

Health Behavior Goals of Cardiac Patients After Hospitalization

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Objectives: To examine the types and influences of health behavior goals self-selected by post hospitalized cardiac patients. **Methods:** Subjects participated in a trial assessing the effectiveness of a health behavior change program. **Results:** Nearly 95% of smokers and 89.7% of patients with elevated weights selected a smoking and/or dietary modification goal, respectively. Only 43.8% of physical activity goal patients started a rehabilitation program. Although no consis-

tent relationships were found between patient characteristics and type of goal(s) selected, significant improvements in readiness to change levels occurred. **Conclusions:** Many patients can make health behavior progress consistent with behaviors needing improvements by clinical criteria.

Key words: health goals, cardiovascular diseases, health behavior, patient education, smoking cessation, physical activity

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