Contribute to research that helps people with T1D improve their health and well-being.

Call or email for more information!
650-736-6660
actiont1d@Stanford.edu

Be a Part of ACT1ON

Advancing Care for Type 1 Diabetes and Obesity Network
What is ACT1ON?

A study to help young adults with Type 1 diabetes improve both their blood sugar and weight. The study will:

- compare three study diets (low fat, low carbohydrate, or Mediterranean);
- include random assignment to a study diet for 3 months, with possible change in diet assignment after 3 and 6 month study visits.

What does participation involve?

- 4 measurement visits that will take about 2 hours each
- In-person individual sessions with a study RD to support use of the assigned study diet
- Phone check-ins with study RD

Am I eligible?

- Are you between 19 and 30 years old?
- Have you had type 1 diabetes for longer than one year?
- Was your last A1c test below 13%?
- Is your BMI 27 or higher?

If you answered yes to these questions, you may be eligible.

Call or email for more information!
650-736-6660
actiont1d@Stanford.edu

Participant’s rights questions, contact 1-866-680-2906