

January 10, 2008

Dear Parents, Mom, Dad!

As a follow-up to the call from *Bureau d'intervieweurs professionnels (BIP)*, we are sending you the consent form for participating in the "health" round of the "I Am, I'll Be" study. This form seems somewhat long and filled with details, but it contains all the information you need to make a clear and informed decision to participate. In addition, it meets all the requirements we ourselves must fulfill. The Ethics Committees of the *Institut de la statistique du Québec (ISQ)* (Québec Institute of Statistics), Ste-Justine Hospital, the University of Montréal and the Douglas Hospital have all approved this after ensuring themselves of the confidentiality of the information you will provide us. Take the time to read the form and discuss it with your family. *BIP* will be calling you a week from now to obtain your decision.

Here is a summary of the "health" round:

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

To research:

- factors related to heart health
- factors related to environmental health
- genetic factors related to behaviours

**When?** From March 1 to August 31, 2008

**Where?** In your home

**Who?** A registered nurse or qualified research assistant.<sup>1</sup>

**What are the procedures during the nurse's visit?**

- Nurse or research assistant arrives and answers any questions; parent and child sign consent form
- For your child (following your consent):
  - Recording cardiac rhythm with the Holter monitor
  - Anthropometric measurements (height, weight, waist, sitting height)
  - Blood sample taken by the nurse (after applying an anaesthetic cream to numb the skin)

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<sup>1</sup> Please note that it is possible a male nurse or research assistant will visit some families. We will advise you in advance if this is the case.

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- Short questionnaire for him/her
  - Blood pressure measurement
  - Possibility that a research assistant will repeat the blood pressure and anthropometric measurement (only 5% of participants in the study will have their blood pressure taken a second time)
  
  - For the parents:
    - Self-administered questionnaire for the parent (to be filled out during the visit)
    - Delivery of the kit for saliva samples from the child and parent, and detailed explanation of the procedure involved
  
  - Before the nurse's or research assistant's departure:
    - Presentation of the height, weight and blood pressure measurements of your child, if desired.
    - Giving of a surprise gift to your child.

You will be given \$40.00 by the nurse or research assistant as an expression of our appreciation of your participation.

We would like to remind you that you are free to participate and can indicate your choices for participation at end of the consent form.

Once again, we are asking for your participation so that we can conduct scientific analyses, the results of which will benefit the health and well-being of Québec children. If you wish, the 2008 health round will also provide you with certain results which apply to your child.

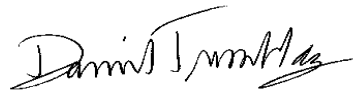
We trust that we can count on your participation in this health round. It will help contribute invaluable data to our study of child development.

Thank you in advance for your participation in this important study!

Sincerely yours:



Bertrand Perron  
QLSCD Coordinator



Daniel Tremblay  
Director of *Direction Santé Québec*

Encl.

To reach us, you can call 514-873-4749, extension 6125, or toll-free 1-877-677-2087, extension 6125.

N.B.: To protect the environment, we have printed this letter recto verso.