PIII-49: Predictors of Obesity and Fat-Related Diet Habits among Police Officers

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Abstract:
Introduction: Obesity is a paramount public health threat and police officers have an even higher prevalence of obesity and other CVD risk factors. Police officers attribute their above average risk to shift work, job-related stress, and poor dietary habits. Given that police work is a high stress occupation and police officers provide an important service, it is essential to understand the relationships among occupational stress, obesity, and diet habits in these workers. The aims of this research were to investigate the relationships of personal factors (gender, age, race, marital status and shift assignment) and cognitive factors (benefits and barriers to healthy eating and dietary self-efficacy) to occupational stress and to assess the degree to which they contribute to obesity, as measured by BMI and waist circumference.

Method(s): The revised Health Promotion Model was selected as the framework for this nonexperimental, correlational study. A convenience sample of 289 sworn police officers
completed the Job Stress Survey, Diet Habits Questionnaire, Eating Habits Confidence Survey, and Healthy Eating Benefit/Barriers Scale instruments. Multiple regression and correlational analyses were utilized to examine the research questions.

**Results:** Race related to occupational stress, with White officers having a higher level than Black officers. Dietary self-efficacy was inversely associated with occupational stress, whereas, barriers to healthy eating was positively correlated with occupational stress. Diet habits were not related to occupational stress, although a difference in fat-related diet habits existed between Black and White police officers. Dietary self-efficacy, race, and barriers to healthy eating explained 26.4% of the variance in fat-related diet habits. Gender, race, and the interaction between gender and race were associated with measures of obesity.

**Discussion & Conclusions:** The current findings support the existence of relationships among personal and cognitive factors and occupational stress in police officers. In addition, the findings support the importance of dietary self-efficacy, race, and barriers to healthy eating as contributors to diet habits, and of personal factors to obesity.

**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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**Financial Disclosure:**
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

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I will not be describing any pharmaceutical and/or medical device.

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