

## ABSTRACT

### EFFECTIVENESS OF A HEALTH AND NUTRITION TRAINING PROGRAM FOR WOMEN WITH PHYSICAL DISABILITIES

Six women with physical disabilities participated in a training program designed to increase their understanding of the importance of healthy eating and physical exercise to their overall well being and to increase their practice of healthy behaviors. In pretest/posttest measurement, the women did not demonstrate improved knowledge, but 6 months after the training 3 of the women surveyed in telephone interviews reported positive behavior changes. Nine women cited barriers to maintaining healthy lifestyles, including ease of obtaining fast food versus difficulty in accessing restaurants, lack of exercise options that accommodate disabilities, and lack of assistance for their special needs.

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