

## SHP Student Interns for Research and Scholarly Activities Project Proposal Form

### **Instructions:**

Please fill each box to the right of the required fields, obtain the required signature and return via email to Michele Sisco ([mcoral@shp.rutgers.edu](mailto:mcoral@shp.rutgers.edu)) by **March 24, 2025**.

If you are sending attachments, please ensure your contact information is added to all your forms.

### **Faculty Contact Information:**

Date submitted:	3/26/2025
Faculty Name:	Andrew Lynch
Department/Program:	Rehabilitation & Movement Science
Telephone number:	
E-mail:	AI1282@shp.rutgers.edu

### **Project Detail:**

Project Title: (56 characters max)	Food is Medicine Newark – A Lifestyle Medicine Trial
Hypothesis:	Individuals with CMKD who are enrolled in a lifestyle medicine (LM) program will demonstrate superior functional improvement to a control group or a Food is Medicine (FIM) program.
Description: (Include design, methodology, data collection, techniques, data analysis to be employed, evaluation and interpretation methodology for research component)	Cardiometabolic Kidney Disease (CMKD) is highly prevalent in underserved urban areas such as Newark, NJ. CMKD can be managed and even reversed via lifestyle changes such as diet/nutrition and physical activity. However, implementation of lifestyle change support is challenging. The purpose of this project is to test the effectiveness of a group lifestyle change session compared to medically tailored groceries and usual care.
Specific Student Responsibilities:	Summer research student will assist the team with literature search, drafting sample tables/figures, outlining the manuscript. Data cleaning processes may be included.
Start / end date of project:	5/1/2025-8/31/2025

WHAT OTHER EDUCATIONAL OPPORTUNITIES ARE AVAILABLE TO STUDENTS? (e.g., journal club, seminars, clinic, rounds)	Lifestyle medicine journal club with faculty/students from medicine, public health, nutrition.
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)	Abstract submission to APTA Combined Sections Meeting. Article submissions to Physical Therapy Journal, Journal of Lifestyle Medicine  SHP Poster Day

**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    Pro2024000459

***IRB approval must be obtained by June 2025***

 PT, DPT, PhD.

March 26, 2025

\_\_\_\_\_  
Signature of Department Chair

\_\_\_\_\_  
Date