

Monitoring and Lifestyle Modification Strategies in High-Risk Women: Current Evidence and Perspectives. A Literature Review

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Abstract: The increasing prevalence of obesity among women, particularly during pivotal life stages such as midlife and menopause, poses significant health challenges, including an elevated risk of developing breast cancer and other chronic conditions. As cohort studies indicate, lifestyle factors—encompassing diet, physical activity, and psychological well-being—play a critical role in shaping health outcomes for women in these high-risk populations. The menopausal transition, characterized by hormonal fluctuations and associated physical changes, frequently prompts unhealthy lifestyle behaviors that exacerbate weight gain and chronic disease incidence. Such modifications necessitate comprehensive strategies aimed at promoting lifestyle change, which encompasses dietary interventions, exercise regimens, and behavioral counseling tailored to address the specific challenges faced by midlife women. By integrating evidence-based recommendations into public health initiatives, healthcare providers can enhance awareness and support systems for lifestyle modifications that effectively reduce obesity and improve overall health outcomes. Furthermore, fostering a multidisciplinary approach involving gynecologists, nutritionists, and psychologists can yield more robust interventions to support midlife women in navigating these complexities. Ultimately, this literature review seeks to synthesize contemporary evidence on these lifestyle modification strategies, elucidating their effectiveness and potential barriers to implementation in high-risk women, thereby informing future research and practice.

Keywords: obesity, menopause, lifestyle modification, breast cancer, women's health.

1. INTRODUCTION

Defining high-risk women within the health context requires an understanding of multifaceted factors contributing to their susceptibility to various health issues, particularly chronic diseases. High-risk women can be identified based on demographic, genetic, and lifestyle elements, which collectively heighten their vulnerability to conditions such as obesity, cardiovascular diseases, and breast cancer. For instance, lifestyle factors—such as inadequate physical activity, poor dietary choices, and psychological stress—exacerbate these risks, necessitating tailored intervention strategies. Particularly during critical life stages like menopause, women might experience significant changes in weight and overall health, a phenomenon often observed in midlife populations where such transitions are prevalent. Hence, acknowledging these parameters is

essential for effective monitoring and implementing lifestyle modification strategies aimed at this demographic. Current evidence emphasizes the utility of comprehensive lifestyle interventions to mitigate health risks and improve outcomes among high-risk women, reinforcing the importance of understanding their unique health profiles and related behaviors (1).

Monitoring and lifestyle modification are pivotal components in addressing the health challenges faced by high-risk women, particularly concerning diseases such as breast cancer and cardiovascular disease (CVD). Evidence indicates that lifestyle factors—encompassing diet, physical activity, and weight management—are not only modifiable but also significantly influence disease risk and outcomes. For instance, tailored interventions promoting healthier dietary patterns and regular exercise have shown promise in reducing breast cancer incidence, as highlighted in relevant literature. Furthermore, the identification of female-specific risk factors for CVD, such as hormonal changes throughout life and pregnancy-related complications, underscores the necessity for comprehensive monitoring that takes these unique vulnerabilities into account (2). By systematically incorporating lifestyle modifications into health monitoring, healthcare providers can empower high-risk women to adopt healthier habits, ultimately enhancing their long-term health prospects and reducing the burden of these chronic diseases.

An effective literature review serves not only to summarize existing research but also to critically analyze and synthesize the evidence surrounding a given topic. In the context of "Monitoring and Lifestyle Modification Strategies in High-Risk Women," the purpose of the literature review is multifaceted. It aims to elucidate the relationship between lifestyle factors and health outcomes among women at increased risk for conditions such as obesity and breast cancer. This review evaluates the efficacy of various interventions geared toward altering dietary patterns, increasing physical activity, and promoting overall well-being. By assessing current evidence, it seeks to identify gaps and challenges in implementation, while also showcasing successful models of intervention. Moreover, prioritizing lifestyle modifications in public health initiatives addresses critical factors that contribute to health disparities among women, thus recognizing the profound impact of proactive measures on long-term health outcomes (1).

Although significant strides have been made in understanding lifestyle modifications for high-risk women, substantial challenges and gaps in research persist, particularly in the domain of effective implementation strategies. Current literature reveals that while modifiable lifestyle factors such as diet and physical activity have been identified as crucial in managing health risks, there is a marked deficiency in targeted interventions designed specifically for high-risk populations, notably menopausal women. Research indicates that lifestyle interventions often fail to account for the unique biopsychosocial dynamics influencing this demographic, such as psychological distress, cultural expectations, and social roles, which can hinder effective behavior change. Furthermore, existing frameworks for obesity management tend to be generic, providing less actionable recommendations tailored to the specific needs of midlife women navigating menopausal transitions and related challenges. Thus, there is a pressing need for more nuanced, evidence-based guidelines that incorporate these intricacies, as well as for research that embraces interdisciplinary approaches to holistically address the multifaceted barriers to successful lifestyle modification strategies (1).

Monitoring Strategies for High-Risk Women

The implementation of effective monitoring strategies for high-risk women is crucial in the fight against breast cancer, as these approaches allow for early intervention and preventive measures. High-risk women, identified through genetic predisposition or family history, require a tailored monitoring plan that encompasses both medical surveillance and lifestyle modifications. Research indicates that incorporating lifestyle factors such as diet, physical activity, and weight management into these monitoring strategies significantly influences breast cancer incidence and prognosis. For instance, integrating evidence-based lifestyle intervention programs within public health frameworks can serve as a proactive method to reduce risk factors, as highlighted by recent studies emphasizing the impact of modifiable behaviors on overall health outcomes. Specifically, behavioral counseling and community-based initiatives can educate women about the significance of nutrition and exercise, ultimately fostering healthier habits. Furthermore, campaigns that raise awareness about the risks associated with alcohol consumption and obesity are essential in promoting behavioral change. As outlined in the literature, such comprehensive public health strategies have the potential to substantially lower breast cancer incidence among high-risk populations, underscoring the immediate need for a concerted focus on both monitoring and lifestyle modification strategies in this demographic (3).

Effective clinical and biochemical screening methods are crucial for the early identification of cardiovascular disease (CVD) risk in high-risk women. Recent guidelines emphasize the importance of integrating gender-specific risk enhancers into screening protocols, as many conventional approaches fail to account for unique female health factors such as hormonal fluctuations and reproductive history. Such factors include the impact of conditions like polycystic ovarian syndrome (PCOS), which is often associated with obesity and insulin resistance, complicating the metabolic profile of affected women. Research has shown that lifestyle modifications, particularly dietary changes and exercise, can significantly mitigate these risks and improve both reproductive and metabolic health in women with PCOS and other risk factors. Therefore, implementing targeted screening measures in conjunction with individualized lifestyle interventions is essential to enhance the effectiveness of primary prevention strategies aimed at reducing CVD incidence among high-risk women (2,4).

The integration of wearable technology and remote monitoring has emerged as a pivotal strategy in the transformation of health management, particularly for high-risk women. These devices, which include fitness trackers and smart health monitors, provide real-time insights into biometric data such as heart rate, activity levels, and sleep patterns, facilitating a personalized approach to health monitoring. Research indicates that wearable technology not only encourages physical activity but also enhances stress management and improves sleep quality, which are critical factors in lifestyle modification for high-risk populations (5). Moreover, as highlighted in the literature, the utilization of these devices promotes a proactive and preventive healthcare model, empowering women to engage more actively in their health journeys (6). By making health data accessible and actionable, wearables foster an environment of self-awareness and informed decision-making, crucial for tailoring interventions that align with individual health needs. Thus, the role of wearable technology and remote monitoring is instrumental in driving sustainable health improvements among high-risk women, ultimately contributing to better long-term health outcomes.

Psychological and behavioral assessments are essential tools for understanding the complex interplay between mental health and lifestyle choices, particularly in high-risk women. These assessments allow for the identification of psychological disorders linked to inadequate lifestyle management, shedding light on issues such as depression and anxiety that may arise from sedentary behaviors and unhealthy habits. By integrating data from comprehensive surveys and mathematical models, as demonstrated in recent studies, practitioners can discern gender-specific influences on mental well-being (7). Furthermore, the emphasis on modifiable behaviors—such as physical activity and dietary habits—highlights the necessity of tailored lifestyle interventions. A qualitative examination of postmenopausal women revealed key facilitators and barriers to maintaining healthy behaviors, underscoring the importance of social support and self-regulation strategies in fostering long-term change (8). Ultimately, these assessments play a pivotal role in guiding effective lifestyle modification strategies.

The integration of multidisciplinary approaches in monitoring high-risk women's health is essential for effective lifestyle modification and management. An extensive scoping review highlighted the necessity for healthcare providers to address women's diverse needs during the interconception period, stressing that inadequate support can hinder engagement in preventive health behaviors (9). Similarly, a biopsychosocial understanding of the challenges women face—particularly during the menopausal transition—reveals that hormonal changes, coupled with lifestyle habits and psychological factors, significantly impact obesity and overall well-being (1). By fostering collaborative care among clinicians, nutritionists, and psychotherapists, a comprehensive framework can be established to assess and manage the unique risk factors these women experience. This integrative model not only enhances the implementation of tailored interventions but also empowers women to prioritize their health, ultimately leading to better outcomes in weight management and lifestyle adherence. Thus, a multifaceted approach is necessary to create effective monitoring and support systems for high-risk women.

Lifestyle Modification Interventions

Lifestyle modification interventions are increasingly recognized as vital strategies in mitigating health risks among high-risk women, particularly concerning conditions such as breast cancer. These interventions encompass a range of approaches, including dietary modifications, increased physical activity, weight management, and behavioral counseling. The growing body of evidence suggests that addressing lifestyle factors—often seen as modifiable determinants of health—can play a significant role in not only reducing the incidence of chronic diseases but also improving overall health outcomes. For example, structured programs that encourage healthy eating patterns and regular exercise have shown promise in decreasing breast cancer risk by addressing obesity and promoting better metabolic health. The literature indicates that personalized and sustainable lifestyle changes are more effective than one-size-fits-all approaches, as they account for individual

preferences and barriers to change, such as socio-economic factors and community resources (10). However, successful implementation of lifestyle modification strategies requires comprehensive public health initiatives that provide support and education, making these interventions accessible to all segments of the population. By fostering environments conducive to healthier lifestyles, there is potential not only to improve individual health outcomes but also to enhance public health on a broader scale.

A growing body of evidence underscores the importance of nutritional strategies and dietary interventions in reducing the risk of breast cancer among high-risk women. These lifestyle modifications are increasingly recognized as critical components of comprehensive public health initiatives aimed at addressing preventable cancer risks. Specifically, dietary approaches that emphasize whole foods, such as the Mediterranean diet, have demonstrated favorable effects on hormonal regulation and metabolic health, potentially mitigating obesity-related endocrine disruptions that heighten cancer risk. By integrating these dietary patterns into community-based health programs, public health advocates can promote healthier eating habits while also emphasizing the role of physical activity and behavioral counseling in facilitating meaningful change. As indicated in the literature, successful interventions not only target dietary intake but also address psychological and social barriers to adherence, ultimately improving overall well-being and reducing morbidity associated with breast cancer (11). Thus, personalized dietary interventions that account for individual metabolic and hormonal profiles represent a promising avenue for enhancing health outcomes in this vulnerable population.

Physical activity and exercise programs are foundational components in addressing the significant health challenges faced by high-risk women, particularly in relation to cardiovascular health. Given that physical inactivity (PI) is a prevalent and modifiable risk factor among women, understanding its implications becomes imperative. Research indicates that the PA gender gap, which emerges early in life, contributes to long-term adverse health outcomes, underscoring the urgent need for targeted interventions. Exercise programs tailored for women can lead to improvements in health metrics, fostering better physiological responses and mitigating potential pathological conditions. Moreover, awareness and community commitment to promoting these programs can help bridge the PA gender gap and reduce PI across generations. As noted in the literature, there is a critical necessity to implement comprehensive strategies that not only encourage participation in physical activities but also address the underlying barriers specific to high-risk populations. This multifaceted approach is essential for enhancing overall health and well-being among women throughout their lifespan (1,12).

Effective stress management and mental health support are essential components for promoting the well-being of high-risk women, particularly in light of the unique challenges they face. Research highlights the importance of multifaceted coping mechanisms, such as time management, physical activity, and social support, which can significantly enhance emotional resilience and mitigate workplace stress. Specifically, studies have found that women employ various strategies to navigate stressors, and these approaches are vital for maintaining both mental health and job performance (13). Additionally, the recent COVID-19 pandemic has exacerbated stress levels among women, revealing particular vulnerabilities related to pregnancy, postpartum experiences, and intimate partner violence (14). Through proactive outreach and enhanced social support networks, it is possible to prevent adverse mental health outcomes and encourage early intervention. As the data indicate, organizational support plays a crucial role in fostering a healthy environment that can alleviate some pressures faced by women navigating these challenges. Ultimately, integrating effective stress management practices into broader lifestyle modification strategies is essential for improving the mental health landscape for high-risk women.

Achieving smoking cessation and reducing substance use are critical components of lifestyle modification strategies, particularly for high-risk women who face unique challenges within these contexts. Reports emphasize that women typically encounter greater health risks related to smoking, including cardiovascular disease and more severe declines in lung function, which necessitate tailored cessation interventions. Notably, the “My Change Plan–Women” (MCP-W) app demonstrates the potential benefits of gender-specific digital health tools in addressing these challenges, as it was designed specifically with women's needs in mind, thus enhancing engagement and support throughout the cessation process (15). Additionally, workplace-based smoking cessation programs have shown significant promise, with data indicating that a substantial percentage of participants achieved complete cessation following structured interventions (16). This highlights the effectiveness of implementing comprehensive approaches that consider the social and psychological barriers women face. Collectively, these strategies underscore the necessity of focused initiatives aimed at promoting smoking cessation and substance use reduction, ultimately contributing to better health outcomes for high-risk women.

Effectiveness and Challenges of Current Strategies

The effectiveness of current lifestyle modification strategies in reducing breast cancer risk in high-risk women is deeply intertwined with both their implementation and public awareness. Comprehensive programs aimed at altering behaviors such as diet, physical activity, and alcohol consumption have shown promise in educational settings. For instance, initiatives that incorporate dietary recommendations and regular exercise can effectively target modifiable risk factors, leading to a significant reduction in breast cancer incidence, as discussed in (N/A). However, these strategies face considerable challenges, including societal barriers, lack of access to resources, and insufficient public awareness about the intricate relationship between lifestyle choices and cancer risk. Creating robust public health campaigns that emphasize the importance of behavioral modifications is crucial for fostering a preventive mindset within communities (3). Moreover, addressing these challenges requires a multi-faceted approach that not only educates but also facilitates resources for individuals seeking to make healthier lifestyle choices. Thus, while current strategies demonstrate potential, overcoming obstacles related to implementation and education is essential for maximizing their effectiveness and achieving long-term improvements in public health outcomes for high-risk women.

Recent clinical trials and studies provide compelling evidence underscoring the importance of lifestyle modifications in mitigating health risks among high-risk women. Investigation into the impact of dietary changes, physical activity, and behavioral modifications reveals significant correlations with reduced incidence rates of obesity and related comorbidities, particularly during critical life stages like menopause. For instance, highlights how integrating targeted lifestyle interventions into public health initiatives can serve as a proactive measure for breast cancer prevention by addressing modifiable risk factors like diet and exercise. Additionally, midlife women, often encumbered by various responsibilities, can benefit from personalized weight management strategies tailored to their unique challenges (1). Such findings underscore the necessity for healthcare providers to advocate for comprehensive lifestyle programs that not only promote health but also effectively empower women to manage their weight and overall well-being proactively.

In addressing the barriers to adherence and compliance among high-risk women regarding lifestyle modification strategies, several factors emerge as critical challenges. Psychological, social, and environmental influences often impede sustained engagement in healthy behaviors. Notably, lack of social support can hinder a woman's ability to adopt and maintain lifestyle changes; this is evident in studies showing that motivational reinforcement from peers and family significantly affects long-term commitment to health-promoting behaviors. Furthermore, the complexities of individual circumstances, such as socioeconomic status and access to resources, play a crucial role in compliance. For instance, postmenopausal women have identified facilitators and inhibitors that shape their ability to enact healthy lifestyle habits; autonomy support and self-regulation strategies are determinative in integrating these changes into daily life (8). Such insights underscore the necessity of tailored interventions that not only address modifiable risks but also consider the unique barriers faced by specific populations.

The intersection of socioeconomic and cultural considerations is critical in shaping effective lifestyle modification strategies for high-risk women, particularly concerning cardiovascular disease (CVD) and intimate partner violence (IPV). Understanding the social determinants of health (SDOH) reveals significant disparities faced by specific demographic groups, such as Black American women, who experience higher rates of CVD. Research indicates that culturally tailored interventions designed to address SDOH—especially those relating to social and community context as well as healthcare access—can enhance the feasibility and acceptability of health initiatives aimed at reducing risks among these women (17). Similarly, in low- and middle-income countries (LMICs), IPV remains a pressing public health concern, with various demographic and behavioral risk factors linked to socioeconomic status affecting vulnerability (18). These factors underscore the necessity of developing targeted prevention policies that not only address health risks but also incorporate cultural sensitivities and socioeconomic realities. Consequently, integrating socioeconomic and cultural considerations into lifestyle modification strategies can foster more equitable health outcomes for high-risk women.

In recent years, the design of intervention strategies in public health has increasingly embraced emerging trends that leverage technological advancements and innovative methodologies to enhance lifestyle modification among high-risk women. These trends emphasize the integration of digital health tools, such as mobile applications and wearable devices, which enable real-time monitoring of health behaviors and provide personalized feedback to users. Such technology-enabled approaches have shown promise in facilitating behavior change, aligning with the findings of contemporary research

indicating the efficacy of lifestyle interventions in mitigating risks associated with conditions such as breast cancer. The literature supports the assertion that addressing modifiable risk factors—such as diet and physical activity—can significantly influence health outcomes. Furthermore, the exploration of interdisciplinary models that combine behavioral science with technology highlights the potential for more effective and scalable interventions (19). As these innovations continue to evolve, they may serve as critical components in the overarching strategies aimed at improving health among high-risk populations.

2. CONCLUSION

In conclusion, the synthesis of current evidence surrounding lifestyle modification strategies reveals a critical avenue for reducing breast cancer risk among high-risk women. Given the significant association between modifiable lifestyle factors—such as diet, physical activity, and weight management—and breast cancer incidence, the integration of these strategies into public health initiatives is imperative. As highlighted in the literature, successful approaches have demonstrated the potential to not only diminish individual risk but also enhance overall population health outcomes. The alarming increase in breast cancer cases, even in the context of advanced medical therapies, underscores the necessity of addressing behavioral influences on disease progression and prevention (3). Implementing comprehensive public health campaigns that educate women on the risks associated with unhealthy lifestyle choices could empower them to make informed decisions. Moreover, it is vital to counter barriers that individuals may face in adopting healthier behaviors. Ultimately, fostering an environment that encourages lifestyle modifications through accessible resources and community support is essential for mitigating the burden of breast cancer and promoting long-term health among high-risk populations.

The literature highlights significant insights into the cardiovascular risks faced by women, especially during pivotal life stages such as menopause. Emerging evidence underscores that traditional cardiovascular risk assessments often overlook gender-specific factors, such as hormonal changes during pregnancy and menopause, which can exacerbate women's vulnerability to cardiovascular disease (2). In addition, a growing body of research emphasizes the complex interplay between obesity and menopausal transitions, significantly impacting midlife women's weight management strategies. The alarming trend of increased obesity rates among women during this phase accentuates the urgent need for targeted lifestyle interventions (1). Identifying and addressing the unique barriers that high-risk women face, including psychosocial factors and limited access to healthcare resources, is crucial for effective lifestyle modification. The necessity for interdisciplinary approaches that involve healthcare providers from various fields to deliver comprehensive care is critically evident. Therefore, a deeper understanding of contemporary women-specific health risks can inform strategies that enhance preventive measures and promote long-term cardiovascular health.

The implications of integrating lifestyle modification strategies into healthcare practice and policy for high-risk women are profound and multifaceted. As research increasingly highlights the connection between lifestyle factors—such as diet, physical activity, and weight management—and breast cancer risk, healthcare systems must adopt a more holistic approach to patient care. Incorporating evidence-based lifestyle interventions into routine clinical practice can empower healthcare providers to offer personalized counseling and support aimed at modifying these risk factors. Moreover, public health initiatives that emphasize community-based programs can effectively reach broader populations, as demonstrated in successful interventions outlined in the literature. By addressing barriers to adoption and ensuring the accessibility of resources, policymakers can facilitate a culture of proactive health management among high-risk women. Ultimately, the integration of these strategies not only has the potential to mitigate individual health risks but also contributes to the broader public health goal of reducing the incidence and impact of chronic diseases within the community (10).

Advancing research in monitoring and lifestyle modification strategies for high-risk women is essential to refine intervention efficacy and inform clinical practices. Future studies should focus on tailoring interventions to specific demographic and biopsychosocial characteristics of midlife women, addressing the unique challenges they face during menopause, including weight gain and psychological distress. Researchers must prioritize longitudinal studies that assess the sustainability of lifestyle changes over time and evaluate the long-term impact of these modifications on health outcomes. Additionally, integrating technology, such as mobile health applications, could enhance engagement and provide personalized feedback, while also facilitating remote monitoring of progress. Addressing the gaps in knowledge regarding patient attitudes and beliefs can guide the development of culturally relevant educational materials and support systems. Ultimately, establishing evidence-based guidelines for effective teamwork among multidisciplinary healthcare providers is

vital to ensure comprehensive care and address the multifaceted nature of obesity management in this population, as noted in the literature (1).

The optimization of health outcomes for high-risk women hinges on a multifaceted approach that integrates monitoring and lifestyle modification strategies. Given that high-risk populations, particularly women, often contend with unique health challenges, tailored interventions specifically addressing their needs are imperative. As noted, lifestyle factors such as diet, physical activity, and weight management play crucial roles in mitigating risks associated with conditions like obesity and breast cancer, both of which disproportionately affect women. Moreover, midlife women, facing transitions such as menopause, often experience significant health changes compounded by sociocultural pressures that hinder health maintenance (1). Therefore, implementing comprehensive, evidence-based programs that encompass personalized counseling, community support, and interprofessional collaboration can promote empowerment and longer-term adherence to healthier lifestyles among high-risk women, ultimately improving their health outcomes and quality of life.

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