Neighborhood Level Risk Factors for the Development of Obesity

Abstract Information:

Presentation Preference: SNRS  Student Poster Presentation

Abstract Categories:
Interest Group: Community/Public Health
Thematic Areas: Health Disparities

Introduction:
Obesity is associated with adverse outcomes, including diabetes, heart disease, and cancer. Obesity is prevalent nationwide, but residents of low-income neighborhoods are disproportionately burdened by obesity and obesity-related conditions. The relationship between neighborhood-level access to resources and the development of obesity has not been fully explored. Additionally, more information is needed on potential interventions that might facilitate the adoption of healthy diet and physical activity by individuals who live in low-income individuals.

Method(s):
A qualitative descriptive study that includes ethnographic methods was selected to describe environmental risk factors for obesity and explore residents' perceptions about potential interventions in their neighborhood. In-depth, semi-structured individual interviews (n=10) are currently in progress, and a focus group (n=10) will be conducted once the individual interviews are completed. Adult women who live in a low income neighborhood in Lexington, KY will be invited to participate. Each interview and focus group will last approximately one hour and will be audio-taped, transcribed, and analyzed using content analysis. Ten individual interviews will be conducted first; these findings will guide the development of the questions to be used in the focus group.

Results:
This study is currently in progress. However, preliminary findings indicate that the neighborhood resource environment does not support a healthy diet or physical activity. Many residents lack access to transportation. There is no grocery store or physical activity center within walking distance. Additionally, some residents report feeling unsafe while engaging in physical activity in the neighborhood. Potential interventions that have been suggested include a community garden, farmers' market, weekly exercise groups, and improvements to the sidewalks. Participants also indicated a desire for sustainable interventions.

Discussion:
Participants are indicating that the neighborhood resource environment does impact their diet and physical activity. The impact of local neighborhood environment on health is an important consideration for urban planners and policy makers.

Research Completed: Yes

Abstract History: NA

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Submitted By: Accepted Terms: Yes
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