

Honors Research Project Proposal Cover form

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Title of Proposed Project: Body Mass Index, Waist Circumference, and Hemoglobin A1C in the Lower Income African Americans	
Major: Nursing	Graduation (semester/year): Fall 2020

200 word summary

The Honors project is in conjunction with a larger, state funded, intervention study, the Finding A Better U! (FABU) project, by Carolyn J. Murrock, PhD, RN, Mary Jo MacCracken, PhD, Judi-Juvancic-Heltzel PhD, and Alex Holt. While the larger study focuses on the effects of a weekly exercise and nutrition intervention on cardiovascular disease (CVD) and type 2 diabetes (T2DM) outcomes, the honors project will analyze data to determine preliminary findings, specifically, the relationship between body mass index (BMI), waist circumference, and hemoglobin A1C in the lower income African Americans (AA). The honors students will also assist the FABU team in data collection at various sites. Honors project variables were selected based upon research which has shown correlations between these variables and the risk for T2DM and CVD for various other populations. The research for this particular population of AA individuals is lacking and should be studied to determine the extent to which these relationships may influence risk for T2DM and CVD. This project aims to advance understanding about the increased prevalence of CVD and T2DM in the lower income AA population and how relationships between BMI, waist circumference, and A1C may vary in this population.