

The Effect of an Educational Intervention on Students' Attitudes Toward Obesity

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Goal/Learning Objectives

- Determine if an educational intervention affected students' attitudes toward obesity
- Increase awareness of health/social issues related to obesity and weight bias and examine own attitudes

Project Description/Intervention

- Intervention group (n=45)
- 2 UI100 “Health Care Issues of the New Millennium” classes engaged in class discussion/assignments related to
 - health/social issues related to obesity
 - weight bias (educational, health, work, social)

Project Description/Intervention

- PBS film: Fat: What No One is Telling You
- Yale University's Rudd Center on Food Policy and Obesity (weigh bias and public policy)
- The Fat Rights Coalition
 - Dare to Show Your Face videos
- One page reaction paper

Projection Description

- Control group (n=42)
- 2 UI100 classes received no information regarding obesity
- Intervention and control groups(n=87)
 - completed the Implicit Association Test
 - measures attitudes about obesity

Demographic Data

- Gender
- Age
- Major
- Height
- Weight
 - BMI: measure of body fat based on height/weight
<http://www.nhlbisupport.com/bmi/>

Implicit Association Test

- Timed, word categorization test
- Measures implicit attitudes toward obesity
- Used extensively in the field of social psychology

Fat People	Thin People
fat	slim
obese	thin
large	skinny
Good	Bad
wonderful	terrible
joyful	nasty
excellent	horrible

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Fat People		Thin People
Good		Bad
o	obese	o
o	horrible	o
o	slim	o
o	excellent	o
o	large	o
o	nasty	o
o	fat	o
o	joyful	o
o	thin	o
o	wonderful	o
o	skinny	o
o	terrible	o
o	obese	o
o	horrible	o
o	slim	o
o	joyful	o
o	thin	o
o	terrible	o
o	skinny	o
o	excellent	o
o	large	o
o	nasty	o
o	fat	o
o	wonderful	o

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o	large	o
o	horrible	o
o	obese	o
o	joyful	o
o	skinny	o
o	horrible	o
o	fat	o
o	joyful	o
o	slim	o
o	nasty	o
o	obese	o
o	wonderful	o
o	skinny	o
o	excellent	o
o	large	o
o	terrible	o
o	thin	o

Data Analysis

- Difference scores
 - Subtracting number of items correctly classified in mismatched category pairing conditions (fat people + motivated or good) from the matched (fat people + lazy or bad)
 - The higher the score the greater the bias

Results

Group	Control	Intervention
Mean	16.33	17.31
SD	8.65	10.07
N	39	45

Results

- P value = .6370
- No significant difference was found between the control and intervention groups

Results

- “After reading about weight bias and watching the movie my thoughts have not changed. I do not believe that excuses should be made for obese people...they landed themselves in that situation.”
- “Obesity has been a problem throughout my life. I used to get made fun of all the time. Like the article says - if you want to help someone lose weight don't make fun of or criticize that person.”
- “After reading all the information I began to question what I truly thought about discrimination. I am not exactly skinny but I am confident in who I am. Some people may not be able to change their weight but they can learn to accept themselves and live a happy life.”

Significance of Study

- Introduced students to the issue of weight bias
- Facilitated open discussions about health/social implications of weight bias
- Encouraged students to examine their own beliefs/attitudes
- Beliefs/attitudes about weight are not easily changed