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**NEW TLC SERIES GIVES FAMILIES A BETTER FUTURE**  
**IN “HONEY WE’RE KILLING THE KIDS!”**

*-- New Weekly 13-Part Series Premieres April 10, Puts the Spotlight on Children’s Unhealthy Lifestyles --*

(Silver Spring, Md.) – Beginning **Monday, April 10 at 9 PM ET/PT**, TLC will transform the lives of 13 families across the nation in the groundbreaking new series **HONEY WE’RE KILLING THE KIDS!** The series kicks off a new parenting and relationships programming block on TLC. In each family, the children’s eating habits have spiraled out of control into a diet of nonstop junk food – sugar, snacks, processed food– and huge, oversized portions. Coupled with a lack of exercise and sleep, this lifestyle means the kids are not only hyper and unruly, they are at serious risk of becoming overweight and developing high-blood pressure, diabetes and heart disease.

**HONEY WE’RE KILLING THE KIDS!** offers a startling look at the causes of America's childhood obesity epidemic and issues a critical wake-up call for parents. In the series, nutrition expert Dr. Lisa Hark shows how everyday choices can have long-term impacts on children, and offers both the motivation and the know-how to help turn these families’ lives around. Using state-of-the-art computer imaging and certified assessments based on measurements and statistics, Dr. Hark first gives Mom and Dad a frightening look at the possible future faces of their children – and a dramatic reality check. Then, introducing her new guidelines and techniques, Dr. Hark works with parents to reverse course and give their kids a healthy diet and active lifestyle. But will they stray the course and revert back to their unhealthy ways?

The family then has three weeks to overhaul its bad habits under the direction of Dr. Hark, who delivers a set of life-altering rules with the aim of completely transforming the children’s future health and lifestyle. Dr. Hark’s rules are straightforward and simple – rules like “Sack the

sugar,” “Family eats together,” “Set a bedtime routine,” “Limit television hours” and “Exercise together” are introduced each week.

How are the families responding to the challenges set by Dr. Hark? Are the children trying new healthy foods? Can Mom quit smoking? Will Dad agree to become more involved in family life? Will the children try rock-climbing? While not always initially easy for the families, the rules often become fun, as new experiences are brought into their routines.

“We are seeing dramatic improvements in these kids’ eating habits and activity level in only three weeks,” notes Dr. Hark.

Says David Abraham, general manager, TLC, “**HONEY WE’RE KILLING THE KIDS!** taps into the family experience, capturing the emotionally charged moments that moms and dads across the country face every day as they juggle schedules and make critical parenting choices.” He continues, “Viewers will be captivated by each family’s struggles and challenges, but will also be armed with a wealth of easily incorporated information for better nutrition and exercise habits that can be used in their own lives.”

At the end of the three weeks, Dr. Hark meets with the parents to discuss the modifications made to the family’s diet and lifestyle. Taking all of the changes into consideration, she then provides a new simulation of what each child could look like in the future, if they continue their healthy nutrition and exercise habits on a long-term basis.

**HONEY WE’RE KILLING THE KIDS!** is produced by BBC Productions USA. Julie Rose McCully is the executive producer for TLC. John Hesling is the executive producer for BBC Productions USA.

TLC is the only television network dedicated to lifelong learning for viewers who want to grow up, not old. Featuring programming that explores life’s key transitions and turning points, TLC presents high-quality, relatable and authentic personal stories. TLC connects more than 94 million homes in North America to the human experience with life’s lessons you can’t learn from books. TLC is a property of Discovery Communications, the leading global real-world media and entertainment company. Discovery has grown from its core property, the Discovery

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