THE IMPACT OF EXERCISE ON PHYSICAL HEALTH OUTCOMES IN INCARCERATED WOMERAW

INTRODUCTION

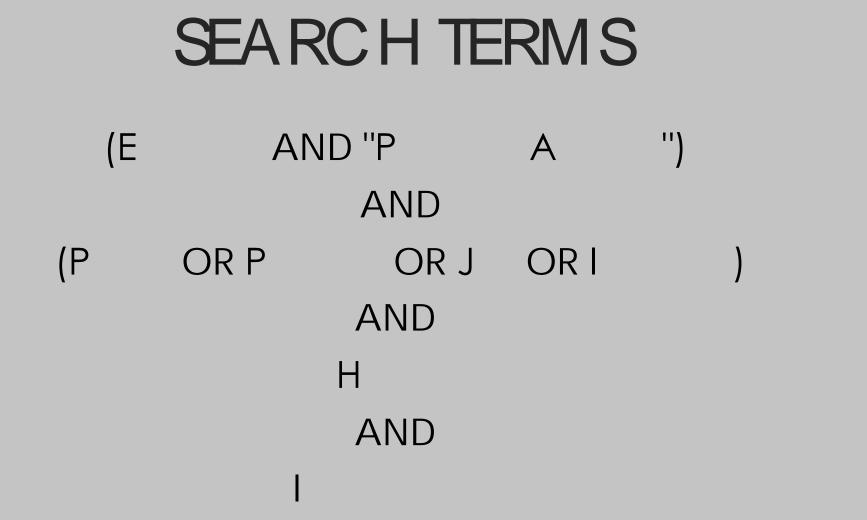
Promotion of physical activity may improve the health status of women in prison.³

Need to determine the most effective intervention programming to meet the needs of this population.⁴

PURPOSE

Current research indicates a lack of physical activity programs available for women in prison.

The purpose of this systematic review was to assess exercise interventions that promote physical wellness for this population.



SELECTION CRITERIA

Selection Criteria

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- 0
 - Physical Health/Wellness (primary) Mental Health (secondary)

Methodological Assessment Tool

Oxford Center for Evidence-Based Medicine 2011 (OCEBM)

Quantitative studies

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RESULTS

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RESULTS

Range of Scores Quantitative = 2 - 4 (OCEBM) Qualitative = 8/10 (JBI)

Total number of subjects (n) = 119 Range = 12 - 33

Programs took place over 6 -12 weeks

RESULTS

SUMMARY OF QUANTITATIVE RESULTS

| OCEBM Level and Design | Intervention | Key Findings |
|---------------------------|--------------|---------------------------------------------|
| | | Decrease in sleeping difficulty, aggressive |
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QUANTITATIVE RESULTS

reductions:

improvements

SUMMARY OF QUALITATIVE RESULTS

| Author, Year | JBI and Design | Intervention | Key Findings |
|--------------|----------------|--------------|--------------|
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QUALITATIVE RESULTS

Qualitative **improvements** were noted:

Overall physical & mental health, energy level, mood, anger manage manage matter at the second secon

CONCLUSIONS

Limited amount of women-based research available Small sample sizes Large variability in intervention types and parameters Varied outcomes measured

CLINICAL RELEVANCE

Well-rounded interdisciplinary programs, including both structured and unstructured activities, are necessary.

Physical therapists are uniquely qualified to address the needs in this population.

