

Being a participant of the project, how will my personal information be protected?

All information collected in this project will solely be used for research purposes. Investigators from The Chinese University of Hong Kong (CUHK) will use their best effort to ensure that all personal information will be kept strictly confidential. All information will not be disclosed to a third party without your consent.

Who initiates the SING project? What is the role of the Centre for Health Education and Health Promotion (CHEP) of The Chinese University of Hong Kong?

This research project is initiated by Professor Albert Lee, Director of CHEP. All study tools used in the project were developed independently by researchers of CHEP with expertise in nutrition and children's health. CHEP would like to thank Wyeth Nutrition Hong Kong for supporting the implementation of the project.

Can I withdraw from the study?

Being in this study is completely voluntary. If you do agree to participate, you can withdraw at any time. If you wish to withdraw from this study, you can notify the researcher in any written format.

Further information

If you have any queries, or require any further information about the research project, please feel free to contact our researchers at CHEP by phone or email:

Tel: 2693 3708 **Fax:** 2694 0004

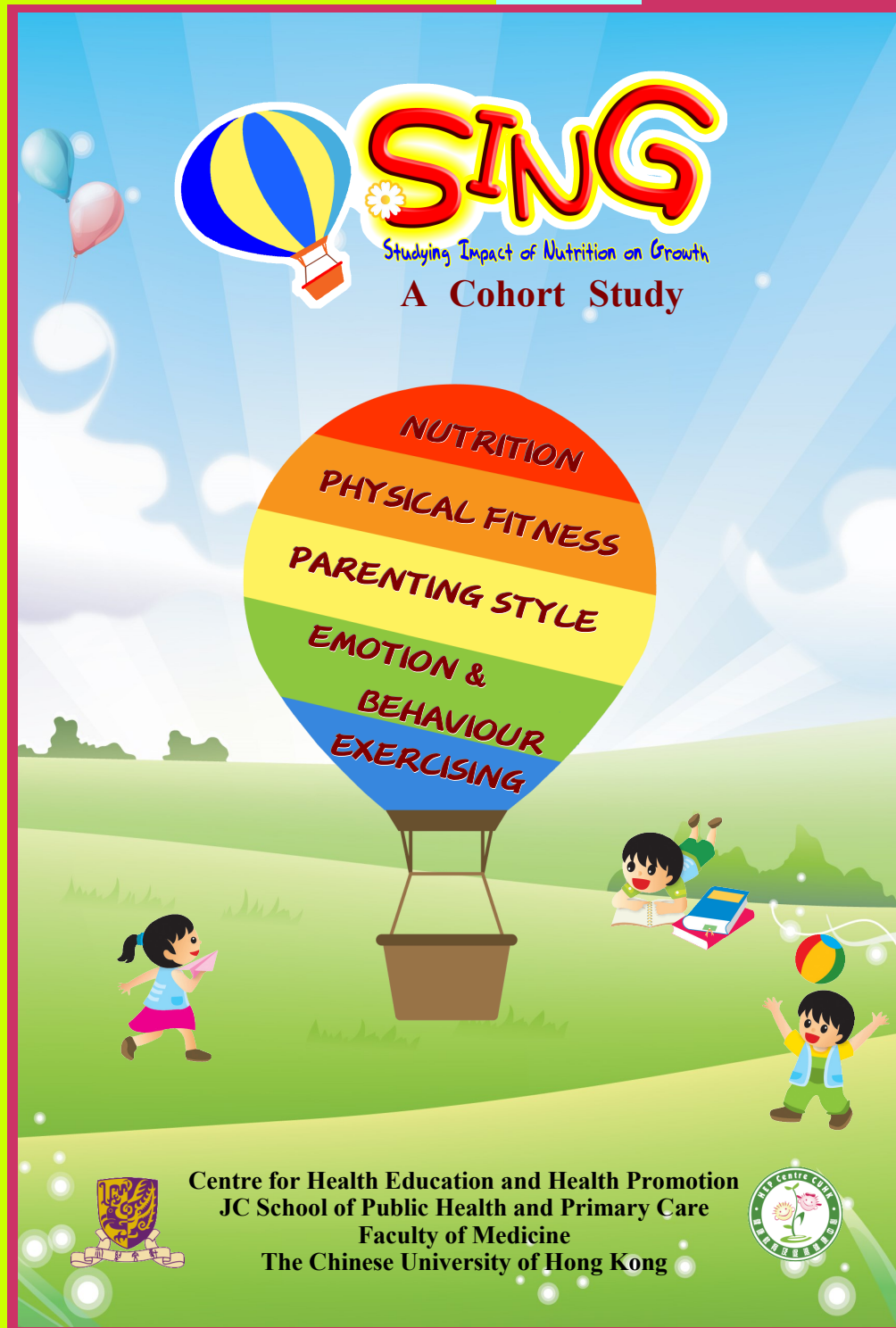
Email: singproject@cuhk.edu.hk

Address: 4/F, Lek Yuen Health Centre, 9 Lek Yuen Street, Shatin, Hong Kong

Website: www.cuhk.edu.hk/med/hep

Monday to Friday: 9am – 1pm, 2pm – 5:30pm.

Saturdays, Sundays & Public Holidays.: Closed.



What is SING Project ?

SING stands for Studying Impact of Nutrition on Growth and joining SING project is free of charge. The project aims to explore the effect of diet and health-related behaviours on growth and development of children. In the project, participants will be followed up every year in order to assess the change in diet and growth of children. The results will help to provide suggestions for improving children's health in future.

Eligible Participants

An eligible participant should be born in/after January 2012 and is currently aged 2 or above and lives in Hong Kong. Besides, parents and their children are both able to communicate and read in either Chinese or English.

Project Duration

'SING' Project is a cohort study which begins in January 2015. Eligible participants will be followed up either annually or biannually for four years until 2019.

SING Project involves the following:

◆ *Project Briefing:*

Project details will be explained and project tools will be distributed (including a parent questionnaire and a 3-day food diary) to parents during briefing session. The skills on using "Children's Food Photo Book" to complete the 3-day food diary will also be introduced. The date and venue of briefing session will be announced later on. If parents are unable to attend any of these sessions, short videos are uploaded on our video channel for further details.

◆ *Parent questionnaire and 3-day food diary:*

Parents have to complete a parent questionnaire and a 3-day food diary during the initial assessment. The questionnaire is about children's growth, dietary intake from birth to 2 years old, lifestyle and family background etc., and the 3-day food diary is to record children's dietary intake for 3 days. This is a valuable opportunity for parents to review how their child has been growing and eating in their life. During the project follow up, participants will be assessed the changes over time in diet, exercising, emotion, behaviour and living environment. Participating parents may have a chance to be selected for dust testing in their home.

◆ *Measurement of Height, Weight and Physical Fitness:*

Height and weight measurement will be conducted for participants once every year. With consent from parents, simple physical tests such as resting heart rate, skinfold thickness, sit and reach test etc. will be introduced at different growing stages in order to assess health-related physical fitness of children.

What will my child and I benefit from participating in this project?

- A free "Children's Food Photo Book" and a gift set will be given out to all participants.
- An individual children's diet and growth report will be provided annually, which allows parents to learn about the dietary intake and development of their children.
- There will be some family activities, parents' talk and workshop etc, organised throughout the project and all participating parents are welcome to join.

