

# Stress and Nutrition Among African American Women With Hypertension

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**Objective:** To examine the associations of cognitive, behavioral, and physical stress with health-promoting nutrition behaviors (HPNB) among African American women who are at risk for or diagnosed with hypertension and/or related health conditions. **Methods:** Eighty women completed demographic and medical data forms and questionnaires to assess levels of stress and HPNB. **Results:** HPNB was negatively associated

with behavioral stress and positively associated with physical stress among the participants. **Conclusions:** This research suggested strategies for increasing HPNB in African American women. Future research should focus on how these women cope with stress.

**Key words:** African American, women, nutrition, health promotion, stress

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