

Join our study

DASHing perspectives: South Asian women's insights on the DASH Diet



What is the study about?

We are inviting women, in overall good health and 18-49 years old, to share their valuable perspectives on health and diet. This qualitative study focuses on understanding your thoughts on the Dietary Approaches to Stop Hypertension (DASH) diet, exploring its relevance, and hearing your unique insights.



Why participate?

Your voice matters! Contribute to research that can positively impact women's health. Share your experiences and help shape recommendations tailored to your community.



SCAN ME TO JOIN

What's involved?

Engage in a one-on-one interview discussing your acceptability of the DASH diet. Your preferred language: English, Urdu, or Hindi. Flexibility in scheduling to accommodate your availability.

Contact Us Today
For more details or to express your interest, please contact us:
Email:
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