

Positive Outcomes of the NBNA Ad Hoc Committee on Obesity

Lola Denise Jefferson, ThD, MA, RNC, BSN, CVRN

Obesity continues to be a major problem in the United States of America. African American women have the highest rates of obesity or being overweight compared to other groups in the United States of America. About 4 out of 5 African American women are overweight or obese. In 2018, African Americans were 20 percent less likely to engage in physical activity as compared to non-Hispanic whites.¹

The NBNA Ad Hoc Committee on Obesity wants to END OBESITY! The Obesity Committee accomplished many goals set forth by the committee. Article on Obesity was published in the NBNA Spring 2021 newsletter.

Four informative webinars were presented. The final webinar, "Obesity and COVID-19" was co-hosted by the National Black Nurses Association and BlackDoctor.org; and, sponsored by Johnson & Johnson. Dr. Joseph Gathe, Jr. offered the presentation. Dr. Gathe explained that adults with excess weight are at a higher risk of severe illness with COVID-19. In addition, by being obese increases the risk of hospitalization with the COVID infection.

There were five successful exercise sessions. Before each workout session, a ten minutes lecture on obesity was given. The exercise sessions were hosted by professional personal trainer Jo Ann Goodie-Charles, owner of Fit Just4You Health Gym. Ms. Goodie-Charles is also a member of the NBNA and the Fort Bend County Black Nurses Association. Ms. Goodie-Charles worked us out!!! She began with chair aerobics. If chair aerobics were not challenging enough for you, she recommended that you stand and attempt to complete the work out! We were honored by President Dr. Martha A. Dawson for attending. Dr. Dawson did a great job with keeping up with Mrs. Goodie-Charles.

Our last activity was the 1st Get Out and Move event, Saturday, July 3, 2021. This was the first weekend that President Biden suggested a soft opening for the country to gather in small groups. The Obesity Committee decided to have an activity for all of the NBNA chapters to exercise and get moving together but in their own time zones! Chapters were encouraged to do any activity together such as walking, jogging, line-dancing, biking, skating, or whatever gets you up and moving. Many chapters participated in this activity.



Lola Denise Jefferson is Founder, Past President and Executive Director of the Fort Bend County Black Nurses Association. Dr. Jefferson is the past NBNA First Vice President. She is the House Supervisor for the Kindred Sugar Land Hospital in Houston, TX

Akron BNA and Board Member Cynthia Bell walked in a mall and then outside. **BNA of Greater Houston** President Cynthia Brown was out of town at a family reunion but she gathered her family together for dancing. **BNA of Greater St. Louis** and NBNA Board Member & BNASL President Dr. Leonora Muhammed partnered with 2 Divine Fitness for aerobic exercise for one hour. **Central Carolina Council of Black Nurses** and Co-Chair of the Ad Hoc Committee on Obesity Helen Horton warmed up with Tai Chi and then they walked 3.4 miles. **Fort Bend County BNA** and Ad Hoc Committee on Obesity Chair Dr. Lola Denise Jefferson walked a long trail in the park while President Marilyn Johnson was out town but joined by working out in the hotel gym. **Southeastern Louisiana BNA** President Rachel Weary walked through the neighborhood.

Call To Action

The Ad Hoc Committee on Obesity is challenging the NBNA members to Help End Obesity! The challenge can be accomplished by encouraging everyone to get out and move and then join them. Lead by example and display more nutritious ways to eat and snack. We can all participate and accomplish this goal. Let's get moving!!! Let's End Obesity!!!

Reference

1. <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=25>

**Members of the Ad Hoc Committee
on Obesity 2020 - 2021**

Dr. Lola Denise Jefferson - Chair
Helen Horton - Co-Chair
Dr. Chris Bryant
Yvette Hall
Laurie Reid
Lois Wilson



Akron Black Nurses Association



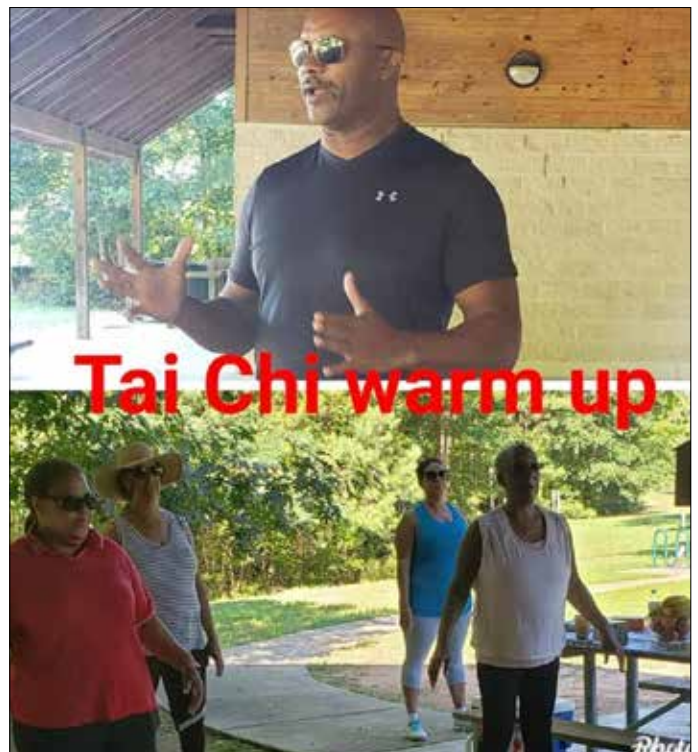
Southeastern Louisiana Black Nurses
Association – Rachel Weary, President



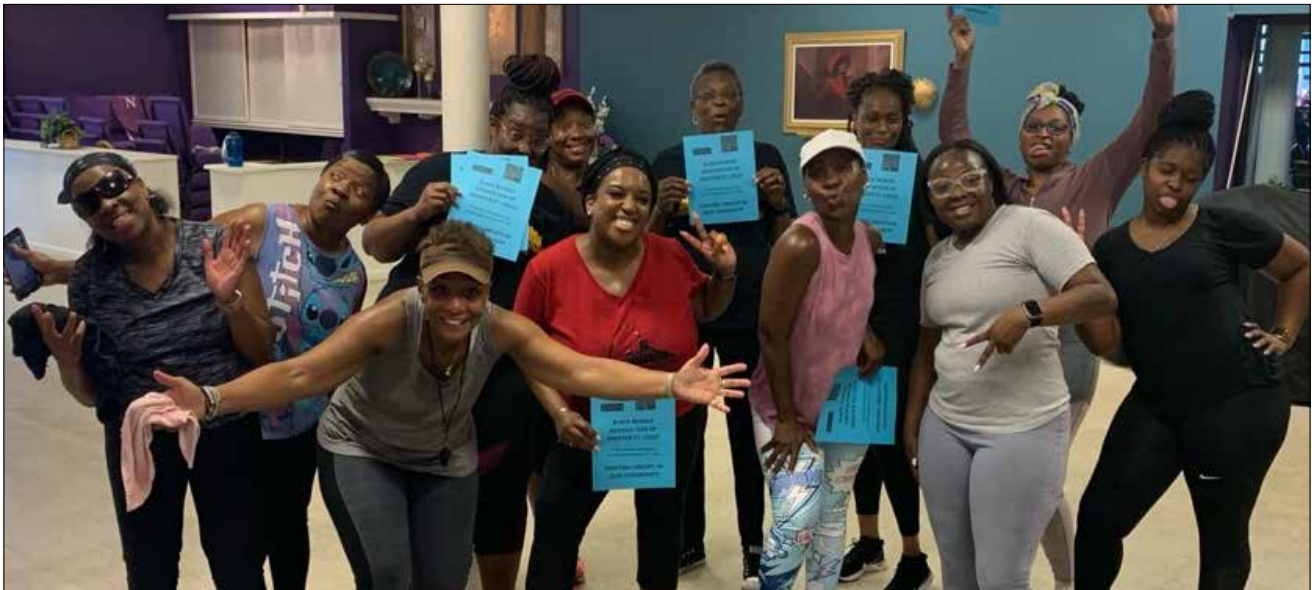
Central Carolina Council of Black Nurses



Fort Bend County Black Nurses Association



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