kuj los nyob ua kev tuav qaub taub ntoos. Tony, yog ib tus me tub Hmoob muaj 15 xyoo, uas nws tau mus nyob ib leeg rau ntawm lub rooj noj mov.. Nws tsis muaj siab ua si lis lwm cov menyuam. Tony niam, Lisa, pom nws tus tub nyob li ntawd Thiab li mus nug hais tias seb nws puab xa mus ua si nrog lawv.</p> <p>Tong: Tsis xa ua.</p> <p><b>Lisa:</b> Vim li cas ma?</p> <p><b>Tony:</b> Um, nws ua rau koj tawm tawm fws thiab sab sab heev. Thiab yog kuv mus ua si, kuv yuav txog txog siav. Kuv tsis nyiam li ntawd, nas</p> <p><b>Lisa:</b> Tony, koj yuav tsum tau sim hos.</p> <p><b>Tony:</b> Kuv tsis kam nas niam.</p> <p><b>Narrator:</b> Lisa, cia li tsum thiab cia nws tus tub nws nyob nws ib leeg.</p>
<p>Foot steps into the living room, the sound of someone jumping onto the couch and dropping feet onto coffee table.</p>	<p><b>Scene 2:</b></p> <p><b>Narrator:</b> It is the start of the academic year. Tony comes home with a letter from the school, finds his mother sitting on the couch and drops it into his mother’s lap. Lisa asks what the letter is about but Tony just drops down onto the couch next to Lisa and kicks his feet up. Lisa reads the letter.</p> <p><b>Lisa:</b> Tony, this is saying that there’s a new program at your school to help children who are at a high risk for obesity. And it says, you are at high risk.</p>	<p><b>Scene 2:</b></p> <p><b>Narrator:</b> Thaum lub caij kawm ntawv rov pib dua. Tony lub tsev kawm ntawv tau xa ib tsab ntawv rau Tony nqa los tsev. Nws los txog tsev pom nws niam zaum ntawm lub xaus fas. Nws muab daim daimntawv pob rau nws niam lub ntiag. Lisa nug hais tias daim ntawv yog hais txog dab tsi tab sis Tony cia li mus pw nthi thiab tsa nws ob txais ceg rau saum lub xaus fas ib sab ntawm Lisa. Lisa mam li nyeem daim ntawv.</p> <p><b>Lisa:</b> Tony, daim ntawv no hais tias nyob pem koj lub tsev kawm ntawv, lawv muaj ib qhov kev pab cuam rau cov menyuam uas yuav muaj teebmeem rau txoj kev rog. Thiab tseem hais tias, koj yog ib tus uas yuav yog cov menyuam uas yuav ntsib cov</p>



	<p><b>Tony: [with a careless attitude]</b> Yea, I guess it says that. It says I'm fat.</p> <p><b>Lisa:</b> Don't say that! You know, because our family comes from a big family and grandma and uncle have high blood pressure and high cholesterol. I'm just worried for you. I want you to join. I'm signing the consent form. Okay?!</p> <p><b>Tony:</b> Sure, whatever Mom.</p>	<p>teeb meem ntawd nas.</p> <p><b>Tony:</b> Yea, nws hais tias kuv rog rog mas!</p> <p><b>Lisa:</b> Tsis txob hais li koj ma!!! Peb tsev neeg no nas yog los ntawm ib tsev neeg loj heev thiab coob leeg noj mov tag li thiab tseem noj tej yam uas muaj muaj roj thiab xwb nas. Tsis tag li ntawm, koj niam tais thiab dab laug lawv los tseem muaj mob ntshav siab thiab mob ntshav muaj roj. Kuv txhawj xeeb txog koj xwb. Kuv xav kom koj mus nrog lawv koom. Kuv yuav sau kuv lub npe rau daim ntawv tso cai no lawm nawb!</p> <p><b>Tony:</b> Whatever Mom.</p>
<p>The sounds of squeaking chairs</p>	<p><b>Scene 3:</b>  <b>Narrator:</b> Tony joins the school program. The program takes blood test and physical exams to see the health of the children. Tony's results reveal that he has high levels of cholesterol and is obese. But while Tony doesn't think it's anything serious, Lisa is concerned so much so that she and Tony return to speak with the school nurse about the consequences of high cholesterol and obesity.</p> <p><b>Nurse:</b> Right now, you don't notice anything. There are no symptoms now. But people with high cholesterol, when they get older, like in their 40's or 50's, they start having heart attacks, strokes, and other heart disease. High cholesterol can create cardiovascular problems, like increasing your chances of having a heart attack or the increase of plaque in your arteries.</p> <p><b>Lisa:</b> What about for obesity?</p> <p><b>Nurse:</b> Obesity can cause cardiovascular disease and can cause high blood sugar or</p>	<p><b>Scene 3:</b>  <b>Narrator:</b> Tony, tau mus koom nrog lub tsev kawm ntawv qhov kev pab cuam. Lawv tau kuaj ntshav thiab kuaj tus menyuam ib ce rau kev nyabxeeb. Lawv kuaj tau hais tias Tony cov ntshav muaj roj siab heev thiab nws rog heev rau nws lub cev. Lisa tau txhawj heev, nws thiab Tony nkawd thiaj li tau rov qab mus nrog tus nurse tham.</p> <p><b>Nurse:</b> Tamsim no, koj yuav tsis hnov mob dabtsis. Tabsis cov tib neeg uas mob, ntshav muaj roj, thaum lawv muaj hnub nyoog li 40-50 xyoo, lawv yuav pib mob nplawv nres, mob stroke thiab muaj lwm yam kev mob rau hauv lub plawv. Kev mob ntshav muaj roj siab siab yuav ua teebmeem rau cov hlab plawv, xws li yuav muaj feemcuam ntau rau qhov mov plawv nres, los yog muaj roj khub rau hauv yus cov hlab ntshav.</p> <p><b>Lisa:</b> Es hais txog txoj kev rog nes?</p> <p><b>Nurse:</b> Kev rog muaj peevxwm ua kev mob rau cov hlab plawv thiab muaj peevxwm</p>



	<p>diabetes. Obesity can also cause early onset of osteoarthritis, which is the increased wear and tear on your joints. So, your weight bearing joints, like your knees, will start to give out on you earlier because of the excess weight. It will make walking more difficult and painful.</p> <p><b>Lisa:</b> What should we do?</p> <p><b>Tony:</b> [Deep sigh]</p> <p><b>Nurse:</b> You guys can start by cutting portion sizes, cutting out fatty and sugary foods, and increase exercise. Tony should eat more fruits and vegetables. Consume water instead of sugary foods and drinks. So, like, Tony, if you drink whole milk, you should switch to skim milk. Exercise is important, even if it's only for 30 minutes. Here's some brochures for you guys to take home.</p>	<p>ua tau rau muaj ntshav qabzib los yog diabetes. Kev rog ua tau rau yus mob pob nqij txha ntxhov-ntxhov, uas ua rau cov pobtxha mog ntawm yus tej cos tes cos taw ntuag thiab yaig mus. Ces cov cos txha xws li koj ob lub pob hauv caug thiab nthuag tau yuav pib puas tsuaj ntxhov-ntxov mus vim koj lub cev hnyav heev. Qhov mus kev yuav nyuaj thiab mob heev.</p> <p><b>Lisa:</b> Es peb yuav ua cas no?</p> <p><b>Tony:</b> [Deep sigh]</p> <p><b>Nurse:</b> Noj zaub noj mov tsawg zog, caiv cov khoom noj uas muaj muaj rog thiab qab qab zib, thiab yuav tsum tau dhia ua si kom taws fwm ntau zog. Tony yuav tsum noj txiv hmab txiv ntooj thiab zaub kom ntau zog. Yuav tsum hauv dej dawb es tsis txhob haus dej qab zib thiab noj qhob noom. Ces zoo li Tony, yog koj yuav hauv kua mis ces koj yuav tsum hauv cov kua mis yuag. Txoj kev dhia ua si kom taws fwm nws tseem ceeb heev, txawm hais tias koj yuav ua 30 nas tis xwb. Kuv muab ib co ntawv qhia txhog qhov peb tham no rau nej qab mus tsev.</p>
	<p><b>Scene 4:</b> <b>Narrator:</b> At home, Lisa tries to have a family conversation about Tony's blood results.</p> <p><b>Lisa:</b> Tony, I'm so concerned about you. What the nurse says is serious. We as a family have to think about more. You know, since now, Tony, you have high cholesterol, even if we don't have it but Tony has it. We still, as a family have to change the way we eat and how we're living. That will help all of us too. We as parents have to get involved in order to help out too. If we don't, Tony's condition could get worse.</p>	<p><b>Scene 4:</b> <b>Narrator:</b> Nyob peb tsev, Lisa sim nrog nws tsev neeg sib tham txog Tony cov ntshav uas mus tshuaj tau.</p> <p><b>Lisa:</b> Tony, kuv txhawj txog koj heev. Cov lus tus nurse hais yog ib cov lus tsim nyog txhawj kawg li. Peb tas nrho uas yog ib tsev neeg yuav tau hloov peb txoj kev noj haus thiab peb lub neej.</p>



<p>Foot steps walking loudly away and door slams</p>	<p><b>Dad:</b> Okay.</p> <p><b>Lisa:</b> Because, sometimes, if they are overweight, they kind of seem, you know, mad all the time, angry, and not happy. It's not that being fat or obese makes people sad or angry, but our children are just less active, and maybe it then makes them depressed. Our kids need to get in shape, be more active, so they'll be happier.</p> <p><b>Dad:</b> Okay. Yeah, yeah, Tony was overweight when he was little. It's because of your family. They are all big. That's why our kids are big. It's from your genes. We can change what we eat in the family but you have to cook differently for me. I can't go without my white rice nor my nqaij kis.</p> <p><b>Tony:</b> It's my life! I don't think there is anything wrong about my weight! I don't want to change just because of some stupid medical test. It's not even important. Dad doesn't even care.</p> <p><b>Lisa:</b> I want all of us to be happy and healthy. I don't want you all to just stay home, gain weight, be tired, and can't even play active sports and stuff like that. Remember when we had the picnic gathering last summer? You sat all alone because you said playing sports was too exhausting.</p> <p><b>Tony:</b> I just don't like sports! Plus, I'm fat because of the both of you. Mom don't even tell me to lose weight when you and Dad are both fat.</p>	<p><b>Dad:</b> Aws!</p> <p><b>Lisa:</b> Kuv xav kom peb cov menyuam thiab peb tsev neeg muaj kev zoo siab thiab kev noj qab hau huv.</p> <p><b>Dad:</b> Uali. Yog lawm, tabsis Tony yeej roj puag thaum nws me me los lawm os. Twb yog vim koj tsev neeg. Lawv loj tag tus li. Vim li ntawd es wb cov menyuam thiaj li loj tag npaum li mas. Nws yog los ntawm koj cov chaj ceg. Peb yeej hloov tau peb txoj kev nov moj ntawm peb tsev neeg no mas, tabsis koj ua rau kuv noj ces koj yuav tsum tau ua yam txawv nawj! Kuv yuav noj tsis tau yog tsis muaj moj dawb thiab nqaij kib.</p> <p><b>Tony:</b> Yog kuv lub neej nas! Es kuv rog nes nis yuav ua li cas nas? Kuv tsis xav hloov vim yog ib daim nyuag ntawv kuaj mob ruam ruam ntawd xwb. Nws twb tsis niam tseem ceem kiag li nas. Txiv twb tsis niam care kiag li os.</p> <p><b>Lisa:</b> Kuv tsis xa kom nej tag nrog tsuas yog nyob tsev, pib loj zuj-zus, tub nkeej, thiab tsis muaj siab yuav mus ua si ab tsi li! Koj puas nco qab thaum peb mus nyob ua si au peb qhov chaws ci nqaij xyoo tag los? Koj zaum ib leeg vim koj hais tias mus ua si ntaus pob mas nim sab dhau rau koj lawm.</p> <p><b>Tony:</b> Kuv tsis nyiam ua si ntaus pob! Tsis tag li ntawm los, kuv rog rog twb yog vim niam neb ob leeg! Txhob hais hias kuv. Koj thiab txiv nej twb rog rog ib yam thiab ne!</p>
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<p>Dishes and dinnerware being set on the table</p> <p>Plate being picked up and set back down</p> <p>Chairs being pulled and pushed back in [people seating down at the dinner table]</p> <p>Sound of plate being moved</p> <p>Sound of food being put onto plates</p> <p>Fist pounds once on the</p>	<p><b>Scene 5:</b>  <b>Narrator:</b> Lisa was so hurt by the conversation she had with her son and husband, but she was still determined to help Tony lower his cholesterol. That night, she prepared a dinner consisting of brown rice, stir fried vegetables with lots of broccoli, celery, and carrots and baked chicken breast. Instead of soda, she also poured everyone water. As Lisa sets the food...</p> <p><b>Lisa:</b> Come, come eat! Koj txiv lov noj mov!</p> <p><b>Tony:</b> Is this brown rice? Brown rice doesn't taste good! The food is so little too!</p> <p><b>Lisa:</b> I am changing the way we eat, how much, and how often. And since the nurse recommended that we switch to brown rice, I'm starting with the rice. it's better for everyone. I don't want my kids to have health problems because they eat too much food.</p> <p><b>Tony's sister:</b> Why mom?!! This isn't fair!</p> <p><b>Lisa:</b> Well...with Tony's high cholesterol, the oil that we used was really high in fats. So I decided to change the cooking oil to olive oil and the food we eat at home. We have to do this together as a family. You and your brother are the same too. So, if I don't buy any junk food or any pop or anything like that at home, then you guys won't be able to eat or drink any of that stuff. If I buy healthy food, then we all eat healthy food.</p> <p><b>Tony's sister:</b> Why can't we eat the way</p>	<p><b>Scene 5:</b>  <b>Narrator:</b> Txawm haistias cov lus Lisa tham nrog nws tus tub thiab tus txiv ua rau nws mob siab npaum li cas los nws yeej peem li mus nrhiav kev pab kom txo tau Tony cov ntshav muaj roj. Hmo ntawd, pluag hmo noj yog muaj mov daj, thiab zaub kib nrog hauv nrob qaib. Hloov ntawm cov dej qabzib nws hliv dej dawb rau sawvdaws hau. Thaum uas Lisa rau tau mov lawm...</p> <p><b>Lisa:</b> Los, los noj mov. Koj txiv los noj mov!</p> <p><b>Tony:</b> No puas yog mov daj nab? Mov daj tsis qab na! Uas cas zaub mov tsawg ua luaj li!</p> <p><b>Lisa:</b> Kuv hloov peb txoj kev noj mov thiab hloov txoj kev peb noj ntau npaum li cas thiab noj pestsawg puas. Vim tus nurse hais li ntawd, kuv hloov peb cov mov dawb mus ua mov daj lawm.. Kuv tsis xav kom kuv cov menyuam ntsib kev muaj mob los ntawm txoj kev noj ntau dhau lawm.</p> <p><b>Tony's sister:</b> Ua cas no, niam?!! No tsis fair nab!</p> <p><b>Lisa:</b> Es, Tony mob ntshav muaj roj vim hais tias peb cov roj kib zaub muaj rog ntau heev. Li ntawd, kuv thiaj li txiav txim siab hloov cov roj kib zaub mus rau hom roj txiv cev (olive oil) thiab hloov txoj kev noj haus hauv peb lub tsev. Peb tsev neeg suav daws yuav tsum koom tes ua li no. Thaum kuv mus yuav tej khoom noj uas haumxeb los, ces peb sawv daws yuav tsus tau noj li ntawd xwb.</p> <p><b>Tony's sister:</b> What?!</p>
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<p>The sound of t.v. on.</p>	<p>cable television. Lisa comes in and yells at Tony to exercise.</p> <p><b>Lisa:</b> Tony! You’ve been sitting on the couch this whole day! Get up! Go exercise! Do something to make you sweat! Why are you so lazy!</p> <p><b>Tony:</b> You’re blocking the t.v.</p> <p><b>Lisa:</b> I don’t need to tell you over and over again to get up and do something other than sitting on the couch.</p> <p><b>Tony:</b> Move mom! I’m missing the best part! Move!</p>	<p>nws mus saib T.V uas muaj cable xwb. Lisa tau los cem Tony kom nws kav tsij mus ua si thiab dhia kom nws lub cev tawm fws.</p> <p><b>Lisa:</b> Tony! Hnub no ib hnub tav no es koj tsuaj yog zaum ntawd lub xaus fas koj xwb! Kav tsij sawv! Mus ua si thiab dhia kom koj lub cev tawm fws thajj lauj! Cas es koj yuav tubnkeeg ua luaj li!</p> <p><b>Tony:</b> Koj thiav lub T.V. lawm nas.</p> <p><b>Lisa:</b> Kuv tsis tag yuav tau qhai koj tag li kom koj sawv ntawm lub xaus fas kom mus ua si.</p> <p><b>Tony:</b> Txav mas Niam! Kuv tsis pom qhov lawv ua haib haib lawm na! Txav kiag na has!</p>
<p>The t.v. turned on, flipping through channels, the t.v. turns off. Foot steps into the kitchen. The sounds of dishes being washed in the sink</p>	<p><b>Scene 7:</b>  <b>Narrator:</b> The next day after school, Tony comes home to his usual routine and turns on the t.v. He finds that the channels only go up to 11 and wasn’t able to watch his show. He goes to find his mother in the kitchen.</p> <p><b>Tony:</b> You took out cable?</p> <p><b>Lisa:</b> [Laughter] I know. Yeah, I took out cable so you won’t watch t.v. that much anymore.</p> <p><b>Tony:</b> Why?!</p> <p><b>Lisa:</b> Yes, no cable. I have to get involve with you and your sibling’s lives. I and Dad, although he’s stubborn like you, we just want to help our family. We have to make a lot of changes, not just one thing. And everyone has to too. When I change the rice to brown rice, nobody wanted to eat it. But you all ended up eating it. We will do this with t.v. too, I’ve noticed that</p>	<p><b>Scene 7:</b>  <b>Narrator:</b> Hnub tom qab, thaum lawb tsev kawm ntawv los, Tony los txog tsev ua zaj qub mus taw T.V saib. Nws pom tias cov tshooj T.V tsuas mus txog 11 tshooj lawm xwb thiab saib tsis tau tshooj nws nyiam saib lawm. Nws mus nrhiav pom nws niam nyob rau ntawd chaws ua mov.</p> <p><b>Tony:</b> Koj muab cable nrho tawm lawm puas yog?</p> <p><b>Lisa:</b> Yog. Kuv muab cable nrho tawm lawm es koj thiaj li tsis saib saib T.V lawm.</p> <p><b>Tony:</b> Vim li cas nos?!</p> <p><b>Lisa:</b> Kuv yuav tsum tau nrhiav kev pab rau peb tsev neeg. Kuv thiab koj txiv, txawm tias koj txiv siab tawv ib yam li koj los, peb yuav tsum tau hloov ntau yam heev, nws tsis yog ib qhov xwb. Thiab txhua txhua tug yuav tsum tau ua li xwb. Thaum kuv hloov cov mov dawb mus rau mov daj, yeej tsis muaj leeg twg xa nov hlo lis. Tabsi nej sawv daws twb noj lawm thiaj nes. Peb yuav tau</p>





<p>Foot steps walking away</p>	<p>it makes you more lazy.</p> <p><b>Tony:</b> I'm just going to go lay in bed!</p>	<p>ua ib yam rau lub T.V. thiab. Kuv pom tau lawm hais tias nws ua rau koj hab yab tubnkeeg tuaj lawm xwb.</p> <p><b>Tony:</b> Kuv yuav mus pw hauv txaj lawm xwb os!</p>
<p>School bell rings, children rushing out the classrooms.</p> <p>The sounds of engine running.</p> <p>Video games on and then turned off.</p>	<p><b>Scene 8:</b>  <b>Narrator:</b> The school bell has rung, it's 3:15 and children are packing onto the buses to go home. Tony walks down the hallways of his school and watches students go to their activities afterschool. He gets on the number 3 bus home. He was still angry about his mother canceling cable and so when he got home, he took out his game system to play. But he'd already beaten all his games and passed all the levels and killed all the bosses. Ten minutes into the game, he realized that playing video games every day after school was getting boring. His neck was tired from staring at the t.v. As he rubs his neck, he thinks to himself....</p> <p><b>Tony:</b> [sighs] "There's nothing to do. All the games I have, I've already played. And now that mom cut off cable, what am I to do? I need to stop. It's just the same thing over and over again.</p>	<p><b>Scene 8:</b>  <b>Narrator:</b> Lub tswb pem tsev kawm ntawv tau nrov, nws yog 3:15, cov meyuam sawvdaws nkag mus rau hauv lawv lub npav mus tsev. Tony taug kev mus ntawm ib kis tsev hauv lub tsev kawm ntawv thiab saib cov menyuum ua si tom qab tsev kawm ntawv lawb lawm. Nws nkag mus rau lub npav # 3 mus tsev. Nws tseem chim heev txog qhov nws niam muab cable nrho lawm, thaum nws mus txog tsev, nws mus nrho nws lub game los tua. Tabsis nws twb tua tag nrho cov game nws muaj lawm. Tom qab kaum feeb uas nws tua game, nws xa tau tawm hais tias tuas game txhua txhua hnuv thaum yus los txog tsev no pib dhuav nws lawm. Nws lub caj dab kuj pib hnov lawm vim tias nws nyob ntsia T.V. heev dhau lawm. Thaum nws cev tes mus zuaj nws lub caj dab, nws xav twj ywm rau nws tus nkeeg,...</p> <p><b>Tony:</b> [sighs] Tsis muaj dabtsi ua li. Cov game kuv muaj no, kuv twb tua yeej tag lawm. Thiab tabsim no niam tseem muaj cable nrho lawm thiab, kuv yuav mus ua dabtsi nes? Kuv yuav tau tsum. Vim txhua yam nws yog yam qub tag li xwb.</p>
<p>Sounds of volleyball being bumped around.</p>	<p><b>Scene 9:</b>  <b>Narrator:</b> It is now summer and Tony has decided to go camping. All the cousins his age were playing volleyball and encourages him to play. He realizes then that he actually likes volleyball.</p>	<p><b>Scene 9:</b>  <b>Narrator:</b> Tamsis no yog lub caij ntuj sov lawm. Tony tau txiav txim siab mus ua si thiab pw peb hav zoov. Tag nrog nws cov npawg uas muaj hnuv nyoog ib yam li nws, lawv mus ua si ntaub pob thiab lawv tseem pab txhawb kom nws nrog lawv ua si thiab. Tony mam li pom tau hais tias nws tus nkeeg kuj nyiam ntau pob thiab.</p>



	<p><b>Tony's sister:</b> You were great out there! See that wasn't so bad!</p> <p><b>Tony:</b> Yea. But now I'm sweaty and dirty. [laughs]</p> <p><b>Tony's cousin:</b> If you really like it like I like volleyball, just go for it. Sometimes I just play lazy but then once I warm up, then I start to be more active. Sometimes I jump around for fun too. [Laughter]</p> <p><b>Tony:</b> Yeah, it was fun. It's even better when a whole bunch of family members and friends play volleyball, too.</p> <p><b>Narrator:</b> Since that day, Tony has been playing volleyball with his cousins every single day of summer until the school year started up again. Lisa was much happier about this because she didn't have to worry about who her son was hanging out with. It was a good influence on Tony too, he was more active and responsible around the house. Whenever Lisa asked him to take out the garbage or help sweep the floor, Tony didn't talk back as much and helped out when he could.</p>	<p><b>Tony's sister:</b> Koj ntaub pob tau zoo heev kawg li! Koj puas pom, nws tws tsis phem luaj twg ne yom!</p> <p><b>Tony:</b> [laughs] Yog. Tiamsis kuv tawm tawm fws thiab ceb muag tag li lawm.</p> <p><b>Tony's cousin:</b> [Laughter] Yog koj hos nyiam ntaub pob ib yam li kuv thiab no, mus ntaus pob kiag xwb!</p> <p><b>Tony:</b> Yog, nws lom zem kawg li ma. Nws tseem yuav lom zem tshaj yog peb tsev neeg coob coob leej nrog rau peb cov phoojywg los ntaus ua ke thiab.</p> <p><b>Narrator:</b> Txim hnuv ntawd los, Tony tau mus ua si ntaus pob nrog rau nws cov npawg txhua txhua hnuv thaum lub caij ntuj sov mus txog rau lub sij hawj yuav rov qab mus kawm ntawv dua. Lisa kuj zoo siab lawm hov ntau txog qhov no vim hais tias nws tsis tau txhawj txog hais tias nws tus tub mus nrog leeg twg ua si. Nws yog ib qhov kev zoo uas hloov tau Tony lawm thiab. Nws kuj nquag thiab pab ua hauj lwm hauv tsev. Thaum twg Lisa txib nws mus nqa khoom pov tseg los sis cheb tsev, Tony kuj tsis cav ncauj thiab pab li qhov nws pab tau.</p>
<p>Sound of door closing and engine running</p> <p>Kids laughing and chatting in the</p>	<p><b>Scene 10:</b> <b>Narrator:</b> It's the new school year. This year Tony is a junior. Walking out of the house with his old school clothes, Lisa noticed that her son would need to go shopping soon because his clothes hung off his frame.</p> <p><b>Friend1:</b> Wow dude, did you lose weight? How did you do it?</p>	<p><b>Scene 10:</b> <b>Narrator:</b> Lub xyoo kawm ntawv rov qab peb dhua, xyoo no, Tony kawm qib 11. Thaum Tony hnav nws cev khaub ncaws tawm mus kawm ntawv, Lisa kuj pon tau lawm hais tias nws tus tub yuav tsus tau mus yuav khaub ncaws tshiab hnav vim hais tias nws cov khaub ncaws qub tsis haum nws lawm.</p> <p><b>Friend1:</b> WOW, thaub, puas yog koj yuag lawm nas? Koj ua li case s koj yuag lawm</p>



<p>background. Chairs being moved around.</p> <p>The sounds of kids laughing and volleyball being bumped around</p>	<p><b>Tony:</b> I usually watch what I eat. I drink a lot of water, like, three to four or five water bottles a day. Um, and the amount you're eating, like calories, what kinds of food you eat, and how many plates. The healthier foods like vegetables, fruits and less fried foods. And, you have to do daily exercise. You also have to do something you like, like volleyball.</p> <p><b>Friend one:</b> That really works? Exercise and healthy food?</p> <p><b>Tony:</b> Dude, look at me. I'm living proof that it works.</p> <p><b>Narrator:</b> It was that day that Tony also joined the afterschool volleyball team. Tony's teammates were so impressed with his skills and of course, so too was a particular girl on the team who caught Tony's eyes.</p>	<p>os?</p> <p><b>Tony:</b> Kuv ceev faj thiab saib cov khoom kuv noj. Kuv haus dej ntau lawm, xws li 3-4 poom tuaj ib hunb. Um...thiab kuv saib cov khoom kuv noj es muab roj thiab saib tias kuv noj pes tsawg tais mov. Kuv noj cov khoom zoo zoo xwm li zaub, txiv mab txiv ntoo, kuv tseg tsis noj tej yam uas muaj muaj roj. Thiab tseem ua si kom tawm fws txhua txhua hnuv. Koj yuav tsum tau ua tej yam uas koj nyiam.</p> <p><b>Friend 1:</b> Puas yog mas? Uas exercise thiab kev noj zaub mov xwb?</p> <p><b>Tony:</b> Yog mas! Eh, kuv poob tau pound os!</p> <p><b>Narrator:</b> Hnuv ntawv txawm yog hnuvTony tau mus khoom ua si ntaus pob nyob rau hauv nws pab tub ntaus pob tom qab lub caij tsev kawm ntawv lawb. Tony pab tub ntaus pob tau qhuas nws txoj kev ntaus pob txog nwg qhov ntau tau tshajlij heev, thiab tsis tas xwb, tus hluas nkauj uas nws nyiam tseem pab qhuas nws heev thiab.</p>
<p>Kids chatting in the background, dinnerware being picked up and set down.</p> <p>Milk carton picked up,</p>	<p><b>Scene 11:</b></p> <p><b>Narrator:</b> The next day at lunch, Tony sat with his friend for lunch.</p> <p><b>Friend 1:</b> So when did you start to change how you eat? Tell me how to lose weight.</p> <p><b>Tony:</b> I just started, I thought about it myself. I just cut down a lot of sweets and took out junk food. It was my mom and the school program my mom put me into. Now I just eat when I'm hungry and not just because I'm bored. I watch out on how much I'm eating too. And then, if I</p>	<p><b>Scene 11:</b></p> <p><b>Narrator:</b> Hnuv tom qab thaum lub caij noj sus, Tony zaum noj mov nrog nws cov phooj ywg ua ke.</p> <p><b>Friend 1:</b> Es yog vim li cas koj thiaj li hloov koj txoj kev noj mov lawm nas? Qhia kuv kom kuv hos yuag taus thiab sob?</p> <p><b>Tony:</b> Kuv nyuam qhuav pib xwb, kuv niam qhuav xav tawm rau kuv tus kheej thiab. Kuv txiav tawm cov khoom qab qab zib thiab txiav tsis noj qhaub noom lawm. Nws yog kuv niam thiab lub tsev kawm ntawv qhov kev pab cuam uas kuv niam muab kuv rau npe mus koom. Tamsim no</p>



<p>swallowing of milk, and set back down.</p>	<p>workout for an hour, I do some cardio.</p> <p><b>Friend 1:</b> But you're so weird. How can you eat salad without salad dressing? Dude, why are you drinking skim milk?</p> <p><b>Tony:</b> I don't like ranch. I just eat it plain, I don't know why. It tastes fresh. I always drink skim milk because it tastes more like water. And now, I eat less sweets. Candy is too sweet for me. [Laughter] And I drink more water. Less hot cheetos or chips or junk food.</p>	<p>kuv tsuas noj thaum kuv tshaib plab lawm xwb tsis yog noj vim kuv tsis muaj dabtsi ua. Kuv kuj saib xyuas qhovkuv noj ntau npaum li cas thiab. Yog kuv mus ua si kom tawm fws li ib xuajmoo, kuv txawm mus dhia pab kuv lub nplawv thiaj.</p> <p><b>Friend 1:</b> Tabsi ua cas koj txawv ua luaj! Ua cas noj zaub qhuav es tsis rau cov khoom tov zaub li? Yawg, Thaub, ua cas koj hos haum cov kuag mi yuag thiab xwb?</p> <p><b>Tony:</b> Kuv tsis nyiam cov khoom tov zaub nyeem-nyeem. Kuv tsuaj nov zaub qhuav xwb. Kuv tsis paub yog vim li cas. Nws qab tau laj laj siab. Kuv yeej haum cov kuag mi yuag vim hais tias nws qab ntshiab ntshiab li dej. Thiab tabsi no, kuv tsuas noj khoom qab zib tsawg tsawg lawm xwb. Niam no qhaub noom nws qab zib dhau rau kuv lawm. {laughter} Thiab kuv haum dej ntau, tsis noj cheetos thiab khoom txom ncauj lawm.</p>
<p>Weights being lifted.</p>	<p><b>Scene 12:</b> <b>Narrator:</b> Shortly after Tony's weight loss, Lisa had enrolled herself in a gym. As a member, Lisa is able to bring a guest with her every time. She use to take Tony to the gym with her, but this time, Tony's younger sister wanted to go instead. Tony decided to let his sister go. Not having a place to do other workouts, Tony got his friends from the volleyball team to lift weights at the school gym with him. At the gym, Tony tells his friends what exercises to do, how many reps, sit ups, and pushups.</p> <p><b>Tony:</b> You know, I use to be so tired and lazy and bored. Now I'm not like that anymore. Working out makes me feel better!</p>	<p><b>Scene 12:</b> <b>Narrator</b> Tsis ntev tom qab Tony yuag lawm, Lisa tau mus khoom ib lub chaws ua ev xes xais (exercise). Yav tas los Lisa ib txwm coj Tony mus tiamsis niam no nws tus muam hos yuav ua tus mus lawm. Tony Txiaiv txim siab cia nws tus muam mus. Vim hais tias tsis muaj chaws yuav mus ua lwm yam ev ces xais (exercise), nws thiaj li tau yaum nws pab phooj ywg ntaus pob ua mus nqa kaab tom lawm lub tsev kawm ntawv qhov chaws uasi. Tony tau qhia nws cov phooj ywg tias yuav ua hom ev xaws xais twg, ua peb tsawg zaum thiab yuav ua ntau npaum li cas.</p> <p><b>Tony:</b> Nej puas paub, thaum ub kuv tsaug lees heev, thiabtubnkeeg heev thiab tsis kubsiaib ua dabtsi li. Tamsim no kuv tsis ua li ntawd lawm. Ua ev xaws xais ua rau kuv ib ce zoo mloog heev!</p>



<p>Sounds of paper being moved around</p> <p>Pat on the back</p>	<p><b>Scene 13:</b>  <b>Narrator:</b> It is the end of the school program that Tony’s was enrolled in. Tony and Lisa meet up with the nurse to go over Tony’s final blood tests and last physical.</p> <p><b>Nurse:</b> Congratulations! Tony, you have lowered your cholesterol and you’ve lost at total of 20 pounds!</p> <p><b>Lisa:</b> What do you think of that Tony?</p> <p><b>Tony:</b> I guess that’s pretty awesome. [laughs]</p> <p><b>Nurse:</b> I remember you didn’t even think you could do it. How does it make the both of you feel? Having accomplished a big challenge?</p> <p><b>Lisa:</b> Well, I didn’t think that he’s going to lose weight either but he’s been playing volleyball every day after school in the summer. I noticed that he lost a lot of weight. I think it’s good that he keeps it up like that, you know and he’s happier.</p> <p><b>Tony:</b> I’m not as tired anymore. I’m not so lazy. [laughs] And I didn’t think I’d like eating salads, but it’s not so bad.</p>	<p><b>Scene 13:</b>  <b>Narrator:</b> Txog caij lub tsev kawm ntawv cov kev pabcuam uas Tony tau mus raug mus kawm los xaus lawm. Tony thiab Lisa mus nrog tus nurse tham txog Tony cov ntshav uas kuaj ua zaum kawg thiab kev kuaj ib ce.</p> <p><b>Nurse</b> Nrog koj zoo siab! Tony, koj txos tau cov roj nyob hauv koj cov ntshav qis lawm ntau thiab koj tau poob tag nrog yog 20 pounds!</p> <p><b>Lisa:</b> Koj xa li cas xwb, Tony?</p> <p><b>Tony:</b> [laughs] Kuv xav tias kuv ua tau zoo heev.</p> <p><b>Nurse:</b> Kuv nco qab koj twb xav tias ntshe koj yuav ua tsis tau li no. Qhov no neb ob leeg xav li cas xwb? Tau ua tiav ib qhov kev tsis yooj yim li no nas?</p> <p><b>Lisa:</b> Kuv los kuj xav hais tias ntshe nws yuav tsis yuag tau li no thiab, tiamsis nws tau mus ntaus pob txhua txhua hnub pem tsev kawm ntawv. Kuv pom tau hais tias nws kuj yuag lawm hov ntau lawm thiab. Kuv xav tias yuav yog ib qhov zoo es uas nws rau rau siab lua li ntawd thiab nws kuj zoo li nws muaj kev zoo siab ntau tuaj lawm thiab.</p> <p><b>Tony:</b> Kuv tsis nkeeg heev lawm thiab tsis muaj qhov tub nkeeg lawm. {laugh} Thiab kuv xav tias kuv yuav tsis nyiam nov zaub qhuav, tiamsis nws kuj tsis phem phem luas twg thiab.</p>
	<p><b>Scene 14:</b>  <b>Narrator:</b> At home, Lisa and Tony return home to share the good news.</p> <p><b>Dad:</b> It’s probably because I make you guys do dishes—</p>	<p><b>Scene 14:</b>  <b>Narrator:</b> Nyob peb tsev, Lisa thiab Tony tau qhia txog cov xov xws zoo.</p> <p><b>Dad:</b> Tej zaum vim yog kuv pheej txib kom nej ntxhua tais diav.</p>



	<p><b>Tony's sister:</b> No it's all because of mom changing all the food!</p> <p><b>Lisa:</b> haha sure. [hahaha...yog kawg.]</p> <p><b>Tony:</b> No, we did it all together! We did it as a family and it was because Mom and Dad were part of it.</p>	<p><b>Tony's sister:</b> Tsis yog. Nws yog vim niam muaj peb cov khoom noj hloov tag lawm.</p> <p><b>Lisa:</b> hahaha...yog kawg.</p> <p><b>Tony:</b> Tsis yog, peb sawv daws tag nrog ua tau ua kev nas! Peb tsev neeg ua tau ua ke vim niam thiab txiv nkawd muaj feem nyob rau hauv.</p>
<p>The sounds of people laughing, walking around, the sounds of Hmong women's traditional dress</p> <p>The sounds of footsteps running up stairs, one is slower</p>	<p><b>Scene 14:</b>  <b>Narrator:</b> It is the Hmong New Year at the Metrodome and those flight of stairs, which normally would have left Tony gasping for air, were no longer the same daunting stairs they used to be when he was 20 pounds heavier. Tony turns to his friend who is at his side and says,</p> <p><b>Tony:</b> "Race you!"</p> <p><b>Friend 1:</b> Seriously?</p> <p><b>Narrator:</b> His friend follows behind. At the top of the stairs, as Tony watches his friend struggle to make the climb and pauses for air, Tony is proud of himself and how far he's come. Simple things like climbing stairs were newfound successes from his weight loss. But it wasn't that his weight loss made him most happy, but it was that he did something he enjoyed and surrounded himself with people who liked to be active, no matter what activity.</p>	<p><b>Scene 14:</b>  <b>Narrator:</b> Txog Hmoo lub tsiab peb caug nyob rau peb Metrodome muaj cov theem ntaiv nce siab siab, thaum ub mas ua rau Tong txog txog sia vim hais tias thaum ntawd nws hnyav li 20 pound tshaj. Tiam si no, nws tsis zoo li ntawd lawm. Tony tig mus rau nws cov phooj ywj uas nyob ntawm nws ib sab, nws hais tias...</p> <p><b>Tony:</b> Kuv xeem koj!</p> <p><b>Friend 1:</b> Koj dag lov?</p> <p><b>Narrator:</b> Nws tus phooj ywg lawv nws qab. Thaum mus txog saum theeg ntaiv, nws tig ntsia nws tusphooj ywg uas nce tsis taus li, thiab tseem tau sov ib pliag huas pa. Tony zoo heev siab rau nws tus kheej thiab qhov ua nws ua tau lawm. Tej yam me me li nce theem ntaiv los kuj yog ib qhov kev muajyeej vim yog los ntawm qhov nws taug yuag taus. Tiamsis tsis yog hais tias qhov nws yuag taus es ua rau nws zoo siab tabsi yog vim hais tias nws ua tau tej yam uas nws nyiam ua thiab tau koom nrog cov neeg uas nyiam ua ub ua no uake tsi hais yog yam twg kiag li.</p>
<p>Music fades out...</p>	<p><b>Ending</b>                  This radio story was a production of SoLaHmo Partnership for Health and</p>	<p><b>Ending</b></p>



*SoLaHmo Voices: Hmong - Obesity*

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