

TITLE: Lifestyle and behavioral influences on obesity in working females

AUTHOR(S): Kori Pitt, MPH (candidate); Brittany U. Carter, DHSc, MPH

PRESENTER(S): Kori Pitt, MPH (candidate); Brittany U. Carter, DHSc, MPH

STUDENT SUBMISSION: Yes

TOPIC/TARGET AUDIENCE: Health professionals; women's health experts; obesity researchers; wellness coordinators; human resource managers

ABSTRACT: Being overweight or obese is associated with adverse health outcomes affecting many different areas of overall health including diabetes and cardiovascular disease. In the United States, the prevalence of obesity is increasing rapidly, especially among women. To date, not many studies have exclusively looked at obesity and lifestyle factors in working females. The aim of this study is to use health risk assessment (HRA) data to identify associations between lifestyle and behavioral factors and obesity among working females ages 18 to 65 years. Identifying these associations will help provide suggestions on how employers can use of HRA data to develop more efficient and comprehensive health intervention strategies in the workplace, as well as target interventions to those most ready to change. This study will contribute to general knowledge on how lifestyle and behavioral factors influence the prevalence of obesity in females.

OBJECTIVE(S): Identify various lifestyle and behavioral factors that contribute to obesity in working females using health risk assessment (HRA) data. Explain how HRA data can aid in planning and implementing obesity prevention programs in the workplace. Demonstrate increased knowledge of how targeting workplace health interventions will be effective to reduce obesity in females.
