



# Corazones Saludables

**You are invited to participate in a study to reduce risk for cardiovascular disease and type 2 diabetes in Latinos.**

**Who is invited?**

- Adults who are at-risk for heart disease or type 2 diabetes
- With a member of their family who lives with or near them.

**Adults at-risk for these diseases can participate in this study including those who:**

- Are 18 years of age or older
- Speak Spanish
- Do not already have heart disease or diabetes
- Do have 2 or more risk factors for these diseases  
(For example: have a family history of heart disease or type 2 diabetes; are overweight or obese; do not eat healthily; do not exercise; have hypertension; smoke; have high cholesterol have depression or are stressed)

*A family member invited to enroll in the study with an at-risk adult:*

- May or may not have heart disease or type 2 diabetes;
- May or may not have one or more of the risk factors listed

**As part of the study:**

- We will collect data about lifestyle and similar information from all participants
- Adults who are at-risk for these diseases will be asked to
  - ◆ Provide information about their lifestyle
  - ◆ Have some physical assessments conducted related to their risk factors
  - ◆ Attend healthy lifestyle educational sessions

*Family members who enroll with at-risk adults may or may not be asked to do these same activities*

- Everyone who is in the study will receive something for participating

**For more information, please contact:**

**Laura Pastrana, 859-218-7784, [Laura.Pastrana@uky.edu](mailto:Laura.Pastrana@uky.edu)**



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