

## PROJECT AT A GLANCE:

# iHEAL IN CONTEXT: TESTING THE EFFECTIVENESS OF A HEALTH PROMOTION INTERVENTION FOR WOMEN WHO HAVE EXPERIENCED INTIMATE PARTNER VIOLENCE



## PROJECT GOAL:

To test whether iHEAL, an evidence-based health promotion intervention already tested in three specific groups of women, helps those who have left an abusive partner lead healthier, safer, more satisfying lives.

## PROJECT OBJECTIVES:

- To refine iHEAL to make it appropriate for all women
- To engage rural and urban partners to tailor the iHEAL to fit with their different contexts
- To study, in Ontario, British Columbia and New Brunswick (NB), whether iHEAL improves women's health and quality of life, compared to finding support or services on their own
- To adapt iHEAL for NB's Francophone women so it's acceptable, feasible, and beneficial
- To share project lessons with stakeholders to enhance supports and services for all women

## PROJECT LEADS:



## PROJECT ACTIVITY HIGHLIGHTS:

