

# WANT TO TAKE PART IN HEALTH RESEARCH?

## The RAYON study

Long-term iron absorption and losses in young South African women living with and without overweight or obesity

Researchers at the Centre of Excellence for Nutrition (CEN) of the North-West University and the Human Laboratory of Nutrition and Metabolic Epigenetics, ETH Zurich, Switzerland want to investigate if young women are obtaining enough iron from their usual dietary intake for their body's needs

**We need  
70 healthy  
women to  
help us**

### You can help us if you are:

- ☐ An African female
- ☐ Between the ages of 18 and 35
- ☐ Living in the Tlokwe area
- ☐ Not pregnant or breastfeeding
- ☐ Not suffering from a treated chronic disease or diabetes
- ☐ Non-anaemic
- ☐ Not smoking
- ☐ Have a BMI of 18.5 to 24.9 kg/m<sup>2</sup> or 28 kg/m<sup>2</sup> and above

### What will be expected from you?

- ☐ Make several scheduled visits to the Este Vorster Research Facility at the North-West University
- ☐ Let us draw blood samples
- ☐ Complete general health and socio-demographic questionnaires
- ☐ Let us measure your weight, height, body composition and blood pressure
- ☐ Consume a test meal containing stable iron isotopes after overnight fast

### What is in it for you?

- ☐ Compensation for your time
- ☐ Meals and snacks
- ☐ Feedback on your results and you will get to know your blood pressure, red blood cell (anaemia) status, BMI and body fat %
- ☐ Advice to improve your diet and lifestyle
- ☐ Transport will be provided

### How will this study benefit all?

- ☐ Inflammation associated with excess body weight decreases iron absorption and can lead to anaemia
- ☐ This study will give insight into whether young women living with or without overweight or obesity obtain enough iron for their body's need with their usual diet

### Any risks involved in taking part?

- ☐ Small bruising from blood collection
- ☐ Discomfort during body measurements, completion of questionnaires and fasting

If you would like to find out more, or be a part of this study:

**Call / SMS us on 067 397 6485 OR WhatsApp 060 845 5132**

Ethical approval has been obtained at the Health Research Ethics Committee (NWU-00215-24-A1)