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A Note from the D2d Leadership Partners in Research

Dear D2d participant,

The idea for D2d was conceived around 2002 when Dr. Pittas, the study's principal investigator, and his team became interested in the association between vitamin D and risk of diabetes. Over the next decade, Dr. Pittas' team and other research teams reported that people with low blood levels of vitamin D have higher risk of developing diabetes. However, these studies do not prove that vitamin D is directly related to diabetes. It is possible that other factors can explain why people have both diabetes and

low vitamin D levels. For example, it is known that people with high vitamin D levels have a lower weight and a better lifestyle and they are healthier overall, which could be the real reasons behind their lower diabetes risk. The D2d study was designed to test the idea that vitamin D supplementation lowers risk of diabetes in adults at high risk for diabetes. The D2d research team (see picture) considers you, the study participants, as important partners in this research. As we are coming to the end of D2d, your participation today is just as important

as it was when you joined the study. D2d has been a very ambitious undertaking. Together we will find the answers to important questions about vitamin D, prediabetes and diabetes. We are all eagerly waiting for the final results, which will depend on your continued participation.

We would like to thank you for making D2d possible and we look forward to seeing all of you through to the end of this study. We wish you all the best for the New Year.

— The D2d Research Group



Be Social, Follow D2d:



D2dstudy



D2d study

D2dStudy.org

Whether you have been with D2d for four years or one year, *your continued participation will shape the future of diabetes prevention and will complete the final bullet in the timeline.*



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A large stack of papers, some yellowed and some white, is held together by a silver metal binder. A black calculator is resting on top of the papers. The binder has two large loops at the top and a smaller loop at the bottom. The papers are stacked high, with some pages visible on the sides. The background is a plain, light-colored surface.



A glowing light bulb hanging in front of a brick wall. The light bulb is illuminated, casting a warm glow. The brick wall is made of reddish-brown bricks with white mortar. The light bulb is a standard incandescent bulb with a white base. The overall scene is warm and cozy.



A group of seven diverse individuals, including young adults, middle-aged, and an elderly person, all smiling and standing together. They represent a cross-section of the population, with varying ages, ethnicities, and genders.

Meal Planning Basics

- **Calendar check:** Determine what nights you'll have time to cook and what nights you'll only have time to reheat leftovers.
- **Mix things up.** Change up your menu by planning some meatless meals or substituting a breakfast for a dinner. Alternate between new recipes and old favorites.

- **Save time and use leftovers.** Have extra pasta on Monday? That can be reheated for lunch on Tuesday. Leftover chicken on Thursday? Use it to top a salad, fill a sandwich or add to a soup on the weekend.
- **Search for sales.** What's on sale this week at the supermarket?

- **Think seasonal.** What fresh produce is available this time of year? Is it salad season or soup weather?
- **Recycle your menus.** Don't throw away your meal plan at the end of the week. Instead, hold on to it and reuse it later.



Please Keep in Touch!

D2d Clinical Sites

California

Stanford University
Palo Alto, CA
(650) 485-3910
Stanford@d2dstudy.org

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Colorado

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Baton Rouge, LA
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REMINDERS

- **Please notify your research team immediately if you are told you have diabetes and before starting any medication for diabetes (e.g. metformin, Saxenda).**
- At your next visit, please remind your primary care doctor that you are participating in D2d.
- Please notify your research team if you plan to take more vitamin D or calcium than what D2d allows (vitamin D - 1,000 units per day; calcium - 600 mg per day).
- Please call your research team if you have any study related questions or to report changes in your health, medications, or supplements.