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Effects of Acculturation on Quality of Life, Chronic Diseases and Health Behaviors in Persons of African Ancestry

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ABSTRACT

The Black population in Philadelphia comprises of a diverse mix of persons with varied ancestry. We have established a non-cancer control registry (CAP3 study) which involves the collection of bio-specimens, epidemiological, lifestyle, quality of life, chronic conditions, culture and cancer prevention behaviors. Currently there are 707 participants enrolled, 95% from the African diaspora. In this study, the acculturation (the degree to which an individual holds onto their cultural norms) of new and pre-enrolled participants (n = 100) will be assessed and evaluations will be made to determine the relationship between acculturation, chronic conditions, health behaviors and quality of life.

Since April 2015, 45 participants have been given the acculturation assessment. The demographics of these participants is largely foreign-born and with a mean age of 45.6. The process of data collection involves administering the health assessment and acculturation tool to eligible, consenting participants via face-to-face interviews, phone interviews, post-mail and electronic mail. Additionally, I will extract DNA from mouthwash and urine samples of participants. Presently, data collection and analysis, is still ongoing and results are not final. The most common chronic diseases and the least common health-impacting behaviors in the African diaspora will be examined and possible differences between persons of US origin and persons of foreign origin will be determined.

The study findings will help to inform how quality of life and health behaviors are impacted by acculturation; leading to the development of culturally sensitive interventions to promote health and reduce chronic disease in the Black community.

Keywords: Acculturation, Quality of Life, Chronic Disease, Health Behaviors

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