



AMERICAN ACADEMY OF FAMILY PHYSICIANS

F O U N D A T I O N

Abstract of Study Funded by the Research Stimulation Grant Program in 2013

Addressing Patient Motivation for Obesity Management in PCMH Settings (G1304RS)

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Abstract

CONTEXT: Deficits in obesity care are disproportionately higher among African American group. Although African Americans have the highest age-adjusted rates of obesity among all races in the U.S. [1], they are less likely to perceive themselves as obese [2-4] and are also less likely to report physician diagnosis of obesity in comparison to other racial/ethnic groups [5]. Behaviorally based interventions seem to lead to less weight loss in black patients than nonblack patients [6]. Barriers to obesity care have been under-investigated for this minority group [7-10]. **OBJECTIVE:** The objective of this study is to explore the weight-related perceptions, beliefs in physician intervention, motivation and readiness to attempt weight loss, barriers and facilitators to behavioral changes in African American patients with overweight or obesity. **METHODS:** One hundred adult African American patients aged 18 to 64 with overweight or obesity (BMI ≥ 25) will be recruited from a PCMH practice. Subjects will be surveyed with an interviewing questionnaire. Interview transcripts of semi-structured questions will be coded to identify major themes and categories. Bivariable analysis using χ^2 statistics and logistic regression analysis will be performed in SPSS for quantitative data analysis.

ANTICIPATED RESULTS AND FUTURE PLANS: The questionnaire will be piloted in this study and subsequently validated with psychometric analysis. The findings from this study will guide us in developing appropriate interventional strategies in future studies on obesity management in a PCMH with predominantly African American patients. We will also disseminate the information derived from this study at conferences and community activities.