

Assessments of School Children

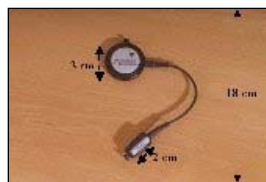


PHYSICAL MEASURES: measurements taken will be height and weight (to enable Body Mass Index to be calculated,) waist circumference, skinfold thickness, estimation of body fat (using Tanita scales which are similar to weighing scales), and blood pressure. All measurements will be taken according to standard scientific protocols, by trained staff working on the project.

Here is the team (Somla, Miriam, Vicky and Sheila) taking a lunch break during one of the school visits:



PHYSICAL ACTIVITY ASSESSMENT: Children will wear a combined heart rate and movement sensor for 7 consecutive days (the equipment consists of a monitor that weighs 10g and is attached to the chest by two sticky pads – see picture). The sensors will not be taken off at night, or during any normal day to day activities (including bathing, swimming etc) but parents may need to replace the pads during this time period. Parents will be provided with an instruction sheet of how to do this. Parents will also be asked to complete a children's activity questionnaire.



ACTIHEART heart rate and movement sensor (further details can be found on the manufacturer's website)
<http://www.minimitter.com/Products/Brochures/ActiheartSalesSheet-final.pdf>

DIETARY ASSESSMENT: Each child will have a 24 hour tick-list food diary completed for them. This will be filled out partly in school by school and research staff, and partly at home by the parents. In order to assess the accuracy of this 24 hour tick-list diary, we will also be completing more detailed 24 hour food diaries for some children.

OTHER ASSESSMENTS: Each child will be asked a series of questions designed to measure health-related quality of life, body image and self-worth.