

Changing Health Through Food Support for Diabetes- CHEFS-DM Study

UCSF

Living with type 2 diabetes? Do you need more support?

Researchers want to understand how people with diabetes may benefit from receiving diabetes-tailored healthy meals and groceries paired with diabetes nutrition education.

What will participants be asked to do?

- All participants will receive at least 12-months of diabetes-tailored food support.
- Some will also receive 4 group nutrition education classes and 2 one-on-one visits with a registered dietitian.
- Complete 2-3 surveys, physical assessments, and bloodwork including HbA1C and cholesterol levels over 6-12 months.
- You will be paid between \$170 to \$310 depending on number of assessments completed.

Who can join?

We are looking for volunteers with a confirmed diagnosis of type 2 diabetes, are over 18 years old, and speak English or Spanish. Call or email to find out if you are eligible.



Want to learn more? Contact the study team at:

Asher (English): (415) 226-6839
Jesus (español): (415) 855-0026
Luis (español): 415-625-3111

✉ CHEFS-DMStudy@ucsf.edu

Or contact your clinic to ask about the study



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