Methods

Participants

• A community sample of 322 overweight/obese Hispanic participants were recruited at a local health care clinic.

Inclusion criteria

• Hispanic descent (self-reported)

• Age 18 or older

• BMI of 25 or greater

• 64.1% female

• Age: 45±5 years (13±8)

• 27.7% reported a personal history of type 2 diabetes.

• 33.8% reported a personal history of high blood pressure.

• Over 50% reported a family history of type 2 diabetes or high blood pressure.

• 20.4% reported not exercising regularly.

Table 1. Significant Constructs Associated with Measured Weight (TTM) Variables β b p

<table>
<thead>
<tr>
<th>Step</th>
<th>Height</th>
<th>PDB</th>
<th>PDC</th>
<th>PWS</th>
<th>PWC</th>
<th>PHE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 1</td>
<td>Height</td>
<td>.433</td>
<td>.113</td>
<td>.377**</td>
<td>.15**</td>
<td></td>
</tr>
<tr>
<td>Step 2</td>
<td>PDB</td>
<td>.376</td>
<td>1.18</td>
<td>.32**</td>
<td>.10*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PDC</td>
<td>-5.74</td>
<td>2.65</td>
<td>-22*</td>
<td>.05*</td>
<td></td>
</tr>
</tbody>
</table>

Step 1: β = .37; Step 2: β = .32

Note: β values significant at the .01 level

Discussion

Participant Risk Factors

• A high proportion of the sample reported personal and family histories of high blood pressure and diabetes.

• Future interventions could incorporate diabetes management and/or prevention as a health education component in order to stress the importance and benefits of weight loss.

• More than 20% of the sample reported not exercising regularly.

• Future interventions should encourage participants to discuss potential physical limitations with their healthcare providers and then develop an exercise regimen that is both beneficial and safe.

• Future interventions should focus on implementing components designed to increase perceived efficacy, outcome expectancies, facilitators, and/or Social Cognitive Theory (SCT) (Bandura, 1997).

• Future interventions should focus on highlighting the positive aspects and assisting participants in garnering support for diet in order to encourage the adoption of healthier diets.

• Future interventions should also consider adding components designed to bolster perceived competence for diet.

• Future interventions are clearly warranted, and at present, the inclusion of TTM based assessments and intervention components seem most fitting in an effort to reduce overweight and obesity in Hispanic populations.

References

[Insert references here]