Table 1.

Demographic Characteristics, 2001–2003 National Survey of American Life,

African American Females (N = 2100).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Total Sample  N (%) | Normal Weight  N (%) | Overweight/Obese  N (%) |
| Total | 2100(100%) | 592(28.2%) | 1508(71.8%) |
| Education |  |  |  |
| Less than high school | 560(26.29%) | 137(23.1%) | 415(27.5%) |
| High school graduate | 793(37.23%) | 203(34.3%) | 582(38.6%) |
| Some college | 490(23.0%) | 144(24.3%) | 340(22.5%) |
| College or higher | 287(13.47%) | 108(18.2%) | 171(11.3%) |
| Income |  |  |  |
| Less than $25,000 | 1203(57.3%) | 334(56.4%) | 869(57.6%) |
| $25,000-$39,999 | 383(18.2%) | 102(17.2%) | 281(18.6%) |
| $40,000-$49,999 | 188(9.0%) | 49(8.3%) | 139(9.2%) |
| $50,000-$59,999 | 104(5.0%) | 29(4.9%) | 75(5.0%) |
| $60,000-$69,999 | 68(3.2%) | 22(3.7%) | 46(3.1%) |
| $70,000 or greater | 154(7.3%) | 56(9.5%) | 98(6.5%) |
| Marital Status |  |  |  |
| Married/Cohabitating | 625(29.34%) | 165(27.9%) | 455(30.2%) |
| Divorced/Separated/Widowed | 776(36.43%) | 186(31.4%) | 583(38.7%) |
| Never married | 729(34.23%) | 241(40.7%) | 470(31.2%) |
| Work Status |  |  |  |
| Employed | 1343(63.05%) | 364(61.5%) | 960(63.7%) |
| Unemployed | 249(11.69%) | 94(15.9%) | 152(10.1%) |
| Not In Labor Force | 538(25.26%) | 134(22.6%) | 396(26.3%) |
| Age (Mean, Std. Dev.) | 42.72(16.188) | 40.27(16.83) | 43.69(15.83) |
| BMI (Mean, Std. Dev.) | 29.66(6.74) | 22.48(1.70) | 32.48(5.82) |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 2. |  | |  | |  | |  | |  | |  | |  | | | |
| Simple linear regression examining constructs of the Socioecological Model and BMI. 2001–2003 National Survey of American Life, African American, Females. | | | | | | | | | | | | | | | | |
|  | N | | M(SD) | | Βeta  (Standardized Coefficients) | | Standard Error of Estimate | | F | | *p-value* | | R2 Adj. | | | |
| More important to be Black or American (Reference = Both equally important) | | | | | | | | | | | | | | | |
| Age | | 2100 | | 42.72(16.18) | | .035 | | 6.73 | | 2.60 | | .107 | | | .001 |
| Household Income | | 2100 | | 27,929(25,420) | | -.103 | | 6.70 | | 22.36 | | .000\*\*\* | | | .010 |
| Marital Status (Reference = single) | | | |  | |  | |  | |  | |  | | |  |
| Married | |  | |  | | .059 | | 6.73 | | 4.06 | | .019\* | | | .003 |
| Divorced | |  | |  | | .064 | | 6.73 | | 4.06 | | .010\*\* | | | .003 |
| Work Status (Reference = not in the labor force) | | | | | |  | |  | |  | |  | | |  |
| Employed | |  | |  | | -.057 | | 6.72 | | 4.67 | | .021\* | | | .003 |
| Unemployed | |  | |  | | -.071 | | 6.72 | | 4.67 | | .004\*\* | | | .003 |
| Education (Reference = college graduate) | | | | | |  | |  | |  | |  | |  | |
| Less Than High School | |  | |  | | .214 | | 6.66 | | 16.12 | | .000\*\*\* | | .021 | |
| High School | |  | |  | | .173 | | 6.66 | | 16.12 | | .000\*\*\* | | .021 | |
| Some College | |  | |  | | .106 | | 6.66 | | 16.12 | | .001\*\*\* | | .021 | |
| Physical Health Rating | |  | |  | | -.194 | | 6.61 | | 82.15 | | .000\*\*\* | | .037 | |
| Mental Health Rating | |  | |  | | -.046 | | 6.73 | | 4.40 | | .036\* | | .002 | |
| Life Satisfaction | |  | |  | | -.012 | | 6.74 | | .293 | | .588 | | .000 | |
| Gardening | |  | |  | | .023 | | 6.74 | | 1.15 | | .284 | | .000 | |
| Sports/Exercise | |  | |  | | -.125 | | 6.68 | | 33.22 | | .000\*\*\* | | .015 | |
| Walking | |  | |  | | -.080 | | 6.72 | | 13.635 | | .000\*\*\* | | .006 | |
| General Anxiety (Lifetime) | |  | |  | | .045 | | 6.71 | | 4.26 | | .039\* | | .002 | |
| General Anxiety (12 Mo) | |  | |  | | .044 | | 6.71 | | 4.030 | | .045\* | | .001 | |
| Depression (Lifetime) | |  | |  | | -.005 | | 6.73 | | .052 | | .820 | | .000 | |
| Depression (12 Mo) | |  | |  | | .025 | | 6.73 | | 1.32 | | .252 | | .000 | |
| Church Membership | |  | |  | | .027 | | 6.70 | | 1.29 | | .257 | | .000 | |
| Race Problems | |  | |  | | -022 | | 6.74 | | 1.02 | | .314 | | .000 | |
| Upset by Race Problems | |  | |  | | -.036 | | 6.21 | | .195 | | .659 | | -.005 | |
| Supermarkets | |  | |  | | -.092 | | 6.71 | | 18.05 | | .000\*\*\* | | .008 | |
| Parks | |  | |  | | -.076 | | 6.72 | | 12.13 | | .001\*\*\* | | .005 | |
| Medical Centers | |  | |  | | -.073 | | 6.72 | | 11.085 | | .001\*\*\* | | .005 | |
| Government Health Insurance Programs | |  | |  | | .026 | | 6.74 | | 1.37 | | .243 | | .000 | |
| Employer Health Insurance | |  | |  | | -.030 | | 6.74 | | 1.90 | | .168 | | .000 | |
| Family's Employer Health Insurance | |  | |  | | -.034 | | 6.98 | | 1.27 | | .260 | | .000 | |
| Purchased Health Insurance Directly | |  | |  | | -.036 | | 6.72 | | 2.65 | | .104 | | .001 | |
| Police Presence | |  | |  | | -.061 | | 6.73 | | 7.78 | | .005\*\* | | .003 | |
| Crime | |  | |  | | -.008 | | 6.74 | | .132 | | .717 | | .000 | |
| Drugs | |  | |  | | .025 | | 6.72 | | 1.32 | | .252 | | .000 | |
| p < .05\*, p <.01\*\*, p <.001\*\*\* | | | | | | | | | | | | | | | |

Table 3.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Variables | | | Model 1 | | Model 2 | | Model 3 | | |
|  | Age | | | |  | |  | | | -.149 |
| **Intrapersonal** |  | | Marital Status (Reference = single) | | | | | |  | |
| Married | | | .085\*\*\* | | -.041 | | -.039 | | |
| Divorced | | | .040 | | .042 | | .366 | | |
| Work Status (Reference = not in the labor force) | | | | | | | |  | |
| Employed | | | .061\* | | -.074 | | -.029 | | |
| Unemployed | | | -.036 | | -.050 | | -.082 | | |
| Educational Attainment (Reference = college graduate) | | | | | | | |  | |
| Less than High School | | | .149\*\*\* | | .067 | | .125 | | |
| High school | | | .124\*\*\* | | .175 | | .146 | | |
| Some college | | | .081\* | | -.101 | | -.302 | | |
| Household Income | | | -.076\*\* | | -.009 | | -.101 | | |
| How often sports/exercise | | | -.051\* | | .088 | | -.008 | | |
| How often take walks | | | -.031 | | -.101 | | -.197 | | |
| How often garden/yardwork | | |  | |  | | .213 | | |
| Physical health rating | | | -.202\*\*\* | | -.205 | | -.183 | | |
| Mental health rating | | | .088\*\*\* | | .190 | | .357 | | |
| Life Satisfaction | | |  | |  | |  | | |
| DSM-IV Generalized Anxiety Disorder (Life T) | | | .007 | | -.273 | | -.137 | | |
| DSM-IV Generalized Anxiety Disorder (12Mo) | | | .022 | | .270 | | .303 | | |
|  | DSM-IV Major Depressive Episode (Lifetime) | | |  | |  | | .025 | | |
|  | DSM-IV Major Depressive Episode (12 Mo) | | |  | |  | | .018 | | |
| **Interpersonal** | Church membership | | |  | | .180 | | .122 | | |
|  | Upset by Race Problems | | |  | | -.024 | | .080 | | |
| **Community/**  **Institutional** | Park/playgrounds/open space in neighborhood | | | -.037 | | -.071 | | -.043 | | |
| Supermarket in neighborhood | | | -.034 | | .034 | | -.076 | | |
| Medical clinic in neighborhood | | | -.032 | | .034 | | .164 | | |
|  | Government Health Insurance | | |  | |  | | .372 | | |
|  | Employer Health Insurance | | |  | |  | | .071 | | |
|  | Family's Employer Health Insurance | | |  | |  | | .280 | | |
|  | Purchased Health Insurance Directly | | |  | |  | | .019 | | |
|  | Police station in neighborhood | | | .002 | | .085 | | .300 | | |
|  | Crime | | |  | |  | | .251 | | |
|  | Drugs | | |  | |  | | -.293 | | |
|  |  | | |  | |  | |  | | |
|  |  | | |  | |  | |  | | |
|  |  | | |  | |  | |  | | |
|  | F | | | 9.84 | | 1.38 | | 1.05 | | |
|  | p-value | | | .000 | | .148 | | .452 | | |
|  | R2 Adj. | | | .072 | | .057 | | .026 | | |
|  | | *p* < .05\*, *p* <.01\*\*, *p* <.001\*\*\* | | | | | | |  | |
|  | | Note. Model uses standardized coefficient (Beta). | | | | | | |  | |

Regression models of BMI on Socioecological model (SEM) measures examining the spheres of influence.