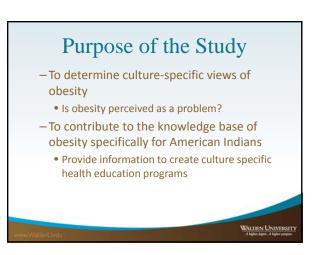




Dackground Obesity is now considered a disease 1 in 5 deaths attributed to obesity Higher incidence among American Indians 1.6 times more likely to be obese Approximately 42.3% of American Indians age 18 and older are considered obese 15% higher than comparison (White) group



Study Significance - Fill the gap in qualitative knowledge - Provide information to local agencies - Identify possible factors that could influence obesity - Recommendations for the development of intervention strategies - Ability for participants to personally say what they "feel" or "think" about obesity - Provide social change

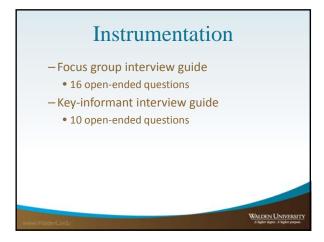


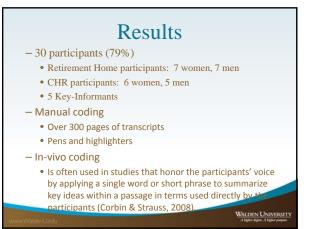
Scope - Scope • Members of the local reservation under study • Males and females age 18 and older • American Indian Heritage

Research Questions - How do American Indians perceive a healthy weight or body mass index? - How do American Indians perceive being overweight or obese? - How do American Indians perceive obesity as an influence, if any, on healthy lifestyles? - How do culturally-driven beliefs contribute to behaviors that relate to being overweight or obese?

Focus Groups - Expert panel consulted - Two male focus groups - Two female focus groups - Retirement Home • Permission granted from the Director - Community Health Representatives (CHR) • Permission granted from the Director



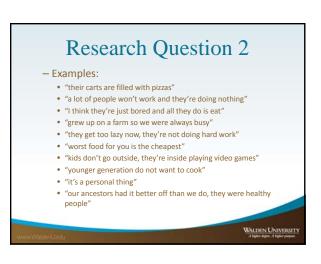






Research Question 1 - Examples: "as long as I feel good, that's the most important" "the way you look at yourself" "you got to feel comfortable in your own skin" "I know I'm overweight, got pants that I can't button up" "I don't look obese, I am obese" "being able to get up and walk" "got to be happy with yourself" "mentally you have to be healthy" "I think it's how you feel. I was skinny all my life, I think I am overweight now. I feel healthy."





Research Question 3 - How do American Indians perceive obesity as an influence, if any, on healthy lifestyles? • Poverty • Physical inactivity • Unhealthy choices/behaviors • Dietary habits/choices • Overwhelming feeling of hopelessness • Community leadership and support • Parental education



Research Question 4 - How do culturally-driven beliefs contribute

- to behaviors that relate to being overweight or obese?
- Cultural importance of food
- Traditional food production
- Convenience foods and absence of home cooking
- Culture change
- Identity shift

WALDEN UNIVERSITY

Research Question 4

- Examples:
 - "a lot of people keep away from the American Indian heritage cause they say they're mixed blood"
 - "they used to do a lot of walking way back when, I think that was healthy"
 - "bullets and bangs"
 - "hunting"
 - "fishing"
 - "Mother Earth will provide"
 - "parents should be more involved in getting their kids to do more activities"
 - "we should be able to go into schools as Elders and teach our children"
 - "see one thing you'll find in our culture is pretty much everything revolves around food"

WALDEN UNIVERS
A higher degree A higher page

Data Contributions To:

- -Public health
- -American Indian community studies
- -Qualitative research
- Methodology

www.WaidenLiert

WALDEN UNIVERSITY
A higher degree. A higher purpose.

Social Change Implication

- Agencies from all disciplines that provide American Indians with care will have key information for educating community members, staff, and employees on how to improve the quality of care for American Indians
- Potential to influence current Tribal Council members, along with the community, to create or implement interventions aimed at addressing participant concerns through strategic planning
- Enable members to understand the negativity of these concerns and how they could affect their lives

www.WaldersLine

WALDEN UNIVERSIT

Recommendations

- Cultural revitalization
 - The concept of revitalization has been documented for many years and is defined as "a deliberate, organized, conscious effort by members of a society to construct a more satisfying culture" (Wallace, 1956 p. 265).
 - Revitalization movements are a way to allow certain groups (i.e. cultural, political, religious) "to be delivered from deprivation and return to their traditional cultural values" (White, 2009 p. 156).
- Health fair put on by local tribal high schoolers
- Parenting education
- Community-wide strategic plan
- Conduct future research

www.WaldenUe

WALDEN UNIVERSITY

Concerns

- Health will get worse (diabetes)
- People will be dying younger due to diabetes
- Fewer health resources available due to diabetes
- Drugs continue to be a priority
- "Something needs to be done"

www.WaldenLled

WALDEN UNIVERSIT
A higher degree. A higher purpose.

Conclusions

- Obesity was **not** considered a health concern affecting healthy lifestyles
- American Indian people are disproportionately affected by factors that are, for the most part, out of their control

WALDEN UNIVERSITY
Halde lage 1 lifety repo

Thank you. Questions?

Morgan J Foster Walden University

WALDEN UNIVERSITY
A higher degree. A higher purpose.

References

- Anderson, C. (2010). Presenting and evaluating qualitative research.
 American Journal of Pharmaceutical Education, 74(8), 1-7. Retrieved from http://www.ajpe.org/
- Bernard, H.R. (2011). Research methods in anthropology: Qualitative and quantitative methods (5th ed). Walnut Creek, CA: AltaMira Press.
- Blackwell, D. L., Lucas, J. W., & Clarke, T. C. (2014). Summary health statistics for U.S. adults: National Health Interview Survey, 2012. 10(260), 1-206. Retrieved from http://www.cdc.gov/
- Bronfenbrenner, U. (1994). Ecological models of human development. In T. Husen & T. N. Postlethwaite (Eds.), International encyclopedia of education (pp. 1643–1647). Retrieved from http://www.psy.cmu.edu/
- Centers for Disease Control and Prevention. (2011c). Obesity: Halting the epidemic by making health easier, at a glance 2011. Retrieved from http://www.cdc.gov/

www.WaldenUe

WALDEN UNIVERSITY

References cont'd

- Centers for Disease Control and Prevention. (2012c). Overweight and obesity. Retrieved from http://www.cdc.gov/
- Centers for Disease Control and Prevention. (2013). Overweight and obesity: Adult obesity facts. Retrieved from http://www.cdc.gov/
- Charmaz, K. (2006). Measuring pursuits, marking self: Meaning construction in chronic illness. *International Journal of Qualitative Studies* in Health and Well-being, 1(1), 27-37. doi:10.1080/17482620500534488
- Corbin, J. & Strauss, A. (2008). Basics of qualitative research: Techniques and procedures for developing grounded theory (3rd ed.). Thousand Oaks, CA: Sage Publications, Inc.
- Creswell, J.W. (2007). Qualitative inquiry & research design: Choosing among five approaches. Thousand Oaks, CA: Sage Publication, Inc.
- Dornhorst, A. & Merrin, P. K. (1994). Primary, secondary and tertiary prevention of non-insulin-dependent diabetes. *Postgraduate Medicine Journal*, 70(826), 529-535. doi:10.1136/pgmj.70.826.529

www.WaldenU.edu

WALDEN UNIVERSITY

References cont'd

- Flegal, K. M., Carroll, M. D., Kit, B. K., & Ogden, C. L. (2012). Prevalence of obesity and trends in the distribution of body mass index among US adults, 1999-2010. The Journal of the American Medical Association, 307(5), 491-497. doi:10.1001/jama.2012.39
- Go, A. S., Mozaffarian, D., Roger, V. L., Benjamin, E. J., Berry, J. D., Borden, W. B.,...Turner, M. B. (2013). Heart disease and stroke statistics—2013 update. *Circulation*, 127, e6-e245. Retrieved from http://www.heart.org/
- Halpern, P. & Regier, J. (2007). Obesity and American Indians/Alaska Natives. Retrieved from the Office of the Assistant Secretary for Planning and Evaluation website: http://aspe.hhs.gov/
- Hassan, E. (2006). Recall bias can be a threat to retrospective and prospective research designs. *Internet Journal of Epidemiology*, 3(2), 1-8.
 Retrieved from http://www.ispub.com/
- Institute of Medicine. (2004). Communities can play a role in preventing childhood obesity. Retrieved from http://www.iom.edu/

www.WaldenLled.

WALDEN UNIVERSIT
A higher degree. A higher purpose.

References cont'd

- Kazak, A. E. (1989). Families of chronically ill children: A systems and social-ecological model of adaption and challenge. *Journal of Consulting* and Clinical Psychology, 57(1), 25-30. doi:10.1037//0022-006X.57.1.25
- Kochanek, K. D., Xu, J., Murphy, S. L., Miniño, A. M., & Kung, H-C. (2011).
 National Vital Statistic Reports, Deaths: Final data for 2009. 60(3), 1-117.
 Retrieved from http://www.cdc.gov/
- Kruger, R. A. & Casey, M. A. (2008). Focus groups: A practical guide for applied research (4th ed.). Thousand Oaks, CA: Sage Publications, Inc.
- LeCompte, M.D. & Schensul, J.J. (1999). Designing & conducting ethnographic research. Lanham, MD: AltaMira Press.
- LeCompte, M.D. & Schensul, J.J. (2010). Designing & conducting ethnographic research: An Introduction. Lanham, MD: AltaMira Press.
- Masters, R., Powers, D., & Link, B. (2013). Obesity and the US mortality risk over the adult life course. American Journal of Epidemiology, 177(5), 431 442. doi:10.1093/aje/kws325

ww.WaldersLiertz

WALDEN UNIVERSITY

References cont'd

- Namey, E., Guest, G., Thairu, L., & Johnson, L. (2008). Data reduction techniques for large qualitative data sets. In G. Guest & K. M. Macqueen (Eds.), Handbook for team-based qualitative research (pp. 137-161). Lanham, MD: Alta Mira press.
- Rabiee, F. (2004). Focus-group interview and data analysis. Proceedings of the Nutrition Society, 63(4), 655-660. doi:10.1079/PNS2004399
- Ryan, G. & R. Bernard (2000). Data management and analysis methods. In N. Denzin & Y. Lincoln (Eds.), Handbook of Qualitative Research (pp. 769–802). Thousand Oaks, CA: Sage Publications, Inc.
- Saldaña, J. (2013). The coding manual for qualitative researchers.
 Thousand Oaks, CA: Sage Publications, Inc.
- Schiller, J. S., Lucas, J. W., & Peregoy, J. A. (2012). Summary health statistics for U.S. adults: National Health Interview Survey, 2011. 10(256), 1-228.
 Retrieved from http://www.cdc.gov/

hidenLledu

WALDEN UNIVERSITY

References cont'd

- Small, M. L. (2009). How many cases do I need?' On science and the logic of case selection in field-based research. Ethnography, 10(1), 5-38. doi:10.1177/1466138108099586
- Story, M., Stevens, J., Himes, J., Stone, E., Holy Rock, B., Ethelbah, B., & Davis, S. (2003). Obesity in American-Indian children: Prevalence, consequences, and prevention. *Preventive Medicine*, 37(1), S3-S12. doi:10.1016/j.ypmed.2003.08.008
- Wallace, A. F. C. (1956). Revitalization movements. American Anthropologist, 58(2), 264-281. doi:10.1525/aa.1956.58.2.02a00040
- White, P. M. (2009). Researching American Indian revitalization movements. *Journal of Religious & Theological Information*, 8(3-4), 155-163. doi:10.1080/10477841003781382

ww.WalderLied

WALDEN UNIVERSITY
A higher degree. A higher purpose.