Figure 1: Dissemination Context

Contextual concept in which the StrongWomen Program was disseminated

- **Research**
  - Clinical
  - Epidemiological
  - Community-based
  - Home-based

- **Policies**
  - ACSM/CDC
  - Other national organizations
  - Private entities

- **Communication**
  - Internet
  - Television/radio
  - Books, print media

**Knowledge:**
Awareness, Beliefs, Attitude

**Access:**
StrongWomen community program

**Behavior Change:**
Influence number of women strength training

---

1 ACSM=American College of Sport Medicine; CDC=Centers for Disease Control and Prevention

Figure 1 Legend: Context for development and dissemination of the StrongWomen Program, a community-based strength training program targeted to women aged 40 and older. This figure was previously published [6].