

Assent Form

Project Title: Camp Good Fitness and Nutrition
Investigator(s): Nana Gletsu Miller, PhD; Kendra Wilder, BS

We are doing a research study. A research study is a special way to find out about something. We want to find out teaching summer campers about healthy diet and activity during a summer camp will be useful. We hope to find out if learning about healthy diets and activity will help you to eat healthy food and be fit.

You can be in this study if you want to. If you want to be in this study, you will be asked to:

Recall your diet from the previous day. You will be asked to enter information on your home computer, about the food and drink you had the day before. You will do this three times, just before the summer camp, right after the summer camp and 3 months after the summer camp.

Recall your exercise from the previous days. You will be asked about your recent physical activities. You will do this on a computer at the same times that you recall information about your diet.

Describe your ability to eat healthy and be active. You will be asked questions about how you feel about being able to eat a healthy diet and do exercise. You will do this on a computer at the same times that you recall information about your diet and physical activity.

We want to tell you about some things that might happen to you if you are in this study. Sometimes bad things happen to people who are in research studies. These bad things are called “risks”. The risks of being in this study might be:

- You may feel uncomfortable answering the questions about your diet and exercise activity.
- The information you tell us may not be confidential.

These risks may or may not happen to you. We will make sure that you get help to deal with anything bad that might happen.

If you decide to be in this study, some good things might happen to you. The good things are called “benefits”. The benefits of being in the study might be that you learn something about your diet and physical activity. We don’t know for sure if you will have any benefits. We might also find out things that will help other children some day.

When we are done with the study, we will write a report about what we found out. We won’t use your name in the report.

You don’t have to be in this study. You can say “no” and nothing bad will happen. If you say “yes” now, but you want to stop later, that’s okay too. No one will hurt you, or punish you if you want to stop. All you have to do is tell us you want to stop.

You will receive a \$25 gift card for doing each online diet record and the surveys. If you do the entire study you may receive 3 - \$25 gift cards.

If you want to be in this study, please sign your name.

Name of Child

- I agree
- I do not agree