

# Efficacy Trial of Healthy Together ("Juntos")

NCT06489262

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Miami
Enrollment	750 participants

## Key Eligibility Criteria

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### Inclusion (12)

- Adolescent
- Lives with participating biological parent or legal guardian;
- Self-identifies as Hispanic;
- Is between the ages of 12-15 years old;
- Has access to a smartphone;
- ... and 7 more (see full listing online)

### Exclusion (8)

- Adolescent
- Has BMI <5th (underweight) or ≥95th percentile (obesity);
- Has a parent-reported chronic medical condition (e.g., type 2 diabetes) that requires more intensive intervention;
- Has parent-reported responses on a physical activity readiness questionnaire (PAR-Q) that indicates a serious health issue, and a physician does not approve participation;
- Has a parent-reported cognitive or developmental delay (e.g., Down Syndrome) that may interfere with understanding program materials.
- ... and 3 more (see full listing online)

## Locations (1 total)

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University of Miami, Miami, Florida, United States