

# HEART

## HEALTHY EATING & ACTIVE ROUTINE TRIAL

- British South Asian people (who originate from India, Pakistan or Bangladesh) have an increased chance of developing coronary heart disease – they are 50% more likely to get and die early from coronary heart disease
- The University of Leeds is working with Heart Research UK by conducting research to find out how to encourage South Asian people to adopt a heart healthy lifestyle
- We are looking for **South Asian men and women** aged over 18 to take part in a research study which is split into **3** parts and is conducted **by post, email and telephone** over the course of 3 months. The research can be completed in the comfort of your own home
- At Time 1 you will fill out a questionnaire (15-20 minutes) and return by freepost. At Time 2, you will watch a DVD and fill out a questionnaire (25 minutes) and return by freepost. At Time 3 (3 months after Time 1) you will fill out a final questionnaire (15 minutes) and return by freepost. There will be a 5 minute screening call to check you are eligible to take part. We will keep in contact with you by email as well.
- Participation to this study is anonymous and confidential
- The study is not a test and it is not difficult. You'll be answering simple questions that ask you about your views towards diet and physical activity
- You have to be Asian, over 18, fluent in English (both reading and writing). You don't have to know anything about diet, physical activity, research or heart disease. You don't have to have heart disease to participate.
- By completing the study, you will be entered into a prize draw. There are 2 first prizes - £100 cash and £100 high street vouchers. There are three runner up prizes of £50
- Please support this much needed research. If you'd like to participate, please email Amrit Daffu-O'Reilly at [pscakd@leeds.ac.uk](mailto:pscakd@leeds.ac.uk) or telephone 0113 3439192