**Participants**

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Too thin</th>
<th>Satisfactory</th>
<th>Moderately Externally Overweight</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
<td>1</td>
<td>4</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>White</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Latina</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>2</td>
</tr>
</tbody>
</table>

**Focus Group Talking Points**

1. Do you think there are different ideal body types for women of different ethnicities?
   - Why would you describe them?
2. **Larger cultural issues related to race/ethnicity and body size**
   - Show pictures of various Black, Latina, and Caucasian women from pop culture.
   - Do you think they are being depicted in an appropriate way?
   - If so, which body sizes?
3. Are you concerned with how you look in your clothes or your outfit?
   - Do the existence of more clothing options impact your perspective on exercise?
4. Do you think women can do too much or too little exercise (i.e., how much is too much, how little is too little)?
5. Is it more important for you to exercise or to diet?
6. Research indicates that Black and Hispanic women have the highest prevalence of obesity-related diseases compared to other ethnic groups. Why do you believe that is true?
   - Research Question: How are Latinos' perceptions of body size different from those of other groups?

**Method**

- **Sample**
  - The data were collected at a midwestern university with a large non-traditional student population that was categorized as a Predominantly Black institution.
- **Procedures and Data Collection**
  - Online survey completed on campus in an unused office.
  - Construction of three categories: individual health, perceptions about themselves, and others' perceptions about themselves.
  - Included demographics questions.
  - Questions were both closed- and open-ended.
  - **Procedures and Data Collection**
    - **Focus Group**
      - Participants' ages varied from 18 to 30, and they were predominantly female.
      - Focus group was audio recorded and led by one of the researchers.
      - Discussions were framed around cultural body ideal perceptions.
      - Reacted to images of celebrities, women of varying body sizes and race.
      - Discussions were conducted in small groups of 3-5 participants.

**Data Analysis**

- **As an exploratory study, a qualitative research design focused on grounded theory was selected.**
- **Grounded theory suggests that exploratory research needs to be open and there should be allowances to let the data itself suggest the categories.**
- **Adequate questions derived from hypotheses formed from review of the literature and from observation.**
- **Data was collected in a midwestern university with a large non-traditional student population that was categorized as a predominantly Black institution.**

**Grounded Theory Data Cluster by Data Source**

- **1. Understanding the link between exercise and body size**
  - **2. Rational for not exercising**
    - Survey and focus group
  - **3. Body ideal for race and ethnicity**
    - Survey and focus group
  - **4. Age and body ideal**
    - Focus group
  - **5. Role of clothing**
    - Focus group

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**Abstract**

Despite the comparatively higher levels of obesity in Black and Latina female populations, Black females and Latinos reported less body dissatisfaction related to their body compositions, compared to White and Latina females, respectively. However, the disparities in these two racial/ethnic groups noted among Black and Latina females were evident in their perceptions and meanings attributed to body size among Black, White, and Latina body ideals as measured by survey and focus group data. The existence of a lower level of body dissatisfaction among Black females and Latinos relative to their White counterparts is attributed to the broader cultural ideologies that incorporate beauty and health. Among Black and Latina females, and Whites, there was a greater extent of body dissatisfaction among women who had higher body weights, were more sedentary, and were infected with HIV compared to those who did not. Given that women were infected with HIV, there was a greater extent of body dissatisfaction among Black and Latina women compared to White females. The existence of a lower level of body dissatisfaction among Black females and Latinos relative to their White counterparts is attributed to the broader cultural ideologies that incorporate beauty and health. Among Black and Latina females, and Whites, there was a greater extent of body dissatisfaction among women who had higher body weights, were more sedentary, and were infected with HIV compared to those who did not. Given that women were infected with HIV, there was a greater extent of body dissatisfaction among Black and Latina women compared to White females. The existence of a lower level of body dissatisfaction among Black females and Latinos relative to their White counterparts is attributed to the broader cultural ideologies that incorporate beauty and health.