

**SHP Student Interns for Research and Scholarly Activities  
Application of Project Proposal Form**

**Instructions:**

Please fill out the form and return via email to Michele Sisco ([mcoral@shp.rutgers.edu](mailto:mcoral@shp.rutgers.edu)) by **March 25, 2024**. **Please fill each box to the right of each required field.** If you are sending attachments, please ensure your contact information is added to all your forms.

**Faculty Contact Information:**

Date submitted:	3/22/2024
Faculty Name:	Deborah Cohen
Department/Program:	Clinical and Preventive Nutrition Sciences
Telephone number:	<a href="mailto:cohende@shp.rutgers.edu">cohende@shp.rutgers.edu</a>
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**Project Detail:**

Project Title: (56 characters max)	Food as Medicine: Community-Engaged Intervention for Health and Wellness in Newark
Hypothesis:	In a pilot pragmatic randomized-control trial (pRCT), we hypothesize that a comprehensive lifestyle medicine intervention can improve clinical outcomes (e.g., blood pressure, cholesterol levels, blood sugar levels, BMI) of individuals in Newark, NJ who are living with a lifestyle-related non-communicable disease such as obesity, heart disease, or diabetes compared to a produce food box cohort and usual care (acting as a control).
Description: (Include design, methodology, data collection, techniques, data analysis to be employed, evaluation and interpretation methodology for research component)	Please see attached IRB application.
Specific Student Responsibilities:	Work alongside program PIs and faculty advisor to design didactic lessons. Attend weekly 3-hour didactic sessions with Lifestyle medicine cohort. Assist in delivering 3-hour didactic sessions with Lifestyle medicine cohort. Work alongside program PIs and faculty advisor to advise clients on dietary adherence and challenges.

Start / end date of project:	June 1, 2024 – August 31 <sup>st</sup> 2024
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**Educational:**

WHAT OTHER EDUCATIONAL OPPORTUNITIES ARE AVAILABLE TO STUDENTS? (e.g., journal club, seminars, clinic, rounds)	Not applicable
WHERE DO YOU PLAN TO PRESENT OR PUBLISH THE FINDINGS WITH THE STUDENT? (e.g., national or state meetings, newsletter or journal, SHP poster day)	Journal manuscript if applicable

**CHECK ALL APPROPRIATE BOXES BELOW AND PROVIDE REQUESTED INFORMATION.**

This project is:  **clinical**     laboratory     behavioral     survey     educational  
 Other: please specify \_\_\_\_\_

This project involves the use of human subjects (including chart review, retrospective studies and questionnaires).

**Pending**     Approved     IRB Protocol Number \_\_\_\_\_

***IRB approval must be obtained by June 2024***

*Jane Ziegler*

Signature of Department Chair

3/25/2024  
Date

OR-For internal use

**Form: (1)**

**Reviewed date:** \_\_\_\_\_

**Date processed on website:** \_\_\_\_\_