**PIII-7: Determining the Efficacy of the Motivators to Achieve a Healthier Weight Interview Guide in Obese Older African American Women**

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**Abstract:**  
**Introduction:** Obesity is a significant public health problem that has reached global proportions. In the United States, African American women (AAW) are more likely to be classified as obese which is considered to be the second leading modifiable risk factor of avoidable death. This pilot study will test the efficacy of the Motivators to Achieve a Healthier Weight Interview Guide to elicit narratives that explain what motivates obese older AAW to achieve a healthier weight.

**Method(s):** The Motivators to Achieve a Healthier Weight Interview Guide will be piloted by conducting semi-structured, audio taped interviews with 6-12 community dwelling obese older AAW. The questions and statements contained in the interview guide were developed to obtain obese older AAW’s perceptions of obesity and to obtain explanations about their motivation to achieve a healthier weight. Fieldnotes will be focused on the participants’ ability to understand
and respond to interview questions as well as the usual fieldnote descriptions of the physical setting, nonverbal behaviors, and reflexive comments. Fieldnotes will be documented within 24 hours of the interview.

**Results:** Descriptive statistics and frequencies will be used to analyze demographic data and sample characteristics. Interview data will be transcribed verbatim, entered into a qualitative software analysis package, and then coded and analyzed using Miles’ and Huberman’s analytical techniques. Results from this pilot study are expected to inform the researcher about the efficacy of the Motivators to Achieve a Healthier Weight Interview Guide. Questions and statements that yield limited narratives or “thin” descriptions will be revised prior to using the guide for a dissertation study.

**Discussion & Conclusions:** Knowledge of what factors motivate older obese AAW to adopt healthier lifestyles is needed in order to develop culturally appropriate instruments to measure motivation in this group. If a culturally appropriate instrument could be developed to measure motivation in this populace, culturally sensitive interventions could then be developed and implemented by healthcare professionals to decrease the prevalence of obesity in this group and the accompanying risk factors.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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