

# The Eunice Kennedy Shriver Center

Founded in 1970, the Eunice Kennedy Shriver Center was one of twelve original Intellectual and Developmental Disabilities Research Centers (IDDRCs) established by US Congress and also one of the earliest-established University Centers of Excellence in Developmental Disabilities (UCEDD). The Center was named after Mrs. Shriver to acknowledge her essential role in the development of these programs and her life-long commitment to improving the welfare of persons with intellectual and developmental disabilities. Our mission is to advance local, national, and international efforts to improve the quality of life for individuals with I/DD and their families.



## Health U Research Study Locations

### Shrewsbury

E. K. Shriver Center  
UMASS Medical School  
333 South Street  
Shrewsbury, MA 01545

### Danvers

Held at the Northeast Arc  
6 Southside Rd.  
Danvers, MA 01923

Free parking is on-site

For more information, visit our website at:

<http://umassmed.edu/shriver/recruit/weightlossstudy.aspx>



Approved UMass Medical School IRB

## Welcome to Health U.

A weight loss research study for youth ages 15-22 with intellectual disabilities.

Eat Healthy. Stay Strong.



Keep Moving All Day Long!



IRB Docket #14575



**Eat Healthy. Stay Strong.**



Participants are learning how to be food scientists.

## What is Health U.?

Health U. is a weight loss research study for overweight teens/young adults ages 15-22 who have an intellectual disability.

The Health U. program involves weekly group and individual sessions focusing on helping adolescents lose weight through healthy eating and increasing physical activity in ways that are fun and achievable. Parents receive training on supportive behavioral techniques to encourage their son/daughter to meet nutrition and physical activity goals.

## How does Health U. work?

Participants will be screened for eligibility and randomly assigned to one of two groups, to either start right away or six months later.

Both groups receive nutrition and activity education, as well as behavioral approaches to setting and reaching healthy lifestyle goals. Sessions are interactive and held in the evenings. They are 90 minutes in duration and are taught by registered dietitians and lifestyle coaches.

## Who can participate in Health U.?



- Healthy teens and young adults ages 15-22 with an intellectual disability.
- Participants must meet criteria for overweight or obesity.
- Medical clearance is required from a primary health care provider.
- Participants must have at least one parent/guardian who is willing to participate in the program with them.

## What else do I need to know?

**Health U. will meet on Tuesdays/Thursdays, 7:00-8:30p.m. in Shrewsbury and Danvers.**

Members of the Health U. research staff will conduct a phone screen to determine if your son/daughter is eligible to participate. Once eligibility has been determined we will inform you of the next steps.

Health U. is a free and voluntary research study funded by the National Institutes of Health (NIH) through the Shriver Center at UMass Medical School.

If you think this program is right for you, please call 774-455-6540, or email us at [healthu@umassmed.edu](mailto:healthu@umassmed.edu).



**Keep Moving All Day Long!**