Welcome! My name is Judith Okoro and I am an MPH student at UC Berkeley. My name is Dr. Carisa Harris Adamson, and I am an associate professor... And we are excited that you are considering your child for the StandUp Kids Project.
We are the UC Ergonomics Research and Graduate Training Program with team members from the School of Public Health at the University of California, Berkeley and from the School of Medicine at the University of California, San Francisco. We are conducting a year-long study to investigate ways to encourage school children to change posture, reduce sitting time and increase physical activity during and outside of school. Our collaborators for this project include: (a) StandUpKids, a non-profit focused on reducing sedentary behaviors in children.
The purpose of this study is to compare interventions that increase physical activity and movement throughout the day. These include:

- Healthy habits education
- Ergonomic education
- Class based activities that increase movement

Why is this study being done?

You are being asked to take part in this study because your school has been chosen to participate in a research that investigates ways to encourage children to change posture, reduce sitting time and increase physical activity during and outside of school.

We want to compare the impact of three interventions:

- Providing “Healthy Habits” education which teaches/encourages 5 Healthy Habits.
- Providing “Comfort Learning” education that encourages frequent posture changes and healthy computing tips throughout the day.
- Providing “Walk to Learn” opportunities that integrate physical activity into the curriculum.

We want to find out which among the three interventions is most effective in reducing sitting time and increasing physical activity. In this study, your child will be in only one of the intervention groups and that will be the same group as his/her classmates.

Research studies include only people who choose to take part. Please take your time to make your decision about participating. You may discuss your decision with your family and friends. If you have any questions, you may ask the researchers who are conducting the study.
All 4th graders at your child’s school will receive educational training this school year (260-720 minutes).

If you choose to allow your child to participate, we will perform some additional activities with your child 3 times throughout the school year.

All CDC COVID-19 guidelines will be followed.

Why is my child being asked to participate?

• All 4th graders at your child’s school will receive educational training this school year (260-720 minutes)
• If you choose to allow your child to participate, we will perform some additional activities with your child 3 times throughout the school year.
• All CDC COVID-19 guidelines will be followed.

All 4th graders at your child’s school will be receiving the educational interventions randomly selected for that school and described above. The amount of education time varies based on group between 260 to 720 minutes throughout the academic year. If your child’s school is holding classes at school, the education will be in person at school. If your child’s school is distance learning, we will use Zoom. Your child’s teacher or a school representative will be present at all educational classes.

If you choose to allow your child to participate, we will perform some additional activities with your child 3 times throughout the school year to measure the impact of the intervention. All CDC COVID-19 guidelines will be followed including masks, social distancing and meeting outside or online; None of these measurements require your student to be within 6 feet of a researcher.

Researchers will use your child’s information to conduct this study. Information gathered during this research study will only be used for this study. It will not be shared with other researchers.
Students in group 1 will be educated on the need to reduce sugar intake, lower duration of screen time, get adequate sleep, increase physical activity and reduce sitting time during and outside of school. The researcher will teach 8 live zoom sessions of 20-40 minutes during school hours.
Researchers from UC San Francisco/Berkeley Ergonomics Program are studying ways to improve health, wellness and physical activity in 4th graders during the COVID-19 pandemic.

Additional questions can be directed to the Principal Investigator: Carisa Harris Adamson, UC San Francisco/Berkeley Ergonomics Research & Graduate Training Program; ucergonomics@gmail.com

Students group 2 will be educated on the 5 core healthy habits mentioned previously and will also be provided with an interactive online ergonomic training that will teach them how to change postures throughout their school day to help their brain and body learn. The training will provide ideas for at home low-cost environmental design alternatives options to enable postural flexibility/variability. The training will include ideas for learning both at home and school. If the students are back in the classroom, additionally, sit-stand desks will be placed in the classroom and customized to the height of each student. Soft-seating such as bean bags and floor-sitting options such as the cross-legged trays that enable postural flexibility/variability will also be provided.
Researchers from UC San Francisco/ Berkeley Ergonomics Program are studying ways to improve health, wellness and physical activity in 4th graders during the COVID-19 pandemic.

Additional questions can be directed to the Principal Investigator: Carisa Harris Adamson, UC San Francisco/ Berkeley Ergonomics Research & Graduate Training Program; ucergonomics@gmail.com

Healthful Habits
Learning Comfortably
Walk to Learn

Students in group 3 will be educated on the 5 core healthy habits, provided with the interactive online ergonomic training, and the students along with teachers and parents will be encouraged to include physical activity promotion activities in and out of the classroom to help students in accruing steps in the “Walk to Learn” approach. These include: Family Go Time in which Strategies for family activities will be provided such as: “Let the Good Times Roll” - Have a student name a physical activity (lunges, crunches, push-ups, squats, mountain climbers, burpees, etc.), and then roll a dice. Whatever number the student rolls, the class must complete that many reps of the exercise. The first student to complete all their reps is the next to roll the dice. This intervention also includes a class lesson Walk for a Cause - Mountain Climbing Challenge- Students can compete to fictionally “climb” a mountain such as Mount Everest or Mount Kilimanjaro by taking the same number of steps needed to realistically climb that mountain in their daily routines. When they reach the specified number of steps, a donation will be made to a school in a village near the mountains.
We will measure physical activity for 4-days using an activity tracker, about the size of a quarter, which will be affixed to your child’s thigh with an adhesive sticker. The activity tracker reports the amount and pattern of sit, stand, walk and other activities. This procedure takes about 5 minutes of time to explain, and measurements will be taken up to 3 times during the duration of the study.
Your child will stand next to a fixed height indicator and on a scale to measure body height and weight. A disposable tape measure will be given to your child and we will demonstrate to your child how to measure hip and waist circumference. This procedure takes about 5 minutes, and measurements will be taken at three times during the duration of the study.
3 different physical activities including balancing on one leg, jumping, or holding a plank position, to measure your strength, flexibility, and proprioception will be tested. This procedure takes about 10 minutes of time, and measurements will be taken at three times during the duration of the study.
Your child will be asked to perform three “games” online using their school tablet. This procedure takes a total of 60 minutes with each of the tests taking about 20 minutes. Measurements will be taken three times during the duration of the study.
Your child will be asked to complete some online surveys with questions about health & habits, academic experience, class environment, and physical activities. Parents can assist their child as needed. The survey takes about 20 minutes to complete and will be administered 3 times during the duration of the study.
If you choose to allow your child to participate, we will perform some additional activities with your child 3 times throughout the school year to measure the impact of the intervention. All CDC COVID-19 guidelines will be followed including masks, social distancing and meeting outside or online; None of these measurements require your student to be within 6 feet of a researcher.
# Time Commitment

<table>
<thead>
<tr>
<th>Outcome Measurement Timeline</th>
<th>Week 1 (min)</th>
<th>Week 16 (min)</th>
<th>Week 32 (min)</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Activity (ActivPal)</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>15</td>
</tr>
<tr>
<td>Body Composition (BMI; Hip:Waist)</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>15</td>
</tr>
<tr>
<td>Functional Performance (Y Balance Test; Broad Jump, Plank Hold)</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>30</td>
</tr>
<tr>
<td>Cognitive Function (Wisconsin Sorting Test, Working Memory Test, Attention Network Test-C)</td>
<td>60</td>
<td>60</td>
<td>60</td>
<td>180</td>
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<tr>
<td>Student Surveys</td>
<td>20</td>
<td>20</td>
<td>20</td>
<td>60</td>
</tr>
<tr>
<td>Total Time / Student (minutes)</td>
<td>100</td>
<td>100</td>
<td>100</td>
<td>300</td>
</tr>
</tbody>
</table>

Measurements will be taken three times during the duration of the study at Week-1, Week-16 and, Week 32
Risks

• **Physical Activity:** Increasing physical activity and/or standing time may result in fatigue or discomfort.

• **Skin Irritation:** Use of the activity tracker may cause you to have an itchy sensation around the attached area.

• **Confidentiality Risk:** As with all research, there is a chance that confidentiality could be compromised; however, we are taking precautions to minimize this risk.

• **Randomization risks:** Your child’s school will be assigned to a study intervention by chance.

Risks and side effects related to the interventions include those which are due to:

**Physical Activity:** Increasing physical activity and/or standing time may result in fatigue or discomfort.

**Skin Irritation:** Use of the activity tracker may cause you to have an itchy sensation around the attached area.

The symptoms go away after the activity tracker is removed. If your child complains of itchiness, simply remove the bandaid and tracker and replace it in another location with a new bandaid. If the skin is red and irritated, simply leave the monitor off and contact the researcher with any questions or concerns.

**Confidentiality Risk:** As with all research, there is a chance that confidentiality could be compromised; however, we are taking precautions to minimize this risk. Your study data will be handled as confidentially as possible. If the results of this study are published/presented, individual names and other personally identifiable information will not be used.

**Randomization risks:** Your child’s school will be assigned to a study intervention by chance.

The intervention your child’s school receives may prove to be less effective or to have more side effects than the other study intervention(s) or other available programs.
There is no cost to participate in this study. The sponsor has agreed to pay for all items associated with this research study.
Benefits

Students may benefit from increased physical activity. All schools will receive/ be able to keep the additional classroom furniture used in this study. This study will allow us to learn about effective strategies to increase physical activity and reduce sitting time for school students in a practical, feasible, and economically viable way. We will share aggregated data with school principals and share the findings of the study with the entire school community (principals, teachers, students, parents) in the Fall of 2021.
Participation is completely voluntary.

You can remove your child from the study at any time.

Having your child take part in this study is your/your child’s choice. You may choose to have your child either to take part or not to take part in the study. If you decide to have your child take part in this study, your child may leave the study at any time. No matter what decision you make, there will be no penalty to you. We will tell you about new information or changes in the study that may affect your child’s health or willingness to continue in the study.
Questions?

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You can talk to your researcher about any questions, concerns, or complaints you have about this study. Contact your researcher Dr. Carisa Harris Adamson at 415-640-0563
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