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Erin Murdock Spaulding

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Instilling Diet and Exercise Confidence: Influence of Nurse Body Size



Erin Spaulding, SN

Faculty Sponsor: Joyce Cappiello, PhD, APRN-FNP, FAANP
University of New Hampshire, Durham, NH

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

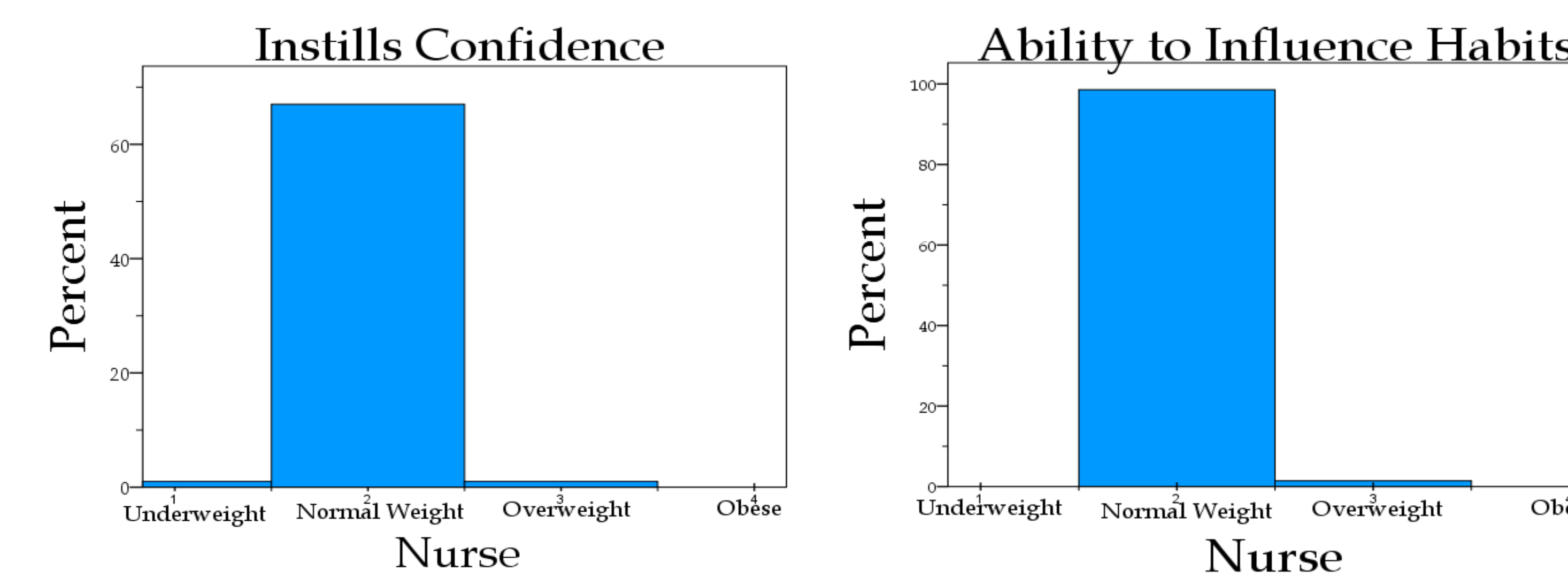
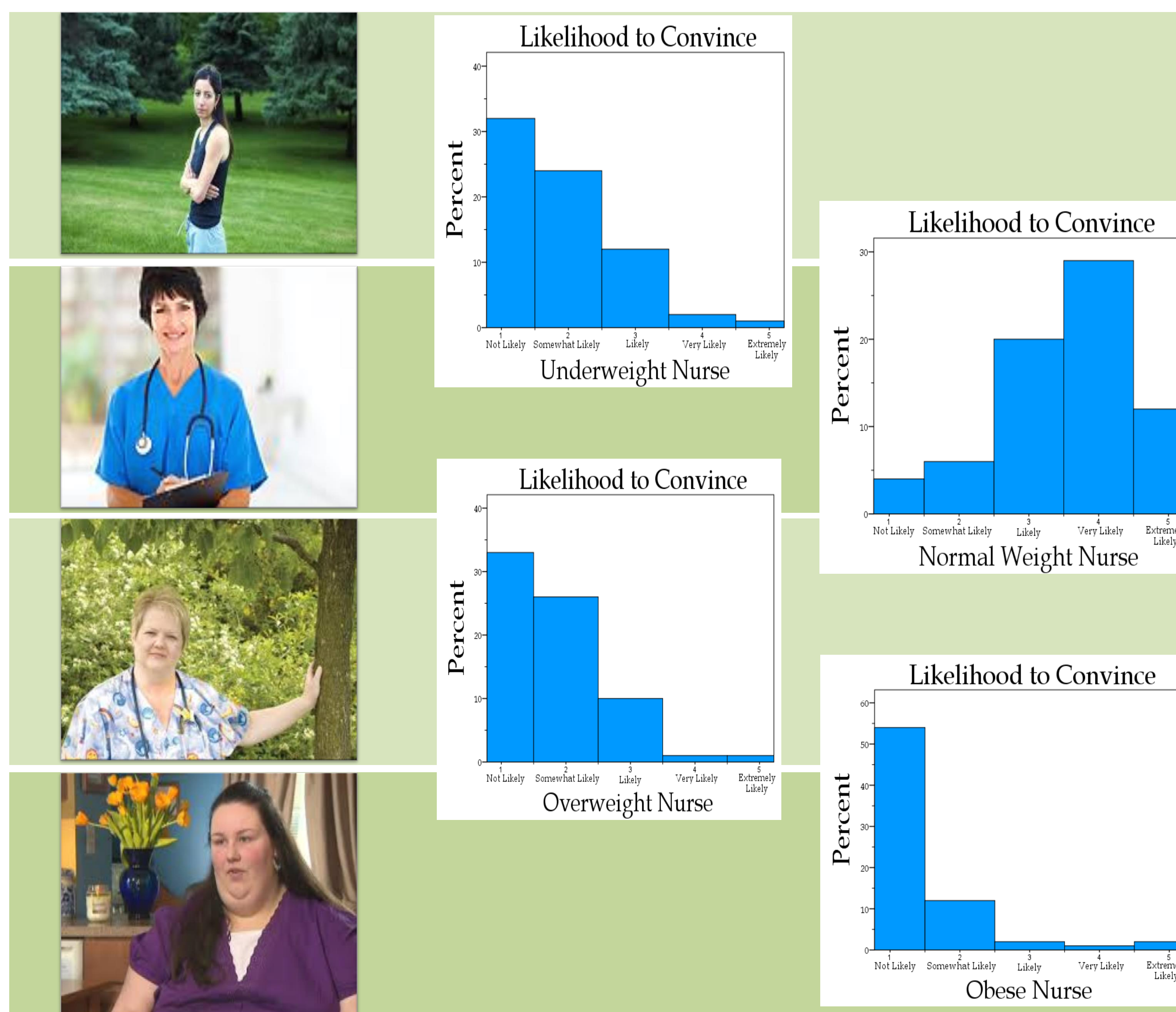
The aim of this study was to explore perceptions of nurse's body size on providing effective education on diet and exercise.

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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	Percent
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

References

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