

Parent Permission: 4-H Camp Healthy Challenge

**North Dakota State University, Department of Health, Nutrition, and Exercise Sciences
EML 351, Fargo, ND 58108**

We would like to invite your children to participate in a nutrition and health activity (“Healthy 4-H Camp Challenge”) during camp. The children will participate in fitness and nutrition games activities to promote health, and they will track their healthy behaviors (such as drinking water, getting physical activity, sleep, brushing their teeth, eating fruit/vegetables) on a chart in their cabins. The children will be asked to complete a short survey at the end of camp. Parents will be asked to complete a brief online survey delivered by email after the camp has concluded.

What is the reason for doing the study? We are conducting this research project to evaluate and improve the health-related activities in a camping situation.

What will I be asked to do? Parents will be asked to complete a short online survey about their child’s camping experience, including the nutrition/fitness activities, at the conclusion of 4-H Camp. Your child(ren) will be asked to complete a few questions about the “healthy challenge” on their paper survey at the end of the camp. We will use that information to determine activities the campers did, so we can develop educational activities to promote healthy behaviors.

Where is the survey going to take place, and how long will it last? The survey of your children will take place at the 4-H Camp at Washburn, ND. The average time to take the survey is approximately 5 minutes. The online survey for parents will take about 5 minutes to complete, and it will be emailed after the camp has concluded.

What are the possible risks and discomforts? There are no foreseeable risks involved in this study.

Do I have to take part in this study? It is your choice whether or not to take part in this research. You or your child may change your mind or stop participating at any time without penalty or loss of benefits to which you are already entitled, although we hope that you will continue with the survey once you have started. Your assistance would be greatly appreciated in making this a meaningful study. By participating in this study, you will help researchers learn more about developing effective nutrition education and training materials.

Who will see the information I provide? We will keep private all research records that could identify you. Your information will be combined with information from others taking part in the study. When we write about the study, we will write about the combined information that we have gathered. You will not be identified in these written materials. We may publish the results of the study; however, we will keep your name and other identifying information private.

What if I have questions? This study is being conducted by researcher Dr. Julie Garden-Robinson. If you have any questions about this project, please contact Dr. Garden-Robinson at 701-231-7187 (Julie.Garden-Robinson@ndsu.edu).

What are my rights as a research participant? You have rights as a participant in research. If you have questions about these rights, or complaints about this research, you may talk to the researchers or contact the NDSU Institutional Review Board by: Telephone: 1-701-231-8995 or toll-free at 1-855-800-6717 Email: ndsu.ibr@ndsu.edu Mail: NDSU HRPP Office, 1735 NDSU Research Park Dr., NDSU Dept. 4000, PO Box 6050, Fargo, ND 58108-6050. Thank you for your participation in this study. If you wish to receive a copy of the research results, please email your request to Julie.Garden-Robinson@ndsu.edu.

Signature _____ Date _____

PI Signature _____ Date _____