

# Tele-Nutrition

Personalized nutrition education, provided through FaceTime, to support and promote healthy eating behaviors for individuals with traumatic spinal cord injury.



**Santa Clara Valley Medical Center (SCVMC) is seeking participants aged 20 or older with a spinal cord injury (SCI) to participate in a research study investigating the use of nutrition counseling to decrease the risk of diet-related complications (e.g., obesity, high cholesterol, or diabetes) and to improve bowel and bladder functioning.**

## ► QUALIFICATIONS

### MUST BE:

- At least 20 years of age
- At least 1-year post traumatic SCI
- Body Mass Index (BMI) > 22 kg/m<sup>2</sup> \*  
*\*You can call us for more information*
- Living in a private home setting in CA
- Able to come to SCVMC for in-person visits
- Primarily a wheelchair user
- Willing to use an iPad for nutrition counseling sessions
- Primarily English or Spanish speaking

### MUST NOT BE:

- Pregnant
- Medically unstable (e.g., with uncontrolled hyper-tension or renal failure)
- Requiring specialized diet (e.g., diabetic, tube feeding)
- Currently or recently (in the past 6 months) in a diet program
- Ever diagnosed with an eating disorder
- Without a primary care physician

## ► PARTICIPATION

- Participants will engage in 6 nutrition counseling sessions, via iPad FaceTime, with a Registered Dietitian / Nutritionist
- The study will span a 6-month period and participants will be randomized to either:
  - Immediate treatment: participants receive nutrition counseling from months 1 through 3
  - Delayed treatment: participants receive nutrition counseling from months 4 through 6
- Participants will also complete surveys and have periodic check-ins with a study team member

## ► COMPENSATION

- All participants meeting study criteria will receive an iPad mini and a 6-month data plan required for study participation at no cost.
  - Individuals who consent but do not meet secondary study criteria or withdraw before receiving an iPad mini will receive a \$10 gift-card.

If interested in learning more, please contact:

Cria-May Khong  
(408) 885-4177

Cria-May.Khong@hhs.sccgov.org



Spinal Cord Injury Model System

**NIDILRR**  
National Institute on Disability, Independent Living,  
and Rehabilitation Research