The #WomenHealthMatters Initiative
Yasmin Chin, Meharry Medical College, M4
Dr. Millard Collins, Family Medicine

ABSTRACT
Tennessee has the 15th highest adult obesity rate in the nation, with the adult obesity rate at a whopping 32.8%. Obesity leads to a myriad of health issues including cardiovascular disease, which accounts for nearly one of every three deaths in the US. In many minority populations, the cardiovascular effects are evident because of the lack of healthy food options affordable healthcare, and available fitness programs. Regular physical activity and strategic dietary implementations can improve the health and quality of life of Americans of all ages. There are no federal programs currently in place to combat these shocking statistics. The goal of the #WomenHealthMatters Initiative is to provide nutrition and exercise educational tools to women in underserved communities to prevent the devastating complications of obesity before it becomes a problem. Last year, the #WomenHealthMatters Initiative created a flip book with recipe cards that had different options for breakfast, lunch, dinner and snacks that are both healthy and require low-cost ingredients. This year, we created teachable exercises and programs while making our materials digital, with the expectation that women would implement these lifestyle changes and see a difference in their bodies.

BACKGROUND
- According to The State of Obesity, Davidson County, Tennessee, which includes the city of Nashville, has an obesity rate of 37.4% (1). Poor diet and physical inactivity contribute to the obesity problem. In Davidson County, only 27.7% of adults meet the Federal government’s guidelines for fruit and vegetable consumption, and 26.7% of adults reported no physical activity in the last 30 days.
- Regular physical activity can improve the health and quality of life of Americans of all ages, regardless of the presence of a chronic disease or disability.

OBJECTIVES
- The goal of the #WomenHealthMatters Initiative is to provide nutrition and exercise educational tools to women in underserved communities to prevent the devastating complications of obesity before it becomes a problem.
- Last year, we created a flip book with recipe cards that had different options for breakfast, lunch, dinner and snacks that are both healthy and require low-cost ingredients. This year, we created teachable exercises and programs while making our materials digital.
- To reach the largest number of women, participants were selected from pools of patients at events and clinics that were already established at Meharry.
- Outcomes were measured via patient surveys with the expectation that women implemented those lifestyle changes and saw a difference in their bodies.

METHODS
- Consultation with a fitness trainer to create workout routines to cater to our patient population
- Creation of website and digital information for patient convenience
- Partnership with the Family Medicine Clinic, The Salt Wagon Clinic, Family Medicine Interest Group, and Ross Fitness Center for patient outreach
- At the end of each participant’s visit, a medical student spent time counseling patients
- Collaboration with the FMIG to create booths for two community outreach events
- Collection of data via telephone or email; participants answered survey to determine whether or not they implemented the lifestyle changes and saw a difference in their bodies.

RESULTS
- 99.99% of participants visited the #WHM website at least once during a 90-day period
- 97.47% of participants exercised at least once per week during a 90-day period
- 98.72% of participants utilized Meharry’s Bootcamp or Zumba classes more than one time during a 90-day period
- 35.97% of participants noticed an increase in jean slack
- 67.14% of participants noted normal or optimal physical functioning during a 90-day period
- 84.5% of participants reported neutral or positive feelings about their self-esteem during a 90-day period

CONCLUSIONS
- The goal of the #WomenHealthMatters Initiative is to provide nutrition and exercise educational tools to women in underserved communities to prevent the devastating complications of obesity before it becomes a problem.
- Last year, we created a flip book with recipe cards that had different options for breakfast, lunch, dinner and snacks that are both healthy and require low-cost ingredients. This year, we created teachable exercises and programs while making our materials digital.
- To reach the largest number of women, participants were selected from pools of patients at events and clinics that were already established at Meharry.
- Outcomes were measured via patient surveys with the expectation that women implemented those lifestyle changes and saw a difference in their bodies.