



## Fact Sheet

### Purpose

The purpose of this research study is to test an important question in relation to dietary recommendations for people with type 2 diabetes: Do diet beverages (e.g. Diet Coke, Crystal Light, Diet Snapple, etc.) influence aspects of diabetes control?

### Participants

We are looking to recruit people with Type 2 diabetes, aged 35 or older, who drink diet beverages.

### Participation

The individuals participating in this study will be provided with beverages for 6 months.

As part of participating in the study, over the 6-month time period people will be asked to:

- Attend 8 in-person study visits (varying between 10-45 minutes, see reverse)  
*These take place at 1100 Washington Ave S in Minneapolis (close to public transportation and free parking)*
- Complete 7 phone interviews about what you ate & drank the previous day.
- Wear a continuous glucose monitor for 3, two-week periods
- Wear an activity monitor for 3, one-week periods

***Each participating individual can receive a total of up to \$425\**** for completing these study activities.  
(\*See other side for details)

### Voluntary

Participation is voluntary. To participate, people must provide written consent. Participants are free to withdraw from the study at any time.

### At the end of the study

At the end of the study, participants will be provided with their data, including activity and continuous glucose monitor reports.

### Funding

This research study is being conducted by Drs. Andrew Odegaard at University of California, Irvine & Mark Pereira at the University of Minnesota's School of Public Health with funding from the National Institute of Diabetes and Digestive and Kidney Diseases at the National Institutes of Health.

### For more information

If you need more information or would like to participate in this study, call **612-437-6126** or send an email to [sodastudy@umn.edu](mailto:sodastudy@umn.edu). You can also find more at our website <http://www.sph.umn.edu/epi/sodastudy>.

## Study Activities and Participant Compensation

Visit (duration)	Activities completed	Compensation amount
Initial Screener Visit (20-30 min)	<ul style="list-style-type: none"> <li>· Activity monitor placed</li> <li>· CGM* placed</li> <li>· Fecal collection kit given to you</li> </ul>	
Baseline Visit (30-45min) (~2 weeks after screener visit)	<ul style="list-style-type: none"> <li>· Complete a survey</li> <li>· Weight measure</li> <li>· Blood Pressure measure</li> <li>· Fasting Blood Draw</li> <li>· Urine collection</li> <li>· Return CGM &amp; activity monitor</li> </ul>	\$75
Week 6 visit (20-30min)	<ul style="list-style-type: none"> <li>· Complete a survey</li> <li>· Weight measure</li> <li>· Blood Pressure measure</li> <li>· Fasting Blood Draw</li> </ul>	\$40
Week 10 visit (10 min)	<ul style="list-style-type: none"> <li>· Activity monitor placed</li> <li>· CGM* placed</li> <li>· Fecal collection kit given to you</li> </ul>	\$10
Week 12 visit (30-45min)	<ul style="list-style-type: none"> <li>· Complete a survey</li> <li>· Weight measure</li> <li>· Blood Pressure measure</li> <li>· Fasting Blood Draw</li> <li>· Urine collection</li> <li>· Return CGM &amp; activity monitor</li> </ul>	\$100
Week 18 visit (20-30min)	<ul style="list-style-type: none"> <li>· Complete a survey</li> <li>· Weight measure</li> <li>· Blood Pressure measure</li> <li>· Fasting Blood Draw</li> </ul>	\$40
Week 22 visit (10 min)	<ul style="list-style-type: none"> <li>· Activity monitor placed</li> <li>· CGM* placed</li> <li>· Fecal collection kit given to you</li> </ul>	\$10
Week 24 visit (30-45min)	<ul style="list-style-type: none"> <li>· Complete a survey</li> <li>· Weight measure</li> <li>· Blood Pressure measure</li> <li>· Fasting Blood Draw</li> <li>· Urine collection</li> <li>· Return CGM &amp; activity monitor</li> </ul>	\$100
7 Phone interviews (15-30) min <ul style="list-style-type: none"> <li>• 2 calls following screener;</li> <li>• 5 calls over weeks 1-24</li> </ul>	<ul style="list-style-type: none"> <li>· Tell interviewer everything you ate and drank the day before</li> </ul>	\$30 bonus if you complete all 7!
	Bonus dollars: Awarded if you wear the activity monitor and the CGM all 3 times.	\$10 activPAL bonus \$10 CGM bonus
<b>Total Amount Possible:</b>		<b>\$425</b>

\*CGM = Continuous Glucose Monitor