

Breaking up Prolonged Sedentary Behavior to Improve Cardiometabolic Health

NCT05353322

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | Columbia University |
| Enrollment | 324 participants |

Key Eligibility Criteria

Inclusion (9)

- years of age or older
- Ability to read, write and speak English or Spanish
- Limited or no chronic medical conditions \[examples include but not limited to: CVD, diabetes, chronic obstructive pulmonary disease (COPD), HIV/AIDS; participants with high blood pressure/hypertension and/or high cholesterol/hyperlipidemia may be included if they are currently prescribed and taking medication for these conditions\]
- Do not take medication (over-the-counter or herbal) to control glucose (such as a diabetes control medication)
- Not currently pregnant
- ... and 4 more (see full listing online)

Exclusion (1)

- Unable to provide consent

Locations (1 total)

Center for Behavioral Cardiovascular Health, New York, New York, United States