

# FAMily-centered WEight Loss for Black Adults (FAM WEL B-ing)

NCT06724406

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of North Carolina, Chapel Hill
<b>Enrollment</b>	256 participants

## Key Eligibility Criteria

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### Inclusion (7)

- self-identified as Black or African American (Index participant)
- BMI equal to greater than 30 kg/m<sup>2</sup> (Index); BMI equal to greater than 27.5 kg/m<sup>2</sup> (family partner)
- have a partner/family member willing to enroll in the study and must share a mutual goal of achieving weight loss
- English speaking
- ages 18-75
- ... and 2 more (see full listing online)

### Exclusion (10)

- participation in an intensive weight loss program (more than 12 visits) in the prior 6 months
- type 1 diabetes
- significant psychiatric illness, defined as depression or other major psychiatric illness not considered reasonably managed by counseling, medication, or both
- had bariatric surgery (surgery for weight loss) in the last 2 years or considering bariatric surgery in the next 6 months
- using or planning to start medications intentionally for weight loss
- ... and 5 more (see full listing online)

## Locations (1 total)

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University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, United States