



NuFIT for Life

Karla L. Hodges MS, CNS, RN, PHN
PhD candidate

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Why Public Health?

- Poverty
- Lack of access to high-quality education
- Unemployment
- Unhealthy housing
- Unsafe neighborhoods

Health Disparities



\$229.4 billion in direct medical care expenditures and \$1 trillion in indirect costs.

African American Focus

- Higher rates of mortality than other racial or ethnic group for 8 of the top 10 causes of mortality
- Cancer rates 10% higher
- Higher incidence of hypertension and heart diseases
 - 30% more likely to die from heart disease than non-Hispanic whites
 - 1/3rd (33%) of patients on dialysis despite only representing 13% of the population
- Stroke
- Obesity
 - Diabetes
- Blacks were more likely to report their health has poor or fair, then Whites or Hispanics



The Study: NuFIT

(Holdcroft, 2006, Oates, 2016)



Study Design & Aims

- Descriptive, correlational with 303 African American participants undertaken over 12 months in the Bay Area.
- Aim – To study rather or not there is a relationship between perceived discrimination, perceived health, spirituality, and lifestyle health behaviors.



Methods

- After data was cleaned and coded:
 - Descriptive Statistics
 - Multiple Linear regression

Results – Summary Statistics

Age (years) *n=298, 9 missing values excluded*

18 – 29	41	13.8
30 – 39	58	19.5
40 – 49	86	28.9
50 – 69	106	35.6
70 and older	7	2.3

Gender *n=303, 4 missing values excluded*

Female	263	86.8
Male	40	13.2

Marital Status *n=302, 5 missing values excluded*

Married/partnered (in a relationship)	100	33.1
Single (not in a relationship)	202	66.9

Results – Summary Statistics

Education n=302, 5 missing values excluded

Less than high school	20	6.6
High school graduate	70	23.2
Some college	113	37.4
College degree	99	32.8

Employment

Unemployed	103	34.0
Employed part-time	43	14.2
Employed full-time	157	51.8

Annual Household Income n=303, 4 missing values excluded

Less than \$35,000	144	48.5
\$35,000 - \$74,999	108	36.4
\$75,000 or higher	45	14.7

Racial
Discrimination
Results

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.200 ^a	.040	.022	.94932

a. Predictors: (Constant), health care professionals list more to Whites than AA, racism is problem in my life, AA exp neg attitudes in white MD office, racial discrimination in a MD office is common, AA in White MD office are assumed to be on welfare

b. Dependent Variable: Health status

Racial Discrimination Results

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Zero-order	Partial
		B	Std. Error	Beta			Lower Bound	Upper Bound		
1	(Constant)	3.847	.270		14.262	.000	3.316	4.378		
	AA exp neg attitudes in white MD office	-.107	.083	-.090	-1.287	.199	-.271	.057	-.150	-.097
	racism is problem in my life	-.007	.073	-.007	-.101	.919	-.151	.136	-.097	-.097
	racial discrimination in a MD office is common	-.059	.089	-.047	-.662	.509	-.235	.117	-.139	-.139
	AA in White MD office are assumed to be on welfare	.005	.083	.004	.057	.955	-.158	.167	-.107	-.107
	health care professionals list more to Whites than AA	-.136	.083	<u>-.118</u>	-1.624	.106	-.300	.029	-.168	-.168

^a. Dependent Variable: Health status

Conclusions

- Limitation on external validity due to small sample size.
- Lower income people may have more time to sign-up for studies, especially if their work schedules are flexible or if they are entirely unemployed.
- For future work, I would have had more than two choices for the question pertaining to religiosity.
- I would have maybe considered a mixed methods design with survey followed with interviews to capture some of the missing data points.
- Post Covid-19 follow up studies including a larger sampling of men for generalizability to those most affected by Covid-19.

Questions?

Of all the forms of inequality, injustice in healthcare is the most shocking and [inhuman] – Dr. Martin Luther King Jr.

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