Evaluating “Doing It For Ourselves”
A Community-Based Health Program for Older Lesbian/Bisexual Women

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Community Partners

- Consultants
- SF State University
- IMPAQ
- Openhouse
- World Institute on Disability
- Other community partners
Older lesbians and bisexual women have more obesity than hetero women. They also drink alcohol and smoke at higher rates.
minority stress

rejection of thin beauty standard

lack of resources

fat positive

acceptance of various body types
How is DIFO different?

FOCUS ON: QUALITY OF LIFE

MINDFULNESS

PEER-LED
Evaluation Design

Quasi-experimental design using comparison group

Treatment v. non-treatment comparisons

Pre-, post-, and 4 month follow up assessments

Treatment N=96
Comparison N=36
Current Status of the Evaluation

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<th>WAVE 1</th>
<th>WAVE 2</th>
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| • All data collected | • Pre/post data  
• Currently collecting 4-month follow-up | • Pre-program data collected  
• Currently enrolled |
Key Outcomes

- Quality of life
- Mindfulness
- Connection to community
- Physical activity
- Fruit and vegetable consumption
- Weight
- BMI
- Waist circumference to height ratio
Treatment group showed significant increase in two aspects of **mindfulness** (awareness and disinhibition)

Treatment group showed significant increase in **Quality of Life** score

No other significant findings
Mindful - Awareness

• I notice when there are subtle flavors in the foods I eat
• When eating a pleasant meal, I notice if it makes me feel relaxed
• I appreciate the way my food looks on my plate
Mindful – Disinhibition

• I eat so quickly that I don’t taste what I’m eating

• I stop eating when I’m full even when eating something I love

• When I’m at a restaurant, I can tell when the portion served is too large for me
QOL - Physical Component Score

- General/overall health
- Bodily pain
- Limitations due to physical problems
QOL – Mental Component Score

- Social functioning
- Feeling downhearted
- Emotional and mental health
What the Women Say...

“This program, for me, has been about incremental, gentle change, in physical things and in food things... I find myself in a different relationship with myself because of this group...”

“I feel good about my progress. I got a workout structure that’s working better for me, because I got some guidance from [coach]. I have lost 10 pounds during the course of our thing. I wasn’t really focusing on weight loss”

"My eating style has changed greatly. I’m more conscious of what I eat, when I eat, how I eat. I try and savor the flavor."
What the Women Say...

“I finally joined the Y! This is a very big step for me. It is intimidating to think of putting my 370 lb. body on display in front of strangers, in a bathing suit, in public. It is VERY scary to PLAN on doing so over and over and over again...

I think that my experiences in DIFO were very helpful in bringing me on to this step in my health plan. I have been trying to get to this point for five years.”

“I've been in denial about what's happened to me over the years around being a lesbian, being a woman, all that. I put it in the background so I don't have to think about it. Constantly thinking about the impact that has on my life, not to mention the abuse around fat stuff, has really been hard.

I suddenly realized I got to the point where I'm almost ready to fill out those weekly things about what I eat. Not quite, but I'm almost ready.”
Ongoing Work

Synthesize process and outcome

Integrate qualitative and quantitative

Sustainability
Thank You

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