

Table 2 The 44 ideas for strategies for improving health promoting behaviours among women in the Islamic Republic of Iran as generated in the nominal group

Strategy	Weighting ^a	Total ^a	Category
Promoting and improving men's positive impact on enhancement of women's health: – 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	2,2,3,3,3,4	17	Personal Structural
Using advertisements and programmes to educate about the importance of healthy lifestyles, particularly physical activity (via media, billboards, short message service and pamphlets) in collaboration with the health care system and municipalities	–	–	Structural
Empowering women: – 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	5,5,5,4,4,3	26	Personal Structural
Planning for low-cost exercises such as family marches (in public) on a weekly and monthly basis	–	–	Personal Structural
Establishing and developing women's health consulting services and health education based on health promoting behaviours in cities by deputies of health, welfare and on different levels of services, particularly PHC	4	4	Structural
Starting public screening programmes, eg for hypertension, BMI, cancer and heart diseases	–	–	Structural
Improving physical activity, with social support approach: – 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	5,5,5,5,4,4,3	31	Personal Structural
Starting traditional and healthy cooking programmes in food festivals	–	–	Structural
Starting time management educational programmes for families in workplaces, cultural centres of municipalities and media	3,2,1	6	Structural
Implementing programmes for introducing low-cost methods of stress management for the public	–	–	Structural
Developing stress control consulting centres for employees in organizations and institutes	–	–	Structural
Starting screening programmes for work-related stress in organizations	–	–	Personal Structural
Educating (via organizations and public media) about maintaining privacy and self-time for women	–	–	Personal Structural
Starting regular exercise programmes and facilities in organizations and workplaces and making them public on a weekly basis, with participation of organization managers in order to promote active lifestyles	2,1	3	Structural
Acknowledging women with healthy lifestyles on networks in organizations and announcing their strategies to others for encouraging them to improve their health	–	–	Personal
Developing legal facilities in working conditions	2	2	Structural
Providing facilities for health promoting behaviour education in workplaces	–	–	Structural
Providing an equitable legal system for women (with guarantee of performance) in recognizing fertility rights	3,4	7	Structural

Table 2 The 44 ideas for strategies for improving health promoting behaviours among women in the Islamic Republic of Iran as generated in the nominal group (continued)

Strategy	Weighting ^a	Total ^a	Category
Correcting common beliefs regarding women's exercise (via public media)	1	1	Personal Structural
Educating about stress control methods and skills (unofficially on media and officially via classes in clubs and cultural centres)	2,4	6	Structural
Developing and reinforcing women's self-confidence for accepting health promoting behaviours (via creation of women's clubs)	2,1	3	Personal Structural
Developing bonds with social systems (eg religious communities), to collaborate on issues such as mental health and diet	3	3	Structural
Enhancing participation of women in different levels of decision-making, designing and implementing health improvement programmes, particularly through encouraging women to volunteer for health projects (health care team → educating women → helping other women)	4,1	5	Personal Structural
Encouraging local women's co-operatives	4	4	Structural
Devising a modern model for women's spirituality	–	–	Personal Structural
Monitoring screening programmes based on female risk factors	2	2	Structural
Designing municipal structures for safe women's activities and leisure	–	–	Structural
Improving awareness and attitudes for women, family members and the whole society about health promoting behaviours (different types) and their impact on individual and family health through media, mosques, conventions (seminars, movies) and women's religious gatherings (female preachers)	1,3,3	7	Personal Structural
Facilitating social support on the family level: – assigning time to women to participate in activities or reducing their responsibilities by other family members; – financial support for these activities	4,4	8	Personal
Promoting social support: – promoting healthy behaviours in local facilities, eg mosques, parks, sport centres and schools; – supporting health promoting behaviours in workplaces; – providing nurseries and daycare centres for child care	5,5,3,2	15	Structural
Promoting support at higher levels (legal, infrastructures, financial resources)	3,3	6	Structural
Assessing the impact of health promoting behaviours and providing feedback accordingly	–	–	Personal
Developing short and long-term programmes for women's health via policies, laws and budgets	–	–	Structural
Encouraging cultural education for wives, mothers, daughters and fathers	5,1	6	Personal Structural
Educating women about self-preservation and responsibility skills	–	–	Personal
Enhancing self-esteem, self-efficiency, strong will and making personal choices among women	–	–	Personal
Providing environmental and social facilitators, eg public welfare, social support, policies fighting discrimination and sexism, survival conditions, municipal environment and neighbourhood relations	5,2,1	8	Structural
Forming female-oriented civil organizations particularly on the local scale	4,4	8	Structural
Defining women's share in decision-making positions and occupations	5	5	Structural
Forming women's social identity and role in society	3	3	Structural
Improving social capital through encouraging the feeling of belonging to a neighbourhood, city, country and society	–	–	Structural

Table 2 The 44 ideas for strategies for improving health promoting behaviours among women in the Islamic Republic of Iran as generated in the nominal group (concluded)

Strategy	Weighting ^a	Total ^a	Category
Reinforcing the skills for improving mental health and providing the equipment for improving these skills	2,2	4	Personal
Investing in public sports instead of competitive sports with an emphasis on women's sports	1	1	Structural
Modelling women's success in improving family and neighbourhood health	–	–	Personal

^aEmpty weighting and sum columns for a strategy indicate that the idea was not selected by any of the participants to be among the top 5 priorities.

PHC = primary health care; BMI = body mass index.