

**Title of Intervention:** Women's Lifestyle Heart Trial

**Intervention Strategies:** Group Education, Individual Education, Supportive Relationships

**Purpose of the Intervention:** To reduce heart disease risk factors and improve quality of life

**Population:** Postmenopausal females with documented coronary heart disease

**Setting:** Oregon; community-based

**Partners:** None mentioned

**Intervention Description:**

- Group Education: The intervention began with a 7-day retreat that consisted of healthy cooking classes taught by a dietitian, stress management classes taught by a certified Yoga instructor, group physical activity sessions led by a certified exercise physiologist and group discussion sessions.
- Individual Education: Physical training regimens were prescribed on an individual basis. Participants were required to carry out the regimen following the retreat.
- Supportive Relationships: Participants were encouraged to bring a spouse or support partner to the retreat to assist in carrying out the program.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Dietitian, yoga instructor, exercise physiologist
- Training: Not mentioned
- Technology: Not mentioned
- Space: Retreat and meeting space
- Budget: Not mentioned
- Intervention: Audiocassettes for relaxation classes, food for cooking classes, exercise equipment
- Evaluation: Questionnaires, blood pressure measurement devices, weight scales, equipment for taking blood samples

**Evaluation:**

- Design: Randomized controlled trial
- Methods and Measures:
  - Kristal Food Habits assessed dietary intake
  - Summary of Self-Care Activities
  - Rose Chest Pain measured self-reported chest pain
  - Medical Outcomes Study Short-form
  - General Health Survey
  - Stanford 7-Day Recall assessed physical activity
  - Demographic and medical history information was obtained via questionnaire
  - Attendance was kept at all follow-up meetings
  - Medication use information was obtained via interview
  - Blood pressure, blood serum profiles, body mass index, Framingham score were obtained

**Outcomes:**

- Short term Impact: The percent of calories from fat and saturated fat decreased. Physical activity increased. Stress management improved. There was a small decrease in body mass index. There were no statistically significant differences in plasma lipid concentrations, blood pressure or duration and severity of angina symptoms. Caloric intake and prescription drug use did not change significantly.
- Long Term Impact: There was significant improvement in overall quality of life, general health and social functioning. There was a decrease in chest pain frequency and an improved heart disease risk score.

**Maintenance:** All retreat activities were continued throughout the length of the intervention (24 months) via regular meetings conducted at different frequencies.

**Lessons Learned:** Despite the heavy demands of the intervention, participation and adherence were good.

**Citation(s):**

Toobert, D. J., R. E. Glasgow, et al. (2000). "Physiologic and related behavioral outcomes from the Women's Lifestyle Heart Trial." *Ann Behav Med* 22(1): 1-9.