

Title of Intervention: WOMAN Study (Women On the Move through Activity And Nutrition)

Intervention Strategies: Group Education

Purpose of the Intervention: To prevent atherosclerosis in women on hormone therapy using lifestyle change

Population: Older women

Setting: Health care facility-based

Partners: LipoScience (Raleigh, NC), The University of Pittsburgh Health Studies Clinic

Intervention Description:

- Group Education: The group education consisted of six seminars offered during the first year. The seminars focused on general women's health issues, including guidelines from the American Heart Association Dietary Guidelines for America. The lifestyle change group education was facilitated by a multi-disciplinary team of nutritionists, exercise physiologists and psychologists. Participants attended 40 visits through the first year and monthly visits during year two and beyond. The focus was on diet change (fat, caloric intake, fiber, nutrient dense foods, omega 3 fatty acids) and physical activity (150 minutes/week).

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Nutritionist, exercise physiologist, psychologist
- Training: Not mentioned
- Technology: Not mentioned
- Space: Education session space
- Budget: Not mentioned
- Intervention: Education materials
- Evaluation: Pedometers, survey materials (Diet Habit Survey, Fred Hutchinson Center Research Food Frequency Questions, Modifiable Activity Questionnaire (MAQ), Cohen Perceived Stress Scale, Beck Depression Inventory), space, cholesterol testing equipment (phlebotomy equip.), scale, stadiometer, blood pressure monitoring equipment, food diary

Evaluation:

- Design: Randomized trial
- Methods and Measures:
 - Diet Habit Survey
 - Fred Hutchinson Center Research Food Frequency Questions
 - Modifiable Activity Questionnaire (MAQ)
 - Cohen Perceived Stress Scale
 - Beck Depression Inventory

Outcomes:

- Short Term Impact: The lifestyle intervention significantly reduced weight and waist circumference. The reduction of risk factors was greater in the lifestyles change group for women who had stopped hormone therapy.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Kuller, L. H., A. M. Kriska, et al. (2007). "The clinical trial of Women On the Move through Activity and Nutrition (WOMAN) study." *Contemp Clin Trials* 28(4): 370-81.

Kuller, L. H., et al. (2006). "Lifestyle intervention and coronary heart disease risk factor changes over 18 months in postmenopausal women: the Women On the Move through Activity and Nutrition (WOMAN study) clinical trial." *J Womens Health* 15(8): 962-74.