

Informed Consent (Exhibit C)

It is the responsibility of the after-school program (ASP) to adhere to the following guidelines regarding the CKC Informed Consent:

1. Please fill in the site name and date on the attached informed consent prior to distribution.
2. Please distribute the Informed Consent to the parent(s) of all children who will be exposed to the evaluation component of the CATCH Kids Club Program.
3. The ASP shall allow at least one week for the parents to return the consent form.
4. Any forms that are not returned before the first day of data collection will result in those children being automatically included in the evaluation component.
5. Any forms returned indicating that the child cannot participate in the evaluation component should be sent to OSDH at the address below(original copies please).
6. The ASP shall keep records of all consent forms returned (including copies of the forms indicating non-consent).
7. Any questions regarding the informed consent process or forms should be directed to OSDH Community Development CATCH Team:

405-271-6127
405-271-1225 (fax)
1000 NE 10th Street, Room 508
Oklahoma City, OK 73117
<http://catch.health.ok.gov>



CATCH Kids Club INFORMED CONSENT

Site: _____
Date: _____

Dear Parents:

Our after-school program is taking part in the Coordinated Approach to Child Health (CATCH) Kids Club (CKC) program sponsored by the Oklahoma State Department of Health (OSDH). The curriculum uses a variety of education strategies, including large group discussions, educational games and activities, goal setting, hands-on snack preparation, and taste-testing. Parental involvement is encouraged and appreciated.

Evaluating the effects of this program is very important. OSDH will monitor and evaluate the success and fidelity of the program statewide to ensure that this program is progressing to reach the ultimate goal of reducing the risk of obesity in participating students. Several evaluation methods, for 3rd-5th graders, will be utilized during this process, such as:

- A Student Survey that will ask about the health behaviors of the students. The survey will ask about nutrition and physical activity behaviors, attitudes and knowledge and takes about 20-30 minutes to complete.
- Height & Weight collection to determine if any changes are occurring throughout the program. Your child's name will be recorded on a 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.
- If your site is participating in the National Healthy Eating and Physical Activity Standards project, you may be asked to complete a brief survey. This will help determine if the after-school environment is fostering healthy behaviors.
- If your site is participating in the FitnessGram program, your child will complete a physical activity assessment to measure aerobic capacity, abdominal strength and endurance, trunk strength and flexibility, as well as upper body strength and endurance. FitnessGram is intended for use with students who do not have disabilities.

Participating in the evaluation components of the CKC program will cause little or no risk to your child. The evaluation components have been designed to protect your child's privacy. 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 the evaluation. Your child will receive no financial benefit from taking part in the evaluation. 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. We would like all students in 3rd through 5th grades to take part in the evaluation of the program, **but the CKC 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 in the evaluation component. Your child can skip any questions or measurements that they do not wish to answer or participate in. If you wish to withdraw your child from the CKC evaluation components at any time, please notify your child's after-school program directly.

Please read the section below. If you do **not** want your child to take part in the evaluation components, check one or more of the boxes below and return this form to the after-school program no later than **one week from receiving this notice**. 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 in the after-school program if you do **not** want them to participate in the evaluation components. If your child's after-school program teacher or director cannot answer your questions about the evaluation, contact OSDH Community Development Service CATCH Team (405) 271-6127.

Child's name: _____ Grade: _____

Please Check All That Apply:

My child may **not** take part in any of the evaluation components of the CKC program.

My child may **not** take part in the Student Survey

My child may **not** take part in the Height and Weight Measurements.

I will **not** take part in the parental survey for the National Healthy Eating and Physical Activity Standards.

My child may **not** take part in the FitnessGram Testing.

Note: If this form is not returned before the first day of the CKC curriculum, your child will be **automatically enrolled in the all components of the CATCH Kids Club program, including the evaluation component.**

Please list any food allergies your child has: _____

Parent's signature: _____

Date: _____

Phone number: _____