

## Parental study information sheet

### Research project: Understanding the impact of physical activity calorie equivalent (PACE) labelling in secondary schools

The School has agreed to take part in a research study. The information below gives more details about this study. If you have any questions, please contact Natalia Iris, the researcher, via email at [n.iris@lboro.ac.uk](mailto:n.iris@lboro.ac.uk).

#### What is the research about?

Researchers at Loughborough University would like to learn more about whether a new type of food labelling affects young people's purchasing of discretionary foods such as cakes and biscuits. This labelling is called **physical activity calorie equivalent labelling**. Its short name is **PACE** labelling.

PACE labels show how many minutes of physical activity are equal to the number of calories in the food. Our previous research study found that some young people may find PACE labelling on food and drinks easier to understand than current labelling. It might help some young people choose healthier food and drinks and do more physical activity. An example of a PACE label is below.



The aim of the research is to see if PACE labelling affects young people's purchasing of discretionary foods such as cakes and biscuits in school canteens. We would like to compare schools that put PACE labels on foods with schools that do not.

Schools will be put into two groups. Group 1 schools will display PACE labels in the school canteen on a couple of cakes/biscuits. Group 2 schools will not display any PACE labels and carry on as usual. As part of the study we will be collecting the sales data of foods/drinks for the whole school and not from individual children. We will also collect information about schools to evaluate the project.

At the end of the study we will ask some students if they would like to take part in an interview. We will ask them what they thought about the PACE labels. The school may contact you about this or they may ask your child if they would like to take part. If your child would like to take part in an interview we can give you more information.

#### Will my child be asked to do anything?

No, they will not be asked to do anything in the main study. At the end of the study, your child may be asked if they would like to take part in an interview. This will be about what they thought about the PACE labels. If your child would like to take part in an interview we can give you more information.

#### What are the possible benefits of the school participating?

Taking part means the school will be helping with research. Researchers will learn more about the impacts of PACE labelling and what young people think about it. It will help researchers find out whether PACE labelling could help young people choose healthier food and drinks.

The school will be offered a £50 gift card to thank them for helping with the study.

#### Are there any disadvantages or risks for my child?

We do not expect any disadvantages or risks. If you have any concerns please contact Natalia Iris. Her email address is [n.iris@lboro.ac.uk](mailto:n.iris@lboro.ac.uk).

#### Who is organising and funding the research?

The research is being led by Natalia Iris who is a PhD Student at Loughborough University. Natalia is supervised by Professor Amanda Daley and Professor Fehmidah Munir who work at Loughborough University. The research is funded by the Economic and Social Research Council.

**Who has reviewed the study?**

This study has been reviewed and approved by Loughborough University's Ethics Approvals (Human Participants) Sub-Committee. Reference number 7011.

**Will any personal information about me or my child be collected or used?**

No personal information from you or your child will be collected or used. We will only collect information about the number of foods/drinks sold at the school. We will also collect information about schools to evaluate the project. **No one** will be able to identify your child from the data.

To help us recruit students to take part in interviews, the school may contact you. The researchers **will not** collect or use personal information about you or your child unless given to us by you.

**How will the data/information collected be used?**

The results of the study will be used in Natalia's PhD thesis. The results may be published in research outputs/reports such as journal articles and conference presentations. No students will be able to be identified in any publications.

**I have some more questions; who should I contact?**

Contact Natalia Iris, PhD student, via email at [n.iris@lboro.ac.uk](mailto:n.iris@lboro.ac.uk).

**What if I am not happy with how the research was conducted?**

If you are not happy with how the research was conducted, please contact the Secretary of the Ethics Review Sub-Committee, Research & Enterprise Office, Hazlerigg Building, Loughborough University, Epinal Way, Loughborough, LE11 3TU. Tel: 01509 222423. Email: [researchpolicy@lboro.ac.uk](mailto:researchpolicy@lboro.ac.uk)

The University also has policies relating to Research Misconduct and Whistle Blowing which are available online at <https://www.lboro.ac.uk/internal/research-ethics-integrity/research-integrity/>.

If you require any further information regarding the General Data Protection Regulations, please see: <https://www.lboro.ac.uk/privacy/research-privacy/>.

**Investigator Contact Details:**

<u>Responsible Investigator</u>	<u>Supervisor</u>	<u>Supervisor</u>
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