



High blood pressure and struggling to eat healthy?

If you have high blood pressure and are struggling to eat healthy because money is tight, the Healthy Food First research study could help you!

This research study is about improving participants' health by increasing their access to healthy foods. Eating well and making healthy lifestyle changes can help you manage conditions such as high blood pressure. Our goal is to provide healthy food options and track how those food options affect participants' health and well-being. This study provides healthy food options valued at least \$40 per month and support from UNC Health Community Health Workers to improve healthy habits.

To learn more about this study and find out if you are eligible, visit this website: <http://uncmedne.ws/ac>. If you need help signing up or have questions about the study, please email us at healthyfoodfirst@unchealth.unc.edu or call us at (984) 974-7765.

