



Glucose Lowering through Weight Management

Winter 2020

# Newsletter

*The latest news from the GLOW Study*

Welcome to the first newsletter for the Glucose Lowering through Weight Management (GLOW) study, keeping you updated with study progress and showing you how your involvement is helping this research.

## What is the GLOW Study?

The GLOW Study is looking at **two programmes** which have been shown to help people with **type 2 diabetes improve their diet and physical activity, and improve their health.** In order to see if either programme is better at helping people, participants are **referred to one of the two programmes at random** and are given a **health check** at the **beginning** of the programme, after **6 months** and again **1 year later**. Participants **benefit from having 3 health checks** over the year and the data collected helps us to **compare progress between the two groups**. For more information about the study visit our website [www.mrc-epid.cam.ac.uk/research/studies/glow/](http://www.mrc-epid.cam.ac.uk/research/studies/glow/)

## WE ARE HALF WAY THERE!

More than **300** people have now signed up to take part in the GLOW

Study and many have now completed their 1 year health check. This is a fantastic achievement, **thank you for supporting us**. We are now more than half way to reaching our recruitment target, but we still have a long way to go. **In the next 6 months we need to recruit around 270 more people in order to hit our target.**

## We need your help

### **SPREAD THE WORD!**



Do you know anyone who has been **diagnosed with type 2 diabetes in the last 3 years** and who might be interested in taking part in the study? If so please pass on our details, we would love to hear from them.

 **0800 783 4611**

 **GLOW.study@mrc-epid.cam.ac.uk**



**Everyone who takes part in the GLoW study is invited to have a health check at 6 months and 1 year from the date they signed up.** Participants who take part in all 3 health checks will receive £50 in shopping vouchers. A report with their results will be provided after each visit.

When the scientists look at the data collected at the health checks, they compare the two different groups to tell if one programme is better than the other. They can't identify anyone individually, they look at the group as a whole. It is really important for everyone to attend all 3 visits to make sure the results represent everyone who took part.

## QUESTIONNAIRES AND ACTIVITY MONITORS

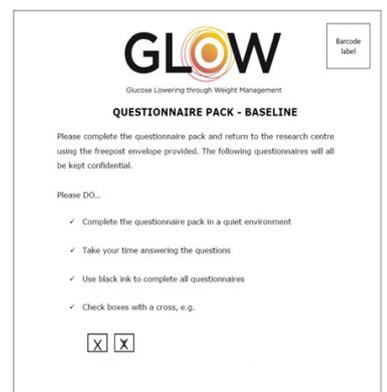
You can help keep the study glowing by returning any questionnaires or activity monitors you might have at home.

Please contact us or send them back via:

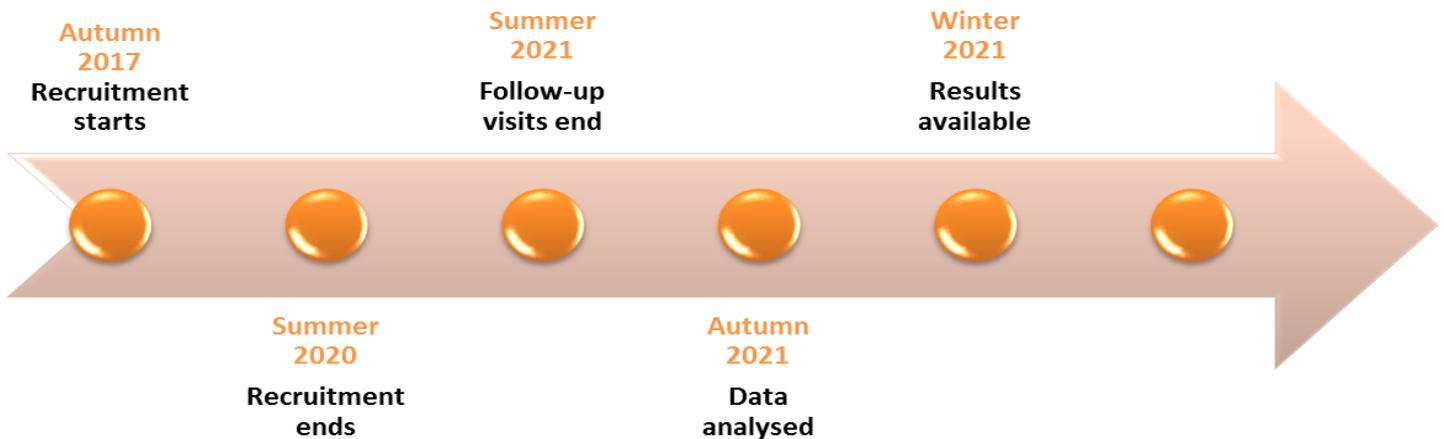
**Email:** GLOW.study@mrc-epid.cam.ac.uk

**Freephone:** 0800 783 4611

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## What's next for GLoW?



**A huge thank you from all the GLoW team for your help in this study**

**Keeping your information safe** For details of the information we collect and how we keep it secure, see our website: [www.mrc-epid.cam.ac.uk/research/studies/glow/](http://www.mrc-epid.cam.ac.uk/research/studies/glow/)