**WONDER Study Fact Sheet**  
(Walking Outdoors in Neighborhoods for pre-Diabetes Environmental Research)

**Purpose**
The aim of this study is to examine the mechanisms by which walking in different types of urban/suburban environments improves wellbeing, both physically and mentally, in adults at risk for developing diabetes.

**Participants**
We are looking to recruit people with A1c or blood sugar in the prediabetes range, aged 25 to 64, who are not taking medication to control blood sugar or actively exercising more than 15 min per day (or ~100 minutes per week). If you think you may have prediabetes but are unsure, our staff can determine if you meet the criteria with a simple blood test.

**Participation**
Participation in the study lasts 18 weeks. As part of participating in the study, individuals will be asked to:

- Wear a Garmin vívoactive® 5 smart watch for the entirety of the study (yours to keep!)
- Attend 4 in-person study visits (~20-30 minutes, see reverse)  
  *These take place at 1100 Washington Ave S in Minneapolis (close to public transportation and free parking)*
- Walk outdoors at mutually agreed upon locations for a total of 150 min/wk (~walking 3-5 times/wk) for two, 6-wk periods (total of 12 weeks)
  - Study staff will meet you at four walks and ask you to wear heart & air quality monitors
- Collect saliva samples (at home) at four different time points

Each participating individual can receive a total of up to $440* 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 be following any UMN-recommended protocols at in-person visits.

**At the end of the study**
At the end of the study, participants will be provided with their blood and anthropometric data, including activity reports.

**Funding**
This research study is being conducted by Drs. Mark Pereira at the University of Minnesota’s School of Public Health & Teresa Horton at Northwestern University with funding from the National Heart, Lung, And Blood Institute 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 wonderstudy@umn.edu. You can also find more information, along with a link to our online screening survey, at our study website z.umn.edu/wonderstudy.
## Study Activities and Participant Compensation

<table>
<thead>
<tr>
<th>Visit (in-person visit duration)</th>
<th>Activities completed*</th>
<th>Compensation amount</th>
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<tbody>
<tr>
<td><strong>Part 1: Weeks 1 – 7</strong></td>
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| **Week 1: Baseline Visit – Condition 1** | · Garmin activity watch provided/set-up  
· Heart Rate / Blood Pressure measures  
· Surveys completed  
· Height/Weight measures  
· Hip/Waist measures  
· Fasting Blood Draw  
· Saliva collection kit† given to you | $50 |
| **Location:** Clinic (~60 min) |                        |                     |
| Continue with usual physical activity levels throughout this week, and sync Garmin regularly |                        |                     |
| Randomization to Walking Condition 1 will happen before week 2. |                        |                     |
| **Weeks 2-7: Walking Intervention: Condition 1** | · Walk completed with staff present*  
· Surveys completed  
· Saliva collection kit† given to you | $40 |
| **Location:** Outdoor walk site (~75 min) |                        |                     |
| **Week 4: Assessment Walk** |                        |                     |
| **Location:** Outdoor walk site (~75 min) | · Walk completed with staff present*  
· Surveys completed | $40 |
| **Week 7: Assessment Walk** |                        |                     |
| **Location:** Outdoor walk site (~75 min) | · Walk completed with staff present*  
· Surveys completed | $40 |
| **Week 7: Follow-up Visit – Condition 1** | · Return Week 1 & Week 7 Saliva samples  
· Surveys completed  
· Clinic measures completed (weight, heart rate, blood pressure, blood draw)  
· Saliva collection kit† given to you | $50 |
| **Location:** Clinic (~30-40 min) |                        |                     |
| **Part 2: Weeks 8 – 11: Wash-out period** |                        |                     |
| Return to your pre-study activity level (i.e. stop the weekly walks).  
Continue to wear/sync the Garmin. |                        |                     |
| **Week 12: Baseline Visit – Condition 2** | · Return Week 12 Saliva samples  
· Surveys completed  
· Clinic measures completed (see Week 7) | $60 |
| **Location:** Clinic (~30-40 min) |                        |                     |
| Continue with pre-study physical activity levels throughout this week. |                        |                     |
| **Weeks 13-18: Walking Intervention: Condition 2** | · Walk completed with staff present*  
· Survey completed  
· Saliva collection kit† given to you | $40 |
| **Location:** Outdoor walk site (~60 min) |                        |                     |
| **Week 15: Assessment Walk** |                        |                     |
| **Location:** Outdoor walk site (~60 min) | · Walk completed with staff present*  
· Survey completed | $40 |
| **Week 18: Assessment Walk** |                        |                     |
| **Location:** Outdoor walk site (~60 min) | · Walk completed with staff present*  
· Survey completed | $40 |
| **Week 18: Follow-up Visit – Condition 2** | · Return Week 18 Saliva samples  
· Clinic measures completed (see Week 7) | $120 |
| **Location:** Clinic (~30-40 min) |                        |                     |
| **Total Amount Possible:** | $440 |

*Assessment walks: Staff will meet you at your walking location. You will wear a heart rate monitor and air quality sensor during your walk; the time spent walking will count towards your weekly goal.

† All saliva samples are collected by you in the privacy of your own home. We’ll have you return them to us at subsequent visits.