

Improving Self-Efficacy for Weight Loss Behaviors In African American Women with Obesity

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Introduction

Obesity in the Black Community



More than 75% of the Black community is affected by obesity, with Black women experiencing even higher rates of obesity. This is part of the reason why Black people are 30% more likely to die from heart disease than White people.

The Office of Minority Health. Heart disease and African Americans.

Purpose and Aims

- ❖ Purpose was to determine the benefit of incorporating a psychosocial intervention into a conventional weight loss program.
- ❖ **Aims:** Improve self-efficacy for weight loss behaviors

Overcoming barriers

Dietary adherence

Physical activity

References

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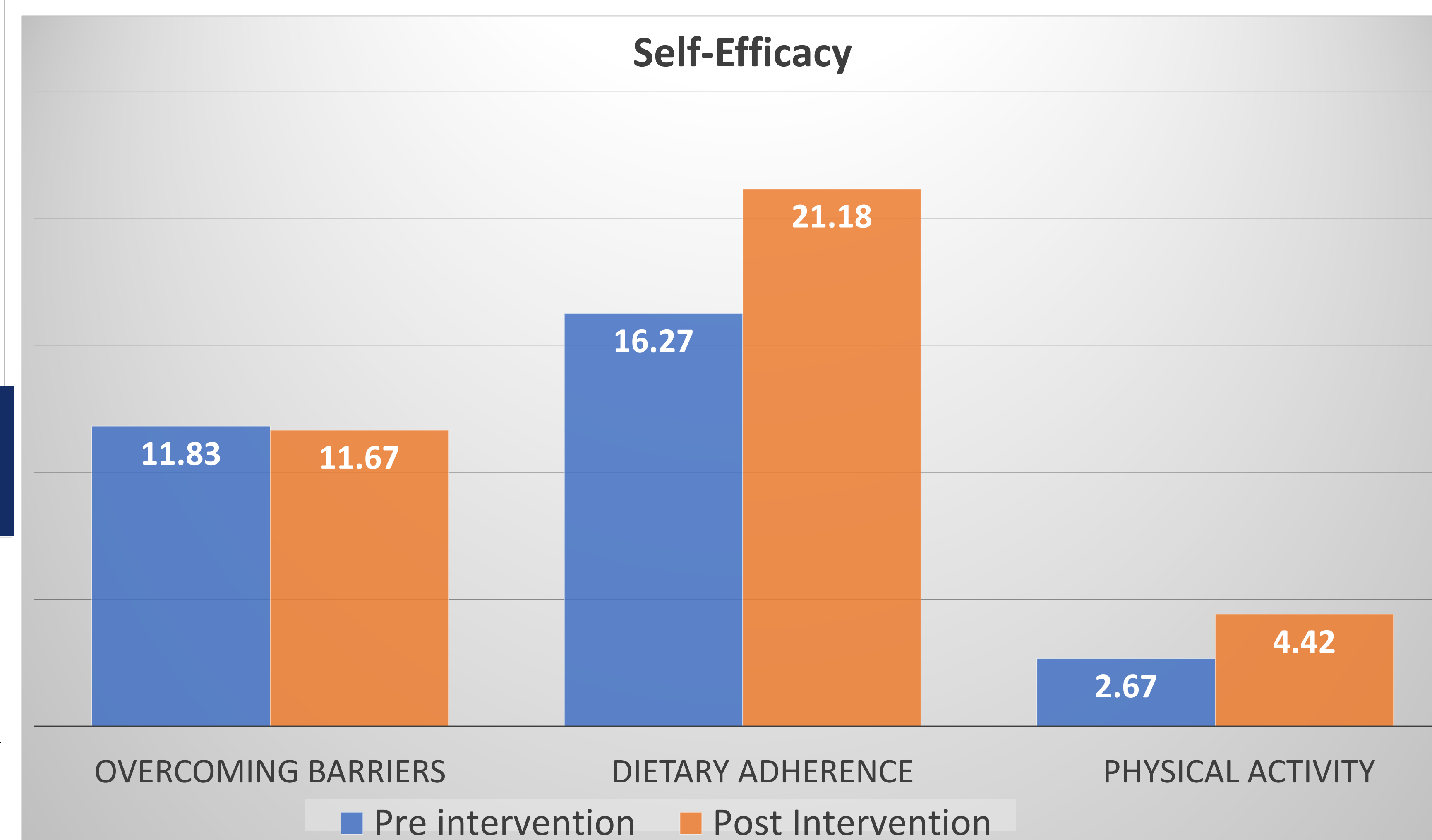
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Methods

- ❖ **Design:** Pre-test post test design
- ❖ **Setting and size:** Virtual and 18 recruited African American women 18 years and older with obesity
- ❖ **Intervention:** 30 – 60 minutes support group for 8-weeks and a 4-week individual support sessions using PowerPoint presentations and videos.
- ❖ **Measures:** Pre-test post-test 15 question 5-point Likert scale assessment.

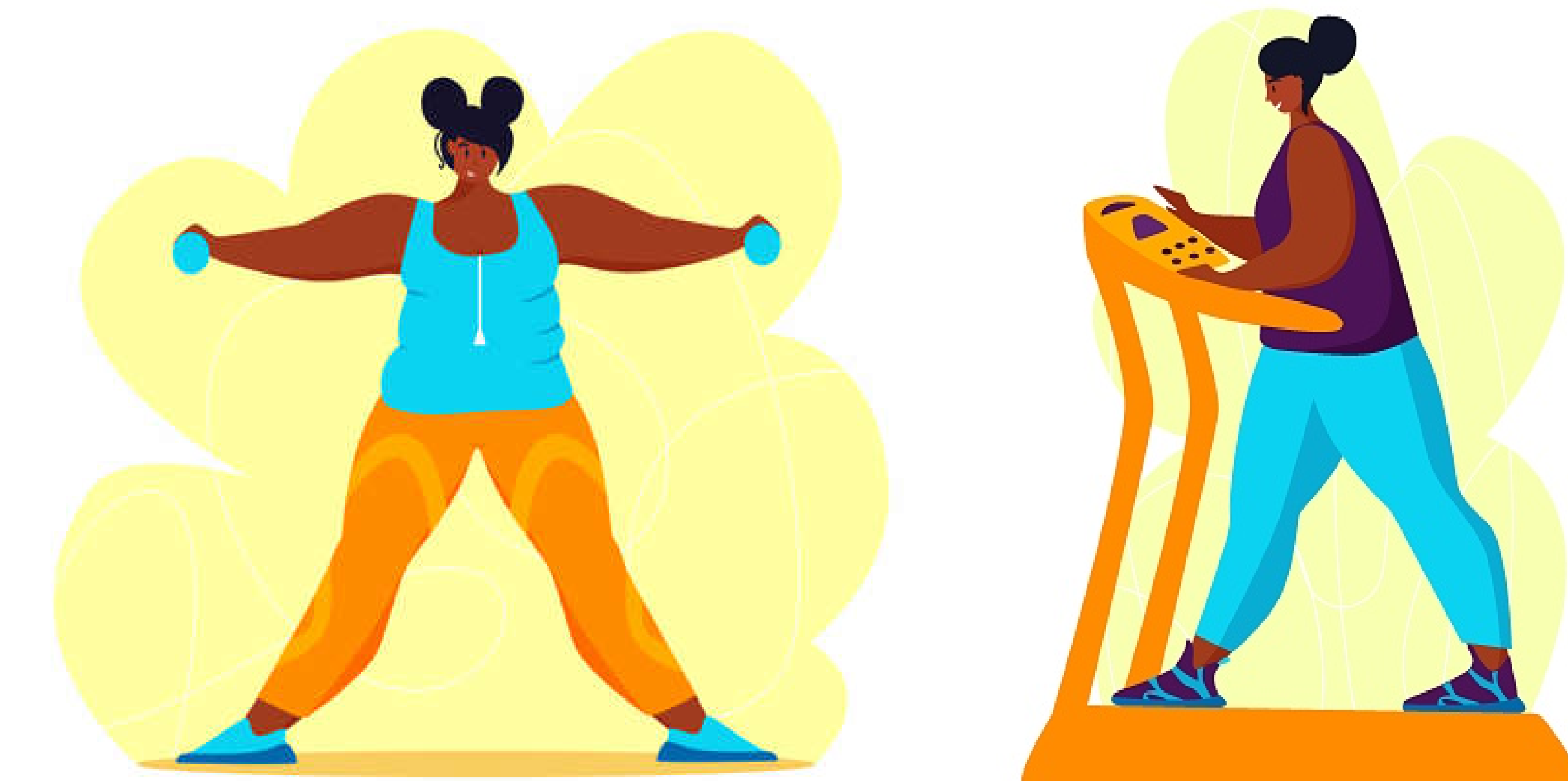
Results

	N	Pre-intervention Mean, SD	Post-intervention Mean, SD	Change mean	t-test	p-value
Self-Efficacy						
Overcoming Barriers	12	11.83 (1.8)	11.67 (2.2)	-0.167	-0.518	0.615
Dietary Adherence	11	16.27 (4.8)	21.18 (2.5)	4.909	4.762	0.001
Physical Activity	12	2.67 (1.9)	4.42 (2.9)	1.75	1.775	0.103



Discussion

- ❖ Due to lack of the lack of participants a second intervention was implemented to focus on individual support.
- ❖ There was no change in overcoming barriers; there was a significant change in dietary adherence and a slight change in physical activity.



Conclusion

- ❖ Not feasible due to lack of participants and retention.
- ❖ Finding cannot be generalized due to small sample size.
- ❖ Study has clinical significance and could be beneficial in another setting.

References

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Image from <https://www.verywellhealth.com/heart-disease-and-obesity-in-black-people-5221855>

Image from https://www.123rf.com/clipart-vector/african_american_exercise.html?tsu=nig18lxdynf2m4j7kw