

Parent information sheet for the Born in Bradford study Reception year measurements

As part of the next exciting phase of Born in Bradford we are planning to collect some important measurements during your child's reception year at school. These will be done by the school nurse teams in addition to the height and weight measurements they collect for the National Child Measurement Programme.

Why are we doing the study?

The aim of Born in Bradford is to study the health and development of children from birth and as they grow up. All the information we collect will help us to understand the causes of illness, which will help us to develop better ways of improving health. In this part of the study we want to repeat some of the measurements we took when your child was born so that we can continue to monitor their growth and development.

What will be measured?

We are asking parents / carers to give consent for us to repeat the two skinfold thickness measurements that we collected at birth. These measurements are taken on the upper arm and shoulder blade and help us to study body composition. We also plan to take a blood pressure measurement at the same time. These measurements will be taken in your child's school between December 2014 and April 2015.

How are the measurements taken?

- All measurements will be taken by members of the school nurse teams who are trained and experienced at collecting these measurements from children.
- To do these measurements the nurses will need to remove your child's left arm from their clothing.
- For the two skinfold measurements the nurse will hold the fold of skin on your child's arm and shoulder blade and measure it with a specially designed caliper. The measurements take less than a minute and are painless.
- Blood pressure is measured using a small electronic monitor and is also quick and painless.

What happens to the measurements?

- The measurements will be kept confidential and will only be used for research.

- All the information will be held by the Born in Bradford study and will be stored with a study code (rather than a name) so that it will not be possible for anyone to see information connected to your child.
- Measurements will be analysed anonymously and results will be reported anonymously so it will not be possible to identify an individual child.
- None of your child's information will be passed on to the school or any other individual or organisation not directly involved in this study.
- No one will be able to find out your child's measurements.

Who is leading the project?

This project is being led by Professor John Wright and the Born in Bradford study team with guidance and help from the school nurse teams in Bradford. The study has been reviewed and approved by Bradford Research Ethics Committee.

How can I find out more information?

If you would like to find out more about the study before deciding about your child's measurements, or if at a later date you would like to withdraw your child from the study please telephone us on 01274 364474 or email Carolyn.clover@bthft.nhs.uk . You can also access our website www.borninbradford.nhs.uk or follow us on Facebook if you would like to know more about the study.

How will I find out the results of the study?

The results of this study will be published in scientific journals but we will also make sure that they are included in our newsletters and are available through our website.

What do I need to do if I would like my child to have the measurements?

If you are happy for your child to take part in the measurements you **DO NOT NEED TO DO ANYTHING.**

What do I need to do if I do not want my child to have the additional measurements?

There is no obligation for your child to take part and if you DO NOT want your child to have some or all of the additional measurements please fill in the attached Refusing Consent Form and return it in the prepaid envelope provided.