



Control Participant Information Sheet - A watermelon focused dietary inflammatory index counseling system to reduce systemic inflammation.

You're invited to see if you qualify to participate in a 12-week Connecting Health Innovations (CHI) intervention study to learn about healthy eating, specifically focusing on watermelon. Irritation in the body (inflammation) may cause cancer, heart disease and diabetes. This study will involve receiving 12 weekly newsletters where you will learn more about healthy eating, exercise, and stress management. We'll measure your blood for markers of inflammation as well as measure your body weight, body composition, and blood pressure. All assessments will take place at USC.

In order to participate, you must be:

- Be ≥ 18 years of age
- Have access to the Internet and a valid email address
- Have Columbia, SC area residence and be able to travel to and from the clinic site
- Not be currently enrolled in a weight loss study or actively taking weight loss medications.
- Have a body mass index (BMI, kg/m²) between 25.0-49.9.

You'll receive:

- Free blood work including obesity panel
- Free anthropometric measurements
- Up to \$40 (if you complete both assessment points)
- Weekly newsletters and healthy recipes

Interested? Please contact Shraddha Vyas, PhD, Site Coordinator at 803-576-5690, svyas@chi.llc.net to learn more about the study and to see if you qualify.

