

Promoting Healthy Eating Habits:

A Physical Health Initiative

Willa Doswell, RN, PHD, FAAN

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ALL OUR JUSTICE ACHIEVING AND MAINTAINING INTERVENTIONS have started with **Stage I** application of the Theory of Planned Behavior (Ajzen) which has been widely utilized for predicting, understanding, and changing behaviors of an impressively wide range (more than 41,000 citations to date). Where Stage I interventions have proven worthy in reducing disparities, we move to **Stage II** where we infuse historical and cultural materials that undermine negative stereotypes and discriminatory patterns that cultivate disparities across our six domains of interest—educational, social, physical, mental, familial, and neighborhood. If Stage II together with Stage I interventions are successful in reducing disparities, we then proceed to **Stage III** applications where we create community empowerment movements to institutionalize the achievement and maintenance of justice—the elimination of disparities. Our *Educational Justice* and *Social Justice* initiatives are examples of Stage III applications.

Our *Physical Health Initiative* represents a **Stage I** application (now under review for federal funding). We provide here hints of what **Stages II** and **III** might look like. Only as we complete **Stage III** successfully will we conclude that this or any other justice-minded intervention is ready for national dissemination.

Jerome Taylor, PhD; Abi Fapohunda, DrPH; & Eugene Tull, DrPH



Of all the forms of inequality, injustice in health is the most shocking and inhuman.

(Martin Luther King, Jr.)

Healthy Eating Behavior: Operationalize Social Theory (Ajzen)

Theory

Measurement

1. Attitude (bipolar scale -3 to +3 on the ellipses only (...))

- 1.1. Eating vegetables 3X a week will...
- 1.2. Eating fruits 3X a week will...
- 1.3. Drinking pop more than 3X per week will...
- 1.4. Eating candy more than 3X per week will...

2. Subjective Norms (unipolar scale 0 to 5)

- 2.1. My mother thinks eating vegetables 3X per week will...
- 2.2. My mother thinks eating fruits more than 3X per week will...
- 2.3. My mother thinks drinking pop more than 3X per week will...
- 2.4. My mother thinks eating candy more than 3X per week will...
- 2.5. Girls in my group think eating vegetables 3X per week will...
- 2.6. Girls in my group think eating fruits...
- 2.7. Girls in my group think drinking pop...
- 2.8. Girls in my group think eating candy...

3. Perceived Behavioral Control (unipolar scale 0 to 5)

When I get busy or feel upset:

- 3.1. I will be able to stick to eating vegetables at least 3X per week.
- 3.2. I will be able to stick to eating fruits....
- 3.3. I will be able to avoid drinking pop no more than 3....
- 3.4. I will be able to avoid eating candy no more than 3....

4. Intention (unipolar 0 to 5)

Next week I intend to...

- 4.1. Eat vegetables at least 3 times during the week.
- 4.2. Eat fruits...
- 4.3. Avoid drinking pop no more than 3X....
- 4.4. Avoid eating candy no more than 3X....

5. Behavior (unipolar T or F)

- 5.1. I ate vegetables 3X times or more this week.
- 5.2. I ate fruits 3X times or more this week.
- 5.3. I drank pop fewer than 3X this week.
- 5.4. I ate candy fewer than 3X times this week.

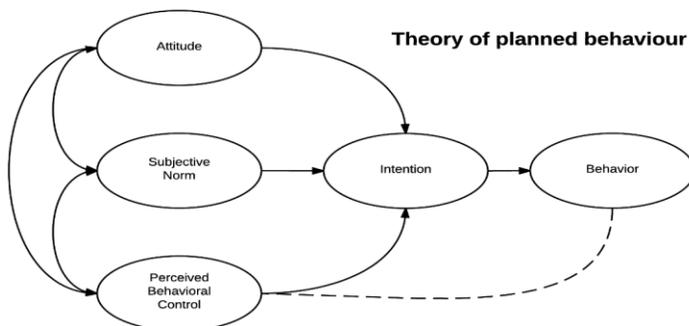
Results reported in published literature will be shared in language easily accessible by girls and their mothers.

Each girl and her mother are involved in joint sessions with other girls and their mothers where all learn together how to prepare healthy meals.

Girls and their mothers are helped to identify things like getting busy or being upset that may weaken their intention to prepare healthy meals. They brainstorm on what they can and will do to prepare healthy meals when such times come.

Forecasting is intended to highlight and support intentionality for the week just ahead.

Reaching or falling short of intentions provide opportunities for reflection and improvement going forward.



More than 41,000 citations support the wide range of applications of this well-validated theory for predicting and understanding a wide range of social, health, and systemic behaviors.

Stage II. AFRICAN DIET (FORMATION)				SLAVE DIET (OPPRESSION)
IIA. Healthy Eating Behavior: Chosen by Honored Custom and Tradition				IIB. Unhealthy Eating Behavior: Imposed without Consultation
Plenty of Fruits, Nuts Vegetables, Legumes and Fish				
NORTH AFRICA	WEST AFRICA	EAST AFRICA	SOUTHERN AFRICA	We Raise de Wheat
Cook with olive, Onion and Garlic Chickpea Lamb Okra Spinach-like greens Legumes Eggplant Yogurt Dates, Raisin & nuts Fruits	Rice Yam Millet Sweet potatoes Sorghum Root Vegetables Black-eyed peas Plantain Corn Seafood Coconut Peanuts Chili Pepper Tomatoes Citrus Pineapples Mangoes	Sorghum Millet Rice Potatoes Maize Yam Beans Cowpeas Vegetables Meat	Rice Corn Millet Seafood Tomatoes Potatoes Green Beans Cabbage Pumpkin Peaches Mangoes Citrus Apricot Grapes Pomegranates Watermelon Cantaloupe	We raise de wheat, Dey gib us de corn; We bake de bread, Dey gib us the crust; We sif de meal, Dey gib us de huss; We peel de meat, Dey gib us de skin; And dat's de way Dey take us in.... From FREDERICK DOUGLASS, <i>My Bondage and My Freedom</i> , 1853

Main meal of the day is lunch

Usually consist of a mixture of vegetables

Legumes

Sometimes meat

Fish is abundant in coastal regions and many lakes

Combination of various foods called stew, soup or sauce

Meat and fish are not the focus of a meal, but instead used to enhance the stew

Traditional Cooking Methods

Steaming in leaf wrappers, boiling, frying in oil, grilling beside a fire, roasting in a fire, baking in ash

Motivating the Case for

**Recovery and
Transformation**

in Dietary Habits of
Africans in Diasporan
Communities

Abi Fapohunda & Jerome Taylor, Department of Africana Studies, University of Pittsburgh