

## **Consenting Main Points:**

The Project RICE Intervention is a research study where you will receive support from a Community Health Worker to help you live a healthier life and prevent chronic diseases such as diabetes and heart attack. Our Community Health Workers are members of the Korean community with extensive knowledge of health and the needs of your community.

If you are eligible to participate in this study, you may receive a series of free educational sessions on wellness, nutrition, stress relief and preventing diabetes. These sessions will be held every 3-4 weeks for six months in the community and will be in small group settings. We will be calling you or visiting with you on a regular basis to see how you are doing. We will also ask you to answer questions as part of a survey when you begin the study, after 3 months, and after 6 months to understand if the program is helping you make changes to improve your health.

You will be randomly assigned to be a part of one of two study groups:

If you are assigned to study group 1, the intervention group, you will receive 6 two-hour educational group trainings over the course of 6 months. These sessions will be led by a trained CHW in your language and will be held on a monthly basis in Flushing. The sessions will cover different topics related to diabetes and cardiovascular disease prevention, such as:

**Session 1: What is Diabetes & Why is Prevention Important?**

**Session 2: Nutrition**

**Session 3: Physical Activity**

**Session 4: Cardiovascular Disease & Diabetes Complications**

**Session 5: Stress Management**

**Session 6: Access to Services**

You will also participate in filling out a survey questionnaire at different times which will track your knowledge level and any changes in your health and health practices over the course of the 6 month intervention. The survey will be conducted at the first visit, at then 3, 6, and 12 months after the start of the intervention. Your blood glucose and cholesterol levels will be measured and your blood pressure will be taken. Your weight, waist-to-hip measurements, and body mass index (BMI) will also be measured. This will help us see how the program is helping you.

The second group is to help us compare how helpful the program is for people compared to those who do not have it. If you are in study group 2, you will be asked to complete a survey at the start of the study and during the 3<sup>rd</sup>, 6<sup>th</sup> and 12<sup>th</sup> months. You will have the opportunity to participate in the next round of 6 educational sessions once your round of the study is complete.

There are no costs to you for participating in the study.

Metrocards will be offered to you to reimburse travel to and from educational sessions. You will also receive a raffle ticket after each education session you attend that will be entered into a raffle drawing at the last session. You will also receive a gift card after you complete the baseline assessment and follow-ups at 3 and 6 months.

All study information is kept confidential and we will not include your name in any results that are published.