



Motivated people are needed to join a Virginia Tech research study to learn and talk about HEALTH
Program includes: health screenings, small group classes and telephone calls.

Free Health Screenings, Educational Sessions and Telephone Support:

- Education sessions: Three 2-Hour small group sessions
- Telephone Calls: Eleven 10 minute calls to help you track your behaviors and provide you with personal behavioral strategies
- Health screenings: Three Health screenings (survey, weight, height, blood pressure, finger-stick)

*Names will not appear on any record, and all records will be kept private.
People will not be singled out or identified as a result of this study.*

To be eligible, you must:

- Be at least 18 years of age and a resident of Southwest Virginia
- Meet screening criteria
- Be able to attend 2 health screenings, 3 education sessions, and participate in 11 telephone calls, over a 6 month period, and attend one additional screening at 18 months
- Have reliable telephone access and be able to receive eleven 10 minute calls over a six-month period

Benefits of the study include:

- Education about sugar intake OR physical activity
- Improved health behaviors, such as sugar intake or physical activity levels
- \$150 in Wal-Mart gift cards for completing the study

The research study will begin:

- September, 2013 in Wise County
- All research activities will take place in Wise County (located to be determined)

Contact information:

- To learn more about the study and to see if you qualify, call or text the research staff at Virginia Tech at **540-553-1768**

****We will also be at the Kids Central meeting on Wednesday, August 14th. Make sure you attend to learn more about the program and to see if you qualify****

In partnership with Virginia Cooperative Extension, this research is being conducted under the direction of Dr. Jamie Zoellner, Virginia Tech, Department of Human Nutrition, Foods, & Exercise, Zoellner@vt.edu 540-231-3670

