



Background

Research Setting

Food insecurity exists whenever the availability of nutritionally adequate and safe foods or the ability to acquire acceptable foods in socially acceptable ways is limited or uncertain.¹

Unmet Need

Among adult women, experiencing food insecurity is associated with greater body weight and adiposity.² Food insecurity also moderates weight loss in underserved adults with obesity.³

Project Aims

- **Aim 1** Assess the effects of a tailored weight loss intervention to reduce body weight in food insecure women with obesity via a non-randomized single arm trial.
- **Aim 2** Examine the effects of a tailored weight loss intervention on secondary psychological outcomes that are associated with food insecurity, including delay discounting, grit, future time perspective, and subjective social status.

Study Design

Study Population:

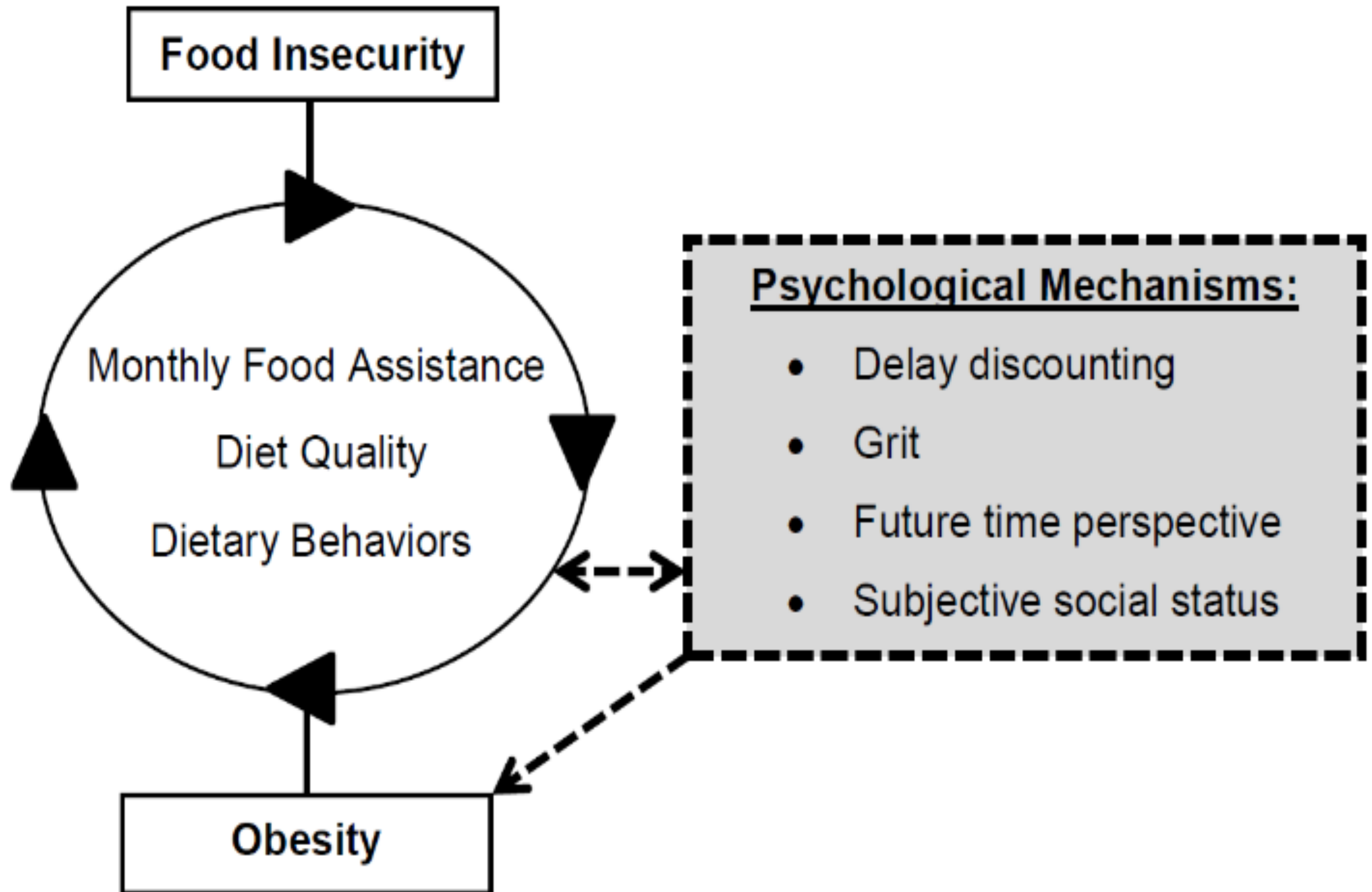
The target sample will be 15 food insecure women aged 18 years to 65 years with a body mass index (BMI) of 30.0 kg/m² or to 50.0 kg/m².

Study Procedures:

Test a tailored weight loss intervention for food insecure women with obesity via a non-randomized single arm trial wherein all study participants receive the intervention over 12 weeks. Body weight will be collected pre- and post-intervention, as well as weekly via in-home. Psychological constructs will also be measured pre- and post-intervention.

Theoretical Framework

1. Food insecurity is most prevalent in adults with obesity, with this relationship being strongest in women versus men.
2. In a food insecure environment, psychological mechanisms can influence food consumption decisions that result in greater energy intake, leading to increased body weight.



Outcomes

- **Primary outcome:** Change in body weight (kg) from Week 0 to Week 12.
- **Secondary outcomes:** Psychological constructs, including 1) delay discounting; 2) grit, 3) future time perspective, and 4) subjective social status, assessed pre- and post-intervention to determine change.

Key Messages

- Food insecurity and obesity, and their linkage, demonstrate a growing public health crisis in the United States, especially for women.
- The goal of this pilot study is to address and potentially mitigate this health disparity.

Community Impact

Key Partners: Key stakeholder involvement includes the local community, as intervention development has been guided by direct input from the targeted community population, food insecure women with obesity, as well as by direct input from the Forge AHEAD Center's Community Advisory Board.

Public Health & Societal Impact: This study has multiple community benefits, including indicators of Community and Public Health Benefits, based upon the Translational Science Benefits Model. This includes indicators that improve Health Promotion, such as 1) disease prevention and reduction; 2) life expectancy and quality of life; and 3) public health practices.

References



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