

## [T5:S33:42] Perceived Barriers To Physical Activity And Healthy Eating Differ By Race/ethnicity

K. Stankevitz [United States]<sup>1</sup> , M. Stroo [United States]<sup>2</sup> , A.L. Schoenfisch [United States]<sup>3</sup> , S.M. Clancy [United States]<sup>1</sup> , T. Østbye [United States]<sup>1</sup>

Department of Community and Family Medicine, Duke University Medical Center<sup>1</sup>, Duke Office of Clinical Research<sup>2</sup>, Duke University School of Nursing<sup>3</sup>

Healthy eating and physical activity are important factors for weight loss. This study explored perceived barriers to healthy eating (BHE) and physical activity (BPA) in employees who had participated in a workplace weight management program. Follow-up surveys were conducted with former participants, all of whom were obese when starting the program. BPA and BHE were assessed with 19-item and a 21-item scales, respectively. Participants were asked about the barriers they encountered while participating in the program. Responses were obtained from 111 participants. Barriers did not differ by gender, age or BMI change; although, barriers differed significantly by race/ethnicity. Barriers common to all racial groups included: BHE: "Holidays and special occasions were a problem", "I felt like eating whatever I want"; and BPA: "Procrastination", "Lack of self-discipline", "Lack of time", and "Family Responsibilities". Largest barriers in African Americans (n=54) included "Healthier foods were too expensive", "There were no healthier foods in vending machines," and "cost of exercising." Barriers in Whites (n=47) included "High fat foods tasted better", "I ate a lot of meals away from home" and "inconvenient exercise schedule." This study suggests some barriers differ significantly by race. Knowledge of BHE and BPA can provide insight for future weight loss interventions.