

DO YOU HAVE HIGH BLOOD PRESSURE AND/OR HIGH CHOLESTEROL?

WE INVITE YOU TO BE PART OF A MEDICAL NUTRITION THERAPY STUDY

WHAT IS MEDICAL NUTRITION THERAPY? Personalized one-on-one intensive nutritional counseling to help individuals manage their heart disease.

CONDUCTED BY: The University of North Carolina at Charlotte and the Mecklenburg County Department of Social Services.

FOR: Individuals 60 and older, who live in Mecklenburg County, AND who have been diagnosed with High Blood Pressure and/or High Cholesterol.

COST: NO COST! This 12-month study is federally funded, and all of the services are provided free of charge

SERVICES: Participants will receive ONE of the following:

- 1) Medical literature on diet and lifestyle for people with heart disease.
- 2) Seven home-delivered meals per week, delivered once per week.
- 3) One-on-one intensive nutrition counseling in the individual's home by a registered dietician.
- 4) Seven home-delivered meals per week and one-on-one intensive nutrition counseling, as described for group two and group three.

All participants will also receive 3 health screenings during the year

WHY? Medicare currently **DOES NOT** pay for nutritional counseling for seniors with heart disease. This study will provide information on how much medical nutrition therapy and meals cost and how much they can improve the health of seniors with heart disease.

To obtain more information about the study, contact

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