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To Whom It May Concern:

**The FHLY Project: The FHLY (Food quality and Health Literacy among Youth with Chronic Conditions) Study**

I am a 2nd year UNC medical student pursuing data collection for the FHLY project – a project aimed at measuring health literacy levels and identifying disease-specific nutrition knowledge and food choice behaviors within transition-aged youth with chronic conditions and their parents. This student-led project is under the direction of Dr. Maria Ferris, pediatric nephrologist, and team. It is a project funded by the Carolina Medical Student Research Program, an NIH sponsored grant.

We wish to recruit patients from the UNC Kidney Center and Hypertension Clinics. Participants in the study will be aged 7-29 with a diagnosed chronic illness – specifically hypertension or kidney disease. Specifically, patients with dietary restrictions or patients with dietary recommendations from their provider are preferred. If under the age of 18 or accompanied by a legal guardian, the parent will also be asked to complete various parts of the project as well.

Each participant will be asked to complete a survey with the following measures:

* Measures of Health Literacy: Newest Vital Sign & MMA-8
* FHLY Questionnaire
* FHLY Behavior vs Knowledge Activity

After returning home, they will be asked to take a picture of their fridge, pantry, or freezer to return to us via email or at their next appointment.

The total administration should take 25 minutes to complete with parent-youth dyads, and 15 minutes to complete for a single participant. Upon completion of the study, participants will be given a $10 gift card. All information will be kept confidential, and accessible only to study personnel. IRB Approval has been obtained (IRB#15-0663).

I anticipate no interruption with care and normal clinic activity. Thank you for your time and cooperation.

Sincerely,

**Nikita Patel**

UNC School of Medicine

MD Candidate 2018