

Growing Well

STUDY

Help us make a difference in your community, by understanding what preschool children are eating and how they grow.

To thank you for your time you will receive £50 of shopping vouchers

Hi there!

Your child is invited to be part of the **Growing Well Study**. This study is all about understanding what young children (aged 6 months to 4 years) eat and how it affects their growth and teeth.

What's involved?

- Complete our online consent form to let us know you are happy to join the study.
- Fill two online questionnaires, one now and another in 1 year.
- Come to have your child's height, weight, and tummy measured in a community location.
- One year later, attend the measurements again, and we'll also look at your child's teeth.
- Record what your child eats over three separate days now and repeat this in one year.
- As a thank you for your time, you'll receive up to £50 of shopping vouchers



Follow us on Facebook or Instagram



Phone: 0113 343 5530

E-mail: growingwellstudy@leeds.ac.uk

Interested?

You can find more information about the study, including its purpose, what you'll need to do, the time commitment, benefits, risks, how your privacy will be protected, contact information and more in the following link or QR:



<https://tinyurl.com/gws-pis>

Or contact us at growingwellstudy@leeds.ac.uk, or call 0113 343 5530 from Monday to Friday, from 9:00 AM to 5:00 PM (you can also leave a voice message).

How to take part?

Before joining the study, we need to check whether your child is eligible. To do this, we'll ask you to **answer a few key questions**. This should take no more than 5 minutes.

If eligible, you'll be directed to a **consent form** to confirm your interest in taking part.

Next, you'll see the **online survey**, this should take around 15-20 minutes to answer.

You'll then be asked to **book your child's appointment** for growth measurements. We'll be setting up temporary study sites across your area and you'll be able to pick an appointment at a location and time to suit you.

We welcome all families and are especially keen to include people from a wide range of backgrounds.

Take part online

You can join the Growing Well Study either through the link below or through our website:



<https://survey.natcen.ac.uk/GWS>

or through our website: <https://growingwell.leeds.ac.uk>

If you cannot participate online, please contact us at growingwellstudy@leeds.ac.uk or call 0113 343 5530 from Monday to Friday, from 9:00 AM to 5:00 PM (you can also leave a voice message).

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