



## INTRODUCTION

The Family Nutrition and Physical Activity (FNPA) survey tool is designed to help parents evaluate behaviors and environments that relate to children's health status. The original version of the FNPA tool was developed by our research team and it is now widely used by the AND in their outreach and research efforts. This particular version is customized specifically for use within the SWITCH program since it directly relates to the targeted components of the project. However, your participation is completely voluntary.

If you decide to participate, you will be asked to complete this online version of this 20 item FNPA instrument along with some basic demographic questions. The FNPA contains questions about your child's physical activity, nutrition, screen time (television, computer, etc) and sleep habits as well as items about home environments and policies related to their behavior. Your responses to these questions will be linked to your child's data from the Youth Activity Profile using your SWITCH UserID. No names are tracked anywhere on either of these survey tools and your UserID will only be used to facilitate tracking for the project.

The survey has been designed for use by parents and you may benefit from the personalized feedback received at the end of the FNPA as well as other information and links on the established Kid's Eat Right website. There are no foreseen risks associated with your participation in this study and your participation is completely voluntary. The assessment should take about 10-15 minutes to complete and you can skip any question you don't want to complete or stop participating at any time. You may refuse to participate without any consequences to you or your child. The information you provide will only be used to help evaluate the SWITCH program and your responses will be kept completely confidential. The results may be published but your information will not be shared with anyone else not involved in the study.

Your name is not stored on any file so your responses are confidential. Only researchers involved in the project will see your responses; however, federal government regulatory agencies, auditing departments of Iowa State University, the Institutional Review Board (a committee that reviews and approves human subject research studies) may inspect and/or copy study records for quality assurance and data analysis. These records may contain private information.

We would greatly appreciate your help in filling out the survey. If you have any questions please contact Greg Welk at 515-294-3583/ [gwelk@iastate.edu](mailto:gwelk@iastate.edu). Contact the Iowa State University IRB office at (515)294-4215/ [IRB@iastate.edu](mailto:IRB@iastate.edu) if you have any questions or concerns about your rights as a research participant.

Please print this page if you wish to retain a copy of the consent form for your records.

By clicking on the button below you are providing your voluntary consent to participate in the study.