



University of Essex



HEALTH STUDY RECRUITMENT LEAFLET

We would like to invite you to take part in a remunerated research study. This leaflet provides general information about the study.

MONETARY COMPENSATION: £400 IN TOTAL

ELIGIBILITY CRITERIA

1. You **have a child between 2 and 6**
OR you are **pregnant** and you are due to give birth in 2016.
2. You have lived in Colchester area for at least 2 years (postcode starting with CO)
3. You are fluent in English
4. Your gross annual household income is below £26,600.
5. You own a fridge and a hob.

ABOUT THE STUDY

This study is part of a larger project funded by the European Union and involving leading universities across Europe, which aims at understanding the drivers of nutritional choices, particularly in childhood. The study is led by Professor Michèle Belot (School of Economics, University of Edinburgh & University of Essex). During the **three years** of the study, we will meet you **six times** as described in the timing further below. At each visit will take body measurements and ask you to complete questionnaires on your lifestyle, nutrition and health.

On top of that, we will ask a number of families (selected at random) to follow specific nutritional advice for a period of 12 weeks (between September and December 2015). If you have been selected, you will receive more information about this before the study starts and before you decide to participate.

WHO WILL TAKE PART?

- 1) **The main adult** (mother or father or main carer of the children, who is in charge of food shopping and preparation in the household)
- 2) **Second adult if living in the same household** (mother / father / partner)
- 3) **Your child(ren):**
 - If you already have children **older than 2 and younger than 6**: your youngest child between the age of 2 and 6.
 - If you are pregnant: Your upcoming child (from next year onwards).



University of Essex



Note that if you are pregnant and already have a child between the age of 2 and 6, both can take part in the study. We will not be able to accommodate other children (older than 6) for logistic reasons. The child(ren) participating to the study will be referred to as the "STUDY CHILD(REN)".

DATES AND LOCATION

The main adult, second adult and "study" child(ren) will be asked **to come to our facilities** at the university of Essex at **6 different points in time**. If you participate to the study, you will be asked to come to our facilities in August/September 2015 (we will confirm the precise date with you by post).

1. August/September 2015 (Initial Session)
2. October 2015
3. December 2015
4. December 2016
5. December 2017
6. December 2018

FIND OUR MORE AND REGISTER

If you are interested in participating, we will send you a participant information leaflet with detailed information on the study.

For more information on the project or to register, please visit our website:

www.bluehealthstudy.ed.ac.uk

You can also us at healthstudy@ed.ac.uk

or by phone at 07981 112 493.

Note that the project is conducted with ethical approval from the School of Economics Ethics Committee at the University of Edinburgh.