**How to Get to the Root of the Problem - The 5 Why’s**

Remember the story of the babies drowning in the river and the solution being rather than saving them individually to go up stream and stop them from going in in the first place? That’s the idea behind the 5 why’s, to get to the real problem. Once you know the root of the problem you can seek out ways to solve it.

Example: High rates of obesity→Lack exercise→spend time indoors→don’t have access to safe play areas→high crime

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|  | What’s the problem?Click here to enter text. |
| 1. Why?
 | Because…. Click here to enter text. |
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