



## WONDER Study Fact Sheet

(Walking Outdoors in Neighborhoods for pre-Diabetes Environmental Research)

### Purpose

The aim of this study is to examine the mechanisms by which walking in different types of urban/suburban environments improves wellbeing, both physically and mentally, in adults at risk for developing diabetes.

### Participants

We are looking to recruit people with A1c or blood sugar in the prediabetes range, aged 25 to 64, who are not taking medication to control blood sugar or actively exercising more than 15 min per day (or ~100 minutes per week). If you think you may have prediabetes but are unsure, our staff can determine if you meet the criteria with a simple blood test.

### Participation

Participation in the study lasts 18 weeks. As part of participating in the study, individuals will be asked to:

- Wear a Garmin vívoactive® 5 smart watch for the entirety of the study (yours to keep!)
- Attend 4 in-person study visits (~45-90 minutes, see reverse)  
*You will meet with study staff at a Northwestern Medicine Hospital or Immediate Care Facility for these visits. Multiple sites will be available across the Chicago Metropolitan region; we will work with you to identify a convenient location.*
- Walk outdoors at mutually agreed upon locations for a total of 150 min/wk (~walking 3-5 times/wk) for two, 6-wk periods (total of 12 weeks)
  - Study staff will meet you at four walks and ask you to wear heart & air quality monitors
- Collect saliva samples (at home) at four different time points

***Each participating individual can receive a total of up to \$440\**** for completing these study activities.  
(\*See other side for details)

### Voluntary

Participation is voluntary. To participate, people must provide written consent. Participants are free to withdraw from the study at any time.

### COVID-19 Precautions

Your safety is important to us! We'll be following any NU-recommended protocols at in-person visits.

### At the end of the study

At the end of the study, participants will be provided with their blood and anthropometric data, including activity reports.

### Funding

This research study is being conducted by Drs. Mark Pereira at the University of Minnesota's School of Public Health & Teresa Horton at Northwestern University with funding from the National Heart, Lung, And Blood Institute at the National Institutes of Health.

### For more information

If you need more information or would like to participate in this study, call **312-687-9206** or send an email to [wonderstudy@northwestern.edu](mailto:wonderstudy@northwestern.edu). You can also find more information, *along with a link to our online screening survey*, at our study website [z.umn.edu/wonderstudy](http://z.umn.edu/wonderstudy).

## Study Activities and Participant Compensation

	Visit (in-person visit duration)	Activities completed*	Compensation amount
<b>Part 1: Weeks 1 – 7</b>	<b>Week 1: Baseline Visit – Condition 1</b> Location: Clinic (~75-90 min)  Continue with usual physical activity levels throughout this week, and sync Garmin regularly  Randomization to Walking Condition 1 will happen before week 2.	<ul style="list-style-type: none"> <li>Garmin activity watch provided/set-up</li> <li>Heart Rate / Blood Pressure measures</li> <li>Surveys completed</li> <li>Height/Weight measures</li> <li>Hip/Waist measures</li> <li>Fasting Blood Draw</li> <li>Saliva collection kit<sup>†</sup> given to you</li> </ul>	<b>\$50</b>
	<b>Weeks 2-7: Walking Intervention: Condition 1</b> Walk 3-5 times per week for a total of 150 min/week Continue to wear/sync the Garmin		
	<b>Week 4: Assessment Walk*</b> Location: Outdoor walk site (~75 min)	<ul style="list-style-type: none"> <li>Walk completed with staff present*</li> <li>Surveys completed</li> <li>Saliva collection kit<sup>†</sup> given to you</li> </ul>	<b>\$40</b>
	<b>Week 7: Assessment Walk*</b> Location: Outdoor walk site (~75 min)	<ul style="list-style-type: none"> <li>Walk completed with staff present*</li> <li>Surveys completed</li> </ul>	<b>\$40</b>
	<b>Week 7: Follow-up Visit – Condition 1</b> Location: Clinic (~45-60 min)	<ul style="list-style-type: none"> <li>Return Week 1 &amp; Week 7 Saliva samples</li> <li>Surveys completed</li> <li>Clinic measures completed (weight, heart rate, blood pressure, blood draw)</li> <li>Saliva collection kit<sup>†</sup> given to you</li> </ul>	<b>\$50</b>
<b>Part 2: Weeks 8 – 11: Wash-out period</b> Return to your pre-study activity level (i.e. stop the weekly walks). Continue to wear/sync the Garmin.			
<b>Part 3: Weeks 12 – 18</b>	<b>Week 12: Baseline Visit – Condition 2</b> Location: Clinic (~45-60 min)  Continue with pre-study physical activity levels throughout this week.	<ul style="list-style-type: none"> <li>Return Week 12 Saliva samples</li> <li>Surveys completed</li> <li>Clinic measures completed (see Week 7)</li> </ul>	<b>\$60</b>
	<b>Weeks 13-18: Walking Intervention: Condition 2</b> Walk 3-5 times per week for a total of 150 min/week Continue to wear/sync the Garmin		
	<b>Week 15: Assessment Walk*</b> Location: Outdoor walk site (~75min)	<ul style="list-style-type: none"> <li>Walk completed with staff present*</li> <li>Survey completed</li> <li>Saliva collection kit<sup>†</sup> given to you</li> </ul>	<b>\$40</b>
	<b>Week 18: Assessment Walk*</b> Location: Outdoor walk site (~75 min)	<ul style="list-style-type: none"> <li>Walk completed with staff present*</li> <li>Survey completed</li> </ul>	<b>\$40</b>
	<b>Week 18: Follow-up Visit – Condition 2</b> Location: Clinic (~45-60 min)	<ul style="list-style-type: none"> <li>Return Week 18 Saliva samples</li> <li>Clinic measures completed (see Week 7)</li> </ul>	<b>\$120</b>
<b>Total Amount Possible:</b>			<b>\$440</b>

\*Assessment walks: Staff will meet you at your walking location. You will wear a heart rate monitor and air quality sensor during your walk; the time spent walking will count towards your weekly goal.

<sup>†</sup> All saliva samples are collected by you in the privacy of your own home. We'll have you return them to us at subsequent visits.