

## ACTIVE-GUT Study



The Influence of Physical Activity  
on the Gut Microbiome Study

## Study Fact Sheet

### Purpose

The purpose of this study is to examine how walking may influence the bacteria living in the gut of people with prediabetes.

### Participants

We are looking to recruit people with Pre-Diabetes, aged 30 to 64, who are not actively engaged in a current exercise program.

### Participation

Individuals participating in this study will be randomized into one of two groups:

- **Experimental:** Will complete a walking exercise intervention 3 times/week for 30-45 min/session for 8 weeks.
- **Control:** Will maintain regular physical activity levels for 8 weeks.

As part of participating in the study, over the 11-week time period people will be asked to:

- Attend 4 in-person study visits (varying between 10-20 minutes, see reverse)  
*These take place at 1100 Washington Ave S in Minneapolis (close to public transportation and free parking)*
- Complete 6 phone interviews about what you ate & drank the previous day.
- Wear an activity monitor during the course of the study (a Fitbit Inspire2 watch).

***Each participating individual can choose to either keep their Fitbit Inspire 2 watch and \$25 OR choose to receive a total of up to \$100\**** 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.

### COVID-19 Precautions

Your safety is important to us! We'll limit your time spent within 6 feet of our staff, and both staff and participants will wear masks and complete a COVID-screener prior to meeting in-person.

### At the end of the study

At the end of the study, participants will be provided with their own study data, along with the overall results.

### Funding

This research study is being conducted by Drs. Ryan Demmer & 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 **612-655-2133** or send an email to [activegut@umn.edu](mailto:activegut@umn.edu). You can also find more information, [\*along with a link to our online screening survey\*](#), at our study website [z.umn.edu/activegut](http://z.umn.edu/activegut).

## Study Activities and Participant Compensation

The study is divided into two parts:

**Part 1:** These **three weeks** serve to collect various aspects of the baseline data (i.e. your usual food intake, baseline measures of gut microbiome, fasting glucose, etc).

**Part 2:** These **eight weeks** are considered the active part of the study. You will be randomly assigned to either the intervention or control group at the start of this part.

	Visit (in-person visit duration)	Activities completed	Compensation amount**†
Part 1: 3 weeks	Screener Visit (10-15 min)	<ul style="list-style-type: none"> <li>· Eligibility confirmed</li> <li>· Fitbit Inspire2 provided</li> <li>· Stool collection kit given to you</li> </ul>	
	Home collection activities	<ul style="list-style-type: none"> <li>· 3 phone interviews where you tell interviewer everything you ate and drank the day before</li> <li>· Stool collection</li> <li>· Keep a 3-day food record</li> </ul>	
	<b>Baseline Visit</b> (20 min) (~3 weeks after screener visit)	<ul style="list-style-type: none"> <li>· Weight measure</li> <li>· Blood Pressure measure</li> <li>· Fasting Blood Draw</li> <li>· Saliva collection</li> </ul>	\$20*
Part 2: 8 weeks	<i>Randomization to one of the two study groups will follow the baseline visit.</i>		
	Pre-Week 4 visit home activities:	<ul style="list-style-type: none"> <li>· Stool collection</li> </ul>	
	<b>Week 4 visit</b> (15-20 min)	<ul style="list-style-type: none"> <li>· Weight measure</li> <li>· Blood Pressure measure</li> <li>· Saliva collection</li> <li>· Return stool collection to staff</li> </ul>	\$40*
	Pre-Week 8 visit home activities	<ul style="list-style-type: none"> <li>· 3 phone interviews where you tell interviewer everything you ate and drank the day before (occurs during weeks 7 &amp; 8)</li> <li>· Stool collection (week 8)</li> </ul>	
	<b>Week 8 visit</b> (20 min)	<ul style="list-style-type: none"> <li>· Weight measure</li> <li>· Blood Pressure measure</li> <li>· Fasting Blood Draw</li> <li>· Saliva collection</li> <li>· Return stool collection to staff</li> </ul>	\$40*
	<b>Total Amount Possible:</b>	<b>*Keep the Fitbit Inspire 2 plus \$25 OR Receive an \$100 Visa Card</b>	

### †Additional Non-Monetary Compensation:

Upon request, you will be provided with a copy of your personal data, including a microbiome report, at the very end of the entire study (once all 100 participants have completed the study; ~Dec 2022).

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