The prevalence of obesity and diabetes is disproportionately higher for African American females compared to women of other ethnic groups; placing them at higher cardiovascular disease risk.

There are environmental, social and economic factors that negatively impact the cardiovascular disease risk of African American adult females including healthcare and food access, lower income and parental caretaker demands.

Parenting demands can increase stress and result in lower performance of cardioprotective behaviors.

Eating regulation, specifically overeating, is investigated as a cardiovascular disease risk factor in the general US population, however; there is a dearth of research that examines the role of overeating in cardiovascular disease risk in African Americans.

African American adult females may have a unique cardiovascular disease risk as a result of parental caretaker demands and overeating.

To assess African American adult female caretakers’ definition of overeating.

Participants were identified as 1) female, 2) African American, 3) primary caretaker, 4) age 18-45 years, and 5) residence in NC.

Participants were recruited from a local university’s electronic listserv which included African American students and staff members.

Participants completed eligibility and demographic questionnaires.

Qualitative data were collected on overeating and the contexts that support it through interviews. Data were collected from May until June 2020.

Data were transcribed and manually coded using a codebook.

Participants (n=8) were University staff member and student African American female caretakers with an average age of 33.3 years.

Overeating concepts ranged from weight status to satiety signals and included terms such as 'stuffed' and 'disordered eating.'

High-energy, carbohydrate-rich foods were preferred when overeating occurred.

Overeating events occurred in social settings over 50% of the time.

The eating behaviors and dietary choices of some African American adult female caretakers are influenced by a variety of factors including culture, emotion and family.

There is no standard definition of overeating for this population; suggesting that context is necessary to identify and understand it.

A larger sample size will be helpful in making more definitive statements about the role overeating plays in cardiovascular disease risk for African American adult female caretakers.

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