



**UNIVERSITY CENTRE  
FOR RURAL HEALTH**  
NORTH COAST  
*education research workforce*

## **MEDIA RELEASE**

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### **Volunteers wanted for text message weight-loss study**

All people need is a mobile phone to participate in a North Coast study of how regular text messages from health experts can potentially assist with weight loss and living healthier.

The *Text 4 Health!* study being conducted by Western Sydney University students at the University Centre for Rural Health (UCRH) will see participants split into two groups who receive differing kinds of tailored advice on how to potentially reduce their weight create healthy habits.

At the start and finish of the 8-week study both groups will be asked to record their weight, and hip and waist measurements, and fill out a short survey.

Participants must be employed, over 18 years of age, have access to a smart phone, not be involved in another weight control program and not be taking any medication that causes weight loss or gain.

The study is confidential and participants may withdraw at any time.

Volunteers are now being invited to join up, said study coordinator Dr Sabrina Pit: "The aim of *Text for Health!* is to compare the value of different motivational techniques on health habits. Whichever group they join, participants will receive positive health tips free-of-charge, as well as contributing to scientific knowledge."

UCRH Director, Professor Ross Bailie said, "This study is another example of how our Western Sydney University students and researchers are engaging in projects highly relevant to the community. It's fair to say that most of us can benefit from improving our fitness, and having this information in the palm of the hand is an ideal use of commonplace technology."

To register go to [www.surveymonkey.com/r/73BHJR3](http://www.surveymonkey.com/r/73BHJR3)

Or scan the QR code -



**Media information: Linda Pike, UCRH (02) 6620 7231 - Robin Osborne 0409 984 488**