

# A Culturally-relevant Micronutrient-dense Plant-rich (mNDPR) Dietary Intervention for Native Americans

NCT04755062

---

|            |                             |
|------------|-----------------------------|
| Status     | RECRUITING                  |
| Phase      | Not Applicable              |
| Sponsor    | Northern Arizona University |
| Enrollment | 146 participants            |

## Key Eligibility Criteria

---

### Inclusion (6)

- Self-identified Native American employee of Twin Arrows Casino;
- years of age;
- self-reported body mass index (BMI) of  $\geq 24$  kg/m<sup>2</sup>;
- not currently participating in a weight-loss program;
- not taking any medications that could increase medical risk (e.g., insulin) or that had weight loss as a primary side effect;
- ... and 1 more (see full listing online)

### Exclusion (4)

- Individuals reporting gastric bypass, adjustable gastric band, gastric sleeve, or duodenal switch weight loss surgeries;
- pregnancy, or planning to become pregnant within the next year;
- insulin dependence;
- inability to attend weekly group coaching sessions will be ineligible to participate.

## Locations (1 total)

---

PRANDIAL Lab, Flagstaff, Arizona, United States