**Abstract**

Qualitative data analysis and interpretations were based on 14 romantic couples (Non-Hispanic White partners) and 7 interracial couples (Non-Hispanic White partner and Hispanic partner). A grounded theory approach was taken to analyze 4 central themes emerged from the data: family of origin eating patterns; family of origin physical activity approach; family influence in the adult diet; and family influence in physical activity.

**Background**

- Loved ones, including family of origin have a large impact on our long-term eating behavior (Bandura, 1999; Savoca & Miller, 2001).
- A recursive link between romantic partners exist in health patterns (e.g., exercise); however, how family of origin and romantic partners interact together to impact current individual health related behaviors including eating and exercise has received less attention in the empirical literature.
- More importantly, how these influences play out between same vs. interracial couples may differ.
- It is important to focus on Hispanic and Non-Hispanic White individuals due to the higher prevalence of obesity found among Hispanics and general unhealthy patterns in ethnic minorities (Morales et al., 2007; Ogden & Elder, 1998).

**Focus:** To explore how the families of origin for both partners in romantic relationships (same-race versus interracial) impact current health related behaviors, with an emphasis on the viewpoints that were held in the families of origin about eating and exercise.

**Methods**

**Participants:**
- N = 14 romantic couples, 7 same-race couples (Non-Hispanic White partners) and 7 interracial couples (Non-Hispanic White partner and Hispanic partner) with an average of 26 years of age.

**Research Questions:**
1. While you were growing up what was your family’s attitude towards food?
2. What was your family’s view towards exercise?
3. How does the family that you grew up with affect your physical activity now?
4. How does the family that you grew up with affect your physical activity now?

**Data Analysis:**
- The data was analyzed within two coding cycles using five different coding methods.

**Results**

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<thead>
<tr>
<th>Family Influence on Food</th>
<th>Family Influence on Exercise</th>
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**Conclusions**

- Individuals described families as being aware and unafely of family making healthy and unhealthy food choices during upbringing.
- Individuals described families as making high effort and no effort to be physical active while growing up.
- Different perspectives of family of origin in food and exercise were narratively related to sustained eating habits and physical activity behaviors in present lifestyle choices.

**Limitations:**
- Our results point to the importance and need for a comprehensive policy approach that implements behavioral nutrition and financial circumstances at an early age.
- Greater policy efforts are fundamental in eliminating large minority health disparities and lowering death from chronic diseases.
- Our results advise that prevention and treatment programs should be targeting family systems rather than individuals to captivate permanent healthy lifestyle changes.

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- A PDF version of this academic poster is available at: http://mcclellandinstitute.arizona.edu/posters