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An exploration of the variables that are associated with health promotion behaviors among urban Black women in the United States

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Purpose: To improve understanding of variables impacting health promotion behaviors among urban Black women.

Methods: Cross-sectional survey was used. Urban Black women (n=132) between the ages of 30 to 64 years participated. The survey was conducted in a US metropolitan region in 2015. The survey measures: health literacy (NVS), self-efficacy (NGSE), readiness for change (HRI) was correlated to health promotion behaviors (HPLPII).

Analysis: Univariate statistics addressed demographic characteristics; bivariate/simultaneous linear regression determined the relationships between the NVS, NGSE and HRI to health promotion behaviors (HPLPII).

Results: Demographics: 72.6% completed high school and 25% completed college, and mean BMI>32. Positive correlations existed between each variable to health promotion behaviors: NVS ($r=.244$, $p<.002$), NGSE ($r=.312$, $p<.001$), HRI ($r=.440$, $p<.001$), and accounted for 29.8% of variances in health promotion behaviors. Education and health literacy were also correlated ($r=.414$, $p=.001$).

Conclusion: Although health literacy, self-efficacy and readiness for change are associated with health promotion behaviors, readiness for change was the most highly correlated.

Clinical Relevance: Development of programs to facilitate health promotion behaviors among urban Black women should include interventions that address health literacy, self-efficacy, and readiness for change in order to reduce critical health disparities. Demographic characteristics, such as body mass index, education and lifestyle behaviors were shown to correlate to health promotion behaviors.

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