



A partnership of



The Cooper Institute®  
WELL. INTO THE FUTURE.

September 1, 2019

Dear Parents and Guardians:

Your child's school has been chosen to be part of The Cooper Institute® (CI) and United Way of Metropolitan Dallas' (UWMD) Healthy Zone School Program. This program was designed to recognize schools for their healthy practices and assist schools in creating healthier environments.

### **Purpose of Study**

The purpose of the Healthy Zone School is to honor schools for their healthy practices and assist schools that wish to create healthier environments. To evaluate the effectiveness of the project, The CI and UWMD have developed a research team to evaluate changes in the fitness, activity, participation in promotions, and health attitudes through the use of FitnessGram® and ActivityGram® assessments, surveys, and associated materials. The ultimate goal is to help enhance the promotion of physical activity, fitness, nutrition, and health. The project will provide valuable information about the effectiveness of using health promotions to increase the health of their schools. The de-identified data collected will not be shared with anyone except for the research team.

### **Study Procedures**

Your school has elected to participate in this exciting new project. As a part of the study:

- Your child will complete physical fitness assessments from the FitnessGram® test battery;
- Your child will be asked about their physical activity habits using three questions that are part of FitnessGram®;
- Teachers will be asked to implement health activities and promotions with the assistance of CI and UWMD;
- Teachers will be asked to complete annual surveys to collect information about perceptions of new programming;
- Teachers will be asked to share activity and/or promotion information (photos, videos) with CI, UWMD; and
- Schools will work with CI and UWMD to develop a volunteer engagement opportunity.

The project is being viewed as a part of the school physical education, nutrition, and health curriculums, but we would like to process the information we collect to evaluate the effectiveness of the program. We may publish the findings to share results with other schools and professionals, but no individual information will ever be shared. To ensure confidentiality, all of the data will be tracked using coded ID numbers which means student names will not be stored in the database.

### **Benefits of Participation**

The project will provide direct benefits to the school and children. Benefits for each type of school are listed below.

- \$6,000 over three years for physical education equipment, nutrition, or health promotion
- Healthy Zone School branded signage
- FitnessGram® software and webhosting
- Tablet
- Assistance from CI and UWMD to conduct activities and/or promotions

### **Passive Consent**

We wanted to let you know about the project and request your cooperation, assistance, and support. Parents play a crucial role in promoting healthy lifestyles so we encourage you to support the program and promote physical activity and healthy eating in your homes. As mentioned above, the project will seek to enhance and provide new opportunities for children to be physically active, eat healthy, and be healthy in and out of school.

We look forward to working with you and your school on this healthy lifestyle initiative. If you have any questions or prefer to not have your child's data used in the study, please contact The Cooper Institute (phone: 972-341-3200 / email: [healthyzoneschool@cooperinst.org](mailto:healthyzoneschool@cooperinst.org)).