



Home Booklet 2010

This booklet has 3 parts:

1. Information about REAL Kids Alberta, 2. Consent Form, 3. Home Survey

PART 1 | Information about REAL Kids Alberta

Purpose:

The Alberta government via Alberta Health and Wellness, has launched programs to promote healthy eating and active living. We aim to evaluate these programs in order to learn whether or not they are effective in promoting the health of children and youth in Alberta. The findings from this evaluation project will provide valuable information to support Ministry wellness initiatives for children and youth.

Who we are asking to take part:

Parent/guardian(s) of grade five students and grade five students from about 180 schools across Alberta.

What you and your fifth grade child will be asked to do:

1. You will be asked to complete part 2 of this booklet: the *Consent Form*. If you complete part 2 you give us permission to invite your grade five child to participate in:
 - a. completing a survey at school that asks questions about nutrition, activities and health.
 - b. having your child’s height and weight measured at school by a trained project assistant. Students will be asked to remove their shoes before being measured and will be standing on a scale that sends their weight to a private area so no comparison of weights will be possible by participants. Your child’s classroom teacher and two project assistants will be present at all times while the measurements are taken. Measurements will be confidential and not shared with your child or any other school personnel.
2. You will be asked to fill out part 3 of this booklet: the *Home Survey*. This will require approximately 10 minutes of your time.



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Participation:

Your participation in this evaluation is voluntary. You participate by completing part 3 of this booklet: the *Home Survey*. In order for your child to participate we are asking you to complete and sign part 2 of this booklet: the *Consent Form*. We will only invite your child to take part if you consent to her or his participation. Her or his participation is voluntary as well. We will not register your name or your child's name. We will not contact you or your grade five child in the future.

What we can learn from your participation:

This evaluation will help us answer questions such as:

- How aware are parents and students of healthy eating and active living initiatives supported by Alberta Health and Wellness?
- What do Alberta children know about the importance of healthy living?
- What are the eating habits and lifestyles of Grade 5 children in Alberta?
- How active are grade Grade 5 children in Alberta?
- What can we do to improve the health of children and youth in Alberta?
- What can schools do to improve the health and learning of children in Alberta?

How we will keep your personal information confidential:

We ask for your child's name so that we know who has permission to participate in the project. We will keep the names that you provide confidential. The project is anonymous. Responses from you and your child will be kept confidential and will not be shared with anyone including your child's school. Individual schools will not be identified when the findings are presented. We will treat the information with the highest level of respect and use it for evaluation purposes only. The Human Research Ethics Board of the University of Alberta, who makes sure that research is done with the highest ethical standards, has approved this project. The Research Ethics office can be reached at (780) 492-0302.

Benefits of taking part:

- The findings from this project will provide valuable information to support Ministry wellness initiatives that promote healthy eating, active living and healthy weights for children and youth in Alberta.
- A summary of the findings will be posted on our website at www.realkidsalberta.ca.

Possible risks of taking part:

- You will share information about yourself and your grade five child with us.
- Some people are uncomfortable with information on healthy eating, active living and healthy weights.
- Please be assured that your information and that of your child will only be used for evaluation purposes. Your information and that of your child will not be shared with other students, teachers, school staff or anybody else. The evaluation has been ethically approved by the University of Alberta and your school's principal and school board also have approved and given support for this evaluation.

Who is doing this evaluation?

Dr. Paul Veugelers at the School of Public Health, University of Alberta, is conducting this evaluation in collaboration with and on behalf of Alberta Health and Wellness. His contact information is:

Paul J. Veugelers, PhD

School of Public Health, University of Alberta
6-50 University Terrace Building
Edmonton, AB CANADA T6G 2T4
tel: 780 492 9095 fax: 780 492 5221
paul.veugelers@ualberta.ca

Questions and Concerns:

Please see website for more information on the project: www.realkidsalberta.ca
For any questions about this project please contact either Dr. Paul Veugelers at (780) 492-9095 or the **Project Coordinator Megan Purcell at (780) 492-5472 or by e-mail at mpurcell@ualberta.ca**

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PART 2 | Consent Form

If you agree to take part and allow us to invite your grade five child to participate, please fill out part 2: the Consent Form.

I have read the above information about *REAL Kids Alberta*.

I understand that participation is voluntary.

I give my consent for my fifth grade child to take part in this project.

Yes No

My fifth grade child's name (**please print**): _____

Your signature: _____ Date: _____

Your name (**please print**): _____

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Marking Instructions

- Use the HB pencil in the envelope
- Make dark marks that fill the bubble completely
- Erase clearly any mark you wish to change

Correct Mark



Incorrect Mark



PART 3 | Home Survey

Please take your time and choose the answer that best describes you and your grade five child. There are no right or wrong answers. If there is a question that you don't want to answer, you don't have to. Your response will be kept PRIVATE and completely ANONYMOUS.

Section 1: Where you live

- 1 **If you live a town or city, please indicate how much you agree with the following statements about where you live.**
If you live in a rural setting, please consider both the place where you live and where you access services for your family, depending on which is more appropriate when responding to the following statements.

	Strongly disagree	Disagree	Agree	Strongly agree
I like where I live.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is safe for children to play outside during the day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In my neighbourhood/community there are good parks, playgrounds, and/or places to play.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In my neighbourhood/community there are sidewalks on most of the streets.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Traffic makes my neighbourhood/community an unsafe place for my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crime makes my neighbourhood/community an unsafe place for my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In my neighbourhood/community, there are good sports and recreational programs for my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In my neighbourhood/community, it is easy to purchase fresh fruits and vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Section 2: Your grade five child's activities and eating habits

2-1 On a fair weather day, please indicate how your grade five child usually travels to and from school.

	School Bus	City Bus	Walks/Bikes	Is Driven	Others
To School	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
From School	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2-2 Please indicate how long it usually takes your grade five child to get to and from school.

	15 minutes or Less	16 to 30 minutes	31 to 45 minutes	46 to 60 minutes	More than 60 minutes
To School	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
From School	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2-3 On average, about how many hours per day does your grade five child spend on the following activities, outside of school hours?

	Less than 1 hour a day	1-2 hours a day	3-4 hours a day	5 or more hours a day
Using a computer or playing video games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watching TV	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2-4 About how often does your child use a personal or family cellular phone or handheld communication device (e.g. iPhone, BlackBerry, etc.)?

- Never or almost never
- About once a month
- Between one and three times a week
- Every day or almost every day

2-5 Are any of the following technologies being used in your grade five child's bedroom?

	Yes	No	Sometimes
Television	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DVD player	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Computer without internet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Computer with internet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Video game console (e.g. Nintendo, Play Station)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cellular phone or other handheld communication device	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2-6 Think about the last 12 months. Please indicate how often your grade five child usually does the following activities **outside of school hours**.

How often does your child usually...	Never	Less than once a week	1- 3 times a week	4 or more times a week
play sports or do physical activity WITHOUT a coach or instructor (such as riding a bike, skateboarding, rollerblading, etc.)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
play sports WITH a coach or instructor, other than in physical education (PE) (soccer, swimming lessons, hockey, gymnastics, etc.)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
engage in physical activities together with one or both parents/guardians like going for walks, jogging, bike riding, swimming, dancing or skating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 3: Your grade five child's health

3-1 What is your grade five child's month and year of birth?

Month: ____ Year: ____

3-2 How would you describe your child's eating habits?

- Very healthy
- Healthy
- Somewhat healthy
- Unhealthy
- Very unhealthy

3-3 How many times each week (including weekdays and weekends) does your family usually...

	Never or less than once per week	1-2 times per week	3-4 times per week	5 or more times per week
eat supper at the table together?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
eat supper in front of the TV?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
eat at a fast food restaurant, or eat food taken out from a fast food restaurant?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3-4 The following statements may be used to describe the food situation for a household. Please indicate whether the following applied to your household in the past 12 months.

	Often true	Sometimes true	Never true	Prefer not to answer
You and other household members worried that food would run out before you got money to buy more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The food that you and other household members bought just didn't last and there wasn't any money to get more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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3-5 To what extent do you encourage your grade five child to...

	Not at all	A little bit	Quite a lot	Very much
eat healthy foods?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
help choose and prepare snacks and meals?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
be physically active?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3-6 How much do you

	Not at all	A little bit	Quite a lot	Very much
personally care about staying fit and exercising?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
personally care about eating healthy foods?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3-7 Please answer the following questions about what time your grade five child wakes up in the morning and goes to bed at night. Please check off only one box per row.

At what time does your child usually <i>wake up</i> during:	Before 6:30 am	6:30-7 am	7-7:30 am	7:30-8 am	8-8:30 am	8:30-9 am	After 9 am
the week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
the weekend	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

At what time does your child usually go <i>to bed</i> on:	Before 8 pm	8-8:30 pm	8:30-9 pm	9-9:30 pm	9:30-10 pm	10-10:30 pm	After 10:30 pm
school nights	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
weekend nights (Friday and Saturday)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3-8 Has your grade five child had wheezing or whistling in the chest at any time in the past?

- Yes
- No (if no go to question 3-11)

3-9 Has your grade five child had wheezing or whistling in the chest in the past 12 months?

- Yes
- No (if no go to question 3-11)

3-10 How many attacks of wheezing has your child had in the past 12 months?

- None
- 1 to 3
- 4 to 12
- More than 12

3-11 Has your child ever had asthma?

- Yes
- No

Section 4: Alberta Health and Wellness Programs

Alberta Health and Wellness has developed a number of Healthy Weights Initiatives, including the Alberta Nutrition Guidelines for Children and Youth, Health Promotion Coordinators working across the province, the Alberta Healthy School Community Wellness Fund, and the Healthy School Community Award. The following questions relate to these AHW initiatives.

4-1 How strongly do you agree with the following statements:

Schools with grade five students should:	Strongly disagree	Disagree	Agree	Strongly agree
limit the availability of unhealthy foods such as chocolate, candy, French fries, potato chips, pop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ban the serving of these unhealthy foods at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
discourage students from bringing unhealthy foods to school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
not allow students to bring unhealthy foods to school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
adhere to the Alberta Nutrition Guidelines for Children and Youth, developed by Alberta Health and Wellness to guide schools in offering healthy food choices.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
adhere to the provincially mandated daily physical activity (DPA) initiative requiring students in grades 1-9 to be physically active for 30 minutes each day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4-2 Are you aware of the Alberta Nutrition Guidelines for Children and Youth that provide information on foods that should and should not be provided within the school, daycare, and recreation environments?

- Yes
- Unsure
- No

DO NOT WRITE IN THIS AREA



4-3 Are you aware of the health promotion staff from Alberta Health Services in your area?
(These are individuals such as Health Promotion Coordinators/Facilitators that work to promote healthy eating and active living among the children and youth of Alberta).

- Yes
 - Unsure
 - No
- } if no or unsure go to question 4-4

If yes, what work are the coordinators involved with? (Fill in all that apply)

- I am unfamiliar with the work that the coordinators do.
- The coordinators provide support to my grade five child's school.
- The coordinators provide support to my community.
- The coordinators have helped improve healthy eating behaviors of children in my child's school community.
- The coordinators have helped improve physical activity behaviors of children in my child's school community.
- Other (please specify)_____

4-4 Are you aware of the Alberta Healthy School Community Wellness Fund?

- Yes
 - Unsure
 - No
- } if no or unsure go to question 4-5

If yes, have you done any of the following? (Fill in all that apply)

- Been involved in an application process
- Developed a formal partnership with community stakeholders in order to apply for the fund
- Received funding from the Wellness Fund
- Been motivated to improve physical activity and healthy eating in my child's school as a result of receiving Wellness Funds
- Applied but did not receive funding from the Wellness Fund
- Been motivated to improve physical activity and healthy eating in my child's school as a result of just applying for the Wellness Funds even though you did not receive funding
- Chosen not to apply for the fund

4-5 Are you aware of the Healthy School Communities Award?

- Yes
 - Unsure
 - No
- } if no or unsure go to question 5-1

If yes, have you or a committee you are involved with done any of the following? (Fill in all that apply)

- Nominated someone or a school group for the award
- Received a nomination for the award
- Been involved with an individual or group from your child's school community receiving an award
- Received an award
- Been motivated to make changes to healthy eating and physical activity in your child's school community as a result of receiving the award
- Received information but chosen not to participate in the award process at this time
- Received recognition from the Alberta Milk and Teacher Award (formerly the extreme nutrition makeover award)
- Received recognition from the Ever Active Schools program

Section 5: Your household

5-1 Are you ...

- Female
- Male

5-2 Were you born in Canada

- Yes
- No

5-3 What is the highest level of education that you have attained?

- No schooling
- Elementary
- Secondary
- Community/Technical College
- University
- Graduate University

5-4 What is your current household income from all sources?

- Less than \$25,000
- \$25,000 - \$50,000
- \$50,001 - \$75,000
- \$75,001 - \$100,000
- More than \$100,000
- Don't know
- Prefer not to answer

Please use this area to give us any further comments, suggestions or information

Thank you for completing this survey! Your input is appreciated.

Please check if you completed the consent form (part 2) if you would like your child to participate. Please put this booklet into the return envelope, seal the envelope, and give it to your fifth grade child to take to school. His or her teacher will collect the envelope.

DO NOT WRITE IN THIS AREA

