

## Collaborative Solutions for Breaking Up Sedentary Time in Black Older Adults with Type 2 Diabetes: The Interrupt T2D Study

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** 18 years and over

This study is NOT accepting healthy volunteers

**Inclusion Criteria:**

- self-identify as Black or African American. - 55 years and older - speak and read English. - self-reported diagnosis of type 2 diabetes (T2D)

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**Exclusion Criteria:**

- evidence of cognitive impairment that could impact ability to consent and/or participation - physical impairment or disability that interferes with ability to engage in physical activity such as severe osteoarthritis, lower extremity amputation (other than toe(s) or partial foot), regular use of a walker or wheelchair, etc. - unstable medical or mental health condition (study staff will review)

### Conditions & Interventions

**Conditions:**

Diabetes & Endocrine, Heart & Vascular, Prevention & Wellness

**Keywords:**

behavior change, community engaged research, diabetes, physical activity, sedentary behavior, T2D

### More Information

**Description:** Black Americans are 60% more likely to be diagnosed with Type 2 Diabetes (T2D) and 2 times more likely to die from T2D than non-Hispanic White Americans. Recent research has shown that sedentary behavior (such as sitting or lying down) have a significant negative impact on health. We are doing a small study with older people who identify as Black or African American and have T2D to look at ways to reduce sedentary behavior. The study will last about 1-2 months for each participant.

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**IRB**

**Number:** STUDY00021174

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