

History of the development of *Women Be Healthy*

Women Be Healthy	Target Audience and Content Emphasis
Women's Health Group Facilitator Manual, Nisonger Center, Ohio State University, 2000. Unpublished manuscript.	22 Women with ID participated in 8 week curriculum piloted in a university clinic providing services to people with ID; content focused on breast and cervical cancer screenings, coping skills training, exposure to the medical setting and assertiveness training.
Women Be Healthy, North Carolina Office on Disability and Health, 2002 pilot in 2 NC agencies.	39 Women with ID participated in NC pilot; Health education on breast and cervical cancer screening, anxiety reduction and empowerment training, 8 weeks, 90 min classes (12 instructional hrs.)
Women Be Healthy manual published by NCODH following NC pilot and revisions.	Manual used in Women Be Healthy trainer workshops throughout NC and nationally.
Women Be Healthy train-the-trainer workshops, 2002-2012	More than 300 partners in community rehabilitation programs, community college compensatory education programs, advocacy organizations have been trained to teach WBH; 4 hour workshop to review curriculum and resource kit with instructors
Women Be Healthy NC classes, 2002-2012. Partners not enrolled in NIDRR research study continue to teach WBH classes	Community partners teach WBH classes to over 450 women in NC in partnership with NCODH
Women Be Healthy outside of North Carolina, 2008-2011	State Disability and Health Programs in Montana, Virginia, and Arkansas have trained 130 instructors to teach WBH and to date have taught classes to more 75 women with ID
Women Be Healthy NIDRR research study, 2009-2012	200 Women with ID enrolled in study; 150 women with ID receive 8 week classes between 2009-2011, more than 100 hundred instructors trained to teach WBH classes
Women Be Healthy 2, NIDRR research study Curriculum revisions based on research study findings, 2010	48 Women with ID receive revised curriculum (22 hours) in 2011-2012, expanded class time to 22 hours (1 hr. classes, 2 x/wk, over 11 weeks) PLUS knowledge dissemination via Facebook, Youtube, website
Women Be Healthy 2 plus caregivers education, TBD	Women with ID PLUS caregiver education (family and paid staff) distributed via multiple methods

Partners include the Arc of NC, NC Community College System and local compensatory education programs, community rehabilitation programs, residential agencies, Centers for Independent Living, National Institute on Disability Rehabilitation Research, Centers for Disease Control and Prevention, state disability and health programs, Susan G. Komen for the Cure, Lurie Institute for Disability Policy at Brandeis University.