

OBESITY IN BLACK NURSES

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Disclosure

- The authors Doris Ezomo, MNS, MPA, RN. and Beverly E. B. Brown APN, RN.
- Presenters have no actual or potential conflict of interest in relation to this presentation.
- No sponsorship or commercial support was given to the authors for this presentation.

Learners 'Objectives

Upon completion of this presentation, participants will be able to :

- Discuss the significance of the study
- Identified related literatures
- Distinguish possible outcome

INTRODUCTION

Obesity is a common health condition which is multiplying nationally and globally -ANA, 2011

Obesity is an emerging concern not only for patients but also for nurses who provide the care and education

- (BROWN & THOMPSON, 2007)

Non Hispanic-Blacks have the highest prevalence of obesity -CDC, 2011

DEFINITIONS OF TERMS

- Obesity is a state of excessive adipose tissue mass-
Del Parigi, 2010)
- The Body Mass Index (BMI)
 - weight in kilograms divided by the square of the height in meters (kg/m^2)
 - one of the better methods to determine who is potentially overweight and obese –(Moyad, 2004)

SIGNIFICANCE

- Nurses serve as a role model to the patients and the public
- One-third of adults were overweight in 2008 (CDC, 2011).
- More than 40% of Black women were obese in 2008. (CDC, 2011)
- An estimated 50% of nurses are overweight or obese (Miller et al 2008).

LITERATURE REVIEW

- THE HEALTH AND FITNESS PROFILE OF NURSES IN KWAZULA-NATAL
 - **Purpose:** To determine the health and fitness profiles of nurses working in a public hospital
 - **Hypothesis:** There is a correlation between the prevalence of lower back pain and being overweight or obese amongst nurses
 - **Results:** Overall poor health and fitness profiles and a high incidence of back pain correlates with increased percentages of body fat

NAIDOO & COOPOO, 2007

LITERATURE REVIEW

NURSES' BODY SIZE AND PUBLIC CONFIDENCE IN ABILITY TO PROVIDE HEALTH EDUCATION

- **Purpose:** To replicate research about confidence level in receiving health teaching from either an overweight or a weight-appropriate nurse.
- **Results:** A significant difference in confidence $p=0.000$ was noted between participants who viewed the image of a weight-appropriate nurse and participants who viewed the image of an overweight nurse.
- HICKS, MCDERMOTT, ROUHANA, SCHMIDT, WOOD-SEYMOUR, SULLIVAN, 2008

LITERATURE REVIEW

- OVERWEIGHT AND OBESITY IN NURSE, ADVANCED PRACTICE NURSES AND NURSE EDUCATORS
 - **Purpose:** To quantify the incidence of overweight and obesity in nursing professionals and assess nurses' knowledge of obesity and associated risks
 - **Results:** Almost 54% of the nurses were overweight or obese. Although 93% of nurses acknowledge that overweight and obesity are diagnoses requiring intervention, 76% do not pursue the topic with overweight and obese patient

MILLER, ALPERT, & CROSS, 2008

LITERATURE REVIEW

- PRIMARY CARE NURSES' ATTITUDES, BELIEFS AND OWN BODY SIZE IN RELATION TO OBESITY MANAGEMENT
 - **Purpose:** To explore primary care nurses' attitudes, beliefs, and perceptions of own body size in relation to giving advice about obesity
 - **Results:** Participants were aware of obesity stigma and considered obesity as being a sensitive issue to discuss
 - It is important to consider the effects of own body size when preparing nurses to advise overweight clients

LITERATURE REVIEW

- LIFESTYLE BEHAVIORS AND WEIGHT AMONG HOSPITAL-BASED NURSE
 - **Purpose:** To describe the weight; weight-related perceptions and lifestyle behaviors of hospital-based nurse; and explore the relationship of demographic, health, weight and job characteristics with lifestyle behaviors
 - **Results:** Majority of nurses were overweight and obese. Self reported health, diet and physical activity behaviors were low

ZAPKA, LEMON, MAGNER, & HALE, 2009

THEORETICAL RATIONALE

- The Knowledge-Attitude- Behavior Model, KAB has been proposed as a way of explaining the role of knowledge
- Over some period of time, changes in attitude accumulate, resulting in behavioral change

BARANOWSKI, CULLEN, NICKLAS, THOMPSON & BARANOWSKI, 2003

RESEARCH QUESTIONS

- Is there a relationship between weight-related perceptions and lifestyle behavior among Black nurses in the United States?
- What percentage of Black nurses accurately perceive their weight according to their self-reported height and weight?
- What percentage of Black nurses practice lifestyle behaviors that combat obesity?

Methodology

- **Study Design**
- This replicated study used a descriptive design to examine the relationship between weight related perceptions and lifestyle behavior among surveyed Black nurses living in the United States.

SETTING/SAMPLING/INSTRUMENT

- Subject (N=41)
 - Recruited from the graduate and undergraduate nursing program at Kean University
- Study requirements
 - Participants identified as Black
 - Communicates in English
- A 13 – item questionnaire was given to assess weight perceptions and life style behaviors

INSTRUMENT

- 13-item questionnaire
- Questions 1 – 3 evaluate participants' level of exercise
- Questions 4 – 11 assessed perceptions of obesity
- Question 12 – explored food choices
- Question 13 – appraised level of physical activities
- Background information like age, education, income, gender, birthplace, and years in the U.S. plus height and weight were also collected.

DATA COLLECTION

Faculty allowed researchers to speak with their classes

Each class was given a brief overview of the study and the consent was obtained from those interested in participating

Students were approach in the School of Nursing

RESULTS

- Of the 41 participants (Men $n=8$), (Women $n=33$)
- Mean BMI women ($M=28.64$, $SD=7.14$),
- Mean BMI men ($M=26.60$, $SD=5.59$)
- Women had higher BMI compare to men
- 61% of the women perceived their weight as normal
- 60% of the women had a BMI >25

RESULTS

- 80% reported spouse pleased with their weight
- 70% did not think they needed to lose weight
- Negative correlation reported ($r=-.41$, $p=.00$) between BMI and “Are you currently exercising?”
- In other words those who reported a “yes they were exercising” also reported lower BMI.

CONCLUSIONS

- Overweight black nurses had skewed perceptions of their weight.
- On average, men and women were overweight, but 41% perceived their weight as normal.
- Correlation between BMI and currently exercising does not mean BMI predicts who will exercise.

IMPLICATIONS

- More studies need to be conducted to understand the relationship between current exercise and BMI reduction.
- Factors that influence nurses perception and behavior regarding weight need further investigation because nurses are critically important to help patients understand healthy behavior

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QUESTIONS

