

Spring 2015

Review and Evaluation of Faith-based Weight Management Interventions that Target African American Women

Shirley M. Timmons
Clemson University

Follow this and additional works at: https://tigerprints.clemson.edu/hehd_awards

Recommended Citation

Timmons, Shirley M., "Review and Evaluation of Faith-based Weight Management Interventions that Target African American Women" (2015). *Health, Education and Human Development Awards*. 14.
https://tigerprints.clemson.edu/hehd_awards/14

This Poster is brought to you for free and open access by the Research and Innovation Month at TigerPrints. It has been accepted for inclusion in Health, Education and Human Development Awards by an authorized administrator of TigerPrints. For more information, please contact kokeefe@clemson.edu.

Review and Evaluation of Faith-based Weight Management Interventions that Target African American Women

Shirley M. Timmons, PhD, RN, CNE, School of Nursing

Introduction:

Evidence-based weight management interventions (WMIs) can help to alleviate obesity. The purpose of this research was to evaluate faith-based WMIs that target AAWs based upon recommended health intervention critique criteria (Conn 2007^a, Evans 2003^b) that enable replicability and generalizability of outcomes.

Review of Literature

AAW experience the highest prevalence of adult obesity in the United States (US) when compared to other ethnic groups and faith-based interventions hold promise for helping to address this national priority health problem since a significant portion of AAW views the church as a trusted entity that advocates for their well-being

Problem Statement

No systematic evaluation of faith-based WMIs has been reported in light of the ongoing plea for strategies that enable replicability and generalizability of outcomes.

Description of Subjects:

21 intervention studies, published between 1998 and 2013, were identified through electronic databases: Academic Search Complete, ATLA Religion Database with ALTA Serials, CINAHL Plus with full text, Health Source: Nursing/Academic Edition, MEDLINE, and MEDLINE with Full Text. Five* (CSD, WORD-16, WORD-8, FBAS, and P-HEAL) met inclusion criteria:

- a) majority African American adult female study group,
- b) healthy change in body mass index and/or weight loss as a primary outcome variable, and
- c) published in the US.

***Citation:** Timmons, S.M. (2014). Review and evaluation of faith-based weight-management interventions that target African American women. *Journal of Religion and Health*, 54(2), 798-809.

Intervention Critique Criteria

Description^a

- Relevance to theoretical/conceptual framework
- Interventionist's qualifications
- Mode of delivery
- Setting
- Target population (group/individual)
- Physical location
- Subject preparation
- Dose

Hierarchy of Evidence^b

- Effectiveness
- Appropriateness
- Feasibility

Research Methodology:

Integrative Literature Review

Summary of the Findings:

Reports included information that both aids and compromises the ability to replicate and sustain the interventions. Information disclosed that fostered replication ranged from theoretical linkages to dosage. Inadequate or absence of information included interventionists' attributes and physical environment of the intervention.

Discussion:

There is a need for interventions with fuller disclosure of a) interventionists' background, b) in-church implementation location, and c) any pre-intervention treatment required and those d) with robust methodologies (e.g., randomized settings and participants), e) deemed appropriate from the perspective of the study group, and f) that are financially feasible--without steep participant incentives and/or implementation costs that compromise internal validity and any positive outcomes generated.