

MOVING IN THE RIGHT DIRECTION

We require participants for a PhD research study which has been approved by the Faculty of Health Sciences Ethics Committee at the University of Pretoria. The study will assess if a scientifically based Facebook programme will improve your 10-year risk of heart disease or stroke.

PARTICIPANTS THAT WOULD LIKE TO PARTAKE NEED TO:

- Be a Bankmed member
- Be between 20 to 65 years of age
- Have a Facebook account
- Have ONE or more of the following risk factors:
 - > BMI: ≥ 25 kg/m²
 - > BP $\geq 140/90$ mmHg
 - > Total cholesterol ≥ 5.0 mmol/L
 - > Current smoker
 - > Random blood glucose > 7 mmol/L
 - > Less than five servings of fruit and vegetables a day
 - > Eating fast food twice a week or more
 - > Less than 150 minutes of moderate physical activity per week.

WHAT WOULD BE EXPECTED FROM THE PARTICIPANT?

- Complete a 30 minute Bankmed Personal Health Assessment (PHA)
- Complete a 15 to 20 minute online questionnaire
- The study will be conducted over 12 months with a PHA and online questionnaire completed at month 0, 6 and 12.

Your information will be treated with confidentiality and will not be shared with your employer. If you are interested please contact the study researcher Nceba Hene at ncebahene@gmail.com