

(FS)²

Framingham State
Food Study

WRAP UP 2013-2017



Framingham
State University



new balance FOUNDATION
Obesity Prevention Center
Boston Children's Hospital



(FS)²

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Research Question--

Is one diet better than another for keeping weight off and decreasing risk for cardiovascular disease, diabetes, and cancer?

- Thousands of people contacted us by phone and email.

- Over **500** people came to the (FS)² House to learn more about the study.

Personal Referral
Flyer Mall Poster
Alumni Network
Billboard
Email Newspaper
Faculty/Staff Social Media
Postal Mailing
Recruitment Event
Corporate Partner

WordItOut





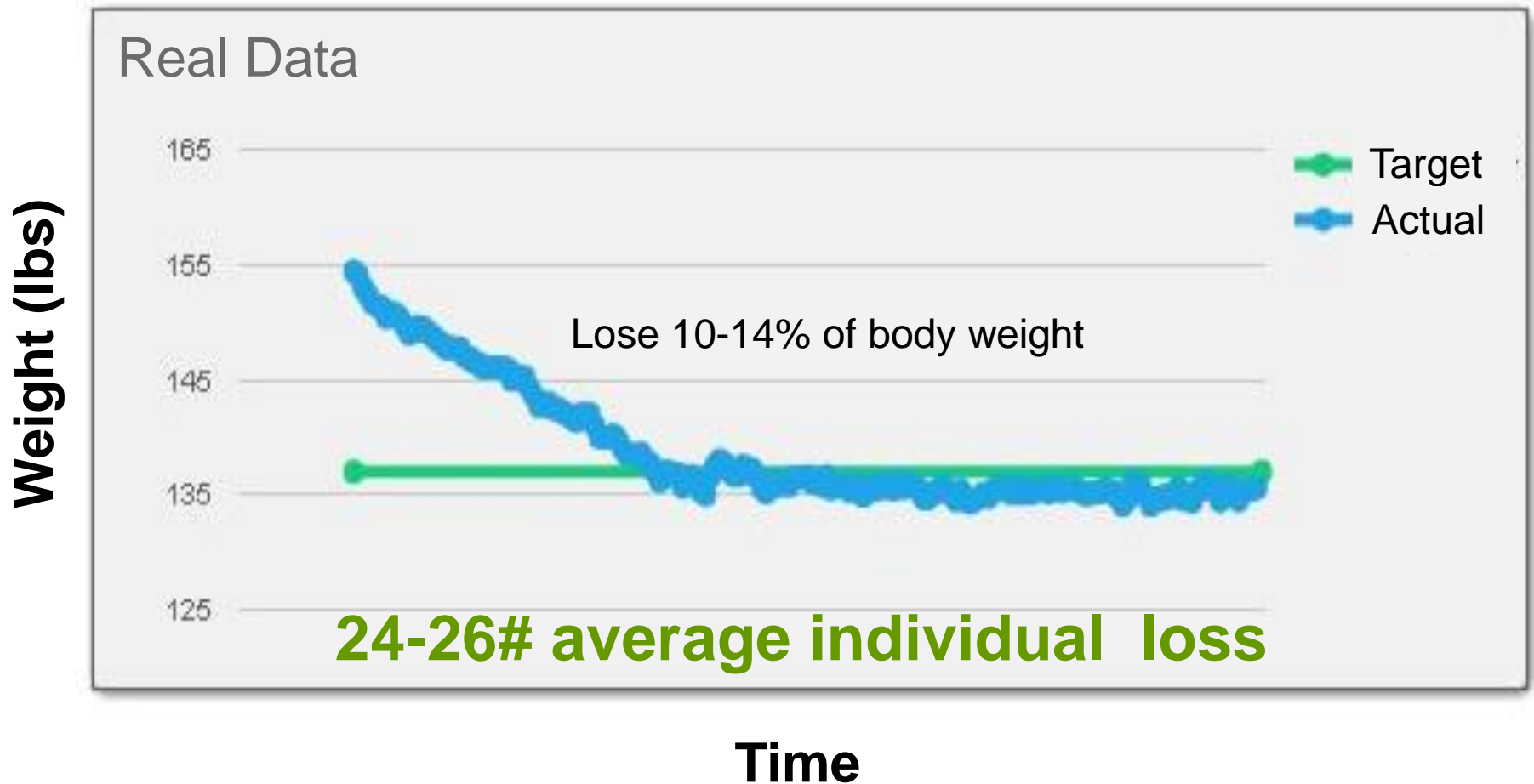
- **234** individuals joined the study
- **148** participants completed the study

**(FS)² total weight loss =
3,986 pounds**



eat well. advance science.

Our participant lost and maintained weight loss

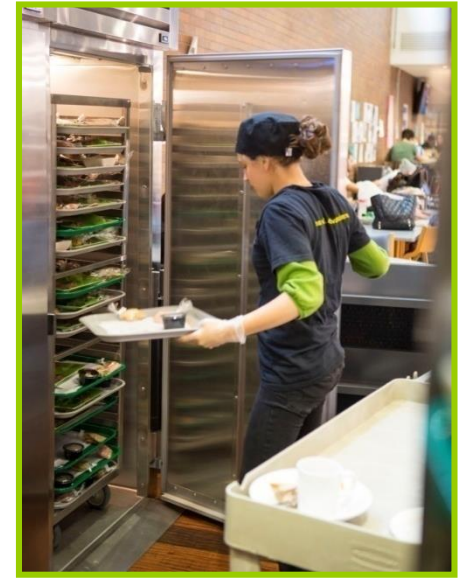




eat well



(FS)²K



Eating Well...



Can you guess the number of meals and snacks prepared in the (FS)²K at FSU over the last 3 *years*????



- a. **100,000 meals/snacks**
- b. **160,000 meals/snacks**
- c. **80,000 meals/snacks**
- d. **240,000 meals/snacks**

Did you guess correctly????



a. 100,000 meals/snacks

b. 160,000 meals/snacks

c. 80,000 meals/snacks

d. 240,000 meals/snacks

That's like inviting everyone who lives in Springfield, MA over for Thanksgiving dinner!

Advancing Science...

Our participant completed

Energy Expenditure tests



Bike tests



- Doubly-Labeled Water dosing visits



56,212 (total)

Blood & Urine Specimens



Body Composition Tests



What makes this project a Groundbreaking Study?



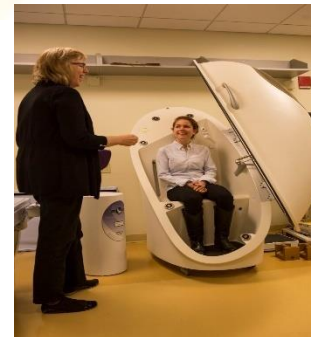
vs



Real-life, free living



Framingham
State University



Nobody has ever before done a study quite like this!

Benefits to FSU

- Rigorous community based clinical research trial open to faculty, staff and students
- Research House, 23 Salem End Road



Benefits to FSU--\$\$

- **\$11M** grant to BCH
- Of that **\$5.3M** FSU budget
- Currently **\$473,995** (+) allocated back to the University





15 student
research
assistants



Benefits
to FSU
Students



3 research
staff

40
nutrition
research
assistants



15 RNs

Benefits to FSU Faculty

\$40K

Faculty
Ancillary
Grants



Food and
Nutrition and
Biology



Chemistry

Equipment Value = ~\$85K

Mark your calendars:

Thursday evening, May 31, 2018



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THANK YOU



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