

## **Mujeres Fuertes y Corazones Saludables: Adaptation of the StrongWomen-Healthy Hearts (SWHH) Program for rural Latinas using an intervention mapping approach**

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**TOPIC/TARGET AUDIENCE:** Physical activity, nutrition, rural Latinas

**ABSTRACT:** Background: In 2015, 16% of Latino adults met the 2008 US Physical Activity Guidelines compared with 23% of non-Hispanic white adults. Latinas were even less likely to meet guidelines (18%) than Latino men (25%). Rural Latinos also report acculturation to US culture negatively affecting their diet. The combination of physical inactivity and poor diet increases the risk of obesity and associated chronic diseases.

Purpose: To adapt Strong Women, Healthy Hearts (SWHH), an evidence-based physical activity and nutrition program, to reflect the needs of rural Latinas.

Methods: An Intervention mapping process guided the adaptation of program elements, strategies, and curriculum. A community-based participatory approach was used to engage the community and ensure changes reflected the community's culture, resources, and needs. Collaboration with a SWHH developer in the adaptation process ensured evidence-based elements were retained.

Results: Through this process the program Mujeres Fuertes, Corazones Saludables was formed. A pilot study was conducted with rural Latinas to assess feasibility and effectiveness of the adapted program. Preliminary results indicate that participants lost an average of 1 kg and walked an average of 77 more yards in a 6-minute period post-intervention.

Conclusions: The intervention mapping process and collaboration with the community was appropriate and effective.

**OBJECTIVE(S):** Explain the importance of incorporating feedback from community members in a program to reflect their needs.

Describe the process of adapting an evidence-based program from one priority population to another.

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