

UNIVERSITY OF ILLINOIS  
AT URBANA - CHAMPAIGN

Department of Human and Community Development  
College of Agricultural, Consumer  
and Environmental Sciences  
274 Bevier Hall  
905 South Goodwin Avenue  
Urbana, IL 61801



Dear Family Child Care Provider,

The Child Care Resilience Program at the University of Illinois is interested in understanding health in family child care settings. You are invited to participate in this study assessing provider and children's health. We would very much appreciate your help and the help of one or more of the children in your care.

Simple measures for children will include height, weight, and blood pressure. Your measures will include those already mentioned, but will also include: cholesterol, diabetes testing, and a measure of biological stress through a finger stick; a nutrition questionnaire; wearing a device that measures your activity levels; short video recordings of a few daily activities, and answering questions on paper and through a short interview. The majority of measures will occur at your child care setting during your hours of operation in a 2 – 4 hour period. When one of the researchers is working with you, the other will be engaging the children in your care in activities. All researchers are studying Human Development at the University of Illinois and enjoy spending time with children. We hope to make this a fun experience for you and the children in your care. When measurements for the day are completed, we will leave you with a survey and an accelerometer to be picked up no sooner than four days later. Upon our return, you will receive reports in sealed envelopes for yourself and the children who participate in the study to give to their parents. Below we have provided further information regarding the study.

**Who is conducting this research study?**

Dr. Angela Wiley, a professor in the Department of Human and Community Development, and her research team are conducting this study.

**What is the purpose of this study?**

The purpose of this study is to better understand healthy development of children in family child care. In addition, we are interested in understanding the health and health practices of family child care providers.

**What will I experience as a research participant?**

Trained researchers will come to your family child care setting to do some fun activities with the children in your care and take a few health related measurements. They will come to your child care setting at a time you have approved and stay for 2 – 4 hours. The researcher will explain the process to you before any measurements are made and you may choose not to participate at any time. Another researcher will watch the children in your care during this time and engage them in some fun activities.

Measurements are like what you may have experienced at your doctor's office and all are very safe. We will measure your *height and weight* with your shoes off and *blood pressure* using an appropriate sized cuff and stethoscope. *Body water, fat, and muscle percentages* will be

determined through a scale like device. You will need to take off your socks and stand on a scale and hold two handles for 30 seconds. We will measure *nutrition* by having you remember everything you have eaten 24 hours prior to our arrival. We will ask you to enter this information on a website survey that typically takes 20-30 minutes. We will measure *physical activity* using a device somewhat similar to a pedometer, but it provides more accurate measurements. It is not uncomfortable and would be clipped to your right hip using an elastic belt. We may ask you to wear it for a short period, such as 2 – 4 hours, or to participate in a longer period, such as 4 days including one weekend day. The device cannot get wet so it would need to be removed when showering or during activities such as swimming. Other than those periods, we ask that you wear the device continuously to help us get the most accurate measurements possible.

We will also do a *cholesterol check, diabetes screen, and measures of biological stress*, which are measured through a simple finger stick just like what a person with diabetes uses to measure their daily sugar levels. These devices use minimal blood to produce results within a few minutes. The process is much easier and requires a smaller sample than the traditional method. A trained researcher will clean a finger of your choice (other than your thumb) with an alcohol pad, wait for it to dry, and then stick the finger with a tiny hidden needle. Your finger may be gently squeezed in order to get enough of a sample for the test. If possible, we will try to get all tests from the same stick. However, sometimes more than one stick is necessary to provide an adequate sample. After the sample is collected, a clean bandage will be placed on your finger. Finger sticks typically heal quickly.

We would also like to collect videotape recordings of everyday activities you and the children under your care participate in like playing and eating. We will be videoing short segments of about 5 – 30 minutes. The camera will be turned on at the beginning of the segment of a routine activity and then turned off at the end. The camera will be mounted on a tripod in an out of the way, safe location. Video recordings will be transferred to a secure computer database. The research team will then make research notes without any identifiers about the recordings. No one else will see the video recordings and the recordings will not be presented beyond the scope of the research team. Only these research notes will be used to talk about the findings of the study.

You will also be questions in the form of a written survey. You may choose to not answer any question at any point. At the end of all measurements, we will ask you a few questions in the form of an interview about your experience. With your permission, this interview may be recorded so that we can ensure accuracy capturing your responses. During this interview, you have the right to not answer any questions you prefer to not answer. We would also like to use your address to determine green space area around your child care home and health related measures such as distance to the nearest park or grocery store. Your address will be kept separately from all other data with only your unique code number. Only non-identifying information would be kept with any responses or numbers from your participation.

**What will the children experience?**

Trained researchers will do some fun activities with the children and take a few measurements on children who have parental consent. They will ask each child's permission before making any measurements and a child may choose not to participate at any time. Measurements described already include: *height and weight; body water, fat, and muscle percentages; and blood pressure*. In addition, *food preferences* for children will be measured through pictures of several foods. The child will be asked to point to a smile for liking the food, a neutral expression, or a frown for disliking the food and then rank order each of the liked, neutral, and disliked foods. *Physical activity* measured through the device will be just like described above, but for a shorter time. For children, we may also observe children's activity levels and patterns. Children will also be asked to participate in *motor development activities*. He or she will be asked to demonstrate skills such as jumping or running while the researcher records on video and paper the child's skill level. We will also ask the child to point to one of two pictures of a cartoon child performing the same activities based on which one your child feels he/she looks more like.

**What will happen to the measurements?**

Providers and children that participate will be given a code number that will be stored with their measurements. This code will allow identities to remain confidential. All papers that have any measurements on them will only be for use of researchers in this study and will remain in a cabinet of a locked room. Any measurements entered into the computer will be stored only using the code and on a secure, password protected server. Only researchers will have access to the interview recordings and transcripts and the video recordings and research notes, all of which will be stored in a secure database. Your name or other identifying information will not be collected during the interviews to preserve your confidentiality.

**How will the study information be used?**

After the data collection portion of the study, we will summarize measurements and use the knowledge we gain to better design this study on health in family child care. Project reports and presentations will not include any identifying information. Information gained from this study in total will be used to offer recommendations to improve support services and inform policies related to family child care.

**Are there any risks involved in my participation?**

Your participation involves minimal risks comparable to those you experience in everyday life. There may be slight discomfort from the finger stick for the blood samples. It is possible for a small amount of bleeding to happen under the skin creating a bruise. The chance of an infection developing at the site is less than 1 in 1000. As for your data, it will not be accessible to anyone beyond the researchers conducting this study. Your participation in this study is voluntary and you may decide not to participate at any time.

**Are there any risks involved for the children in my care's participation?**

Participation for children involves minimal risks comparable to those he or she experiences in everyday life. There are no physical risks involved. No one except the researchers will have access to the child's individual data. Each child will be asked if he or she wants to participate in

a measurement. His or her participation is also voluntary and he or she may choose not to participate at any time.

**What are the benefits to participating?**

For your participation, you will receive a \$40 Wal-Mart gift card at the time data collection is completed at your child care setting. In addition, we have found that many providers enjoy sharing their experiences and many people enjoy getting information related to their health. It may also feel good that the information you provide will go towards better understanding health in family child care and lead to the development of trainings and workshops that can benefit future family child care providers and the children in their care. In addition you will receive a report in a sealed envelope at the end, which will include your height, weight, information related to body mass composition, blood pressure, and results from your cholesterol and diabetes screens. Information regarding normal values and directions to pursue further information about these results will also be included in this report. These results are for research purposes and are not designed to assess or diagnose medical conditions. In additions, these results should not be taken as a replacement for seeing your doctor. In fact, we would recommend that you share these results with your doctor.

**What are the benefits involved for children in my care to participating?**

Children often enjoy seeing how tall they are getting or how much they weigh. The researchers will make the time spent at your setting taking measurements as fun as possible with songs, activities, and books. Parents of participating children will receive a report in a sealed envelope at the end of that day with their child's height, weight, percent body fat, and blood pressure.

The decision to participate, decline, or withdraw from participation will have no effect on your status at or future relations with the Child Care Resource Service or the University of Illinois. If you choose to participate, researchers may also contact you at a later date to ask for your voluntary participation in other studies involving family care. You may choose whether or not to participate in those studies at that time.

Would you be willing to be **contacted for future studies** involving family care?  
(please check one)

YES

NO

**Contact Information:**

Please feel free to ask questions you have concerning this research at any time. You may contact the Child Care Resilience Program under the supervision of Dr. Angela Wiley at [awiley@illinois.edu](mailto:awiley@illinois.edu) or 217-265-5279. If you have any questions about your rights as a participant in this study or any concerns or complaints, please contact the University of Illinois Institutional Review Board Office at 217-333-2670 (collect calls will be accepted if you identify yourself as a research participant) or via email at [irb@illinois.edu](mailto:irb@illinois.edu).

I (*print name*) \_\_\_\_\_ have read and understand the above consent form and voluntarily agree to participate in this study.

**Audio-recording:** (please check one)

I give permission for my interview to be audio-recording.

YES

NO

**Video-recording:** (please check one)

I give permission to being videotaped during routine activities such as playtime and eating time at my child care home.

YES

NO

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

UNIVERSITY OF ILLINOIS  
APPROVED CONSENT  
VALID UNTIL

**AUG 03 2015**

**PLEASE RETURN THIS PAGE TO RESEARCH TEAM IF YOU WOULD LIKE TO PARTICIPATE AND KEEP THE OTHER PAGES FOR YOUR RECORDS.**

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Date