

HEALTHY LIFESTYLE CHANGE PROGRAM TO PREVENT TYPE 2 DIABETES

Researchers at the University of Kentucky invite you to participate in a research study. The purpose of the study is to deliver a community-based healthy lifestyle program. Researchers will learn if people who participate in the program and receive extra social support through telephone calls achieve more weight loss than people who participate in the program but do not receive extra social support.

You may be eligible to participate if you are:

- Non-diabetic
- Self-described Black/African American
- At least 18 years old
- Overweight (BMI greater than 25)
- Within driving distance of a participating church
- High-risk for diabetes: Must score at least 5 on the CDC pre-diabetes screen
at: www.cdc.gov/diabetes/risktest



What will I have to do if I decide to participate?

- Attend 18 classes, each for one hour, that will be taught over Zoom due to COVID-19 and will be held once weekly for 12 weeks and then twice monthly for 12 weeks.
- Classes will be held on Mondays from 6:30-7:30pm beginning January 9th, 2023.
- All participants must be enrolled prior to the first class.

If you are interested in joining the program:

- Contact Donna Butler @deleskia1971@gmail.com or Levangela Webster @lwebster1020@gmail.com to sign up
- Research team will call you to determine eligibility and schedule informed consent.
- Data will be collected by computer survey and telephone.
- The study team will be available on ZOOM to provide full information about the project (date TBA)

What are the benefits to me?

- You will learn how to live healthier.
- You may lose weight, and you may decrease the chance of developing diabetes.
- You will receive a T-shirt, a Fitbit or pedometer, and gift cards for your time.

For more information, please contact:

Lovoria Williams, PhD at Lovoria.Williams@uky.edu or 859-323-5579

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For more information on research studies see:

www.UKclinicalresearch.com