

**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:	Andrew Lynch
Department/Program:	RMS – Physical Therapy
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**Project Detail:**

Project Title: (56 characters max)	<b>Food as Medicine: Community-Engaged Intervention for Health and Wellness in Newark</b>
Hypothesis:	Our research question is: does a comprehensive lifestyle medicine intervention (involving culinary education, health education, physical activity, and urban agriculture) more effectively improve cardiometabolic risk factors in participants compared to those who only receive produce food boxes or usual care?  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)	This is a pilot RCT of 60 individuals with non-communicable, lifestyle related diseases. We will collect data prior to and after a 12 week lifestyle medicine intervention. Data collection will consist of self-reported function and quality of life and physical performance testing. Data will be processed and analyzed using Stata, Excel, and R. There will also be an opportunity to engage in qualitative analysis.
Specific Student Responsibilities:	Students will be responsible for maintaining lines of communication and scheduling follow-up testing visits with participants in all three arms of the study,

	<p>participating in data collection and processing, and writing up results for publication and presentation.</p> <p>Students will participate in the study management processes and data collection aspects commensurate with their training and program of study. Training will be provided for all study activities.</p>
Start / end date of project:	5/1/2024 – 8/31/2024

**Educational:**

<p>WHAT OTHER EDUCATIONAL OPPORTUNITIES ARE AVAILABLE TO STUDENTS? (e.g., journal club, seminars, clinic, rounds)</p>	<p>Students will participate in study team meetings and journal clubs throughout the course of their participation. Students will be offered the opportunity to attend the lifestyle medicine intervention sessions to learn about the education provided.</p>
<p>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)</p>	<p>We will request the student to submit a presentation proposal to SHP poster day as well as to their respective state and national meetings. Should students meet the authorship criteria for the ICMJE, they will be included in the author list for publications and presentation.</p>

**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***

 PT, DPC, PhD.

Signature of Department Chair

March 22, 2024  
Date

OR-For internal use

**Form: (1)**

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

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