Abstract

Cardiovascular diseases are the leading cause of mortality among women of all major racial and ethnic groups in the United States. This thesis project describes changes in physical activity in 269 urban Alaska Native women participating in the Traditions of the Heart (TOTH) WISEWOMAN intervention as measured through secondary data analysis. Key findings included: 1) positive movement along the continuum of stages of change was noted, 2) statistically significant positive change in perceived barriers to physical activity were found; and 3) statistically significant increases in time spent engaged in physical activity and increases in actual energy expenditure were also found. Recommendations for public health practitioners and future research are provided.