




Women on the
Move

THE UNIVERSITY OF TEXAS
MD Anderson
~~Cancer Center~~
Making Cancer History®

Larkin Strong, PhD, MPH
MD Anderson Cancer Center
Partnership for a Healthy Pasadena Meeting
May 11, 2023



Women on the Move

***Women on the Move* is a research study to test if certain programs help women become more physically active**

Programs:

Individual Health Education

- Fitbit + Health education newsletters

Individual Coaching

- Fitbit + Health education newsletters
- 12 video sessions with a health coach

Partner Coaching

- Fitbit + Health education newsletters
- 12 video sessions with a health coach & study partner

Why This is Important

Study Details

For women 18-65 years old

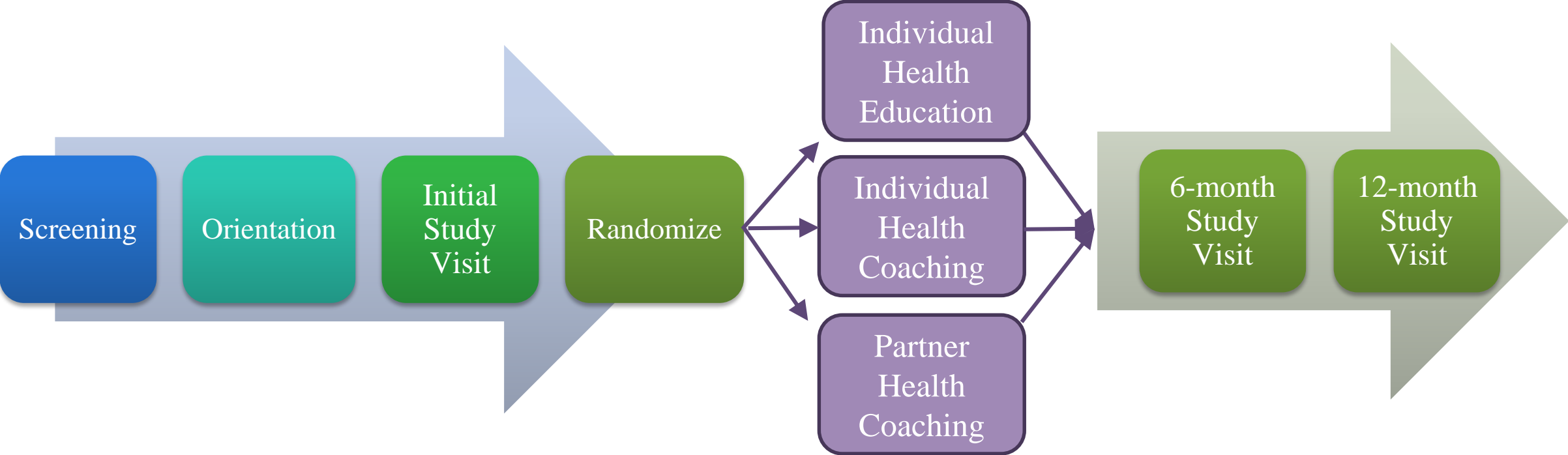
Enroll with a study partner

Commitment

- 3 study visits at a local community center/church
- 6-month physical activity program

Receive a Fitbit and Visa gift cards

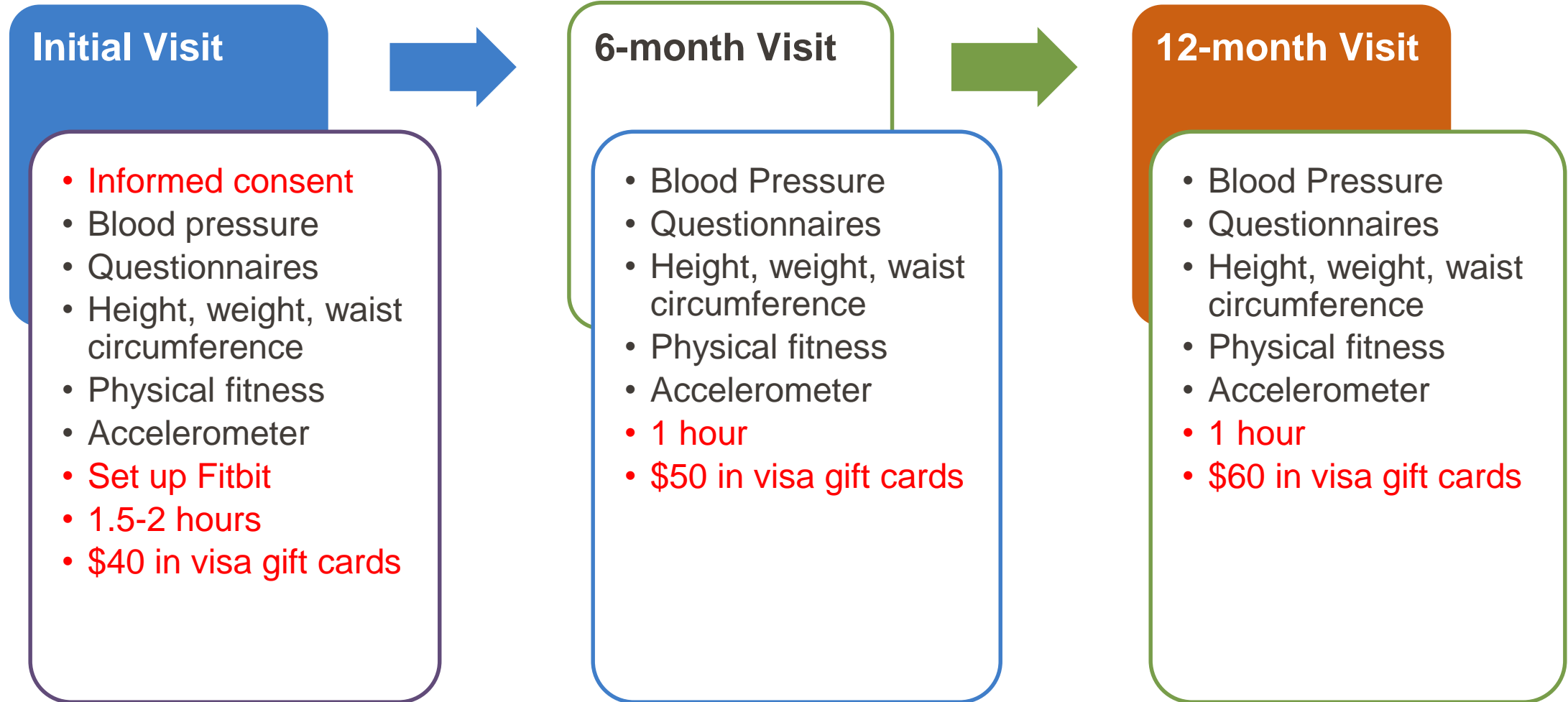
Study Overview



Eligibility

- Woman
- 18-65 years
- English/Spanish speaking
- Physically able to engage in physical activity, or with medical clearance
- Blood pressure <160/100 mm Hg, or with clearance
- Able to enroll with female partner, not in household
- Valid address in Houston area
- Functioning smartphone, compatible with Fitbit
- Able & willing to receive text messages
- Willing to use Fitbit app & device
- Not pregnant or trying to become pregnant

Study Visits



Individual Health Education

Fitbit

- Tracks your steps
- Yours to keep!
- Compatibility
 - Apple IOS 14.0 or higher
 - Android OS 10.0 or higher



Health Education Newsletters

- 12 newsletters over 6 months
- Helpful tips to increase your activity
- Links to exercise videos
- Delivered by email or text



Individual Coaching

Fitbit

Health Education Newsletters

Health Coaching

- 12 video sessions (Zoom)
- Work with a health coach to increase your physical activity
- Sessions will last ~30-45 min

Month 1

- Sessions 1-4

Month 3

- Sessions 7-8

Month 5

- Session 11

Month 2

- Sessions 5-6

Month 4

- Sessions 9-10

Month 6

- Session 12

Partner Coaching

Fitbit

Health Education Newsletters

Health Coaching

- 12 video sessions (Zoom)
- Work with a health coach to increase your physical activity
- You and your study partner participate in sessions together

Month 1

- Sessions 1-4

Month 3

- Sessions 7-8

Month 5

- Session 11

Month 2

- Sessions 5-6

Month 4

- Sessions 9-10

Month 6

- Session 12

Compensation

Fitbit (\$100+ value)

Visa gift cards for each study visit

	Initial Study Visit	6-month Study Visit	12-month Study Visit
At in-person visit	\$20	\$25	\$30
After wearing & returning accelerometer	\$20	\$25	\$30
Total	\$40	\$50	\$60

Contact

Study Contact Info

Womenonthemove@MDAnderson.org

713-745-1060

My Contact Info

Larkin Strong

LLstrong@mdanderson.org

832-517-8009

QR Code

To complete an interest form



Questions?

Thank you!

Mujeres Avanzando

THE UNIVERSITY OF TEXAS
MD Anderson Cancer Center
Making Cancer History®

Mujeres Avanzando es un estudio de investigación para ayudar a las mujeres a ser más activas físicamente.

¡Programas para ser más activa, trabajar con un entrenador de salud y consejos de salud!



¡Inscríbese en Mujeres Avanzando!
Que es: Programas de actividad física
Cuando: ¡Comenzando ahora! Llame para inscribirse
Como: 3 vistas de estudio en un centro comunitario local, boletines de salud y entrenamiento de salud según el grupo asignado

Beneficios

- Exámenes de salud
- Ayudarte a ser más activa
- Tarjetas de regalo y un Fitbit
- ¡Todo sin costo para usted!

¿Quién puede participar?

- Mujeres de 18 a 65 años
- Capaz de leer y hablar en inglés o español
- Participar con otra pareja adulta elegible que no viva en su hogar
- Vivir en el área metropolitana de Houston

Comuníquese a **713-745-1060** o mujeresavanzando@mdanderson.org


AVENUE **CAN DO Houston** **CFRC** **proSalud** **WESLEY Community Center**

Women on the Move

THE UNIVERSITY OF TEXAS
MD Anderson Cancer Center
Making Cancer History®

Women on the Move is a research study to help women become more physically active.

Programs on being more active, working with a health coach and health tips!



Join Women on the Move!
What: Physical activity programs
When: Starting now! Call to enroll
How: Three study visits at a local community center, health bulletins with coaching depending on group

Who can participate?

- Women ages 18-65 years or Spanish
- Able to read and speak in English
- Participate with one eligible adult female partner who does not live in your household
- Live in the greater Houston area

Contact **713-745-1060** or email us at womenonthemove@mdanderson.org

AVENUE **CAN DO Houston** **CFRC** **proSalud** **WESLEY Community Center**