



THE IMPACT OF EXERCISE ON
PHYSICAL HEALTH OUTCOMES IN
INCARCERATED WOMEN ~~RAW~~ ~~ERA~~

INTRODUCTION

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

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

PURPOSE

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Selection Criteria

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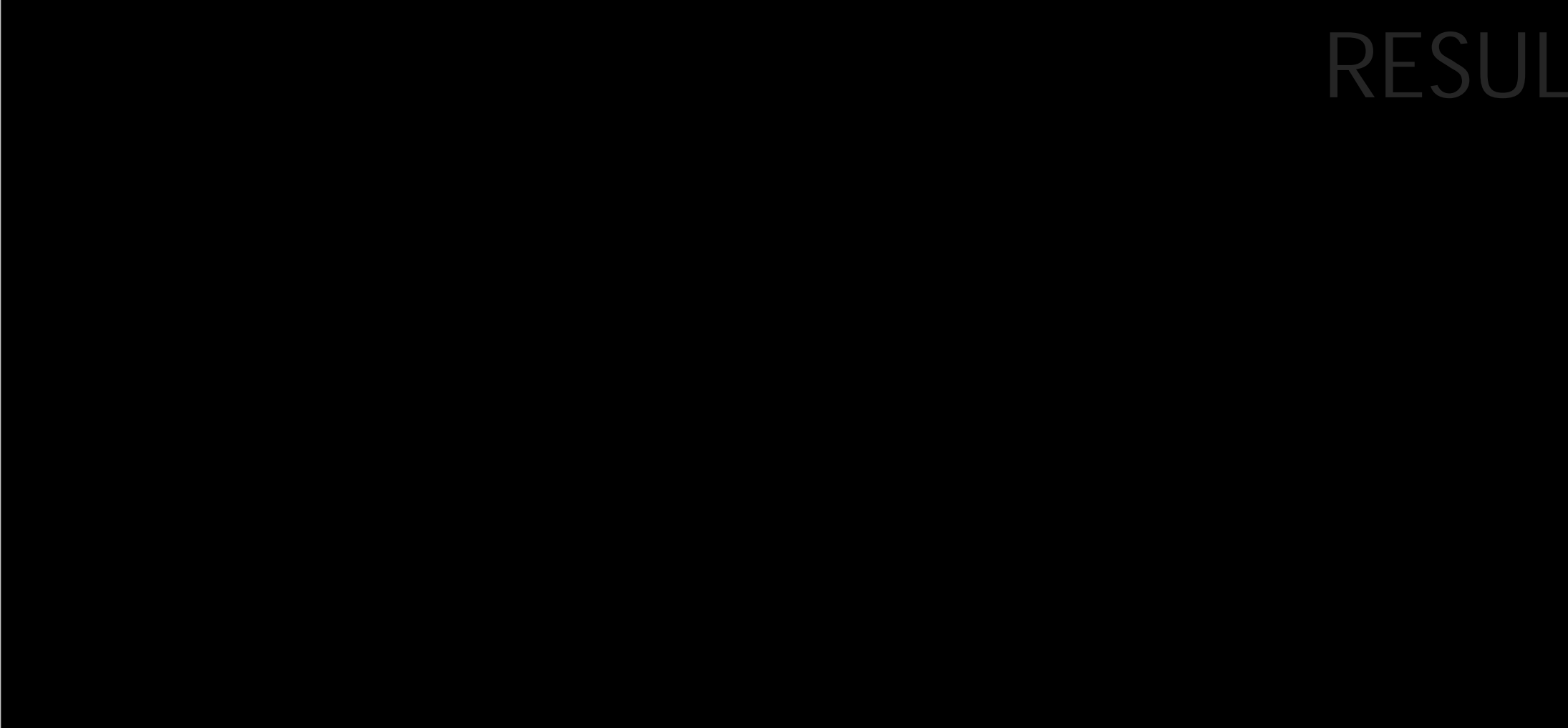
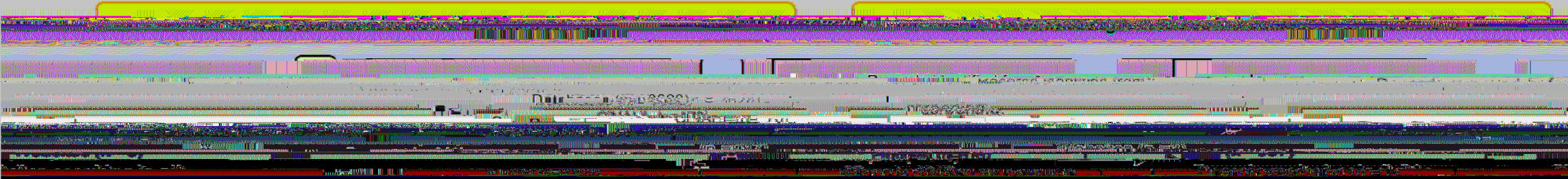
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Physical Health/Wellness
(*primary*)

Mental Health (*secondary*)

Methodological Assessment Tool

Quantitative studies



RESULTS

Range of Scores

= 2 – 4 (OCEBM)

= 8/10 (JBI)

Total number of subjects (n) = 119

Range = 12 – 33

Programs took place over 6 -12 weeks

RESULTS

SUMMARY OF QUANTITATIVE RESULTS

Author, Year	OCEBM Level and Design	Intervention	Key Findings
			Decrease in sleeping difficulty, aggressive

QUANTITATIVE RESULTS

reductions:

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improvements

SUMMARY OF QUALITATIVE RESULTS

Author, Year	JBI and Design	Intervention	Key Findings

QUALITATIVE RESULTS

improvements

Limited amount of women-based research available

Small sample sizes

Large variability in intervention types and parameters

Varied outcomes measured

CLINICAL RELEVANCE



QUESTIONS?