

# She's Healthy and Empowered:

## Utilizing a Social Network Based Peer-Led Model and Improving Women's Health

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### PROGRAM STRUCTURE

- ✓ Developed through community-based participatory research (CBPR), SHE Tribe aims to promote healthy lifestyles among women
- ✓ The program encourages women to utilize their supportive social networks and work towards making meaningful behavior changes through five program gatherings
- ✓ Each gathering includes goal setting, doing the task and reflecting within a health domain for the week

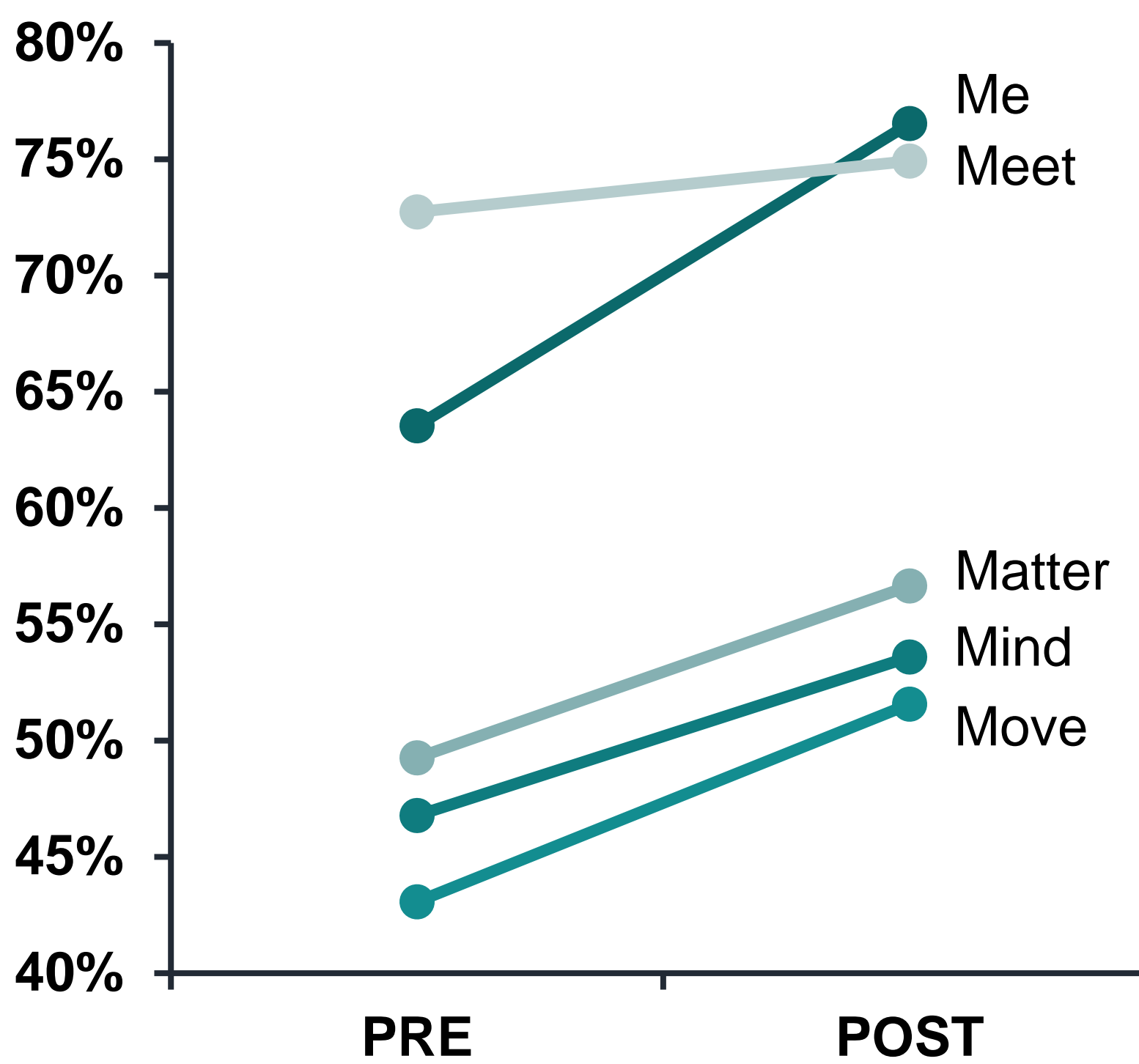


- ✓ SHE Tribe staff provides training to community members interested in leading a tribe
- ✓ These members will take a facilitation role among their own social network
- ✓ A discussion guide provides conversational support throughout the program to the facilitator
- ✓ Facilitators may adapt the program as they deem fit for their tribe members
- ✓ The tribe meets 5 times to cover each of the gathering topics and do an activity together
- ✓ Women celebrate their respective tribes during the 5<sup>th</sup> gathering
- ✓ Upon completion of the program tribe members may recruit and run their own SHE Tribes as facilitators

### EVALUATION

- ✓ Pre-post assessments were used to explore changes within five domains among SHE Tribe participants
- ✓ To standardize the measurements, domain scores for each participant were converted into percentages of total possible points
- ✓ Paired t-tests were conducted to assess change in the respective areas of health
- ✓ 29 out of the 39 enrolled in SHE Tribe had complete data for pre and post assessments

Figure: Pre-post changes in well-being






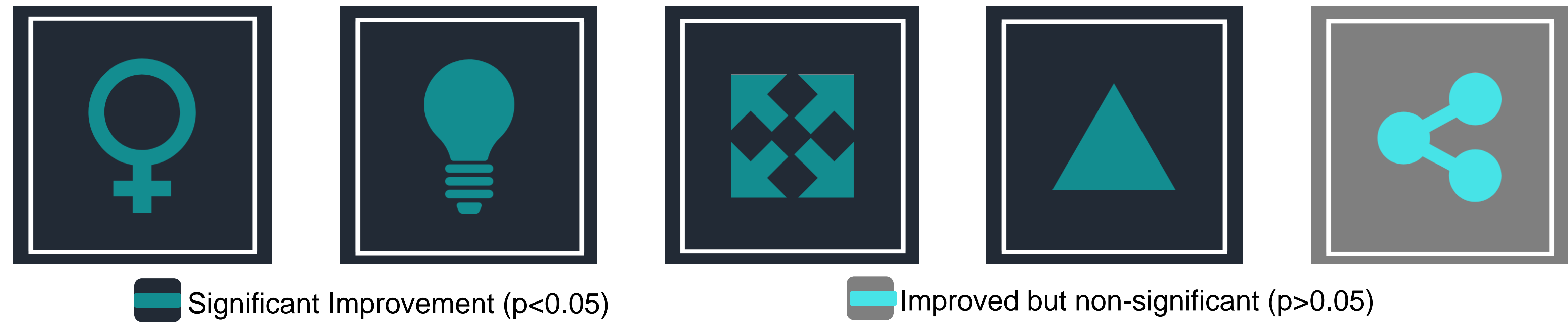
-  **93%** showed improvement in at least one of the five domains
-  **90%** displayed progress in two or more domains
-  **55%** enhanced more than three areas of their health

Figure: Pre-post changes in domains



### CONCLUSION

- ✓ SHE Tribe participants showed improvement in several areas of health
- ✓ This study highlights the success of a social network based peer-led model in empowering women and promoting healthy lifestyle choices
- ✓ Programs fostering intrinsic motivation and self-efficacy such as SHE Tribe show promise with improving health

- ✓ Community engagement and partnership during program development
- ✓ Use of plain language in program materials
- ✓ Emphasis on participant's strengths and self-awareness
- ✓ Dialogue around personalized behavioral changes
- ✓ Incorporation of wellness into women's existing social structure

**KEY FEATURES**

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