

### ***Your measurements:***

If you want us to we will measure how tall you are, what you weigh and your waist size. You can use the space below to keep a copy of this if you wish. If you do not want this written down please just say.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**My height today** \_\_\_\_\_ cm  
**was:** \_\_\_\_\_ ft/ins

**My weight today** \_\_\_\_\_ kg  
**was:** \_\_\_\_\_ st/lbs

**My waist today was:**

			cm
			Ins



## **The 2010 Scottish Children's Diet Study**

### **Information for Children and Young People**

The Scottish Children's Diet study is a study to find out about the diets, activity and health of children and young people in Scotland.

Around 1,800 parents and their children from all over Scotland will take part in the study this year.

This leaflet tells you more about the study and why it is being done.

***What are the questions about?***

The interviewer will ask you and your mum, dad, or the person who looks after you, some questions about the things you eat, your health and the activities you do.

***What are the measurements?***

If you agree, the interviewer will also measure your height, weight and waist. If you want, the interviewer will write down these measurements for you.

***What are the paper questionnaires?***

One was sent to your house for you or the person who looks after you to fill in. It asks about the kinds of food you eat.

If you are at secondary school you will also be given a paper questionnaire to fill in yourself. It asks some questions about the things that you may buy on your way to or from school, or at lunchtime, to eat. You can answer it by yourself and no one in your family will see what you write.

***Who will see my answers?***

The interviewer will not tell anyone you know about the answers you give. Only the research team at ScotCen will see the information about you.

***Why have you come to my house?***

To visit every household in Scotland would take too long and cost too much money. Instead we select a small number of addresses and ask the people at each address to take part in the Scottish Children's Diet Study.

***Do I have to answer the questions?***

No, not if you don't want to. If you only want to answer some of the questions this is okay too. If you are aged 11 or under your mum, dad or the person who looks after you will answer the questions with your help. If you don't want them to answer a question about you this is okay, just tell them not to.

***Do I have to be measured and weighed?***

No, not if you don't want to. The interviewer will ask you if it's okay to measure your height, weight and waist before he or she takes your measurements.

***Where can I find out more about healthy eating or healthy weight?***

This website has lots of information about food for children and teenagers: [eatwell.gov.uk](http://eatwell.gov.uk)

Your family doctor or health visitor can also give advice about health or weight.

***If I have any other questions?***

We hope this leaflet answers the questions you may have. If you have any other questions about the study, please ask the interviewer. You can also send an email with any questions to:

[childrensdietinfo@scotcen.org.uk](mailto:childrensdietinfo@scotcen.org.uk)

**Thank you for your help with this study.**