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The study of the empowerment-led approach to improve the exercise behaviors of community women in Taiwan

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Physical inactivity has been proven to be one of the key factors of chronic diseases and causes of death. The purposes of the study were: 1) to develop the empowerment-led approach of regular exercise for women, 2) to evaluate the effectiveness of the empowerment-led approach of regular exercise for women. This study was conducted using action research method. In the first phase of look, the researcher and project promoters of the Community Health Center established good partnership and decided what exercise was the best way to change women's health. In think phase, the researcher found that 59 % of women did not engage in regular exercise by analyzing of 227 questionnaires form communities. The perceived exercise barriers are key factors preventing rural woman from exercising regularly. The initial ideas for the empowerment-led approach based on those findings. The action phase was that the researcher and community organization formatted a network of community resources. We recruited community health volunteers and community women to receive a 12- week training courses, Yunji dance exercise and empowerment –led approach. About 47.1% of 51 women participated in this study from age 61 to70 years old. After the program, the overall regular exercise rate increased from 39.2% to 72.5%. This study explored the experience of using the empowerment-led approach to support community women to maintain regular exercise.

Biography

Jing Juin Huang is an Assistant Professor of Nursing at Chung Hwa University of Medical Technology. She is also an executive director at Formosan Association of Care and Education for the seniors in Taiwan. Her primary areas of research include women empowerment, women's health, community health promotion, exercise barriers, and long term care. She has currently conducted action research that explored the experience of using the empowerment-led approach to support community women to maintain regular exercise. She aims to develop empowerment-led approach that will contribute to improve the exercise behaviors of community women.

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