

Consent Form

You are invited to participate in a research program managed by Dr. Robert Wildman of the Department of Family & Consumer Sciences at Texas State University, San Marcos. Dr Wildman can be reached directly at 512-245-7056 or rwildman@txstate.edu with any questions. The information gathered in this program will serve to provide insight as to the physical condition and the nutrition, activity, lifestyle and perceptions of the people at Texas State University and its surrounding community. You were selected as a possible participant in this research study because of your expressed interest in the services offered in association with the program which can provide personal benefit as well as the benefit to the university community.

Procedures and Measurements

If you decide to participate, Dr. Wildman and his associates will perform simple physical measurements in the Anthropometric and Biochemical Analysis Lab (ABAL) in the Family & Consumer Sciences Building (FCS 287). Measurements will include body weight using a standard scale, body composition using skin-fold measurements, bioelectrical impedance analysis (BIA) or a BODPOD. Skin-folds and BIA utilize methods similar to health clubs and some home devices. The BODPOD is a large device that accurately assesses your body composition as you sit in a large unit akin in size to a SmartCar with a large front window. Measurement takes 5-10 minutes and you will rest comfortably while breathing through a tube in a relaxed manner. Dr Wildman's team will also measure specific regions of your body (e.g. waist) using tape measures. Additionally, you will complete a 75-100 item survey with questions regarding food choice frequency, activity, behaviors and perceptions. The survey typically takes 25-30 minutes to complete, and answering each question is voluntary and is not critical to your participation. Photos and videotape of these procedures are available upon request for greater clarity.

Participation

In total the initial visit will take approximately 60 minutes. Additionally, you will be asked to revisit the facility six months later to go through similar procedures. Each return visit is voluntary and will be completed in 30-60 minutes. There are no risks to your physical or psychological health or wellbeing in association with your participation in this program.

Outcomes and Personal Benefit

As a participant you will benefit by receiving a professional assessment of height, weight and body composition and will receive nutrition and fitness information from a registered dietitian (RD) regarding your health and wellness assessment. You will be able to track your physical measures over time to better gauge health and wellness. Additionally, you may be given access to a web-based nutrition and fitness tracker. Because of the ongoing nature of this study, your personal information will be held for a period of two years after your last visit. A summary of

the findings will be accessible to participants via Dr Wildman's departmental webpage upon completion of the study. You can request to be notified when the results are posted and will be accessible via: Dr Robert Wildman: <http://www.fcs.txstate.edu/people/faculty/wildman.html>.

Confidentiality

It is important for you to know that any information obtained in connection with this research program and that can be identified with you will remain confidential and will be disclosed only with your permission or as required by HIPPA laws. If you give us your permission by signing this document, we plan to disclose only pooled data presented in statistical form (e.g. mean, standard deviations, percentages) as part of a university report and professional presentation. Furthermore, your decision whether or not to participate will not prejudice your future relations with Dr Wildman's research program, the Department of Family & Consumer Sciences or Texas State University, San Marcos. If you decide to participate, you are free to withdraw your consent and to discontinue participation at any time without issue or penalty. The Internal Review Board at Texas State University, San Marcos has reviewed and approved the present research – IRB Approval # 2010Q8782.

Key Contacts

If you should have any questions, please do not hesitate to ask them. If you have any additional questions later, please contact Dr. Wildman (512-245-7056 - rwildman@txstate.edu). Questions regarding the rights of research subjects may be directed to the IRB chair, Dr. Jon Lasser (512-245-3413 – lasser@txstate.edu), or to Ms. Becky Northcut, Compliance Specialist (512-245-2102).

You will be given a copy of this form to keep.

YOU ARE MAKING A DECISION WHETHER OR NOT TO PARTICIPATE. YOUR SIGNATURE INDICATES THAT YOU HAVE DECIDED TO PARTICIPATE, HAVING READ THE INFORMATION PROVIDED ABOVE.

Participant Signature: _____

Date: _____

Investigator Signature: _____

Date: _____