

285th OMICS International Conference

Global Healthcare & Fitness Summit

July 20-22, 2015 San Francisco, USA

Soul Food and Obesity: Interpreting messages about food in the African American community

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Obesity is an ever-growing concern in the United States and particularly within the African American community, and it is a concern that cannot be taken lightly. While there is a significant amount of research on obesity, there is very limited published research on the communication in African American families regarding obesity, food, and health. The purpose of this interpretative phenomenological analysis (IPA) study was to explore the experiences of African American individuals as it relates to communication about obesity, food, and health. Purposeful, snowball, criterion sampling was used to find willing participants fitting the inclusion criteria. A total of six African American women participated in this study. Results highlighted 24 super-ordinate themes and six master themes related to the experiences of the participants as it pertains to communication in their families regarding obesity, food and health. Eight master themes were highlighted as a result of the super-ordinate themes: (a) lack of communication, (b) African American cultural norms, (c) patterns, (d) psychological impact of obesity, (e) connection to food, (f) redefining healthy, (g) responsibility, and (h) promoting change. When taking all of the information received from this study into consideration, it is imperative that changes are made that will begin to decrease the prevalence of obesity within the African American community. It is hoped that in the years to come, research will be transformed with the inclusion of the voices and experiences of many African American individuals and families.

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Post-treatment sexual adjustment of Taiwanese women following gynecological cancer: A qualitative study

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Background: The experience of cancer and its treatments significantly challenges sexual expression and partner relationships often requiring survivors to negotiate many physical, psychological, social/relational and cultural factors that impact psychosexual functioning especially for gynecological cancer survivors.

Objectives: The aim of this study was to explore the sexual adjustment experience of Taiwanese women after treatment for gynecological cancer.

Material & Methods: Data for this phenomenological study were collected during in-depth, semi-structured interviews with 11 women purposively recruited from outpatients of the gynecological clinic of a medical center in northern Taiwan. Interview data were analyzed using Colaizzi's method.

Results: Data analysis yielded four themes: Awareness and uncertainty about the stability of couple relationship, Working to fulfill their sex role and ongoing sex life, Looking for a reasonably acceptable way to fulfill the sex role, Allowing a sex surrogate to compensate for inability to fulfill marital role and Symbolic behaviors to replace intimacy of sexual relationship.

Conclusions: This woman-centered view of the sexual adjustment experience of Taiwanese gynecological cancer survivors can help healthcare professionals understand and educate their clients about women's sexual expression and coping strategies after cancer treatment.

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