



National Youth Fitness Survey

Consent Brochure



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Overview

The National Youth Fitness Survey (NYFS) is a survey conducted by the National Center for Health Statistics, part of the Centers for Disease Control and Prevention. We have designed the survey to learn about physical activity and fitness of youth ages 3 through 15.

Our survey combines a home interview with health measurements, which we do in mobile units. These special mobile centers travel across the country with a highly trained medical team.



Why is this health survey important?

The NYFS will provide current information on the physical fitness levels, physical activity, and dietary behaviors of American youth. The last comprehensive assessment of the fitness of American youth occurred more than 20 years ago.

The NYFS will be used to measure progress in obtaining national objectives for youth fitness and healthy eating established by the U.S. Department of Health and Human Services and provide information needed to develop policy and program recommendations to improve youth fitness and dietary behaviors.

You may choose to be in the survey and you may allow your child to be in it, too. That is your choice. There is no penalty if you refuse. You or your child may refuse any part of the exam and are free to drop out anytime. Also, during the interviews you may choose not to answer every question.

What will we ask your child to do at the mobile center?

Our examination team will:

- Check your child's height, weight, and other measures related to growth and development
- Ask questions about what your child eats.
- Have your child perform age-specific physical activities.

A list of the specific measurements by age is included on the attached Health Measurements list.

Please note that all children must be accompanied by someone 18 years and over.

Are the tests safe?

The tests are safe. Your child may have a little muscle soreness a day or two after the exam if he or she is not used to doing the activities we ask them to do during the examination.



Measuring Height



Dietary Interview



Physical Activity



Physical Activity

Will you be asked personal questions?

At the mobile center your child will be asked a few personal questions if he or she is between 12-15 years old. These questions will be answered on a touch screen computer that does not include their name. Like all of the other data we collect, the answers you and your child gives us are kept strictly private.

Is Participation in the NYFS free?

This survey is free to all selected participants. We will compensate you for the time and effort you and your child spend while participating in the National Youth Fitness Survey. We will also provide pre-paid taxi service or reimburse you for transporting yourselves to the mobile center. In addition, you can ask to be reimbursed for child care expenses during your visit to the mobile center.

Will I get the results?

Yes, you will get a report of your child's results the day you visit the mobile center. Some tests are not reported because they will be used only for research and are not used for health care. The

NYFS does not cover the cost of any health care you may decide to get after the exam. If you have questions about getting your results, please call 1-800-452-6115.

Will my child's information be kept private?

We respect your privacy. Public laws keep all information you give private. These laws do not allow us to give out data that identifies you or your family without your permission. This means that we cannot give out any facts about you or your child, even if a court of law asks for it. However, if we find signs of child abuse during an exam, we will report it to the local department of social services or the police.

We will keep all survey data safe and secure. When we share data for statistical research purposes we do so in a way that protects your privacy as required and guaranteed by law.



More questions?

Our survey representative can discuss other questions or concerns you might have or give you printed material that can help you. She or he can give you a phone number in your area that you can call for more facts about the survey. Also, you can make a free call to Dr. Kathryn Porter of the U.S. Public Health Service to discuss any aspect of the survey. She can be reached at 1-800-452-6115, Monday-Friday, 8:30 A.M.-6:00 P.M. EST. You may also contact her regarding any harm to you resulting from this survey. You can also get answers to your questions by mail (Centers for Disease Control and Prevention, National Center for Health Statistics, Room 4322, 3311 Toledo Road, Hyattsville, MD 20782).

You may have questions about your rights as a participant in this research study. If so, please call the Research Ethics Review Board at the National Center for Health Statistics, toll-free, at 1-800-223-8118. Please leave a brief message with your name and phone number. Say that you are calling about Protocol:# 2011-20 the National Youth Fitness Survey. Your call will be returned as soon as possible.

National Health and Nutrition Examination Survey

For more information about the National Center for Health Statistics, contact:

Information Dissemination Staff
National Center for Health Statistics
3311 Toledo Road, Room 5320
Hyattsville, Maryland 20782

Telephone: 1-800-232-4636

E-mail: cdcinfo@cdc.gov

Internet: <http://www.cdc.gov/nchs>

For more information about the National Health and Nutrition Examination Survey you may visit the NHANES Website at: <http://www.cdc.gov/nhanes>.