

Tu Salud ¡Si Cuenta! Frequently Asked Questions (FAQ)

General Information

What is “Tu Salud ¡Si Cuenta!”?

Tu Salud ¡Si Cuenta! is a research project that will deliver programs on healthy lifestyles and healthy homes to Hispanic/Latino families and see if the programs help to improve health. The programs are delivered by community health workers (also known as promotoras) who will meet with participants at their homes one time per month for 6 months. The research project also involves 3 study visits over 12 months to collect information to see if the programs helped to improve health. Participants enroll in the project with another adult family member in the same household.

Who can participate?

Hispanics/Latinos between the ages of 18-65 who can enroll with another adult family member in the same household and live in the East End/Magnolia, Northside/Northline, and Gulfton or surrounding neighborhoods. Project staff will need to ask you some additional questions to see if you are eligible to participate in this project.

What is involved in participating in “Tu Salud ¡Si Cuenta!”?

If you are eligible to participate, you and your study partner (who is your family member who is also participating) will be asked to come to a local community center to complete study visits 3 times over 1 year. These visits will take place when you start the project, 6 months later, and 12 months later. During these visits, you will answer questions about your food and physical activity habits, your beliefs and attitudes, your neighborhood, and your household. Project staff will also measure your height, weight, waistline, and blood pressure. All of this information will be used for research purposes only and will not be shared with your doctor or anyone else.

You will also be asked to wear an accelerometer, which is a small device that will measure your physical activity for 7 days after your appointment. You will be given a prepaid, stamped envelope to send the device back to us.

A few days to a week after each visit, you will be asked to answer some questions on the phone about the types of food that you eat.

After the first study visit, a promotora will visit you and your study partner at your home one time per month for 6 months. Each visit should take approximately 1.5 hours, and we ask that both you and your study partner are present at these visits. At each visit, both of you will receive small incentive items as a thank-you gift.

During the project, you will receive text messages to remind you about your study visits and the home visits with the promotoras. You will also receive text messages with health tips. In total, you may receive up to approximately 3-5 text messages per week.

How much does it cost to participate?

There is no cost to participate in this program. Participants will be compensated for their time with gift cards and small incentive items.

Where will the study take place?

All three study visits will take place at a local community center in the East End/Magnolia, Northside/ Northline, or Gulfton areas. The 6 monthly visits with the promotora will take place in your home.

How will you measure my waistline?

Your waist will be measured across the narrowest part of your waist and across your hips. To ensure accurate measurements, you may be asked to raise your shirt and lower your pants a little to expose your mid hip area. Waist line measurements will be performed in a private area.

What are accelerometers and why do I have to wear one?

Accelerometers are small devices that measure your physical activity. They are worn comfortably around your waist. You will be asked to wear the accelerometer for 7 days after your first visit, and again after your 6 month and 12 month visits. This device will simply measure your physical activity.

How much will I be compensated for participating?

Each person who participates will be given \$50 in gift cards for completing each study visit, for a total of \$150 in gift cards over the 12 months of the study. At the end of each visit, you will first be given \$25 in gift cards. After you complete the questions over the phone, you will be given another \$25 in gift cards. Together, you and your study partner would receive \$300 over 12 months for completing all study procedures. At each home visit, you will also receive various small gift items.

Will I be told the results of the research?

Yes. Your height, weight, and blood pressure will be measured during each study visit, and you will be given this information to keep. Other information, like your answers to the survey questions and whether the programs are effective, can be shared after we combine everyone's information together.

Why are you not enrolling people older than 65?

We are not including participants over the age of 65 because physical activity programs should be developed specifically for this age group.

How do I sign up?

Please contact the project staff at 713-745-1060 or tusaludsicuenta@mdanderson.org. If you leave a voicemail, a member of the project team will get in touch with you.

Eligibility Criteria**What happens if I'm not eligible?**

If you are not eligible to participate, project staff can give you educational materials about physical activity, healthy eating, and how to keep your home healthy and safe.

Can I participate in the study with my friends and/or family members?

If you are eligible, you will be able to participate in the study with an adult family member or spouse who lives in the same household. However, only **two** people per household may participate in Tu Salud ¡Si Cuenta!

Can I still participate if I'm injured during the study?

It is important to check with your doctor first regarding your injury before continuing participation in this study.

Privacy**Will my responses to the questionnaire and my personal information be confidential?**

MD Anderson will take appropriate steps to ensure that the information you provide remains confidential. Some of these steps include the use of ID numbers for participants in place of names and storing files in a locked cabinet.