

Evaluation of a school program about healthy eating and physical activity Parent Information Sheet

Dear Parent/Guardian,

The University of California, Nutrition Policy Institute (NPI) is evaluating a school program to see if it helps students eat better and be more physically active. Twice this year your child will be asked to complete a brief survey about what he/she eats and his/her physical activities. The survey will take about 30 minutes or less during the school day.

What happens to the surveys after they are collected?

All responses will be confidential. Data collected will be summarized for reports and papers, and your child's name will never be mentioned. Paper surveys will be stored at the local health department in a locked cabinet where only health department staff working on summarizing data for this project can access them. Paper surveys will be shredded no later than 3 years after the project ends. Surveys taken online will be completely de-identified, meaning, your child will not use their name on the survey at all. NPI researchers will never have access to any information identifying your child.

Is there any reason that participation could be bad for my child?

The time your child spends completing the survey might be inconvenient, but it will not interfere with the school day. Your child's participation **will not** affect his/her eligibility for any programs and will not affect his/her grades in any way. There is very little risk to your child's participation.

Are there benefits of participation for my child?

Your child's participation will help us learn how to improve nutrition and physical activity programs that may benefit your child in the future. The results from this study will potentially benefit all children participating in this type of nutrition and physical activity programming

Can I change my mind later?

Yes. Also, your child may choose not to participate at any time. Participation is completely voluntary.

What should I do if I have questions?

Contact the study coordinator Amanda Linares at amlinares@ucanr.edu, 916-200-5188

What happens next?

If you are willing for your child to participate in the survey, you do not need to do anything else.

If you **are not willing for** your child to participate in the survey, please sign below and return it to the school in the next 3 days.

I do not want _____ (your child's name) to participate:

Parent's name: _____

Parent's signature: _____

Date: _____