

● UNC-CH IRB #24-2854

HEALTHY LIVING ANSON STUDY

**A Dietary and Lifestyle Intervention Research Study in
Anson County, NC**

This research study will evaluate whether a Food is Medicine (FIM) intervention can improve dietary intake in adults with or at risk for chronic illness.

Participants will...

- Receive food and education on how to add more fruits and vegetables to your diet for 4 months
- Receive education on how to be more physically active for 4 months
- Receive individual support and attend group sessions
- Complete 3 surveys and provide health measures (e.g., blood pressure)
- Receive a \$20 gift card after each completed survey and set of health measures (up to \$60 total)
- Spend a total of approximately 15.5 hours participating over the 9-month study period

Who Can Join?

You may be eligible to participate if you:

- are 18 years of age or older
- reside in Anson county
- have or are at risk for a chronic condition (e.g., diabetes, high blood pressure, heart disease, etc.)
- do not have any other person in your household currently enrolled in the study
- make your own food decisions
- can attend in-person meetings
- are able to do light exercises
- willing to try the study-provided meals
- have freezer space to store study-provided meals

To join the study, contact the study team call (919) 843-3539 or email hlastudy@med.unc.edu

For more information, contact The Caraway Foundation at (704) 761 - 4351 or info@thecarawayfoundation.org

For questions or concerns about your rights as a research subject, please contact the Institutional Review Board at 919-966-3113 or by email to IRB_subjects@unc.edu

