

Background

She's Healthy and Empowered Tribe, **SHE Tribe**, is a health program designed with women for this purpose: *to gather women together, and pursue a lifestyle of health by making small changes that empower action for lifelong wellbeing.* The model is the resulting design of a Community Based Participatory Research (CBPR) approach to develop a wellness program for women of Dallas, Texas. Maximizing on women's social networks, SHE Tribe provides participants with facilitated guidance over 5 different areas of well-being: goals, self-care, physical activity, nutrition, and social support. Together, community members and researchers developed an assessment tool that generates a wellness score from 5 domains of health: me (general behaviors and wellbeing), mind (mental health), matter (what you put into your body), move (physical activity), and meet (relationships and support). The assessment is administered via web-link through Computerized Authoring Intervention Software (CIAS), where scores are calculated by domain to provide individualized feedback based upon Motivational Interviewing (MI) techniques. This feedback then promotes awareness of participant health behaviors, serving as motivation to enhance their health behaviors.

Process

Resource	Enhancement
1. Centers for Disease Control and Prevention: Health Risk Assessment (based on BRFSS interview protocol)	<ul style="list-style-type: none"> Flow of questions (ordering and elimination) Decrease answer options Multiple choice (vs. open text) Consistent time stamp
2. Body Appreciation Scale-2 (BAS-2)	<ul style="list-style-type: none"> Decrease answer options Removal of absolute words
3. International Physical Activity Questionnaire Short Form (IPAQ-SF)	<ul style="list-style-type: none"> Decrease answer options Removal of absolute words Questions to fit CDC physical activity guidelines
4. HITS Tool	<ul style="list-style-type: none"> Questions asked individually (vs. in matrix) Decrease answer options



Impact

The impact of having a tool with the capabilities to be conversational and personalized is that it allows women to assess and reflect on their current well-being, while focusing on strengths and not shame. Among a pilot *Tribe* composed of six women, participants shared their satisfaction with the program structure and appreciated *SHE Tribe* for promoting their intrinsic motivation to achieving health. This project illustrates that collaboration and partnerships with the intended audience is necessary for sustainability of wellness-focused programming. A technology based guided peer-led program aimed at empowering women to take charge of their health such as *SHE Tribe* is a promising approach to improving population health.

Acknowledgement

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Me

- Physical health¹
- Quality of life¹
- Body appreciation²

Mind

- Sleep behaviors¹
- Stress¹
- Depression/Anxiety¹

Matter

- Nutrition¹
- Alcohol¹
- Tobacco¹

Move

- Physical activity³
- Sedentary behavior³

Meet

- Relationship satisfaction¹
- Partner behaviors⁴

References

- <https://www.cdc.gov/policy/hst/hra/frameworkforhra.pdf>
- <http://www.sciencedirect.com/science/article/pii/S1740144514001314>
- <http://people.umass.edu/be640/yr2004/resources/International-physical-activity-worksheet.pdf>
- http://momsOhio.org/resources/HITS_screen.pdf