



THE CHEER STUDY

Childcare Home Eating and Exercise Study

You are invited to participate with the University of South Carolina & Johns Hopkins University in a study of children's health.

What is the purpose of the CHEER study? Childhood obesity has become a major public health problem in the United States. The CHEER study is intended to determine how the weight status of young children may be influenced by their attendance at family child care homes.

Who participates? Participants will be providers, parents and children associated with family child care homes throughout South Carolina.

What are study participants asked to do? Participating providers will support the study by allowing members of the study team to visit the home on two consecutive days during the Fall of 2017, and then again in 2018 and 2019. Visits will be scheduled on days that are convenient for providers. During each visit two trained staff members will observe practices that may influence children's weight status. Parents and children will be invited to participate in the study. For those who take part, parents will be asked to complete a survey and the children's height and weight will be measured. Also, children will be asked to wear a physical activity counter and a sleep tracker for several days.

What do family child care homes receive? Providers will receive \$150 as compensation for completion of the study procedures during each of three study years.

What do participating parents and children receive? Parents (or guardians) will provide written and informed consent for their children to participate. Parents will receive \$50 at each of the three time points.

How will the information collected during the study be used? Data collected during the study will be used only for research purposes. The information will be kept in a strictly confidential manner at the University of South Carolina and/or Johns Hopkins University. Participating providers will not be identified in any research reports.

Who is conducting the study? The study is being conducted by the Children's Physical Activity Research Group (CPARG), which is based in the Arnold School of Public Health at the University of South Carolina. CPARG is working with colleagues at Johns Hopkins University. This group of researchers has been studying physical activity in South Carolina's schools and child care centers for many years.

Who supports the study? The CHEER study is being supported by the National Institutes of Health.

Contact Information:

Questions about the study may be directed to Dale Murrie, Project Coordinator, at (803) 777-1023 (brabhamd@mailbox.sc.edu) or Dr. Russell R. Pate, Principal Investigator, at (803) 777-2456 (rpate@mailbox.sc.edu). Both Ms. Murrie and Dr. Pate are with the Department of Exercise Science, Arnold School of Public Health, at the University of South Carolina.