



Project "Hope"

A Primary Care Assessment and Educational Intervention For Overweight/Obese African American Females

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Background

- 51% of African American females 20 years and older are obese (CDC,2010)
- Chronic diseases such as diabetes, hypertension, cancer and coronary heart disease have a direct link to obesity
- Coronary heart disease is the leading cause of death in African American females (Obarzanek and Pratt, 2003)
- Few evidenced based weight loss programs exist for medically vulnerable patients in the primary care setting (Bennett, Warner, Glaslow 2012)

Purpose

- The purpose of project HOPE "Healthy Options Provided in our Environment"
- To perform a primary care assessment of healthy food options for Adult African American females
 - To provide an educational intervention that promotes weight loss among overweight/obese African American females in the primary care setting
 - To determine if a tailored weight management program addressing the needs of African American women by a primary care provider produces weight loss
 - To determine program implementation time

Methods

- N= 31 African American females 20 years and older with a BMI greater than 25 (the weight in kg divided by the square in ht. in meters)
- Participants were recruited from a primary care clinic in East Harris County. A nurse practitioner will administer the program.
- Utilize a modified version of the Diet History Questionnaire (NIH, 2010) as the pre/post survey instrument
- Utilize a modified version of Dietary Guidelines for Americans 2010 Eat Healthy, Be Active workshop as the educational instrument (NIH, 2010)

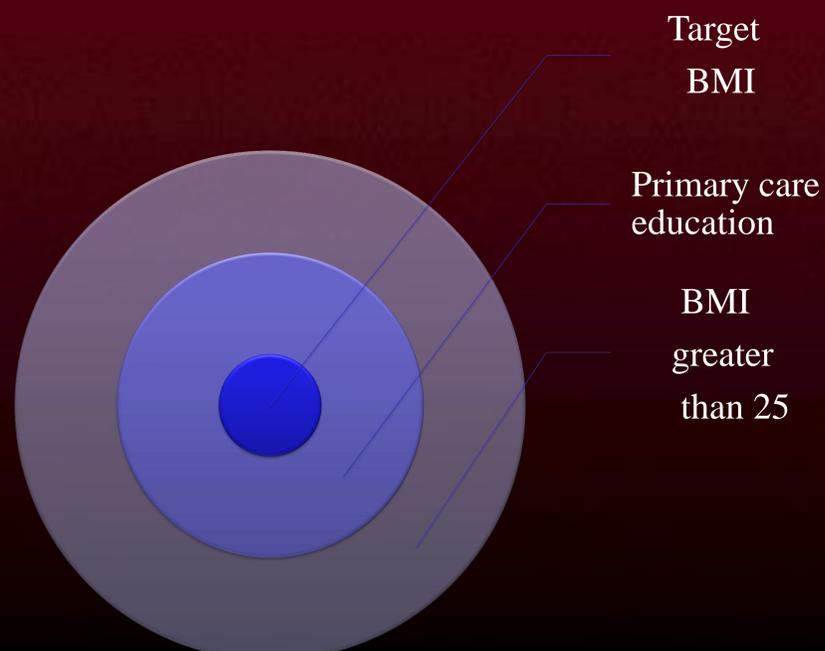
Results

- Mean baseline weight pre-counseling 192 lbs, mean baseline weight post counseling 190 lbs
- An average of 1.5 lbs lost in program
- Mean frequency of self reported eating behaviors improved
- Visit 1 (wt, ht, food assessment and education) average time 21 minutes
Visit 2 (wt, ht, food assessment) 11 minutes.

Discussion

The greatest deficit identified in this project occurred with fruits, vegetables sugar, fried and fast foods. An average of 1.5 lbs were lost from project 1 visit to project visit 2.

A proven program will assist with decreasing the mortality and morbidity rates associated with obesity in adult obese African American females.



Implications

The identification of a proven weight management program in the primary care setting may encourage other primary care providers to initiate and administer a weight loss program tailored for the vulnerable population of African American females.