

Version 3

Date: 3 October 2025

IRAS Project ID: 347332

GROWING WELL STUDY

PARTICIPANT INFORMATION SHEET



Growing Well
STUDY



<https://growingwell.leeds.ac.uk>



UNIVERSITY OF LEEDS

Version 3

Date: 3 October 2025

IRAS Project ID: 347332

QUICK SUMMARY: WHAT YOU NEED TO KNOW



What is this?

We (University of Leeds) are inviting your child (aged 6 months to 4 years) to take part in the Growing Well Study, which looks at children's food, growth, and dental health.

What will you do?

In this research study we will use information from you and your child. We will only use information that we need for the research study. We will let very few people know your name or contact details, and only if they really need it for this study.

If you join, you'll complete two online surveys (one now, and the other in 1 year), record your child's food intake, and attend two short visits for measurements for your child, as well as a dental check.

What do you get?

Families will receive up to £50 in shopping vouchers as a thank you.

Is it safe and private?

Yes — Everyone involved in this study will keep your data safe and secure. We will also follow all privacy rules and you can leave the study at any time. We will make sure no-one can work out who you are from the reports we write. At the end of the study we will save some of the data in case we need to check it and for future research related to this study.

Want to know more?

The information pack tells you more about this. If you need any assistance to help you take part (with internet or language difficulties) you can also contact us at growingwellstudy@leeds.ac.uk or call 0113 343 5530 from Monday to Friday, from 9:00 AM to 5:00 PM or leave a voice message.

YOUR CHILD IS INVITED TO BE PART OF THE “GROWING WELL STUDY”



To help you decide whether or not to take part, it is important that you understand more about this study.

Please take time to read the following information and decide if you wish your child to take part in the study:



1. About the Growing Well Study:

- Why is my child being invited
- Does my child have to take part?
- What if I have more than one eligible child?

2. What's involved?

- a. How can my child join the study?
- b. How long will my child be involved?
- c. Optional consent for future research
- d. Will you contact me again in the future?
- e. Can we withdraw from the study?
- f. What will happen to the results of the study?

3. Benefits and risks of taking part

- a. Support and safeguarding

4. How we are run and funded

5. Contact information

6. Support and further help

7. How we will use information about your child

- a. Your rights
- b. Where can you find out more about how information is used?



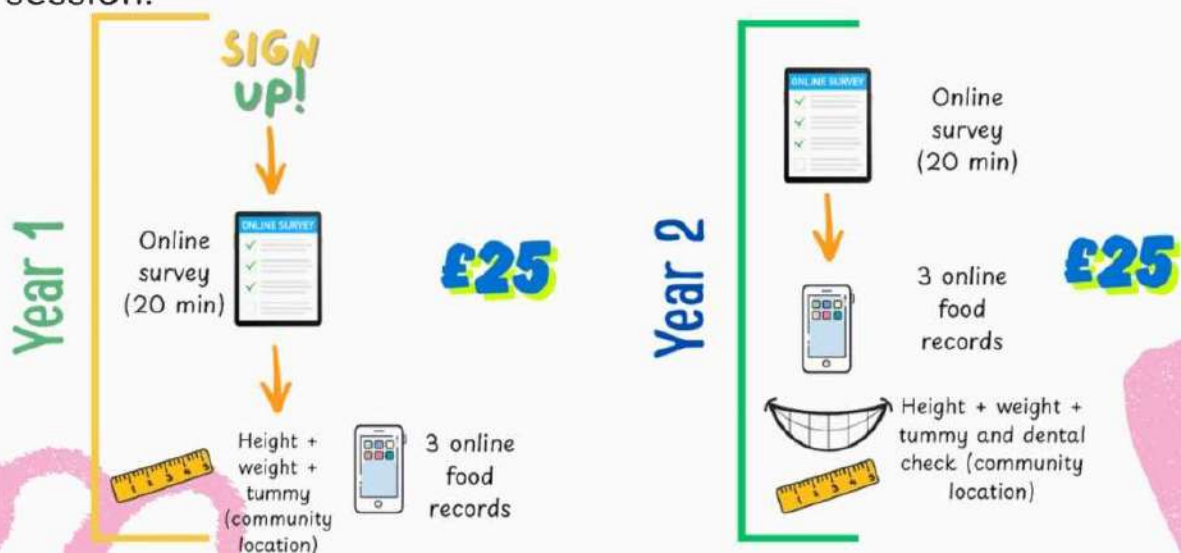
1. ABOUT THE GROWING WELL STUDY

The Growing Well study is a research project involving around 2000 children aged between 6 months to 4 years in England. We will look at the foods and drinks of young children are eating and how these relate to growth and dental health. The University of Leeds is the sponsor of this research.

The study is important because it will answer key questions about what and how much of different foods children in England are eating because we currently don't have any good national information about this.

During the study we will send you online questionnaires, ask you to fill in food records, and ask you to bring your child to be measured on two occasions, a year apart.

During the measurement visit we would like to collect some information from your child's Personal Health Record "Red Book". This will include date of birth, birthweight and gestation (how long the pregnancy was in weeks). We may additionally record some early height/weight measures recorded in the book by your health visiting or clinical team. No other information will be extracted from the red book and we will only do so with your permission. Please do bring the red book to the community measurement session.



Version 3

Date: 3 October 2025

IRAS Project ID: 347332

WHY IS MY CHILD BEING INVITED?



You're receiving this invitation because you live in Leeds, Doncaster, East London or surrounding areas, and you may have a child within the study age range. You may also have been contacted because you're already part of the Born and Bred in (BaBi) study or from the Generation Study.

We're inviting families in your community so that your experiences can be represented in this national study. We welcome families from every background.

You can take part if you:

- Have a child aged 6 months to 4 years old
- Live in the UK now and for the next 12 months
- Your child lives with you for at least some part of the week (i.e. they are not in care/hospital or living full-time with another guardian)
- Your child has not been diagnosed with a long-term condition that affects their growth or development.

When you click the link to take part, you'll be asked a few short questions about your child. The online system will automatically check if your child fits the study's current needs. This includes things like age, background, and diet.

DOES MY CHILD HAVE TO TAKE PART?

No. It is up to you to decide whether or not your child takes part.

If you join and then change your mind, you can withdraw at any time without giving a reason or affecting any benefits that you and your child are entitled to.

WHAT IF I HAVE MORE THAN ONE ELIGIBLE CHILD?

Currently we are only able to include one child per household. This helps us ensure a balanced representation of children. If the study later requires participation from siblings, we may get in touch with you to explore that possibility if you agree.



2. WHAT'S INVOLVED?

1 Give your consent

You'll be asked to read and sign a consent form, confirming that you're happy for your child to take part.

2 Complete two online questionnaires

One will be at the time you join the study and the next will be 12 months later. These will ask about your family's background, lifestyle, and health. Some questions may feel personal, and you're free to skip any that you don't wish to answer.

3 Attend two face-to-face visits

A trained fieldworker will measure your child's height, weight, and tummy at the start and again after 12 months. In the second visit, your child will additionally have a dental assessment. Visits will be in community locations. It may be possible to visit your home if you have difficulty in accessing one of the community locations. Please get in touch with the study team to ask for more information.

4 Record your child's food intake

Using a secure online tool called myfood24 you'll be asked to track everything your child eats over three separate days around the time you join the study and again after 1 year. Help and video guides will be available. If your child eats outside the home (e.g. at nursery or with a childminder), we'll provide a short form for carers to fill in.

TO THANK YOU FOR YOUR TIME

You will receive **£50 shopping vouchers per child** at different point in the study (or less for part completion).

- Survey 1 + 1st food record 1: £10
- Measurement visit + food records 2 & 3: £15
- Survey 2 + 4th food record: £10
- Measurement visit + food records 5 & 6: £15

Version 3

Date: 3 October 2025

IRAS Project ID: 347332

HOW CAN MY CHILD JOIN THE STUDY?

Your child can participate in the Growing Well Study by scanning the QR below or by visiting our website at <https://growingwell.leeds.ac.uk>.

If you or your child need support with language or internet access, please don't hesitate to contact the Growing Well Study staff. We're here to help and ensure everyone can take part comfortably.



Version 3

Date: 3 October 2025

IRAS Project ID: 347332

HOW LONG WILL MY CHILD BE INVOLVED FOR?

Children will be in the study for up to 18 months, depending on when you choose to fill in food records and which community measurement centre you are able to attend.

If we plan any future studies that require additional information, we will contact you at that time with full details and ask for your consent again.



Version 3

Date: 3 October 2025

IRAS Project ID: 347332

OPTIONAL CONSENT FOR FUTURE RESEARCH

If you agree to take part in this study, you will have the option to take part in future research using your data saved from this study.

This means that the time and effort you contribute now could help answer important questions in future studies.

Providing this consent is entirely optional—you do not need to agree to this in order to take part in the Growing Well Study.

We will ask your permission after the main questionnaire. If you do choose to give permission, the data you provide about your child may be used in future linked studies that have received appropriate ethical approval.

For example, researchers might link food data or child growth measures with school or medical records to explore how early childhood diet relates to later growth or the development of allergies for example.

Separately we will ask permission to access your historical medical records if you are the biological mother of the child. This is so that we could look at links between your health status during pregnancy and how this links with child growth.



WILL YOU CONTACT ME AGAIN IN THE FUTURE?



- We will contact you during the study to keep you informed about the study and ask you to take part in the next steps.
- If you agree to take part in this study, you will have the option to take part in future research using your data saved from this study. You can choose yes or no and can change your mind at any time.
- If you change address, e-mail address or phone number please let us know.

CAN WE WITHDRAW FROM THE STUDY?

Yes, your child can stop being part of the study at any time, without giving a reason, but we will keep information about your child that we already have.

You have the right to ask us to access, remove, change or delete data we hold about you for the purposes of the study. You can also object to our processing of your data. We might not always be able to do this if it means we cannot use your data to do the research. If so, we will tell you why we cannot do this

You can contact us for:

- **Partial withdrawal:** We will no longer contact you or collect any further information, but we will keep and use the data collected up to that point.
- **Full withdrawal:** We will no longer contact you and will delete all the data we have collected about your child. Note that we will only be able to exclude your child's data from results not yet published.

WHAT WILL HAPPEN TO THE RESULTS OF THE STUDY?

These results will help inform health professionals (e.g. health visitors or doctors), and policymakers (the government) about children's nutrition, growth, and dental health. We will share results through reports and presentations.



For you and other families we'll share the results in ways that are interesting and easy to understand. We will send you a regular newsletter and a summary of the research findings.



You can also follow updates via our Facebook accounts and the study website at <https://growingwell.leeds.ac.uk/>

3. WHAT ARE THE BENEFITS AND RISKS OF TAKING PART

BENEFITS

Help improve children's nutrition and health in your community and beyond. Information collected in this study will help to shape better guidance for families and healthcare professionals.

Your contribution will help ensure that families from all backgrounds are represented in research that shapes future policies.

As a thank you for taking part, you'll be entered to prize draws after completing certain activities (more information on the next page)

During visits, fieldworkers may occasionally notice signs that a family may need extra support. If this happens, they can help connect you to relevant support services who can help.

You will receive shopping vouchers for completing separate parts of the study up to the value of £50 per participating child.

Version 3

Date: 3 October 2025

IRAS Project ID: 347332

PRIZE DRAWS

As a thank you for taking part in the Growing Well Study, you'll be entered into a prize draw when you complete certain activities such as the optional mid-way questionnaire.

This is a short and optional extra step that helps us better understand you child's lifestyle and eating habits.

Prizes:

- 1 1st Prize - £150 shopping vouchers
- 2 2nd Prize - £100 shopping vouchers
- 3 3rd Prize - £50 shopping vouchers

Key Information about the prize draw:

- Entry is free and automatic upon completion of the specified activity.
- You can withdraw from the study at any time and still remain eligible for the draw.
- The draw will be held on when every eligible participant has had the option to complete each stage, and winners will be notified by email.
- No personal data will be shared publicly.
- There is no cash alternative to the prizes.

These prize draws will be conducted in accordance with UK ethical guidelines and do not constitute a lottery under the Gambling Act 2005.

3. WHAT ARE THE BENEFITS AND RISKS OF TAKING PART

RISKS

There are very few risks. However, we want you to be aware of the following:

Some children may feel shy or uncomfortable during measurements or assessments. Our fieldworkers are trained to work gently and respectfully with children. We will never pressure you or your child to take part if you're not comfortable.

We are taking strong measures to protect your child's personal information. However, while very unlikely, there is a small risk that in the event of a security breach, data could be seen or used by someone not authorised to do so.



The study includes some questions about your family's lifestyle and health that may feel personal or bring upsetting feelings. **If any question makes you feel uncomfortable or upset, you don't have to answer it.**

You are free to skip any question or stop the survey at any time. If you have any concerns, please let us know at growingwellstudy@leeds.ac.uk or call 0113 343 5530 from Monday to Friday, from 9:00 AM to 5:00 PM or leave a voice message - we're here to support you.

SUPPORT AND SAFEGUARDING



- We want the Growing Well study to be a safe and supportive experience for every family and our trained
- team is here to support you and your child during your visit. If we ever feel that a child might need more support
- to stay healthy and safe, we may offer you information about local services that could be helpful (like children's
- centres, dental teams, or food banks) or speak to the right services who can help.



4. HOW WE ARE RUN AND FUNDED

- The Growing Well Study is being led by the University of Leeds, specifically the School of Food Science and Nutrition.
- We are collaborating with Born and Bred in (BaBi) research teams in Leeds, Doncaster and East London, Queen Mary University of London, the Regional Research delivery Network teams (community NHS research teams), the North Central London Research Network, and the Generation Study.
- The National Centre for Social Research are partnering to support our community growth measurements.
- The work is funded by the National Institute for Health and Care Research (NIHR), which supports health and care research across the UK.

5. CONTACT INFORMATION

- If you have any questions or concerns about this research project, please contact us:
- growingwellstudy@leeds.ac.uk, or at 0113 343 5530 from Monday to Friday, from 9:00 AM to 5:00 PM or leave a voice message.

6. SUPPORT AND FURTHER HELP



If you have felt uncomfortable or would like support or more information on any of the issues covered in the study, please see help available from the following organisations:

- The National Breastfeeding helpline and online chat service
<https://www.breastfeedingnetwork.org.uk/>
- National Childbirth Trust (NCT) infant feeding line 0300 330 0700
- Action For Children have an online or Whatsapp chat available at
<https://parents.actionforchildren.org.uk/chat/>
- General advice on weaning and feeding young children can be found on the NHS website: <https://www.nhs.uk/conditions/baby/weaning-and-feeding/>
- Support with food or essentials:
 - Leeds:
 - Leeds City Council Welfare Support: 0113 376 0452,
<https://www.leeds.gov.uk/benefits/help-with-food-and-bills>
 - Leeds Food Aid Network:
<https://leedsfoodaidnetwork.co.uk/contact-us/>
 - Doncaster:
 - Local Assistance Scheme:
LocalAssistanceScheme@doncaster.gov.uk
 - Food bank: <https://doncaster.foodbank.org.uk/>
 - East London:
 - Newham Hardship support: <https://www.newham.gov.uk/advice-support-benefits/hardship-support/4>
 - Tower Hamlets support funds:
https://www.towerhamlets.gov.uk/ignl/advice_and_benefits/cost-of-living/household-support-fund.aspx

7. HOW WE WILL USE INFORMATION ABOUT YOUR CHILD

The University of Leeds is the Sponsor for this research. We will need to use information from you and your child for this research project. This information will include your name, address, and contact details. People will use this information to do the research or to make sure that the research is being done properly. People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead.

The University of Leeds is responsible for looking after your information. We will share your information related to this research project with the following types of organisations:

- The Research Delivery Network and North Central London Research Network, who will support us with follow-up activities.

The National Centre for Social Research (NatCen) will collect the survey data and is a data processor for the Growing Well study. A data sharing agreement is in place with all third parties and they will handle your data (including identifiable information) in accordance with the UK General Data Protection Regulation (GDPR). Personal identifiable information will only be shared with organisations who need to know for the running of the survey e.g. the University of Leeds and NatCen research teams. Only certain members of the research team and fieldworkers who speak to you on the telephone or visit you at home or at a clinic will have access to your identifiable information.

We will keep all information about you and your child safe and secure by:

- Storing data in a very secure and access-controlled location
- Using numeric codes instead of your child's name and contact information so no-one can figure out who your child is.

Version 3

Date: 3 October 2025

IRAS Project ID: 347332

We may share or provide access to data about you outside the UK for research related purposes to:

- Send reminders about your child's measurement appointments

If this happens, we will only share the data that is needed (name and contact details).

If your data is shared outside the UK, it will be with the following sorts of organisations:

- YouCanBookMe (a scheduling software), only for the purpose of managing the appointments

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that your child took part in the study. We will keep your study data for a maximum of 10 years. The study data will then be fully anonymised and securely archived or destroyed. If we plan any future studies that require additional information, we will contact you at that time with full details and ask for your consent again.

We will make sure your data is protected. Anyone who accesses your data outside the UK must do what we tell them so that your data has a similar level of protection as it does under UK law. We will make sure your data is safe outside the UK by doing the following:

- some of the countries your data will be shared with have an adequacy decision in place. This means that we know their laws offer a similar level of protection to data protection laws in the UK
- we do not allow those who access your data outside the UK to use it for anything other than what our written contract with them says
- we need other organisations to have appropriate security measures to protect your data which are consistent with the data security and confidentiality obligations we have. This includes having appropriate measures to protect your data against accidental loss and unauthorised access, use, changes or sharing
- we have procedures in place to deal with any suspected personal data breach. We will tell you and applicable regulators when there has been a breach of your personal data when this is legally required. For further details about UK breach reporting rules visit the Information Commissioner's Office (ICO) website: <https://ico.org.uk/for-organisations/report-a-breach>

Version 3

Date: 3 October 2025

IRAS Project ID: 347332

YOUR RIGHTS

You have the right to access your data, request corrections, or raise concerns about how your data is being used. If you have any questions or concerns about your data, you can contact the University of Leeds Data Protection Officer: dpo@leeds.ac.uk.

If you are not happy with how your data is being used, you also have the right to contact the Information Commissioner's Office (ICO): <https://ico.org.uk>.

You can also contact the University of Leeds Sponsor representative if you have a complaint about this study at governance-ethics@leeds.ac.uk

For more information about how and why your data is used in health and care research, you can read the Health Research Authority's guidance for participants [clicking here](https://www.hra.nhs.uk/planning-and-improving-research/policies-standards-legislation/data-protection-and-information-governance/gdpr-guidance/templates/template-wording-for-generic-information-document/) or pasting the following link online: <https://www.hra.nhs.uk/planning-and-improving-research/policies-standards-legislation/data-protection-and-information-governance/gdpr-guidance/templates/template-wording-for-generic-information-document/>



Version 3

Date: 3 October 2025

IRAS Project ID: 347332

WHERE CAN YOU FIND OUT MORE ABOUT HOW INFORMATION IS USED?

You can find out more about how we use your information, including the specific mechanism used by us when transferring your personal data out of the UK:

- our leaflet: www.hra.nhs.uk/patientdataandresearch
- by asking one of the research team
- by sending an email to growingwellstudy@leeds.ac.uk, or
- by ringing us on 0113 343 5530.

You can also find more information by:

- clicking here to view the University of Leeds Privacy Notice for Research online, OR
- pasting the following link online:
<https://dataprotection.leeds.ac.uk/research-participant-privacy-notice/>

