

LOOKING FOR STUDY PARTICIPANTS

How do NYC residents adapt to winter weather?

We are studying a special form of body fat called **brown adipose tissue (BAT)** which helps the body stay warm by burning calories to generate heat. Previous research suggests that BAT might protect against type 2 diabetes mellitus. We are investigating why some adults have BAT while others do not.

You may be eligible to participate if you are:

- Between 18 and 50 years old
- Healthy
- Able to receive packages in the mail
- Not pregnant or breastfeeding

What will be asked of you:

Participants will come to the Levy Human Biology Lab where we will measure your body size and composition, metabolic rate, and BAT activity. You will also receive a Data Collection Kit, and you will collect data for 3 days. Each day you will collect a urine sample, measure your weight, wear 3 temperature loggers, and complete an online survey. Ten participants will be randomly chosen to have their total energy expenditure quantified from urine samples.

What you will receive:

- Up to \$45
- A personalized Nutrition Report describing the composition of your diet (i.e. total calories, protein, fat, carbohydrate, and vitamin content)



To participate or request more information EMAIL:
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