

APPROVED

APPROVAL EXPIRES

JUN 01 2009

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OSDH IRB

CATCH Kids Club
PASSIVE PARENTAL PERMISSION FORM

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Our after-school program is taking part in the Coordinated Approach to Child Health Kids Club (CATCH Kids Club) three-year pilot program sponsored by the Oklahoma State Department of Health. The CKC uses a colorful story called Hearty Heart's Journey to the Planet Earth to introduce and teach children about healthy food choices and physical activity habits necessary to promote healthy lives and healthy bodies. CKC is divided into 32 lessons and physical activity sessions. The curriculum uses a variety of education strategies, including large group discussions, educational games and activities, goal setting, and hands-on snack preparation and taste-testing. In the CKC parental involvement is encouraged through the CATCH Curriculum Home Letters.

Evaluating the effects of this program is very important. Several evaluation methods will be utilized during this process.

The Physical Activity Lesson Observation will not require your child to do any additional activities beyond the CKC curriculum. OSDH evaluators will visit randomly selected sites and observe the educational games and activities portion of the program. Kindergarten through 5th grade students will be randomly selected by evaluators to be observed from a distance. An ID number will be assigned to the selected students. Your child's name, should they be selected, will not appear on the observation forms at any time.

The After-school Student Questionnaire is a research survey that will ask about the health behaviors of 3rd through 5th grade students. The Questionnaire will ask about nutrition and physical activity behaviors, attitudes and knowledge. Students will be asked to fill out a questionnaire that takes about 30 minutes to complete.

Your child's height and weight measurements will be taken to determine if any changes are occurring throughout the program. Children K-5th grade will participate in the height and weight measurements. Your child's name will be recorded on the Biometrics Log along with age, date of birth, gender, height and weight. However, no student will ever be mentioned by name in a report of the results. Their name is for tracking purposes only. The Biometrics Log will be housed in a secure office at the Oklahoma State Department of Health and all electronic data will be housed on a secured server.

Doing the CKC program and the evaluation components will cause little or no risk to your child. The evaluation components have been designed to protect your child's privacy. Students will not put their names on the After-school Student Questionnaire nor will they be recorded during the Physical Activity Lesson Observation. Also, no student will ever be mentioned by name in a report of the results. There is no cost to you or your child for participating in this program. Your child will receive no financial benefit from taking part in this program. The CATCH Kids Club will help your child to identify and understand the benefits of lower-fat, higher fiber foods as the most healthful foods to eat and regular active exercise as the most healthful physical activity. Additionally, the results of the evaluation of this program will help children in the future as more grant funding may be acquired through data. We would like all students to take part in the program, **but the CKC**

program and the evaluation components are voluntary. No action will be taken against the after-school program, you, or your child, if your child does not take part. Your child can skip any lessons, activities, questions or measurements that they do not wish to answer or participate in. Additionally, you or your child may stop participation in the three-year pilot program or its evaluation components at any point without penalty. Children not participating in the CKC program will be assigned to an alternate regular after-school program activity while CKC program activities are taking place. If you wish to withdraw your child from the CKC program or any of its evaluation components, please notify your child's after-school program CKC representative directly.

Please read the section below. If you do **not** want your child to take part in the program or any of the evaluation components, check the one or more of the boxes below and return the form to the after-school program no later than **September 4, 2009**. If your child is enrolled in the after-school program after this date, this form must be signed and returned before your child's first day of in the after-school program if you do **not** want them to participate in the CKC program or its evaluation components. If your child's after-school program teacher or director cannot answer your questions about the program, call Miriam McGaugh at (405) 271-9444 X56466.

If you have questions about your rights as a research participant in the program, please contact Sue Mallonee at the Oklahoma State Department of Health at (405) 271-4200 or suem@health.ok.gov.

Thank you.

Child's name: _____ Grade: _____

I have read this form and know what the CATCH Kids Club program is about.

Please Check All That Apply:

- My child may **not** take part in this CATCH Kids Club program.
- My child may **not** take part in the Physical Activity Lesson Observation.
- My child may **not** take part in the After-school Student Questionnaire.
- My child may **not** take part in the height and weight measurements.

Please list any food allergies your child has. _____

Parent's signature: _____ Date: _____

Phone number: _____

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Community Development Services
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