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Spring 5-7-2014

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Instilling Diet and Exercise Confidence: Influence of Nurse Body Size

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Background

- In the U.S., from 2009 to 2010, obesity was 35.5% and 35.8% in men and women, respectively.[1]

- In the U.S., obesity is accountable for over 407,000 deaths per year, or 17% of all deaths.[2]

- Body Mass Index (BMI) measures body weight
  - Underweight (<18.50)
  - Normal Weight (18.50-24.99)
  - Overweight (25.00-29.99)
  - Obese (>30.00)

- 54.5% of nurses in the U.S. are overweight or obese
  - 38% overweight
  - 18.7% obese
  - 5.2% morbidly obese[3]

- Affective learning results in a change of beliefs, attitudes, and values. Role modeling can instill an affective change.[4]

- To accomplish nursing priorities of patient education and health promotion, nurses should role model health behaviors.[5]

- Will people have increased confidence in a nurses' ability to provide effective education on diet and exercise when he/she role models such behaviors?

Purpose

The aim of this study was to explore perceptions of nurse's body size on providing effective education on diet and exercise.

Acknowledgments

I would like to thank my faculty advisor, Joyce Cappiello, PhD, APRN-FNP, FAANP and Honors Coordinator, Gene Harkless, DNSc, ARPN, FAANP for their guidance through my thesis development. I would also like to thank my family and friends for their support.

Methods

- Quantitative method

- The UNH program, Qualtrics, was used to collect data via a cross-sectional survey

- SPSS program was used to analyze data
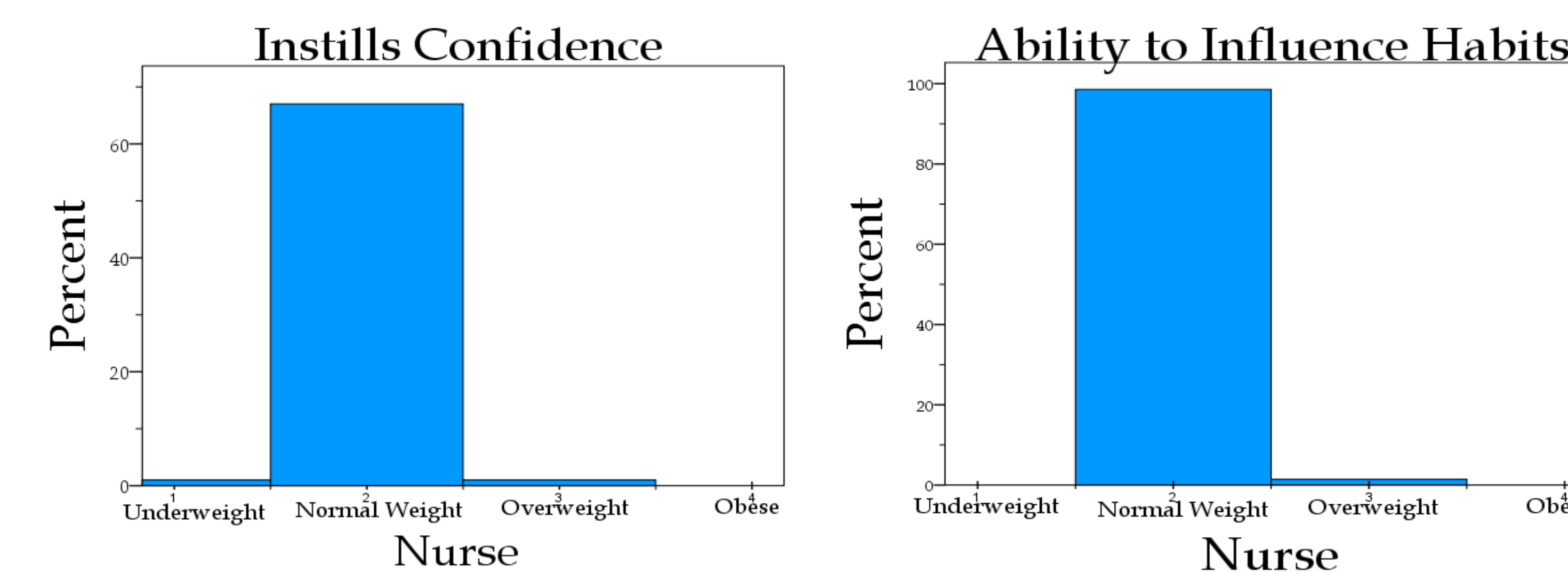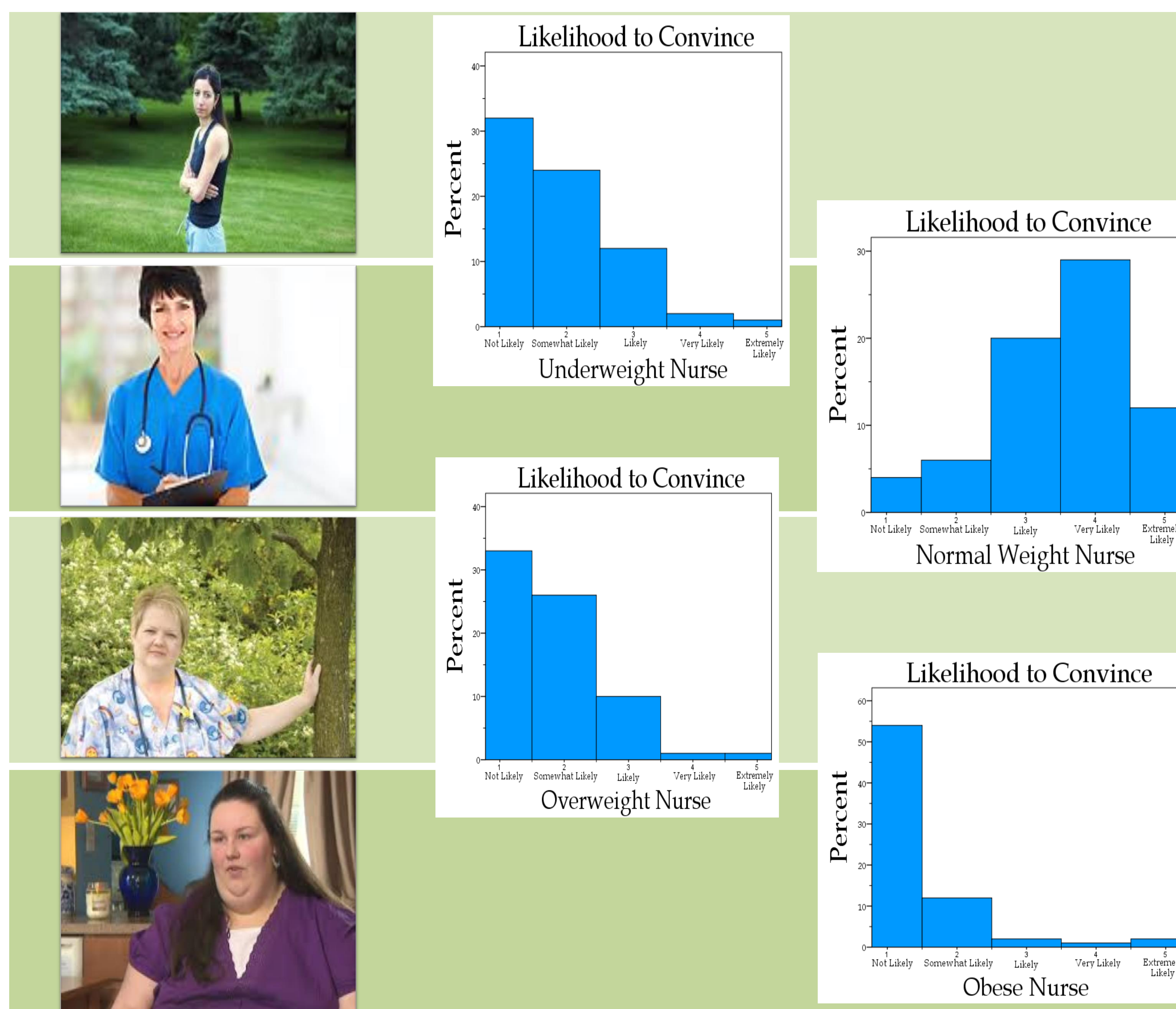
	Actual BMI	Perceived BMI
Underweight	0%	4.2%
Normal Weight	54.8%	36.1%
Overweight	31.5%	43.1%
Obese	13.7%	11.1%

Actual to Perceived BMI Category Difference

- 2 categories over (2.8%)
- 1 category over (15.3%)
- Actual equals Perceived BMI (61.1%)
- 1 category less (19.4%)
- 2 categories less (1.4%)

Findings

- Sample = 73; 12 male (16.4%); 61 female (83.6%) of those who responded

- Mean age= 59.99; Age range (39-80 yrs.); Mean height=65.77 in.; Mean weight=157.78 lbs.

- Mean BMI= 25.65 (overweight); BMI range (18.55-43.34); SD=5.28

- National avg. for obesity= 35.6% [1], Sample avg. for obesity was 45.2%

- 49.4% had no health conditions; 30.1% 1 health condition; 2.4% 2 health conditions; 2% 3 health conditions

- 56.9% of the sample reported receiving education on diet/healthy eating habits and 54.9% on exercise from a health care professional

- While only 54.9% and 56.9% of respondents received education on exercise and diet/healthy eating habits, respectively, it is important to note that 49.4% reported having no health conditions

- While most participants identified the underweight nurse (90.0%), the normal weight nurse (98.6%), and obese nurse (94.3%) correctly, only 75.7% identified the overweight nurse correctly

- Positive relationship found between actual BMI and perceived BMI (r= .563, p= .000)

- Inverse relationship found between actual BMI and accuracy of perceived BMI (r= -.304, p= .009)

Conclusion

Overall, this study provides additional evidence to support that people have increased confidence in a nurse to provide education on diet and exercise when he/she embodies those health behaviors.

Future Steps

- Explore patient perceptions of overweight and obese nurses

- Explore reasons for lack of education on diet and exercise by health care professionals

- Determine if a nurse's weight affects a patient's ability to learn and implement changes in their own lifestyle

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