Compared to their Caucasian counterparts, African Americans are disproportionally at-risk for chronic disease, inactivity, and certain unhealthy eating behaviors. The objective was to examine the influence of context specific self-efficacy on African American’s multiple health behaviors.

Participants were recruited from two churches in Ohio. Participants self-reported their weekly physical activity (calculated to METs), daily TV minutes, and daily fruit & vegetable servings consumed. Linear regression was used to examine the influence of self-efficacy on participants' multiple health behavior; significance was determined at 90% confidence.

Participants were recruited from two churches in Ohio. Participants self-reported their weekly physical activity (calculated to METs), daily TV minutes, and daily fruit & vegetable servings consumed. Linear regression was used to examine the influence of self-efficacy on participants' multiple health behavior; significance was determined at 90% confidence.

RESULTS

Covariates included age, education level, & perceived health.

ACKNOWLEDGEMENTS

This project was funded by the Department of Kinesiology & Health at Miami University. Special thanks to Dr. Brook Harmon for your help and support with this project.

CONCLUSIONS

Results support previous research, indicating the significant influence of self-efficacy on African American adults' multiple health behavior.