Dear Parent or Guardian,

In the coming weeks/months, we will be conducting a nutrition and physical activity program at your child’s school or after-school care facility, called *Up for the Challenge, Lifetime Fitness, Healthy Decisions*. The purpose of the program, which was developed at the University of Maryland, is to teach children about the importance of physical activity and eating healthy foods. Your child will be taught at least six lessons in these subject areas.

This purpose of this research study is to see if children learn how to make healthy decisions regarding their diet and physical activity as a result of participating in these lessons. The study has been approved by the University of Maryland Institutional Review Board (IRB) and the approval number is 431194-1.

Before the first lesson, children will be given a short questionnaire asking them about their diet and physical activity habits. They may also be asked to jump rope for up to three minutes. After the last lesson, the children will repeat the survey and jump rope test. The survey takes approximately 10 minutes to complete and the jump rope test takes 3 minutes.

There are no known risks or discomforts associated with this research outside of the normal physical discomfort associated with jumping rope, or other physical activities such as dancing or walking. No identifying information will be kept about your child and all of their answers will remain confidential. Information will be analyzed but not matched with names. The data will be stored in a secure location at the offices of the investigating team and will only be seen by the investigators during the study and for three years after the study is complete. Your child’s standing or membership or grades in this program will not be positively or negatively affected by participating in the this study.

The information gained in this study will help researchers develop effective programs for children related to adopting behaviors associated with a healthy diet and increased physical activity.

Example questions that your child will be asked:

Do you ever eat fruit for lunch? Check 1 box.

☐ Always or almost always
☐ Sometimes
☐ Never or almost never

Did you have something to eat or drink for breakfast yesterday? **Yes or No** (circle one please)

If you do not want your child to participate in this study please indicate on the attached form and sign and return the form to your child’s teacher/club leader by (insert date). If you have any questions about this survey, please contact your child’s teacher/club leader or Rebecca Davis, University of Maryland Extension, 18410 Muncaster Rd., Derwood, Md. 20855, 301-590-2811, rdavis3@umd.edu.

Sincerely,

Rebecca Davis
Extension Educator
University of Maryland Extension

University of Maryland Extension programs are open to all citizens and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.
☐ Please check this box if you do NOT want your child to participate in the survey and/or jump rope test and sign and return this form to your child’s teacher or club leader.

______________________________________________________________
Print Name of Child

______________________________________________________________
Signature of parent or guardian  date

______________________________________________________________
Print name of parent or guardian