

Support Needs of Overweight African American Women for Weight Loss

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Objectives: To examine social support needs of obese and overweight African American women for weight loss. **Methods:** Focus groups were conducted with overweight and obese African American women. Data were analyzed using standard grounded theory text analysis. **Results:** Our middle-aged (45.7 years; SD=12.6) women (N = 66) were interested in receiving support from others focused on the health benefits of weight

loss. Behaviors perceived as supportive include co-participating in exercise, providing nutrition education, using positive reinforcements, and avoiding criticism. **Conclusions:** African American women are interested in a program designed to increase social support for their weight loss.

Key words: obese, qualitative, weight loss, African American, social support

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