

Correlates of Fat Intake Among Urban, Low Income African Americans

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Objective: To test a dietary intervention for high risk African American adults with small children. **Methods:** Using telephone data, logistic regression was used to identify association of low-fat eating behaviors, fat calories, and frequency of sweets/oils/fats with personal and environmental variables. **Results:** Education and income were associated with low-fat eating behaviors, fat calories, and frequency of fat/oils/

sweets. Availability, price, and policy were related to low fat eating behaviors. **Conclusions:** Effectiveness of dietary interventions relies upon environments that support changes by the individual. Focusing on high-risk populations should be a priority in this research.

Key words: African American adults, fat intake, nutrition environment

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