

Parents



Some Frequently Asked Questions from Parents:

What is Beaches?

A project looking at active lifestyle and healthy eating in children in Birmingham, set up to learn more about children's diet and exercise to try to give a better idea of how to look after our children's health.

How does it work?

Parents of years 1 and 2 children will be asked to take part in the study, we would like to take the following measurements:

- height
- weight
- waist and skinfold measures
- blood pressure
- heart rate

and by using questionnaires to find out about your child's food intake and activity level.

Where will it take place?

The measurements will take place in school and will be done by a small team of researchers from the University of Birmingham. Each team member has been trained in the measurement techniques by the Birmingham Children's Hospital and has been vetted by the Criminal Records Bureau. We will try to cause as little disruption to the school timetable as possible.

How many schools are taking part?

There will be eight schools taking part in the Birmingham area.

Why are only years 1 and 2 taking part?

Research has found that this is the best age to intervene in order to be most effective in achieving change.

How long will it go on for?

The study will last for three years.

What will the measurements be used for?

We need to take the measurements to use as baseline data and at the end of the study the measurements will be done again to see if there is a difference.

How will the measurements be done?

The children will be dressed in P.E. kit which will make it easier for us to take the measurements.

After the measurements have been taken, the children will have a small Actiheart monitor attached to their chest, this uses small sticky pads to fix it on and will be worn continuously for seven days.

What if the monitor gets wet?

The child can do all normal activities while wearing it including swimming and taking a bath. Researchers at the University have tried it out and have found that it is comfortable to wear and once they were used to it they forgot it was there.

What happens if the monitor falls off?

Parents will be given an information sheet about the monitor and replacement sticky pads so that it can be put back on again.

How will it affect the children?

Usually, they forget they are wearing it. If any redness occurs at the site then parents will be asked to remove it.

Will it pick up any health problems?

No it cannot pick up any abnormalities.

Will everyone know the results?

The results will be confidential and the children will not be identified by name. Each child will be given an identification number to ensure that the records can be updated correctly.