

Self-Efficacy Significantly Influences African American Adults' Multiple Health Behavior



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OBJECTIVES

- Compared to their Caucasian counterparts, African Americans are disproportionately 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.

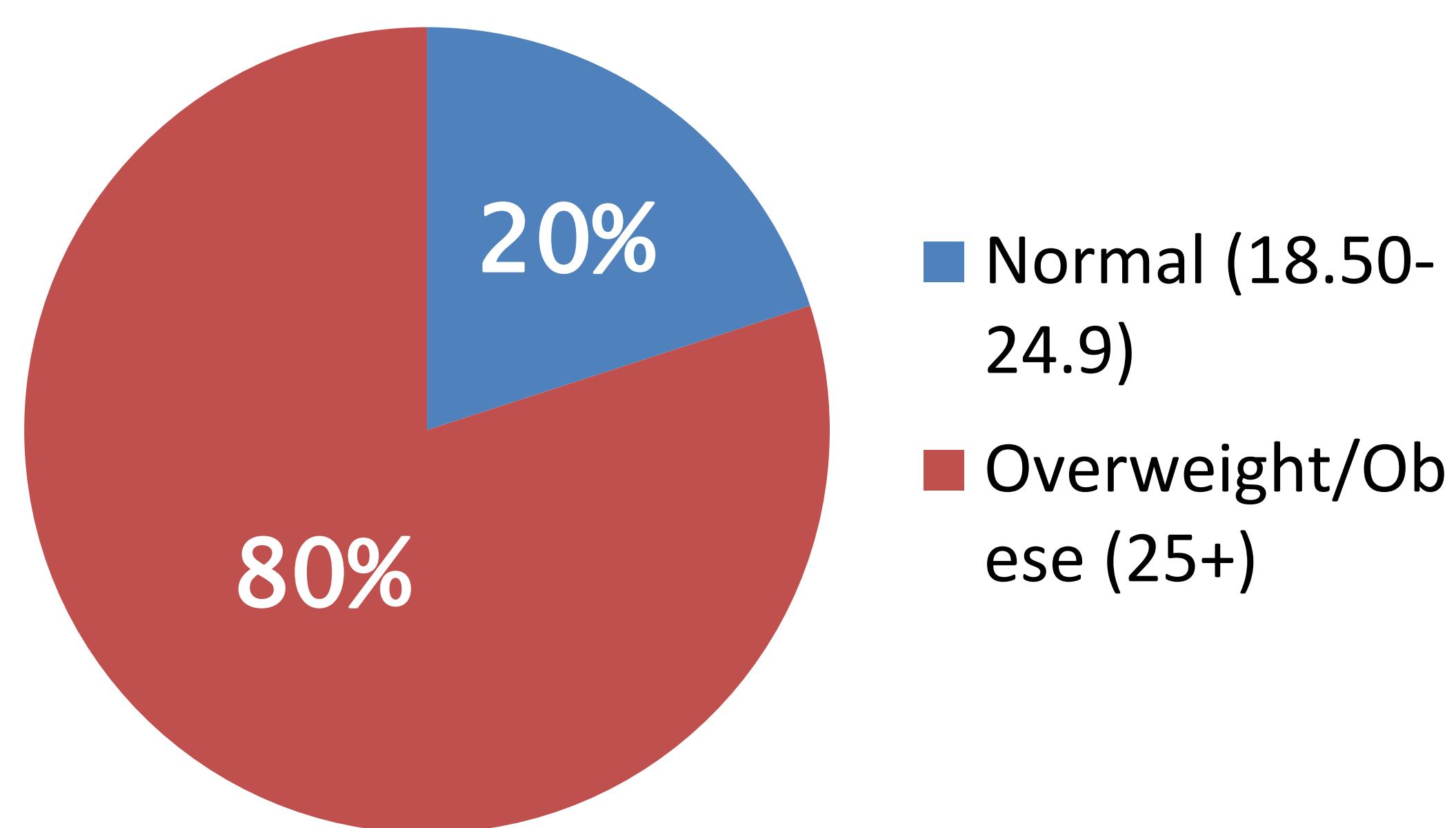
METHODS

- 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.

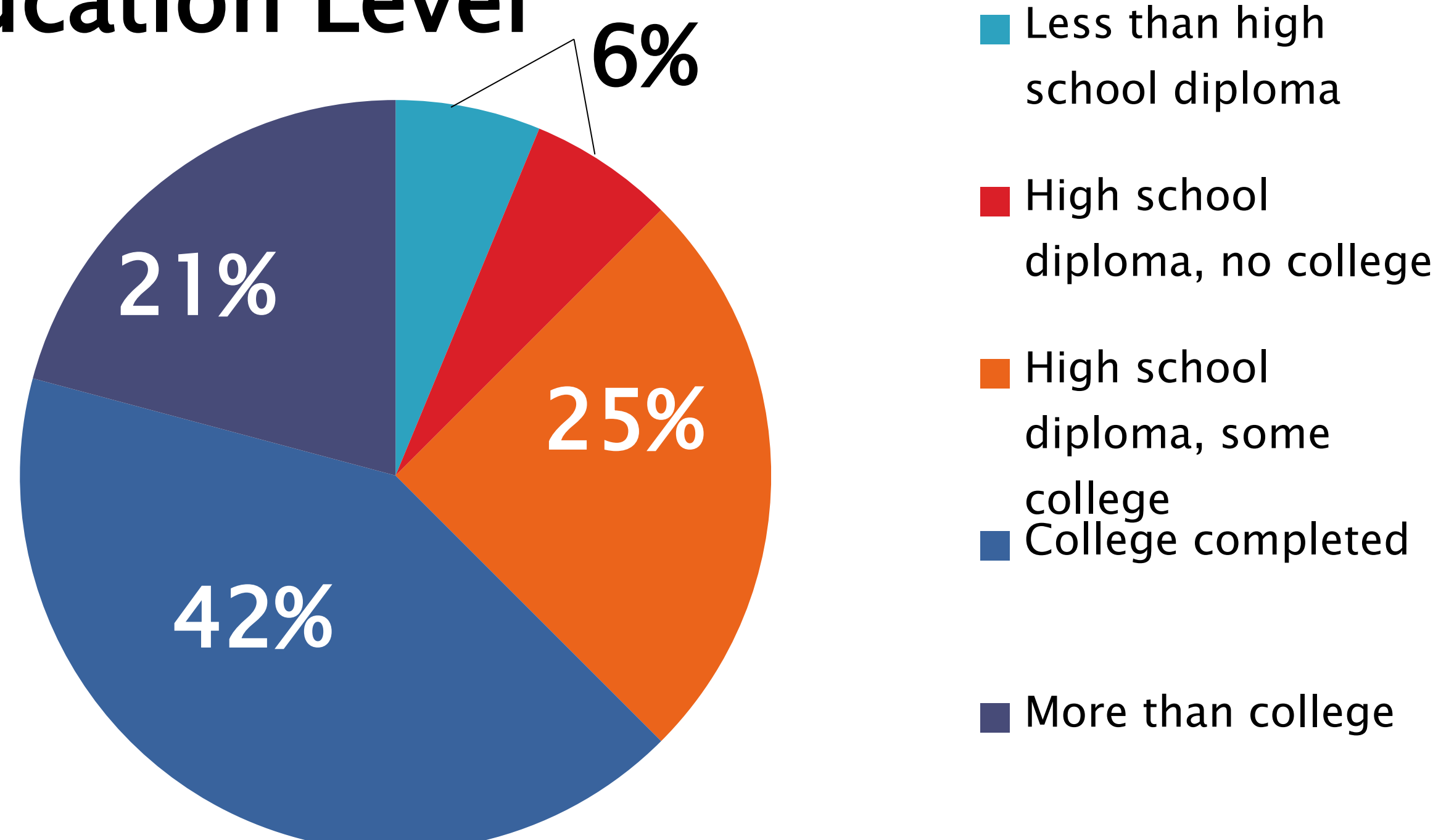
PARTICIPANTS

n=48, Mean age: 42.50 (SD=15.5), Mean BMI: 30.7 (SD=6.9)

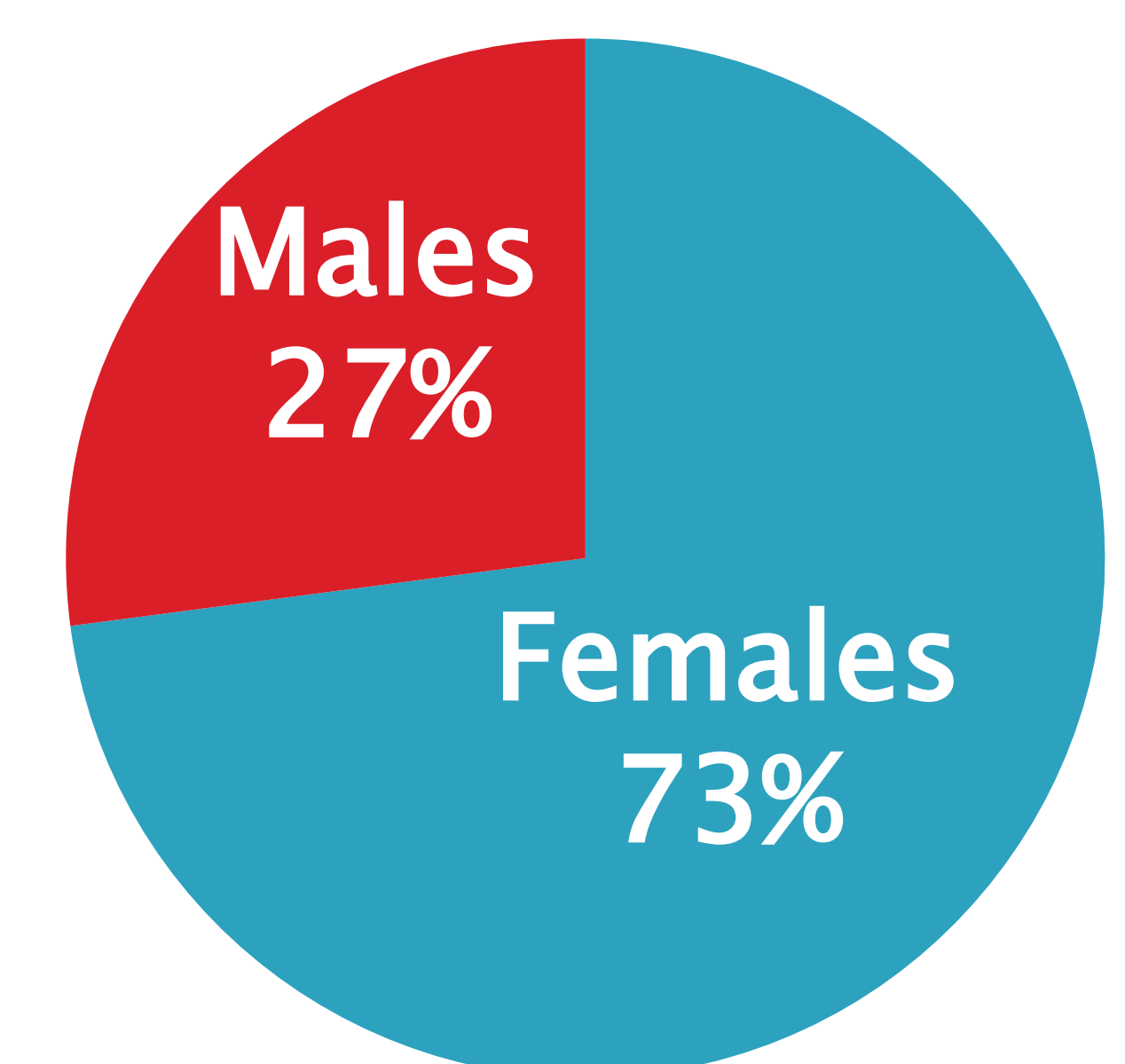
Weight Status



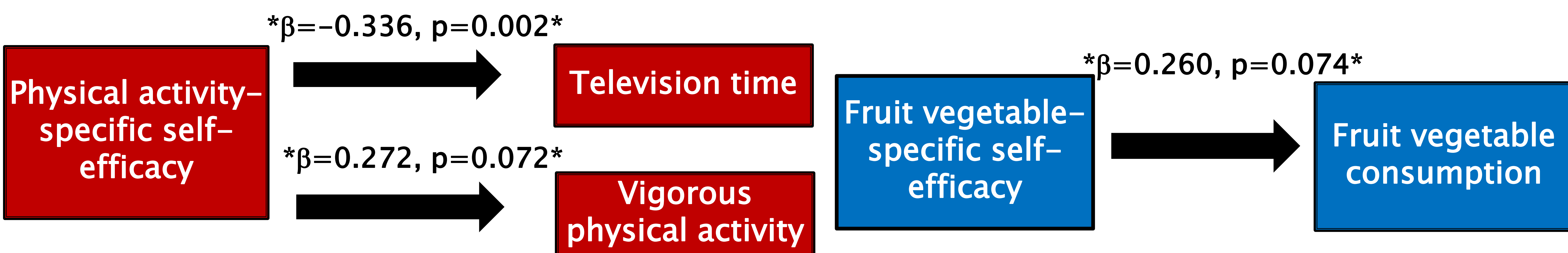
Education Level



Gender



RESULTS



Covariates included age, education level, & perceived health.

ACKNOWLEDGEMENTS

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CONCLUSIONS

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