

**West Midlands Active lifestyle
and healthy Eating in School
children study**

WAVES



What is the WAVES study?

The WAVES study is an exciting new study about health being run by a team of researchers at the University of Birmingham in primary schools throughout the West Midlands. The study aims to test the success of a programme of activities designed to support children in keeping their weight at a healthy level by promoting healthy eating and physical activity. The study has been funded by the Department of Health and is seen to be of national importance.

Why is the study important?

The aim of the study is to find out whether a programme of activities in schools can help children to maintain a healthy weight.

The number of children in the UK who are overweight and obese has increased in recent years, which can lead to poor health. It is therefore very important to find out whether the WAVES study activity programme can help to encourage children to maintain a healthy weight. If it is successful the activity programme could be recommended to other schools all across the country to help children to stay healthy.

Why is my child being invited to take part?

A number of schools (approximately 50) from throughout the West Midlands have been invited to be involved and your child's school is one of the schools who have agreed to take part.



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WAVES

What does taking part in the WAVES study involve?

Parents of children from Year 1 will be asked if their child can take part in the WAVES study. Children who take part will have their height, weight, waist circumference, skinfold thickness and blood pressure measured. They will also wear a physical activity monitor for 5 days. In addition they will be asked some simple questions about how they see themselves and their life in general. We will ask parents of children taking part to fill in a simple food questionnaire on behalf of their child and a physical activity and family lifestyle questionnaire. We will repeat these measurements and questionnaires at a later stage in the study.

How you can help us?

In schools that have agreed to take part it is important for the success of the study that the research team are able to collect information from as many Year 1 children as possible. Information on your child can only be collected with your signed consent. Enclosed with this flyer is a letter and information leaflet about the study together with a consent form. Provided you are happy for your child to take part, please complete the consent form and return it to the school as soon as you can.

Further information or questions

Should you have any questions or want further information about the study please contact either of the following members of the WAVES study research team.

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