The health of women across the world is declining primarily due to the high rates of obesity and sedentary lifestyle. The U.S. obesity problem has even higher than worldwide rates. The state of Tennessee (TN) ranks as the ninth highest adult obesity rate in the nation, with 32% of women falling in the obesity range in 2012. Due to this serious health problem in TN, a holistic health program was developed to offer low-income women the opportunity to receive lifestyle coaching. Coaching in nutrition, exercise, and empowerment are offered through a scholarship program. Each year 350 women receive these scholarships.

Purpose
The purpose of this study is to determine if there are positive health outcomes (weight loss) from a holistic wellness program being offered to low-income participants.

Conclusions
The data supports the success of this holistic wellness program. Low-income women who completed the program did lose weight successfully. The data also shows that in this program weight loss was achieved regardless of race, age, AGI, or height, making it a model program to expand to other low-income obese women.

Social Change Implications
A holistic wellness program has produced excellent results with positive health outcomes, and offers a wealth of information for further study. Participants have decreased diabetic and high blood pressure medications, controlled eating, and increased overall health and vitality. These constructs could be applied to other low-income communities who have high rates of obesity. These programs would be managed by nurses.

Research Questions and Findings
RQ1: For all of the participants in which data was collected, what is the descriptive information gathered in terms of standard descriptive (frequencies, means, and standard deviations) as calculated for age, height, income, and race?

<table>
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<th>Predictor</th>
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<tr>
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RQ2: Was there a statistically significant difference in weight from the beginning to the end of the program for those who completed it?

Participants who completed the program weight loss. All had statistical significance at P <.001 indicating that the completing the program did show a statistically significant weight loss.

RQ3: Did race, annual gross income, or height have any relationship to the percentage of weight loss during the program?

Statistical significance of possible predictors of whether or not participants lost weight, examining age, AGI, height. Interaction between race and weight loss, using multiple regression. No Relationship

RQ4: Was there a statistically significant difference in the weight loss in the participants who completed the program compared to those who did not complete the program?

Participants who completed and did not complete the program difference in weight loss. All had statistical significance at P <.001 indicating that the completing the program did show a statistically significant weight loss.