Role of Socioeconomic Status and Obesity in African American Adults

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African Americans have a higher prevalence of obesity compared to any other racial/ethnic group due to a variety of factors. This display includes a literature review revealing the impact socioeconomic status has on obesity among the African American adult population in Virginia. In order to gain a comprehensive understanding of this public health issue, the risk factors, risks, behaviors, and health outcomes surrounding obesity were also examined.

Virginia is one of the country’s lead states in obesity rates for African American adults accounting for 32.2%. These alarming rates are influenced by several socioeconomic factors that heavily impact an individual’s lifestyle. The type of lifestyle an individual lives affects their health outcomes. The study followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) Flowchart. A total of 22 eligible articles were included in the systematic review. The search yielded a mixture of observational, comparative, and secondary data analyses based on the inclusion criteria. The study followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) Flowchart as a guide for proper selection of the relevant articles. A total of 22 eligible articles were included in the systematic review. A total of 22 articles were screened for eligibility, and only 22 were determined to be eligible, as shown in Figure 1. The reasons for the exclusion of article (N=1) included irrelevant title and abstract information.

Results

The study yielded 22 articles (16 PubMed, 2 CINAHL, 2 PsycINFO, 1 Proquest, 1 Semantic Scholar), of which were not found to be duplicated across all searches.

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Multiple studies implied that limited access to environmental resources, individual attitudes surrounding physical activity, eating, and mental health are key risk factors that contribute to an increased probability of obesity.

Results showed there is a positive correlation between socioeconomic status and obesity in the United States. Key findings indicate certain adverse health behaviors, such as unhealthy eating, physical inactivity, and lack of sleep increase the chances of an individual becoming obese. Not only does indulging in these harmful activities pose as a high risk, but other health outcomes may arise as a result of being obese, such as a reduced life expectancy, cancer, and diabetes.

Risk factors & Health Behaviors Impacting Obesity

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