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for snrs2015**Proof****CONTROL ID:** 2103229**TITLE:** American Rural Women's Risk for Preventable Chronic Disease: Demographic and Health Correlates**AUTHORS (LAST NAME, FIRST NAME):** [Dardas, Latefa A.](#)¹; Noonan, Devon¹; Bice-Wigington, Tiffany²; Huddleston-Casas, Catherine³; Sloane, Richard¹; Simmons, Leigh Ann¹**INSTITUTIONS (ALL):** 1. School of Nursing, Duke University, Durham, NC, United States.
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3. Department of Child, Youth, and Family Studies, University of Nebraska, Lincoln, NE, United States.**PRESENTATION TYPE:** Student Poster submission**KEYWORDS:** Chronic Disease, Multiple Behavioral Risks, Rural Women.**CURRENT RESEARCH INTEREST GROUP (RIG):** Community Public Health/Health Promotion**Copyright Details:****Non Exclusive Acceptance:** I have read the above license and agreement before submitting, and I fully understand the contents.**Previously Presented:****ABSTRACT BODY:**

Introduction: Most of the U.S. population engages in multiple unhealthy behaviors that increase morbidity and mortality risk synergistically for preventable chronic diseases, such as cardiovascular disease, diabetes, and cancer. Rural Americans tend to engage in unhealthier lifestyle behaviors and consequently have more risk factors and higher rates of preventable chronic disease compared to their urban counterparts. Research has established a general understanding of the prevalence of chronic disease risk factors individually. However, the co-occurrence of these risk factors is not well known among rural Americans in general or rural women in particular. The purpose of this study was to examine demographic and health related factors associated with co-occurring lifestyle risk factors, including smoking, BMI, and low levels of physical activity among rural American women.

Method(s): Data were from Rural Families Speak about Health, a multi-state, epidemiologic study of rural American women and their families (N=444). Chi-square analysis or ordinary least squares ANOVA were utilized to test associations between behavioral risk factors and participants' characteristics.

Results: The study revealed a high prevalence of risk factors, with 77% of participants reporting at least one risk factor and 35% reporting at least two risk factors. Among those with two risk factors, the combination of high BMI and low levels of physical activity was most prevalent. Seven percent of the sample reported all three unhealthy lifestyle risk factors. There were significant differences in education, income, perceived health status, and depression depending on the number of risk factors reported.

Discussion & Conclusions: Co-occurring risk factors for preventable chronic disease among rural women are common. Nurses, with their holistic approach, are critical to helping rural women reduce unhealthy behaviors and promote healthy lifestyles. Nurses can address bundles of health behaviors in a way that considers the limited time and other resources that rural women usually have, while also saving healthcare resources. Such nursing interventions may be promising in stemming the rising tide of preventable chronic disease in the U.S.

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