

ELM Research Program Enhanced Lifestyles for Metabolic Syndrome



Interested in changing some habits to improve your health? If so, **ELM** is a good fit for you.

Contact us today!

✉ (585)-484-7613

📞 ELMfall@rit.edu

🌐 ELMtrial.org

COVID 19 Safety

Information sessions and initial assessments are conducted by phone or with a video call.

The **ELM** study is following ALL federal, state, local and university COVID-19 regulations.

The **ELM** study uses two programs to look at how to help people with metabolic syndrome.

What is metabolic syndrome? Metabolic syndrome is a group of conditions that together increase your risk of heart disease, Type 2 diabetes and stroke. If you have three of the five conditions below, you meet the definition for metabolic syndrome.

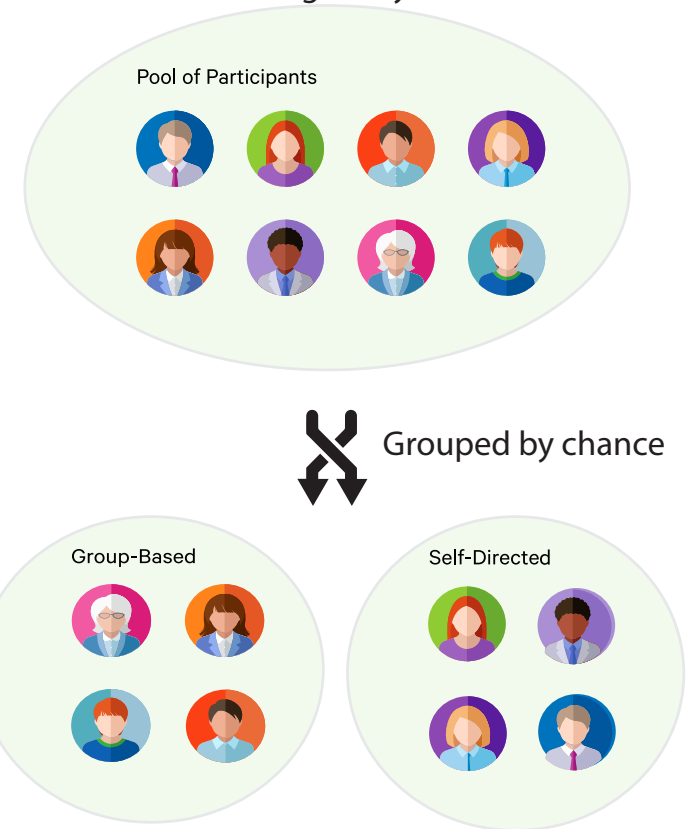
- High blood sugar (glucose) levels
- High blood pressure (or taking meds for high blood pressure)
- A large waistline
- Low HDL (“healthy”) cholesterol
- High triglyceride levels (a type of fat in the blood)

Can I be in this study?
Contact us today if you meet the following criteria:

- Have three of the five conditions noted above for metabolic syndrome
- Read and speak English
- Are at least 18 years of age
- Are interested and want to eat healthier and move more
- No history of heart disease, stroke, or diabetes
- Are willing to commit to this two-year study

What happens when I join the study?

- After going to meetings to be sure you are able to be in the study, you are placed by chance in either the Self-Directed Program or the Group-Based Program.
- You will do more visits over two years to measure changes in your health.



RIT
College of
Health Sciences
and Technology
**Wegmans
School of
Health and
Nutrition**



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Self-Directed Program

The program at a glance:

- One meeting with the Self-Directed Program leader to tell you about the ELM program
- Monthly tip sheets
- A Fitbit to self-monitor activity
- Access to helpful materials on the ELM website
- Feedback on your lab results

Group-Based Program


The program at a glance:

- Meet with the Group-Based Program leader to tell you about ELM program
- Attend 90-minute group sessions once a week for three months, then every other week for three months and then once a month for 18 months
- A Fitbit to self-monitor activity
- Access to helpful materials on the ELM website
- Feedback on your lab results

What are the benefits of being in the study?

- Nutrition and health education
- Fitbit at no cost to you
- Blood work at no cost to you
- More research and treatment for metabolic syndrome

Find out if **ELM** is the right fit for you!

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Meet the Team



Barbara Lohse, PhD, RD
Principal Investigator



Dan Ornt, MD
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Nicole Trabold, PhD, LMSW
Interventionist



MaryAnne McQuay, RD
Interventionist



Tami Best, MS, RD, CDN
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Interventionist



Kristie O'Connor, MLA, RD
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