



## Project Healthy Schools: Research Study Description for Parents

Project Healthy Schools aims to improve the health of middle school students by teaching students about healthy eating and exercise habits. This program is being offered in your child's school. It involves 10 fun and interactive lessons geared toward children. We will also be working with the school to supplement these lessons with wellness initiatives to increase the uptake of healthy habits. It is important to know if this program is successful. If it is successful, then Project Healthy Schools can be offered in other schools in Michigan and around the country.

To evaluate the program, students are given the opportunity to participate in a health behavior survey before and after the 10 lessons are taught. Questions from the survey are designed to help us learn more about students' eating and activity habits, as well as how they feel about some other topics (e.g. social-emotional learning, sleep habits, vaping, COVID-19). This information will be used to assess Project Healthy Schools' effectiveness and ways to improve the program. Some information may also be published to inform others of the health habits of middle school children.

Students who agree to be part of the research portion of Project Healthy Schools will enter their survey responses into our confidential database. Once in the database, students will be identified by a code number, not by their name. In other words, all data are deidentified—your student's name will never be connected to their survey results and will never appear in any publication of the data. All information collected for this study is kept confidential.

Participation in the research portion of Project Healthy Schools is optional. If your child does not participate in the research portion of this program, they will still receive the educational lessons. If you or your child wishes to discontinue participation in the study, this can be done at any time without penalty to you or your child. If you ever have questions about the study or want your child to leave the study, please contact your Project Healthy Schools wellness coordinator, your child's teacher, or our research coordinator (Rachel Krallman: [syrachel@med.umich.edu](mailto:syrachel@med.umich.edu)).

Thank you so much for your time and assistance with this important work!

Most sincerely,

The Project Healthy Schools Team