



Health
Illawarra Shoalhaven
Local Health District

Thirsty? Choose Water!

Behavioural Interventions and Water Stations in secondary schools INFORMATION FOR PARENTS

Your school has agreed to participate in a research study which is exploring ways to promote and increase water consumption and decrease sugar sweetened beverage (SSBs) consumption in Year 7 students.

We know that childhood overweight and obesity is a significant problem and has negative health effects on children both in the short and long-term. We also know that consuming sugary drinks such as soft drink, sports drinks, energy drinks and juices contributes to this. Therefore this is an important study to determine how we can encourage children to drink more water.

By the toss of a coin our school will be randomly allocated to one of the study conditions. These include:

- promoting the message of choosing water through the school in PDHPE lessons and other opportunities within the school such as the Year 7 immunisation program
- the installation of a water station
- both of these or
- neither intervention (control group)

Regardless of which part of the study your school is allocated to we will be inviting **all** Year 7 students to participate in a survey at the beginning and end of the study. This will allow us to determine which factors are most important in promoting water as a preferred drink.

The surveys will be completed in your child's class time and will only take about 10 minutes. Your child will be asked to only put their school, initials and date of birth on the survey. This is so we can look at the responses of students at the start and at the end to compare any changes. Your child's details will not be used for any other purpose and their confidentiality and privacy is assured. The survey will ask questions about your child's knowledge and awareness of sugary drinks, their consumption of these, and about their water consumption. If you would like to see a copy of the survey you can ask the school for this.

If for any reason you do not wish your child to participate in these surveys, please inform the school by completing and returning the slip below to the school office.

Complaints

This research has been approved by the Hunter New England Human Research Ethics Committee of Hunter New England Local Health District, Reference 17/08/16/4.07.

Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to Dr Nicole Gerrand, Manager Research Ethics and Governance, Hunter New England Local Health District, Locked Bag 1, New Lambton NSW 2305, telephone (02) 49214950, email HNELHED-HREC@hnehealth.nsw.gov.au

I do not wish my son/daughter _____ in Year 7 to participate in the
'Thirsty? Choose Water!' Student Surveys.

Parent Name _____ Parent Signature _____ Date _____