Homeless Sheltered Women's Health Promotion Behaviors

Introduction:
Homelessness is rapidly growing and is challenging our society and health care systems. The primary aim of the study is to describe the health promotion behaviors of sheltered homeless women. This study will also address: 1. the socio-demographic characteristics of sheltered homeless women, 2. the health status and health practices of sheltered homeless women, 3. the relationships between selected socio-demographic characteristics and health promotion behaviors of sheltered homeless women.

Method(s):
Pender's Health Promotion Model was used as the framework for this cross-sectional correlational design study. A convenience of 126 homeless women was recruited from 3 homeless shelters. Measures for the study are HPLPII, SRAHPB, and Personal History Form. Descriptive statistics, Pearson's and Spearman's Rho correlations, and multiple regression will be used for data analyses.

Results:
- Pender's Health Promotion Model is an appropriate framework to describe the health promotion behaviors of sheltered homeless women.
- Similar to national statistics of homeless persons, most of the women in this study were divorced or single and never married.
- Women in this study were less educated than those found in other studies (i.e., Wilson, 2005).
- Most of the women were unemployed and reported that they were physically or mentally unable to work.
- More than half of the women reported good to excellent health status.
- More than half of the women reported being diagnosed with depression.
- In general, the women reported receiving preventive care and age appropriate screening exams.
- More than half of the women smoke.
- Self-rated abilities for health practices (self-efficacy) explained 54% of the variance in health promoting behaviors of these sheltered homeless women, and health rating increased the explained variance to 55%.

Discussion:
Results will be used to inform public policy and the development of nursing...
interventions to assist homeless women improve their health promoting behaviors.

Research Completed: Yes

Abstract History:
- This material has been presented or accepted for presentation in whole or in part at this or another scientific meeting.

Financial Disclosure:
Have a financial arrangement or affiliation with commercial companies whose products may be mentioned in this material?
No

FDA Disclosure:
Cleared: Yes

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