

## Women Be Healthy: Outreach across North Carolina

### Issue

Cervical and breast cancer are both treatable if detected early. However, women with intellectual disabilities receive screening for cervical and breast cancer at lower rates than their peers without disabilities. Women with intellectual disabilities face a number of barriers to screening receipt including a lack of knowledge or understanding about exams, anxiety or fear, and absence of recommendation by physician.

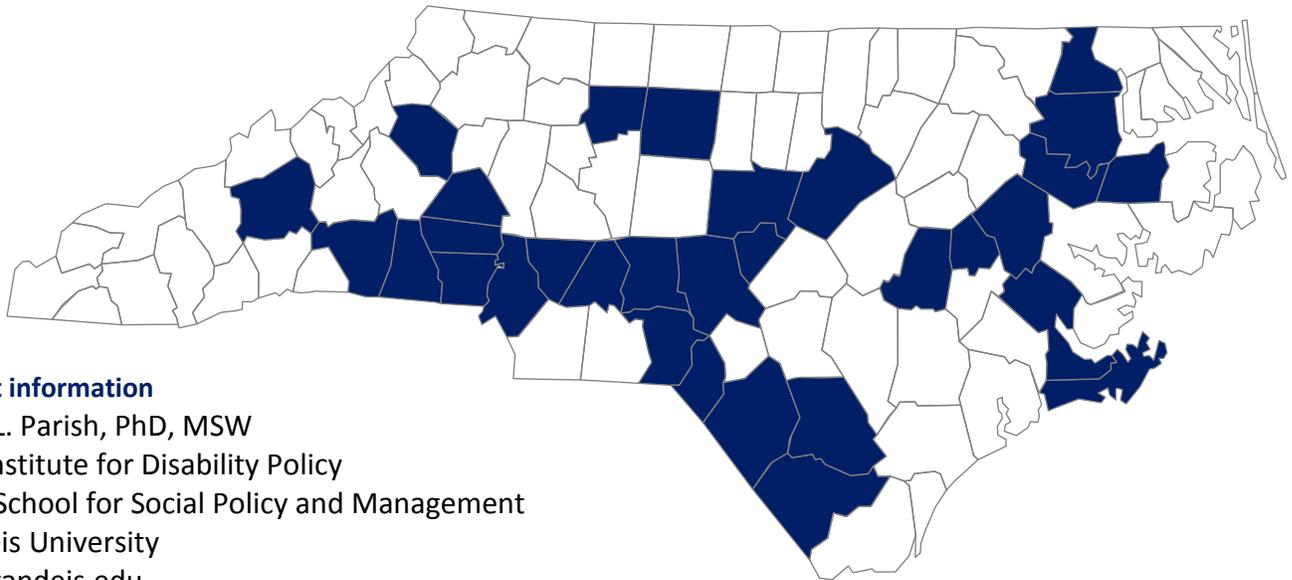
### Program Overview

*Women Be Healthy* is a course designed to teach adult women with intellectual disabilities about cervical and breast cancer screening. The course aims to help women understand the purpose of the screening exams, what happens when the physician performs the procedure, how to relax through deep breathing exercises, and how to advocate for appropriate health care. *Women Be Healthy* was originally designed as an 8-week, 12 hour course. It has now evolved to an 11-week series with 22 hours of class time.

### Making a Difference

Through funding from the National Institute on Disability and Rehabilitation Research, female instructors from across North Carolina have received training on how to teach the *Women Be Healthy* course. To date, approximately 65 instructors from 18 counties have received training on the *Women Be Healthy* curriculum. Of those instructors, 19 taught as a part of a 3-year randomized controlled trial funded by NIDRR. In addition, the study enrolled 202 women with intellectual disabilities. Of those women, 149 have received the *Women Be Healthy* course.

### Outreach across North Carolina: Counties involved in the *WBH* study



### Women Be Healthy

- 65 instructors trained
- 202 women enrolled in RCT
- 149 women participated in a *WBH* course

### Contact information

Susan L. Parish, PhD, MSW  
Lurie Institute for Disability Policy  
Heller School for Social Policy and Management  
Brandeis University  
slp@brandeis.edu

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