

RELATIONSHIP BETWEEN FAMILY INCOME AND OBESITY (PAPERBACK)



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Book Venture Publishing LLC, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Obesity is a chronic disease that is caused by several factors such as diet, genetics, physical inactivity, and poor dietary habits. This research focused on how income affects obesity among African Americans (AA). The data used in the study was obtained from African American participants living in Durham, North Carolina (NC). Studies have shown low income African Americans are disproportionately affected by chronic diseases, such as obesity, diabetes, hypertension, and high cholesterol, due to poor eating habits or diets. Some studies have also reported higher rates of obesity amongst high income earners. The purpose of this research is to address the inconsistency, as well as fill the gap in the literature on this topic. Additionally, the study is focused on other key factors that contribute to low family income and how these factors contribute to obesity among AA, specifically in Durham, NC. A qualitative approach was used to interview and glean the lived experiences of 30 participants. The findings from the study showed family income contributes to obesity. The study contributes to social change by recommending that policy makers advocate for an increase in national minimum wage, encourage educational approaches to prevent obesity, promote good eating habits, and promote adequate physical activity amongst AA.



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