

Table 3 The 4 most important strategies (in decreasing order of priority) for improving women's health promoting behaviours in the Islamic Republic of Iran as generated in the nominal group

Strategy	Absolute weighting	% weighting	Category
<p>Improving physical activity with social support approach:</p> <ul style="list-style-type: none"> – legislation (free tickets and sports venues and access hours) – environment and sports venues – facilities (financial human resources equipment) – positive attitude (women men and legislators) – outpatient service centres (health care therapy rehabilitation) for treating women's physical problems 	31	34.8	Personal Structural
<p>Empowering women:</p> <ul style="list-style-type: none"> – establishing programmes (via public media) to introduce healthy lifestyles to families – using positive and negative role models for improving perceived threats and perceived benefits – targeting children and adolescents for improving their problem-solving skills 	26	29.2	Personal Structural
<p>Promoting and improving men's positive impact on enhancement of women's health:</p> <ul style="list-style-type: none"> – educating men about health promoting behaviours, particularly promoting social support for women in public places – encouraging men (via media, mosques and workplaces) to concern themselves with their wives' health 	17	19.1	Personal Structural
<p>Promoting social support:</p> <ul style="list-style-type: none"> – promoting healthy behaviours in local facilities, e.g. mosques, parks, sport centres and schools – supporting health promoting behaviours in workplaces – providing nurseries and daycare centres for child care 	15	16.9	Structural
Total	89	100.0	