

Women Veterans and VA TeleYoga

Engagement, Satisfaction, and Perceived Health Outcomes



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VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Rural Health

DISCLOSURES

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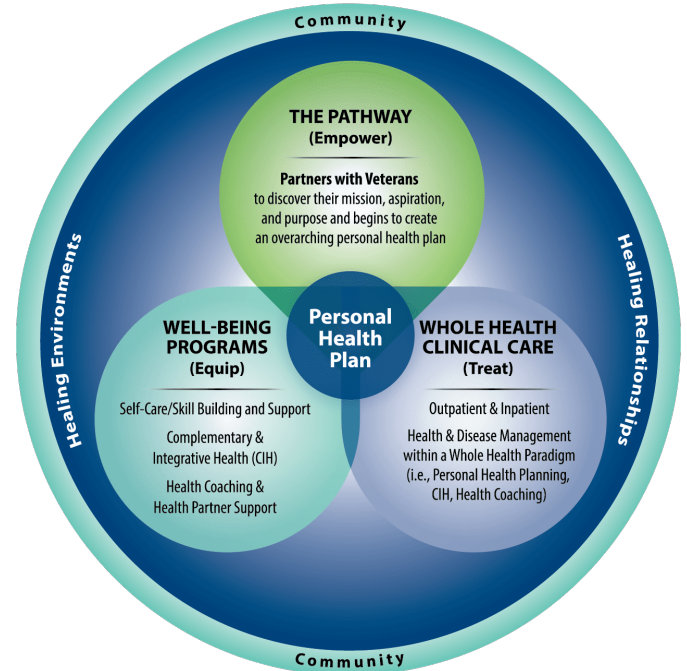
YOGA IN THE VA

2014: Evidence Synthesis

2017: CIH Directive 1137

Whole Health System
Transformation

Coeytaux VA Evidence-based Synthesis Program Reports 2014; Taylor JGIM 2019; Whitehead Med Care 2020; Whitehead GAIMH 2024; VA Directive 1137: Provision of Complementary and Integrative Health 2017



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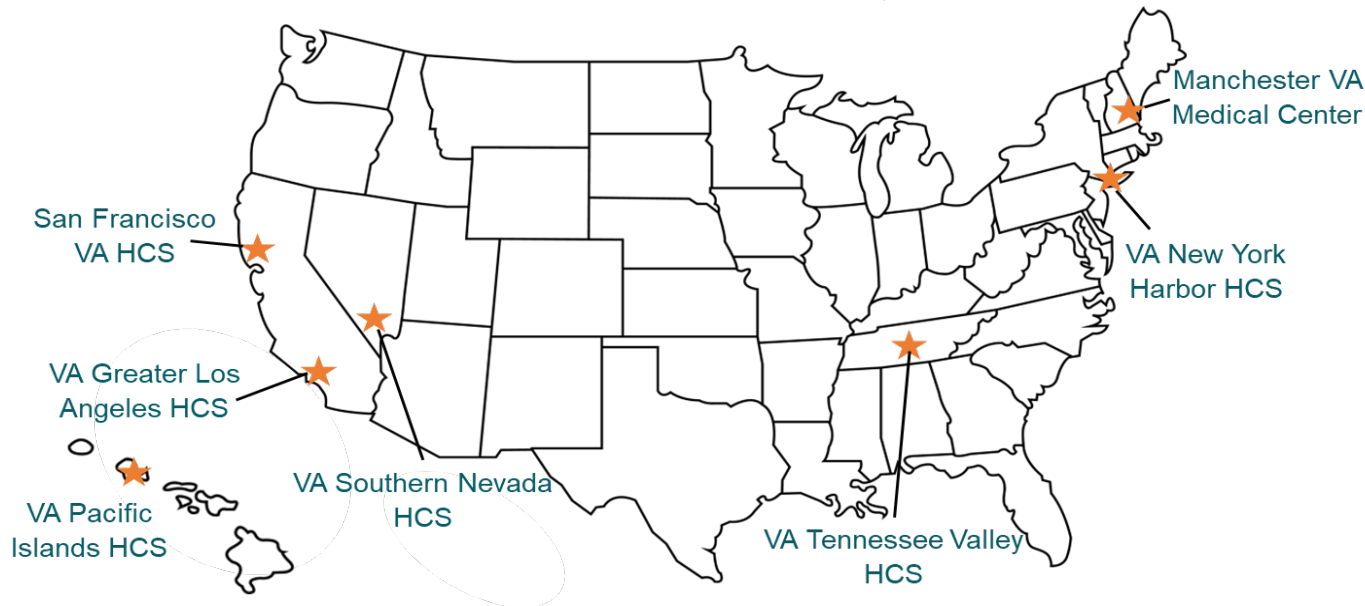


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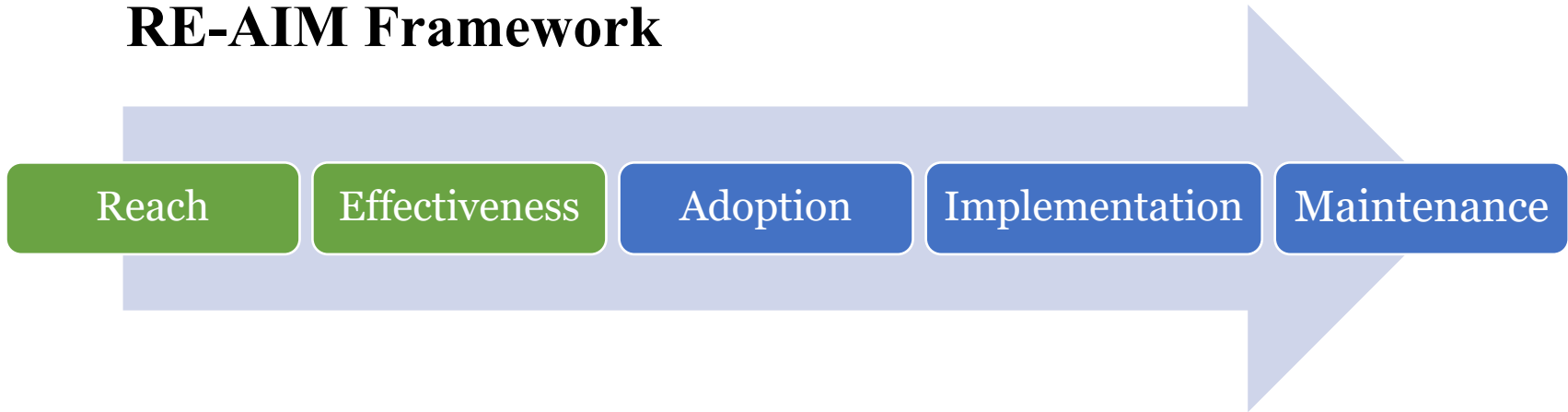
TELEYOGA PROGRAM

The current study is part of a larger ORH funded program to increase access to yoga for rural-dwelling and historically marginalized Veterans across 7 VA healthcare systems



METHODS

RE-AIM Framework



Data Collection

- VA Administrative Data
- Electronic Survey

Data Analysis

- Descriptive Statistics
- Group Comparisons

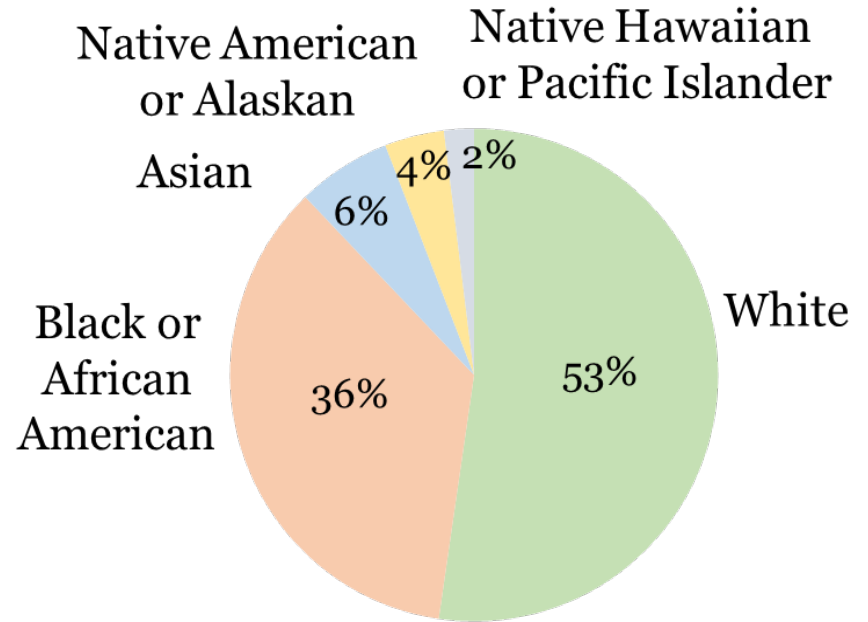
REACH: Oct 2022 – June 2023

373 Women Veterans (WVs)

Mean Age: 55.5 ± 12.3
18% over 65

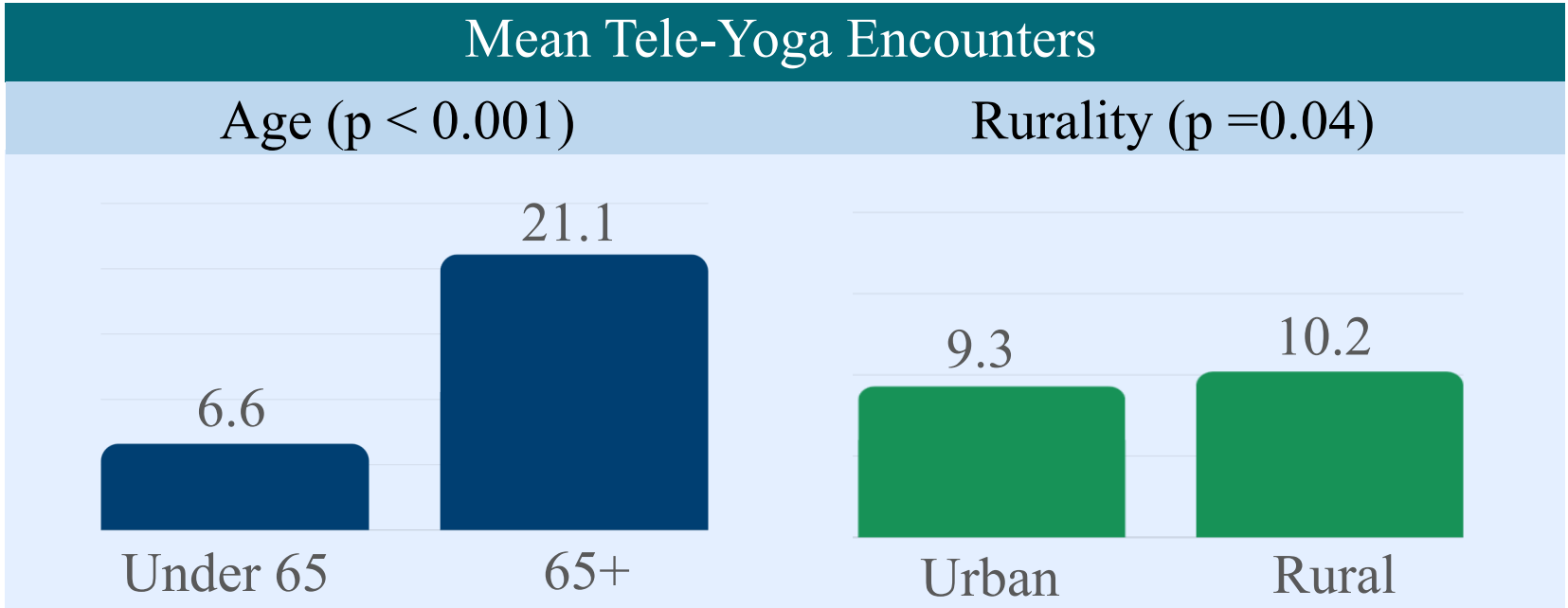
17% Rural-dwelling

Mean Encounters: 9.9
Range: 1-228



TELEYOGA ENGAGEMENT

Higher engagement was associated with rural residence and older age

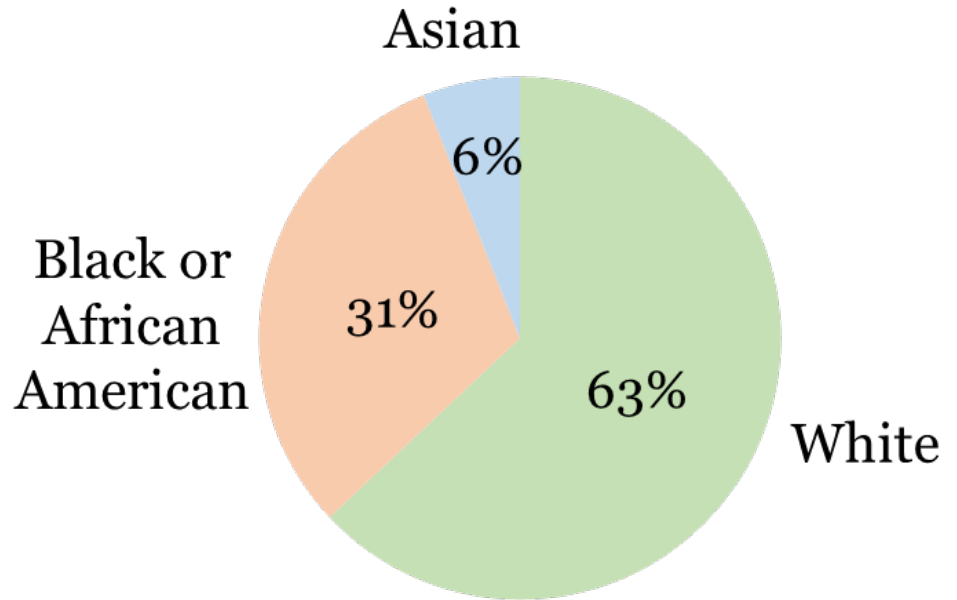


SURVEY RESULTS (n = 75)

Mean Age: 58.3 ± 12
- 36% over 65

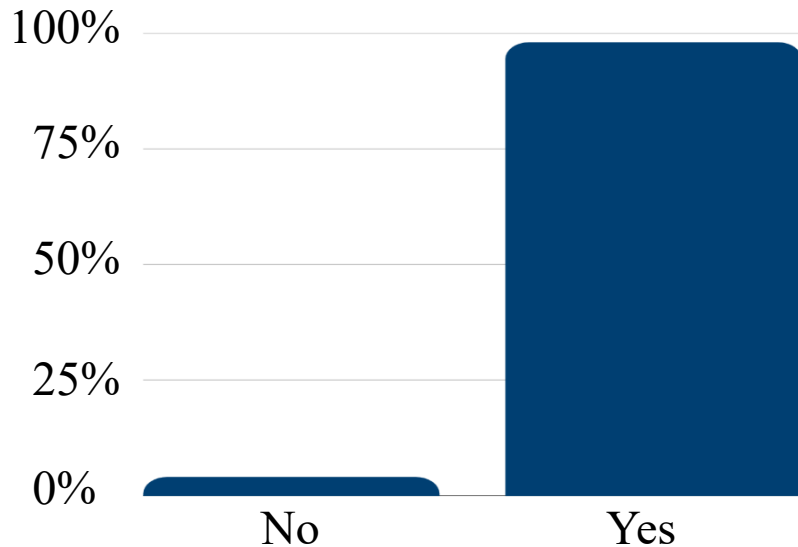
28% Rural-dwelling

Mean Encounters: 25.9
- Range: 2-141

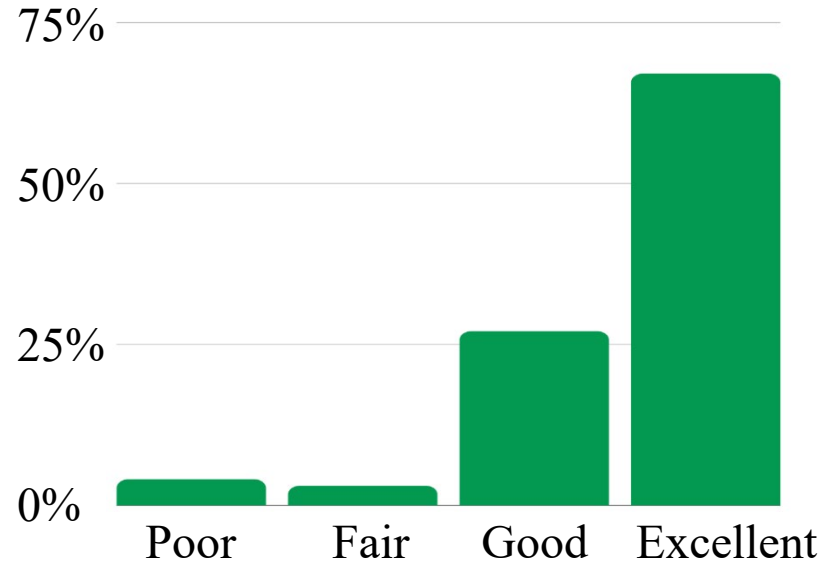


SURVEY RESULTS: SATISFACTION

TeleYoga Endorsement



Overall Experience with TeleYoga



SURVEY RESULTS: GOALS & OUTCOMES

Main Goals for
Participating in
TeleYoga

52%

Health & Well-Being

37%

Pain Reduction

11%

Mental Health

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SURVEY RESULTS: OUTCOMES

WVs agreed that taking TeleYoga helped them...

78% Engage in Healthcare

66% Reduce Pain

73% Reduce Stress

63% Improve Mental Health

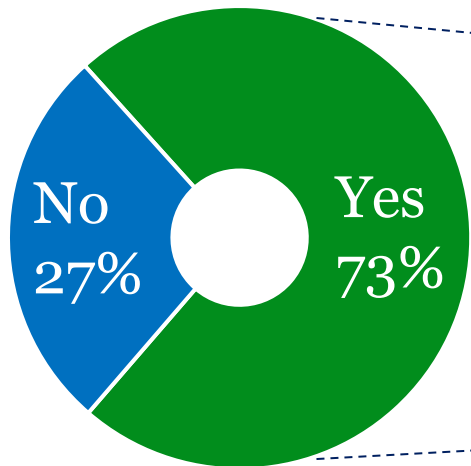
“The confidence that it gave me in my mental and physical health”



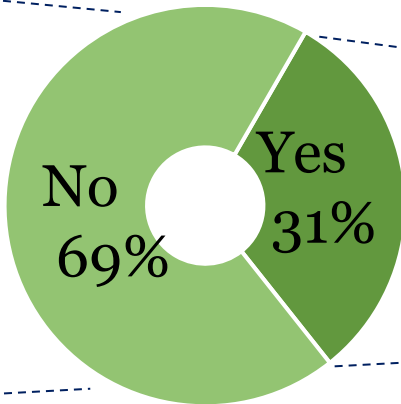
“Exercising me AND my commitment to better overall health!”

SURVEY RESULTS: YOGA EXPERIENCE

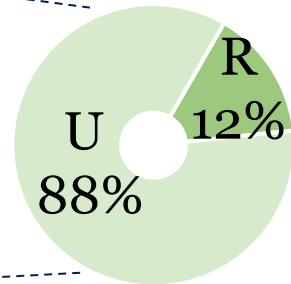
Prior Yoga Experience



In-Person VA Yoga



Rurality



Before TeleYoga, most WVs engaged with Yoga outside of the VA

SURVEY RESULTS: CONVENIENCE

92%

Rated the convenience of TeleYoga as good to excellent

68%

Wrote that the most valuable aspect of TeleYoga was being able to join class from home

“As I live far away from any VA facility, the convenience is fabulous. I don't think I would have ever done yoga if VA hadn't offered it online.”

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AREAS OF IMPROVEMENT

Feedback from WVs



More Class Offerings

“It didn’t fit the times that I was available”



A/V Quality & Internet

“Need a bigger screen than my phone”



Admin Support

“Never got another notification of the next class”

CONCLUSION



- Women Veterans have high rates of engagement and satisfaction with TeleYoga
- TeleYoga promotes well-being in an accessible and convenient format for a variety of women Veterans

Thank You



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